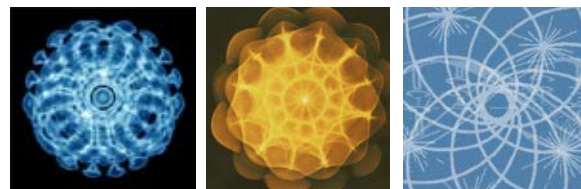


# CYMATHERAPY: A NEW RESONANCE TO AID THE HUMAN BODY



The human body is a symphony of cells, tissues, organs, and systems — dynamic in its wide spectrum of resonant frequencies and properties. From the rhythmic beating of the heart to the high frequencies of brain function and the nervous system, the body is a multifaceted, finely-tuned “musical instrument.” Illness, stress, and the absorption of various toxins all provide disruptive, disharmonious influences that tend to imbalance bodily systems and throw various physical, mental and emotional resonances “out of tune.”

Sound therapies have been used for centuries to help rebalance, rejuvenate and retune the human body. Modern sonic therapy applications, such as ultrasound and music therapy, have in recent decades gained solid respect in the healing professions for their effectiveness in supporting the healing process.

Cymatherapy, an advanced sound therapy technology, generates precise combinations of frequencies associated with the frequency range of healthy tissues and organ systems and are delivered in the form of acoustic sound. These integrated sound waves help to normalize cellular imbalances and bring the frequencies of organs and tissues back into a natural, healthy state. Cymatherapy, from the Greek Cyma meaning “wave,” supports the body’s natural ability to heal itself.

The practice of using sound to support healing has been an integral part of various world cultures for centuries. Pythagoras, the Greek philosopher of the sixth century BC, may be considered to be the first sound therapist, using music to uplift the body and emotions.

Ernst Chladni, known as the father of acoustics, demonstrated in his experiments that sound waves can shape physical form. As he pulled a violin bow across the edge of a metal plate covered with fine sand, precise and intricate geometric patterns would form and then change into other precise forms as the pressure of the bow and other sonic factors changed. This served as an elementary depiction of how energy, in the form of sound waves, could affect the nature of physical structures.

Cymatics, the modern day study of wave phenomena as pioneered by Dr. Hans Jenny, a Swiss medical doctor and scientist, has further refined this science, clearly showing the effects of sound on physical form. Cymatherapy has emerged, primarily through the work of a British osteo-

path, Dr. Peter Guy Manners, and a group of European scientists, as the application of the science of Cymatics in the specific realm of sound therapy for the body, mind and emotions. Cymatherapy involves the presentation of specific groups of gentle, audible frequencies, or commutations, using a handheld applicator/massager on the body for a period of 30 to 60 minutes during a scheduled visit.

A breakthrough in sound therapy, the **Cyma 1000™** is programmed with hundreds of commutations (harmonious combinations of five frequencies each) to address a variety of imbalances in the body. Its advanced patent-pending applicator also uses magnetic therapy, as a static magnet in the diaphragm of the applicator head oscillates at the same frequency as the sound waves. Many well-constructed medical studies around the world have proven that oscillating magnetic fields are effective in treating physical problems. This combination of sound and magnetic therapy, two powerful, natural agents in the fields of bioresonance and vibrational medicine, enhances results.

BioEnergetic Assessment (BEA) is a system that measures electrical and energetic resonances in the body, and can help determine the specific patterns of sound waves that would be immediately useful. At Littlefield Cottage, the integration of BEA and Cymatherapy brings an even greater range of specificity to the support of the healing process.



PenDell Pittman brings years of experience in sound work to Littlefield’s new Cymatherapy services. PenDell holds Master’s degrees in Music from Case Western Reserve University and Cleveland Institute of Music. Also experienced in vocal performance, teaching, and vocal therapy techniques, his work with sound has included the study of Cymatics (the general science behind Cymatherapy), as well as psychoacoustics, and the effects of sound, music, and other forms of resonance in therapeutic applications.

*Littlefield Cottage*  
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