

Using a Vibroacoustic Sound Table for Healing Old Wounds

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In 1996, I was introduced to a vibroacoustic sound unit called the DreamWeaver (www.dreamweaving.com). A yoga student of mine had suggested I try it – she thought I would enjoy the experience. There was a DreamWeaver unit in Yarmouth, Cape Cod so I eagerly scheduled an appointment. As I entered the healer's space, I encountered a very strange looking piece of equipment - a sound mat with a large, 6-foot-wide structure of pipes hooked together, looking much like a big copper soccer ball.

I was instructed to lay down on my back, then covered with a blanket and eye pillow and the facilitator started playing very unusual music and sounds (e.g. didgeridoo, drumming, gongs, bells, crystal bowls). I had never been exposed to the natural and organic tones and frequencies associated with these instruments. Within moments, I burst into tears and released a tremendous amount of repressed emotional pain, which I had no idea I was holding in. I had recently lost a younger sister to cancer and thought I had grieved her loss and was over it. Well – as I let it all go I felt freed for the first time in my life.

The expansiveness of the release – all the various emotions, feelings and sensations moving within and out of me, was spectacular. I learned later that once released you cannot go back and relive, recreate and repress it all again. In that moment - I knew what my new career path would be and within 6 months of the session I opened a yoga-based stress reduction center and purchased a DreamWeaver. I now work with a newer version – using a vibroacoustic sound table with the copper dodecahedron called the Cymatron Sound Table. It is more stable than the mat and supports more body weight.

I have conducted over 14,000 documented sessions since 1997 and the results are truly amazing. It has led me to appreciate the adverse effect of repressed feelings and stagnated emotions and their relationship to "dis-ease" (not being at ease with oneself). The dramatic effect of sound and music to heal the emotional and energy body is truly amazing. The use of the copper dodecahedron creates a deep meditative state, which "by-passes" the ego and allows the client's intent for healing to release the deep-seated energy that contributes to the onset of illness and conditions.

The clients who have sessions range from people with cancer, those experiencing a loss or separation, people with anxiety and worry, healthy teens going through the hormonal surges causing emotional instabilities, children with developmental difficulties, and healthy yoga teachers and healers keeping their energy field balanced.

The Cymatron Sound Table was named in honor of the 1967 work of Hans Jenny and "Cymatics" (www.cymatics.org/U.K.) - a researcher who demonstrated how sound and specific tones affect various mediums. Entrainment with passive hearing or active

listening to sound creates various outcomes in the human body due to the body's 75% liquid medium.

The Cymatron Sound Table opens a doorway to super-learning through a more complete experience of sound. As you lay on the Cymatron Sound Table, you experience a gentle cellular massage. The components of the table vibrate the main platform causing the specific frequencies of the sounds to bathe the body in vibration. You FEEL the music on all levels instead of just hearing the music. It's as if the body becomes an eardrum.

There are three essential elements in a Cymatron session. The first is a stated intention for healing or change, formulated together by the client and the facilitator. Intention is the force, which propels us to our goals. Where thought goes, energy follows so establishing an intent for liberation or manifestation is an important component of the session.

The second is the use of a vibroacoustic sound table through which one both hears and feels music. The pulsing of the sound through the table induces the body to release energy blockages, which may have resulted from physical injury, emotional trauma, or any other stress or illness. The body's natural flow of subtle energy is restored within the chakras and meridians and allows the client to move to a higher state of harmony and well-being.

The third component of the Cymatron is the dodecahedron, a 12-sided copper geometric frame, which generates a unified energy field for manifesting the idea into being, for healing and transformation. Special connectors are used which take the twenty 2 ft copper pipes to create a dodecahedron. In a dodecahedron, there are 12 pentagons connected together, which facilitate the opening of the heart chakra.

This sacred space enables old energy patterns to shift, release and re-organize at a higher frequency. It entrains the energy of emerging consciousness, and many describe it as a "cosmic womb". You feel safe, contained and liberated in this structure. Cymatron sessions are highly effective for shifting and healing the subtle frequencies causing deep-seated diseases. There are approximately 5 Cymatron Sound Facilitators in Massachusetts offering private sessions who can be found on the following website www.cymatronsoundhealing.com