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ISSUE 20

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THE EXPERIENCE OF A SOUND FLOWER



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Words : Mandara Cromwell

My earliest childhood memories included great fascination with mystical images that seemed to me to vibrate with sound. From the angels on the ceiling of the first church I attended, with their glowing, pulsing halos--to the feeling of being able to fly on the waves of sound created by the colossal pipe organ, I soon discovered a kind of “resonance” in everything.

On numerous Sundays at the church service, my father instructed me to be quiet in order to hear the voices of the angels. Listening intently while gazing at them was often accompanied by visions of swirling discs and strands of light from open doorways into an expansive universe. All of this was experienced easily in the Gothic-style architecture of my first place of worship.

My adult experiences with mystical studies began in the early 70's with the teachings of Swami Muktananda—

Swami Muktananda

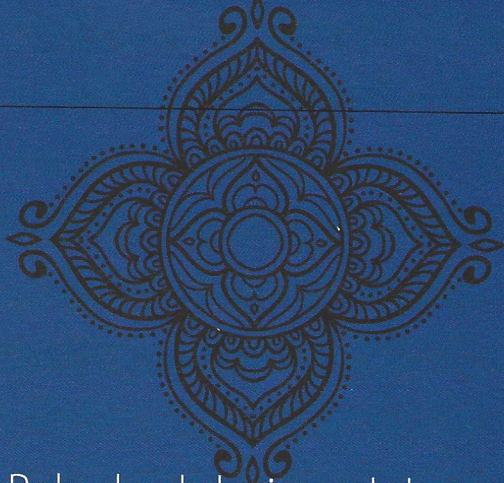


both at his ashram in California and also later in India. During my first experiences as his devotee in California, I requested a spiritual name and was given “Mandara.” It refers to one of four heavenly flowers listed in the oldest spiritual texts known to us—the Vedas. I adopted it with my whole heart and have felt that it was my authentic name since I received it. When I chose “*Soundflower*” as part of the title of my book, I did so with great reverence for my first guru.

The immense knowledge he bestowed upon me provided the insight I needed about the healing power of sound which has been proven by science. My introduction to Ayurvedic wisdom and the study of the subtle bodies, (known as

the five koshas), was also revealed to me during my time with him.

I have lived to see the validation of many mystical teachings that first originated in the Vedas, to include the power of sacred chanting and the healing potential of the geometries of yantras. My studies with “Baba” (as we called him) continued in 1976, when he invited all of his American devotees to join him on a jumbo jet to Ganeshpuri, India. The whole plane ride felt celebratory, as if we were on an incredible journey, traveling to a new dimension. I will never forget the day we landed in Bombay.



Baba had designed the whole ashram and its acreage to facilitate the journey of the spiritual aspirant. There was an indescribable beauty throughout.

There was no security check back then, so we quickly boarded a bus that took us on a two-hour ride over dusty, dirt roads to our destination. When we arrived at his ashram, we were pleasantly surprised to find that new dormitories had been built adjacent to it for us to stay in. I was thrilled to be in India (amidst the growing number of devotees coming to live with Baba), to pursue what I believed to be a truly spiritual life.



In the weeks to follow, I experienced incredible heights of meditative joy while being allowed to be an attendant of the Shiva temple, where the Lord of Yoga is honored. It was part of my work to help maintain this small building on the property so that other devotees could come and meditate there.

Baba had designed the whole ashram and its acreage to facilitate the journey of the spiritual aspirant. There was an indescribable beauty throughout.

Baba's use of the Vedic science of Vastu gave me a direct experience with how the vibrations of mantras set up a sonic energy field to align the body, mind and spirit. Many of the memories I hold dear are of meditative walks through rice paddies to an area where various statues of Indian saints and sages stood.

Baba would often bring the wisdom or the teachings of these spiritual masters into the discourses he shared with us. There were designated places to sit during times of contemplation all along the pathway lined with roses. Nearby was the yagna mandap, an outdoor pavilion located in the upper garden. Hundreds of people could congregate underneath it, (at Baba's request), during special rituals performed by the priests. One of these was the fire ceremony, held several times each year as part of a spiritual purification process.

These occasions were filled with the constant repetition of Sanskrit prayers in their specific, poetic meter, commanding the attention and deep reverence from all participants in the area. During these times at the ashram, I had some of my most profound visions. Walking the nearby pathway, it would feel as if the air had been rarefied by the chanting. The atmosphere was filled with luminous spheres of various shades of blue—a myriad of jewel-like particles. This was a vision I could see with my eyes open, unlike the ones I had experienced many times in meditation. The air was so charged with these particles, invoked by the sacred chanting, that it gave me another dimension of physical sight.

A world that was previously invisible was created by sound and shown to me. This was the beginning of my understanding of the healing power of vibration and my first experience of seeing the sounds I was hearing made visible.

