



## Episode 15: Mandara Cromwell—Making Sound Visible

Thursday, October 3, 2019

- 00:00:00 [music] You are not moving, you are being moved.  
You are not singing, you are being sung.  
You are not praying, you are being prayed  
Prayed at the speed of love.
- 00:01:09 Janet Conner: You are not moving. You think you are. You feel like you are, but surprise! You are not moving, you are being moved. You're not singing, you're being sung. You're not praying, you are being prayed, prayed at the speed of love. I'm Janet Conner, *Prayer Artist*, and you have arrived in perfect timing—I like to call it speed of love timing—to the 15<sup>th</sup> episode.
- 00:01:45 This is the 15<sup>th</sup> conversation in my new post-patriarchal prayer podcast. Way too many P's there. It's an interesting thing to try to say, but it is a post-patriarchal, brand new, radical kind of podcast talking about prayer. In these conversations we are engaged in a deep exploration of prayer, and when I say prayer I mean original prayer, ancient prayer, and brand new prayer.
- 00:02:20 This is mystical prayer, mystical prayer that brings us down into our center, our original source. This is the prayer that existed way before patriarchy and the prayer that is coming to life now as the Divine Feminine returns and the prayer that will flourish long after we're gone, long after that teeny tiny box of patriarchy stuffed prayer and made it about something so small.
- 00:02:59 That you must petition an external male god [laughter] to take care of you, and you must do it following a very tight formula. We're all breaking out of that box, and the great joy of my life is exploring this true nature of prayer. Prayer for me is sacred, but it's also enchanting; it's delicious; it's exciting; it's the most fun you can have because this is prayer that vibrates.
- 00:03:35 You can feel it vibrating throughout your body, vibrating every cell of your body, because for me, prayer is a love song. It's a love song that connects us with that original love song of our mother, the One Mother, the creator of all universes. So you can tell how much I love dancing down these roads, and I have found myself going down some rabbit holes that are just so thrilling and exciting.
- 00:04:10 I love exploring all of the ancient goddess cultures. They're teaching me about the work I'm here to do right now. I love diving into the Christian mystics. I love Jewish mysticism. On my list of things to explore next, I really want to learn so

much more about the Kabbalah. If you've followed me, taken any of my intensives, listened to this show, you know how much I adore the ancient Hawaiian shamanic practices.

00:04:40 I love the moon, Mother Moon, and moon wisdom. I didn't anticipate this coming, but I find that my intensives now are all... somehow the moon shows up as our teacher in all of the intensives, even when they're not labeled anything connected with the moon because she is our teacher and she is vibrating in our bodies. How about chanting? I'm going to be inviting some musicians to come and teach us more about chanting.

00:05:12 These are all so delicious. But I'll bet there's one you aren't expecting me to say and that's science. I love finding those synergies between quantum science and ancient mystical teachings. Don't you? I mean, don't you just get excited when you learn that these ancient wisdom teachings that have come down to us through oral traditions going way before patriarchy, they always knew and spoke clearly the truth that very modern quantum science is just now articulating.

00:05:54 It's the same language. And now science can not only articulate it, it can show us, show us what our ancient mothers... they must be giggling and winking in their graves going, "Yeah, honey. We knew that. We told you that. You just haven't been listening." So guess where we're going in this 15<sup>th</sup> conversation on *Praying at the Speed of Love*?

00:06:17 We are diving deep into the sacred geometric shape of that overlap. If you visualize two circles overlapping, the overlap is the *vesica piscis* shape, which is the shape of creation. So the two things that are overlapping are original, sacred sound, the healing property of sound, and then the very modern, brand new science of Cymatics that lets us see sound in action.

00:06:55 We are going into sound and Cymatics with the founder of the International Sound Therapy Association, the author of a book I am madly in love with. It's called *Soundflower*, and listen to the subtitle: *The Journey to Marry Science and Spirit*. And we are so blessed to be with the author, Mandara Cromwell. In this conversation, there is something; there is something waiting for you.

00:07:27 There's some nugget of sound love hovering in the air right now, looking at you, smiling at you, and waiting to enter your heart and transform your life as only sound can do. So let us begin this conversation with sound, listening to the sacred voice of the Tibetan bowl, my precious, precious Tibetan bowl, as she calls us to open our invisible ears that we may hear what wants to be heard.

00:08:08 [the bowl rings]

00:08:26 Janet Conner: I doubt the microphone picks up her emanations that continue and continue and continue and continue. The sweetest thing is to ask the bowl to speak and then stay close to her and listen as those magnificent sounds

fade into silence. But, you know, they don't disappear. We just can't hear them anymore. But the physical vibrations continue and continue and continue. I have no idea. Only the goddess knows how far they go out into the universe.

00:08:59 This is the first time you've met Mandara Cromwell, through me anyway, and so I'm going to give you a very short bio. She has a doctorate in Cymatic Medicine. She is an entrepreneur, an inventor of the AMI—that stands for Acoustic Meridian Intelligence device. Doesn't that sound thrilling? Acoustic Meridian, you're going to learn all about it, Intelligence device. And an advanced sound tech... oh, oh. Forgive me.

