

WATKINS

# MIND BODY SPIRIT

**MANIFESTING THE  
TRANSCENDENT:**  
Exclusive Interview with  
**DAVID LYNCH** On Love,  
Creativity & Enlightenment

**DEEPAK CHOPRA**

How to Unleash  
Your Infinite Potential

RE-AWAKENING  
THE MYSTIC NORTH  
BY CHRISTOPHER MCINTOSH

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at Tate Britain

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THE SOUNDFLOWER  
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PSYCHIC AWARENESS ENNEAGRAM MINDFULNESS  
ARTIFICIAL INTELLIGENCE UFOLOGY EGREGORES  
FELINE MYSTERIES POSITIVE PSYCHOLOGY

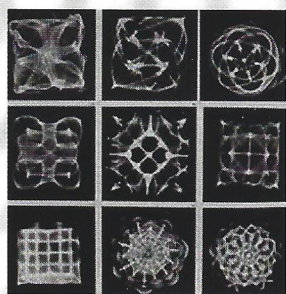




# The Journey to Marry Science & Spirit

by Mandara  
Cromwell

I have been drawn to the world of sacred sound and geometric symbols since I was a child. As a young adult, the experience of ancient Vedic healing mantras resonated even more deeply with me as I traveled through India. So it came as no surprise that I was fascinated with cymatics, the science of making sound visible, when it was introduced to me. Many people have seen cymatic images through the media. One classic example shows beautiful geometric shapes created by the vibrations of a violin bow stroking a metal plate sprinkled with sand, but that is merely the simplest expression of cymatics.



In the mid 20th century, physician and natural scientist Dr. Hans Jenny used multiple frequencies and metal filings. Viewing the video of his experiment, I was astounded as the particles stood

up off the plate, expressing themselves in three dimensions and gliding across the surface in an amazing response to sound. This was one of my early experiences of seeing sound create form. It reminded me of the visual sound expressions I had studied while in India; yantras—an integral part of Vedic studies and an ancient form of mantras made visible.

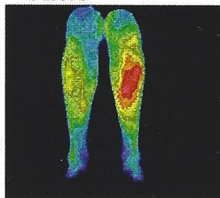
Additionally compelling to me was the work of Dr. Peter Guy Manners, a British osteopath. When I met Dr. Manners in 2001, he was the last living member of a collaborative group of researchers who had identified and collated biosignatures of the body. Their collected works listed each organ and body system with their respective resonant frequencies—all in five

## RESEARCH on PAIN and INFLAMMATION RELIEF

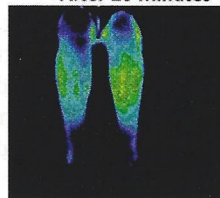
with AMI—Acoustic Meridian Intelligence

AMI 750

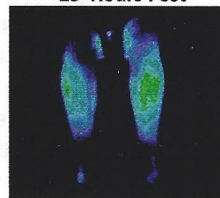
Before



After 20 Minutes



25 Hours Post

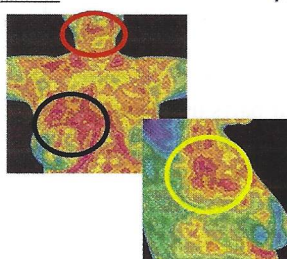


## RESEARCH on PAIN and INFLAMMATION RELIEF

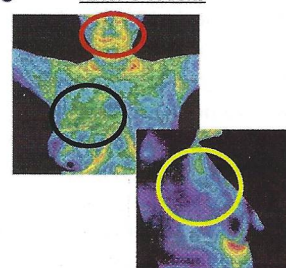
with AMI—Acoustic Meridian Intelligence

AMI 750

Before



After 6 Weeks







frequency expressions. As a nod to Dr. Jenny, Manners named his therapy “Cymatic Therapy.”

During my initial training with Dr. Manners at his clinic in Worcestershire England, it became apparent he was having difficulty getting his device manufactured with integrity and efficiency. When I asked him if he wanted help with manufacturing, he replied an emphatic “Yes!” Excited to participate in bringing this groundbreaking technology to the world, I organized the development and production of a new device, and began formal research programs to validate the therapy. For clarity, I changed “Cymatic therapy” to Cymatherapy in my efforts to differentiate Cymatics—the science of making sound visible, and Cymatherapy™—the therapeutic application of specific audible frequencies.

Dr. Manners passed into the heavenly realms in 2009. Since that time I have continued to develop new applications and continue to research the five-frequency codes. The Acoustic Meridian Intelligence (AMI) devices are the latest development. They use the ancient tenets of Chinese medicine regarding meridian pathways,

to deliver targeted sound therapy throughout the body. This wave therapy has the ability to affect the membranes of the cells, resulting in the relief of pain and the reduction of stress. In 2013, The AMI 750 was nominated for a Thomas Edison Award for Innovation in the Fields of Science and Medicine, and still today helps thousands of people with pain management and stress relief

In our research trials and in clinics, it is always rewarding to hear patients report the relief from years of joint and back pain, sports injuries, digestive disorders, anxiety, insomnia, and inflammatory conditions. Seeing is believing, and the results seem even more profound when we see the effects through thermal imaging. Layered with specific frequency combinations, the protocols I have researched using today’s diagnostic technology show remarkable results in relieving pain and inflammation in just one 30 minute session.