In 2005, after I had completed my studies in the trans-dermal application of acoustic soundwaves with osteopath, Dr. Peter Guy Manners in the UK and had brought Cymatherapy to the United States, I learned of John Reid. As a British acoustics researcher, John was working with the Cymascope—a device to make sound visible. When we first met, we spoke excitedly about the potential of being able to see the healing sounds produced by my first device, the Cyma 1000. In my studies of healing frequencies, I had become interested in a specific code that was designed to support the etheric sheath—the subtle body that is closest to the physical form for protecting and keeping vibrant health. I went to visit John in the United Kingdom to have my first scientific sound-made-visible experience.



The frequency patterns that reflect the resonance of the etheric body produced some of the most stunning visual representations of sound that I have ever seen. All who were present in the laboratory that day were in awe of what was appearing before us.

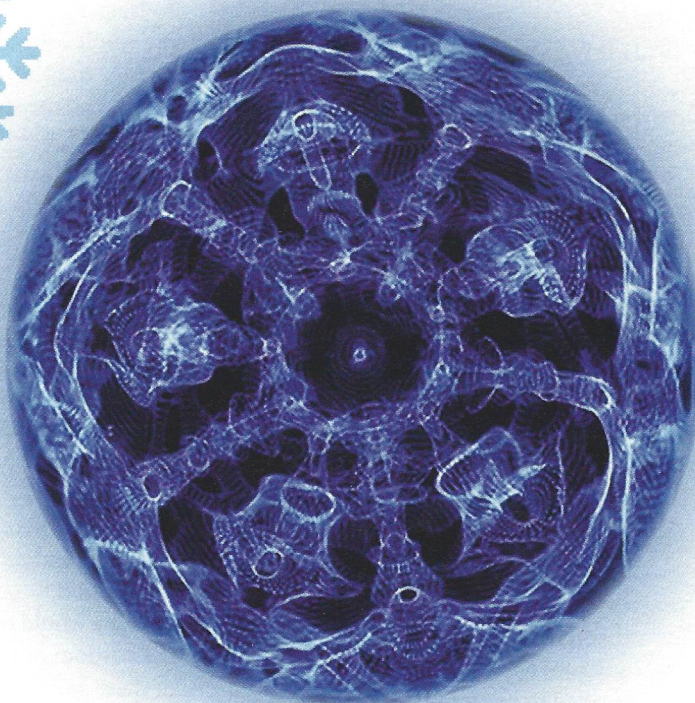
We stood in a circle, watching the particles of sand dance atop the CymaScope membrane. I had a deep recognition of the emerging geometric patterns. The creation of those images was really the beginning of making healing sounds visible in our time.

The CymaGlyphs, (as they are referred to), hold great fascination for me and have appeared in many of my visions and meditations throughout years of study and discovery in the field of vibrational medicine.

Some years later, when I was faced with evolving my original sound therapy device into a new product that was more user-friendly and possible to manufacture during the changing times, the Cyma Glyphs (or soundflowers, as I refer to them) were part of one of the most profound visions of my life. It was a very challenging time, when many obstacles seemed to appear in my path. I felt that I had lost my way and the grace of heaven.

On this one particular night, as I was drifting off to sleep, I could hear the Cyma frequencies—lots of them—forming a symphony of sound. Then dozens of sound images came into view, all linked together. With my inner sight I followed the sound

Being surrounded by these sound “snowflakes” was like looking at crystals through a microscope but seeing them from the inside out in their purest forms. I could feel the vibrating universe.



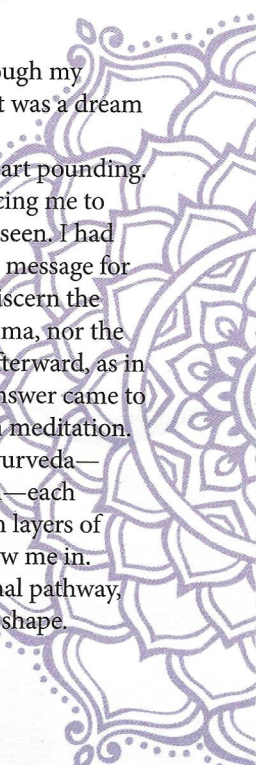
and visuals, gliding and floating in the darkness. Then, appearing directly in front of me were five interspersed cymatic images. They sparkled with the reflection of their own light. I was immersed in the sound imagery.

Being surrounded by these sound “snowflakes” was like looking at crystals through a microscope but seeing them from the inside out in their purest forms. I could feel the vibrating universe. Its infinite beauty was expressed inside of me and out.

The first few “flakes” opened and were shown to me in many dimensions. I had never experienced the beauty of images like this before. The lacy patterns played over and over in front

of my eyes and traveled through my being. They were dazzling. It was a dream of pure joy.

Then I awoke with my heart pounding. My conscious mind was forcing me to remember everything I had seen. I had hoped that this dream was a message for me, but I couldn't seem to discern the answer to my product dilemma, nor the next step forward. Shortly afterward, as in many times in my life, the answer came to me in the form of a vision in meditation. I saw the five elements of Ayurveda—Ether, Air, Fire, Water, Earth—each in swirling globes, filled with layers of information. The visuals drew me in. Each one created a pentagonal pathway, revealing a five-pointed star shape.