00:09:29 I looked up. I got so excited about what I was saying that I failed to read. The AMI is an advanced sound technology device that was nominated for the Thomas Edison Award for Innovation in the fields of science and medicine. She studied Cymatics with Dr. Peter Manners, who is very famous in this field, but she's the one that coined the term Cymatherapy, which refers to a wave therapy that is based on the foundation of his original work.

00:10:00 A few years ago, she produced a conference in Atlanta that's transforming medicine: *Cymatics, the Art and Science of Making Sound Visible*. During that conference, she featured never-before-seen images of the healing frequencies in her sound therapy devices. Gosh, I wish I'd been there. However, [laughter] those images are now available in her groundbreaking book, *Soundflower*, and we are so blessed that Mandara joins us from her home outside Atlanta. Welcome.

00:10:41 Mandara Cromwell: Hello, Janet, and hello to all of your wonderful listeners. It's great to be here with you today.

00:10:49 Janet Conner: On this podcast, Mandara, which might be a little different from the other kinds of conversations you're invited to, the conversation is about prayer: real, intimate, personal conversations about how we were taught to pray as a child and, then, how our prayer lives have evolved and continue to evolve. That's the intent of this podcast is that we're going to have a conversation nobody ever has, intimate conversations about your prayer life.

00:11:18 So this is the 15<sup>th</sup> episode and, right from the beginning, I noticed, "Wait a second. Everybody's childhood story has this one element in common. There seems to be a connection between something in the guest's childhood that planted a seed for their evolving mystical lives. And sure enough, I'm like looking for it now, in your book, I saw that your earliest spiritual experiences, they did!

00:11:50 You didn't know it, but they planted the seeds of sound as sacred and healing. So would you start there? Would you tell us about your childhood prayer life?

00:12:03 Mandara Cromwell: My prayer life started in a place that was so powerful. It's known as a resonant architecture. My family were devout Catholics. We attended a Catholic gothic-style architecture church and, later in life, I learned that this was

a really resonant cavity. This particular type of architecture is built on mathematical proportions to actually harness the sound to enhance the acoustics of the prayers, the songs that are sung, the masses.

- 00:12:43 Every type of vibration is enhanced in this particular type of architecture and, when the pipe organ would come in to play, these vibrations would like spring off the sides of the church, bouncing like a trampoline on our tympanic of the ear, the tympanic ear drum. And it would just... I would feel like I was being lifted up. I loved the Gregorian chant, the Latin mass.
- 00:13:16 And as a small child, I would look up to the gilded buttresses, and I would pull on my dad's suit jacket to point out some new revelation that I had just made. And he would lean over and he would say, "Shhh. If you don't stop talking, you won't be able to hear what they're saying." And that was my first indication that, "Oh, somebody is talking to me," and, you know, those angels painted on the ceiling.
- 00:13:50 And also the halos had markings within them that when that pipe organ, when the song began, those halos started vibrating, and it was just phenomenal. So that was the beginning [laughter] from a very small child of my experience of sound. And being in that type of church, those were my first teachings of the principles of resonance and entrainment.
- 00:14:24 And I just loved it when the nuns... I did attend a Catholic school. In the choir loft, we as children were forbidden to go there. However, when there was a funeral rite, when someone had passed away, the nuns would have the school children go up to that forbidden area and being right next to that pipe organ... oh my goodness.
- 00:14:55 I felt like I could fly. The power of sound and vibration bouncing off those walls and just within my own cavity, my own body, vibrating and then joining in the sound of singing the Latin Requiem, it was just a very uplifting experience.
- 00:15:20 Janet Conner: I'm laughing so because I grew up Catholic in those churches too. And there is nothing like Gregorian in Latin. There's nothing. I think that was training for mantra practice now, only none of us knew it. And my missal was in Latin. It would be Latin on the left and English on the right, and you had to answer, everything was in Latin. And there is something so glorious. I think it was training for me for opera. I love opera more than any other music form but not if it's sung in English.
- 00:15:51 No. I want to hear it in Italian, French, Russian, because then my conscious brain doesn't have to worry about, "What are they saying?" It doesn't matter what they're saying. The words are completely irrelevant. It's just the glory of the human voice. I love live opera so much I can't stand it. And I think, I wonder, did that actually start loving Gregorian chant as a child?

