

CYMATRON SOUND – Make a Sound Investment in Your Health



By Donnamarie Kavanah, R.N.

Our entire universe is a sea of energy. Both energy and sound vibrate at varying frequencies, right down to every molecule and cell in our body.

The use of sound and music to generate “healing” has a long history stretching back to the beginnings of man. Ancient instruments that created healing sound included ceremonial rattles by Native Americans, tribal drums in African culture, and precious metal bowls, gongs and bells in China, Tibet and India. Human voice was also used to create a spiritual healing effect, such as the Gregorian chants by monks.

All of these modalities and more are united by the principle, which is the tendency toward harmony in nature, which researchers have confirmed is indeed a universal rule.

Michael Lerner, Ph.D., President of the Commonwealth Cancer Help Program, has pointed out; healing and curing are not synonymous. Physical cure refers to complete biological resolution of a disease state, while healing refers to a revitalizing process that can occur on emotional, spiritual, or physical levels – sometimes on all three.

The belief that what happens to us on the emotional and spiritual levels affects us physiologically is well researched by mind-body scientists. A review of the literature shows many well-researched papers on how sound heals. Studies and clinical observations suggest that sound interventions elicit the “relaxation response”, the term coined by cardiologist and pioneer in mind-body medicine, Herbert Benson, M.D. This physiologic response is known to counteract the body’s fight-or-flight stress response.

In 1967, the late Swiss scientist, Dr. Hans Jenny, named the scientific study of how sound affects matter Cymatics, after the Greek word for “wave”. Dr. Jenny used crystal oscillators and the tonoscope, a machine he invented that produced pictures of the sounds from a human voice, to create stunningly complex forms out of sand, water, powder and other materials, including iron filings, fine ground plastic and mercury. Jenny showed what happens when one places the various materials on vibrating surfaces (metal plates and rubber membranes). When a specific set of frequencies are directed to the plate or membrane and vibrate it, various shapes and patterns appear. The shape of the designs created are varied, depending on the frequency, amplitude, and type of material, and often resemble kaleidoscopic configurations with 3-D depth, some of which mimic naturally occurring universal forms, such as snowflakes, flowers and spirals. Jenny theorized that each human cell has its own frequency, and that the frequency of every human organ may be a harmonic of its component cells.

A cutting edge tool is now available to use personally and professionally, called the Cymatron, named after the science of Cymatics. The Cymatron looks like a massage table, but has speakers and a 15 band equalizer attached underneath, which vibrate the sound through the table and into the client’s body. During a sound session, the body experiences the music in every cell, organ and tissue. The skin (our largest organ) transmits the vibration through to our spine/nervous system and bone structures, then to the cellular level, creating the experience of a gentle musical massage.

The Cymatron also utilizes a sacred geometric structure, called the dodecahedron, built as a 12-sided copper frame. Historically, the dodecahedron has been a source of metaphysical interest for at least 2000 years. Some believed that the dodecahedron represented an idealized form of Divine thought, will, or idea. To contemplate this symbol was to engage in meditation upon the Divine, concept of a fifth element, Ether or Universe. Using a copper structure in the shape of the

dodecahedron creates an electrical conductance around the body as the sound bathes the client.

The third essential element is a stated intention for healing or change, formulated together by the client and the facilitator. As Dr. Wayne Dyer, author of *THE POWER OF INTENTION*, tells us, "Intention is a force in the universe, and everything and everyone is connected to this invisible force." Albert Einstein said that "Where Thought Goes, Energy Follows." This is what allows the client's intention for healing to release deep-seated energy that contributes to the onset of illness. The CYMATRON facilitator assists the client in experiencing the stated intent by the selection of appropriate music and the administration of other healing modalities, such as Reiki, Aromatherapy and Reflexology. Clients report a reduced level of anxiety, decreased heart and respiratory rate, decreased physical and emotional pain, improved sleep, a heightened sense of empowerment and creativity and enhanced physical and mental abilities. Sound Healing is an example of holistic medicine – an integration of allopathic (traditional medicine/surgery) with complementary therapies that include nutritional supplements, acupuncture, energy and sound practitioners, etc. This is a truly nurturing and relaxing experience for those experiencing stress in their life and for those seeking a new adventure and mind-expanding experience.

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