The vision allowed me to “see” on multiple levels. Then, astoundingly, the shape of a new device came into view. It would be a plate, of sorts, that could generate healing frequencies. I had the realization that sound would enter through the portals of the feet where the energetic pathways are open to allow communication with the whole body.

Then the letters A, M, and I appeared. A short time later, what they stood for was spoken to me in a meditation—Acoustic Meridian Intelligence. The sound would consist of the 750 commutations (frequency patterns) that Dr. Manners had given me to work with which I included in the name of the new device, the AMI 750.

Each time I watch a particular sound being viewed through the CymaScope, I observe that while there is a pattern on the surface of the water, there is always another one flowering underneath—hence the name “soundflower.” When people view these dynamic, intricate images, they often report having an “experience” of being transported to a different level of consciousness or of being drawn into a form they fully recognize as part of themselves. I chose the soundflowers as the illustrations for my book, so that everyone could begin to see their healing power and beauty.

I have come to the realization that the healing power of sound can be increased exponentially by adding the visual image to the audible sound therapy.

My personal discoveries, studies and visions all led me to create what I now call the **Soundflower Experience™**.

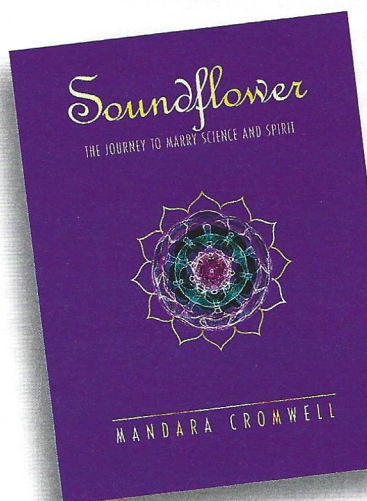
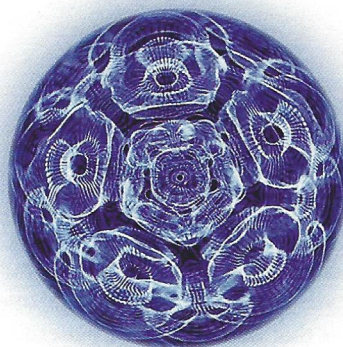
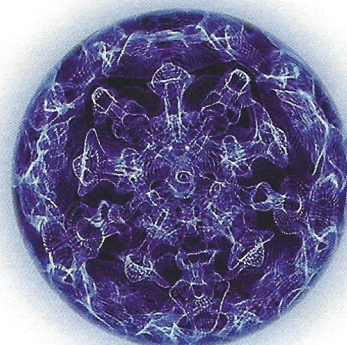
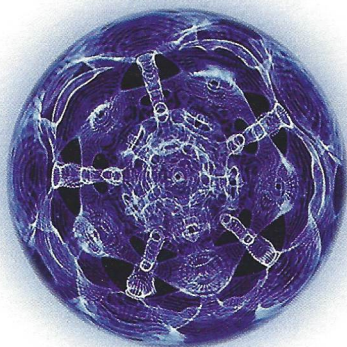
This has been validated by recent advances in technology that allow us to see the impact of sound on the human energy field. My previous research included studies on the effects of the use of sound administered trans-dermally to the body. More recently, my studies have focused on the effect of simply gazing at a sound image and then combining the healing sound and its visual aspect. Like ancient spiritual adepts who focused on yantras, people can now gaze into the heart of a soundflower—which can have a healing effect on the body, mind and spirit, all integral parts of the five koshas.

All of the soundflowers are created by specific healing frequencies generated by the AMI 750.

With the Soundflower Experience™ videos, I have been able to help people create sound environments in their own homes. Gazing into these beautifully moving images—whether they are on the computer screen or projected on the wall—is the only technique required. The sound/visual aspect will be helpful to those who have not been able to meditate, or it can be a visual preparation for seasoned meditators. Many have found that gazing into one of the still images is also very helpful. I have provided a Cyma Glyph as an introductory Soundflower Experience on the Media page of my website. It is a pdf of the image used as the illustration on the cover of my book.

I hope you will be immersed in the beauty and healing potential of these images along with the mystical truth they impart. They are all glimpses of the profoundly beautiful universe that can inspire us all.

**I invite you to gaze
into the heart of the
soundflowers.**



MANDARA CROMWELL, D.C.M.

(Doctorate of Cymatic Medicine), is an American woman entrepreneur and inventor, who is the CEO and President of Cyma Technologies, the manufacturing company for her own inventions – the AMI Acoustic Meridian Intelligence devices. 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), Ms. Cromwell 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.” Ongoing classes, trainings and programs are offered by ISTA and Cyma Technologies in numerous cities throughout the US.

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 own sound therapy devices. She acted as co-producer on two short films created at the University of Florida utilizing cymatic images: “dance divine” featuring dance, yoga and the sound images, as well as “Full of Stars” a short film showing three dimensional views of the healing frequencies. In 2019, she released her first groundbreaking book, “Soundflower: The Journey to Marry Science and Spirit,” which includes many stunning cyma glyph illustrations.

<https://www.cymatechnologies.com/>