OPPOSITE RIGHT: Dr. Peter Guy Manners’ thermal research images of leg injury and upper body.  
OPPOSITE LEFT: *Chladni figures*: patterns formed by fine powder placed on a vibrating surface.

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Our innate awareness recognizes these healing symbols as a part of ourselves.

MANDARA CROMWELL





#### MEET THE AUTHOR MANDARA CROMWELL,

D.C.M. (Doctorate of Cymatic Medicine), is an entrepreneur and inventor. She is the CEO and President of Cyma Technologies, the manufacturing company for the Acoustic Meridian Intelligence devices she invented. The AMI 750, an advanced sound technology device, was nominated for the Thomas Edison Award for Innovation in the Fields of Science and Medicine in 2013. In 2002, she coined the term "Cymatherapy" to refer to wave therapy based on the work of Dr. Peter Guy Manners, with whom she studied extensively. She continues to promote sound as a healing modality throughout the world. As a way of forwarding the field of vibrational medicine (specifically sound therapy), Mandara founded (ISTA) the International Sound Therapy Association.

Since 2006, the organization has been producing conferences to bring new voices together in the field of "sound science". In 2017, she produced the Atlanta conference "Cymatics: The Art and Science of Making Sound Visible," which featured never before seen sound-made-visible images of the healing frequencies found in her sound therapy devices.

On the web  
CymaTechnologies.com



I believe when an image is generated by a healing sound, it brings about a state of divine awareness.

MANDARA CROMWELL

RIGHT: *Cyma Glyphs*, created by sound frequencies fed through a Cymascope to make them visible.

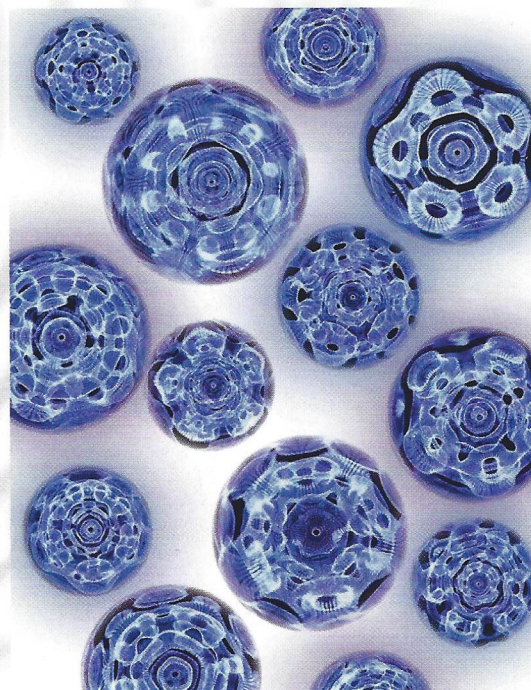
### ***Making Five Frequencies Visible***

Some of my most powerful experiences of viewing Cymatic images were produced using sound composed of five frequencies, brought together for the purpose of healing and regeneration. I believe when an image is generated by a healing sound, it brings about a state of divine awareness. The cymatic images I work with are created in a controlled laboratory setting with great technical expertise. The AMI 750 device generates five frequencies, used for healing wave therapy, and can be expressed in a multi-dimensional visual image (as seen by the high definition images created by John Stuart Reid's CymaScope that I have included here). I can only describe these *soundflowers* as spiritual doorways. When gazing into them, they can become a gateway to meditation.

### ***The Soundflower Experience: Combining Cymatics and Cymatherapy***

I have seen that the healing power of sound-wave therapy can be increased exponentially by adding to it the visual image of the frequencies used. I call this *The Soundflower Experience™*.

Without question, the power of the AMI 750 combined with the use of cyma glyphs have a clear effect on participants. I have witnessed pain disappear and I have seen emotions shift, immediately. It is the culmination of many scientific studies and the mystical knowledge I continue to receive in my spiritual practices. I am moved by the fact that participants comment on the beauty of the cyma glyphs. Our innate awareness recognizes these healing symbols as a part of ourselves, while the simultaneously applied wave therapy affects us on the cellular level.



### ***Soundflower: The Journey to Marry Science and Spirit***

Many people are seeking answers while on their spiritual journey toward a more natural way of healing body, mind, and spirit. I have written a book, *Soundflower: The Journey to Marry Science and Spirit*, that is an intimate look at my life and the many revelations I experienced while learning about the healing potential of sound-wave therapy and the mystical beauty of cymatic images. My hope is that the reader will be inspired to watch for the signs and symbols guiding their life's path and revel in the exquisite healing images. Found in my book are glimpses of a profoundly beautiful universe, which can help many.

This article has only partially touched upon the many topics covered in detail within the book. If these words have piqued your interest and you want to hear more or attend a *Soundflower* event - or for more information on the AMI 750 device - please visit my website. [www](http://www.cymatechnologies.com)

#### Bookshelf

SOUNDFLOWER:  
THE JOURNEY TO  
MARRY SCIENCE  
AND SPIRIT  
BY MANDARA  
CROMWELL,  
published by Mandara  
Cromwell,  
Illustrated Paperback  
(193pages)