- 00:16:19 But here you are now the queen of Cymatics. So [laughter] it's been quite an evolution, and we want to hear about that. But I bet a lot of listeners are going, "Cymatics? Cymatics? Cymatics? What's Cymatics?" So can we start with that foundation? Because that's the foundation of the conversation and the book, what is Cymatics?
- 00:16:40 Mandara Cromwell: Cymatics is the science of making sound visible. And Cymatics is a term that was actually coined by a Swiss medical doctor and natural scientist. His name is Dr. Hans Jenny. That's spelled with a J, J-E-N-N-Y, but the correct pronunciation is "Yenny." And he is the first person in our age where he took modern day technology to generate sounds and making them visible.
- 00:17:19 So your listeners have probably seen some of these types of experiments on the internet where there's a metal plate and sand or salt is sprinkled on top of the metal plate, and then a violin bow is strumming the side. And geometric forms are created depending on how you strike the bow and if there's any dampening effect etc. And there are a lot of do it yourself Cymatic-at-home kits that you can buy, or you can even kind of rig your own.
- 00:17:57 And this is so wonderful because this is an opportunity for us to teach our children at a young age how to experiment with sound. The images that you see in my book, the Cymatic images there, are actually generated in a laboratory. So with science... and we're talking about marrying science and spirituality here, but in this particular case, when people look at the images in my book, they were done in a laboratory with controlled settings.
- 00:18:31 And the temperature is just right, the sound proofing, so many things, and then it's done with a really advanced technological invention called the CymaScope. It was filmed with a 4K camera, the highest definition that we have today, and in seeing those particular cymatic images come to life with sound and water...
- 00:19:03 And water is so phenomenal because we ourselves are 70% water or more. Our brain is like 90% water. So we can really see what the impact of these sounds might have on us at a cellular level. And, then, if we amplify that in a large space, like a resonant cavity, like a temple or a church... you mentioned opera and [laughter] Gregorian chant, that type of thing.
- 00:19:43 It's really interesting. There is a French physician, Dr. Alfred Tomatis ("*Tomatisse*"), or in America a lot of people call it "*Tomahtis*" because there are Tomatis Centers. But, anyway, he was a French physician, and he did a lot of research on different types of music. And he found two types of music universally that people responded well to. And the first type of music was Gregorian chant.
- 00:20:10 If you need energy, Gregorian chant was one of those types of music that you could put on and it would actually give people energy. It would bring them into a state of calm and calm the heart rate and lower the blood pressure etc. The other

type of music that he found universally was the music of Mozart and, of course, the joy that we feel when we hear those sprightly notes just really have this uplifting effect.

00:20:46 And so, when we see these... and another person that I'd like to just bring in here... oh, first of all, let me just finish about Dr. Tomatis. There were other types of music that helped people in their health and different brainwave states and their ability to learn, that type of thing, and it was maybe indigenous music to that particular area. But, universally, those were the two, the music of Mozart and Gregorian chant, and that's a whole nother lecture that we could get into because it's so fascinating how we respond to music.

00:21:24 But moving forward into the field of Cymatics, people for the past decade have probably become familiar with the work of Dr. Masaru Emoto in his *Messages From Water*, where he took his experiments and played different types of music to the water, put the saying of love and gratitude and thank you and those types of things on vials of water and then watched. The structure of the water looked so beautiful.

00:22:02 It looks like this beautiful diamond of stars or beautiful jewelry, and you think, "Oh, wow. This is the effect that 'I love you' has on my cells." And what we're finding with today's Cymatics, as that becomes more popular, we are able to see when we say things that aren't so nice, the shapes are really ugly and dissonant.

00:22:31 And when we say something beautiful or if we see... for example, in my book, I have healing codes made visible, and these particular healing codes have more than just one frequency that's being played simultaneously. You can actually see the symphony of sound coming up through the water from one phase to the next, and they're very beautiful in their geometric form. So we can really learn a lot through the science of Cymatics, and we're just beginning to scratch the surface.

00:23:10 Janet Conner: So how did Cymatics come calling for you? I mean, we hear that it got planted by the organ, by funerals [laughter]. Nothing like a Latin mass funeral Gregorian chant. Okay, it got planted. And your father's part was so adorable. If we had all had fathers that said, "Listen, darling. The angels are speaking," you know? Some of us, however, did not. So how did Cymatics... your book is a hoot because I can sort of follow you.

00:23:43 You're going down some road, and Cymatics is giving you these wild, fabulous dreams and you follow. You obey. You go down that road, which, of course, I adore because I'm always going, "Yes. You want me to do what? Oh, okay! Here we go! Janet has no idea how this is going to come out but off we go." So there you are listening to your dreams, paying attention, obeying, and you've met some wild characters. And your life has just been this like board game where we're going *neer*. We're going over here. Now we're going over here. So tell us how Cymatics came calling for you.

- 00:24:19 Mandara Cromwell: Cymatics. I didn't even know the word Cymatics, okay, because that didn't come into being until the 1960s and '70s. And at that time, I was a very young child, and the internet wasn't around then [laughter]. We couldn't Google, "What are these images that I'm seeing?" So from childhood, I was raised in the Catholic faith, and I lived in a very rural area.
- 00:24:54 And our family library contained the lives of the Mystical Saints: Saint Theresa Lisieux, Saint Teresa of Avila, Saint Rose of Lima, Saint Catherine of Sienna, and Saint Francis of Assisi etc. And these books were talking about mystical experiences so I thought everybody was having those experiences. Never did I guess that [laughter] that was just a small percentage of the population.
- 00:25:24 And it wasn't until one day I was having this conversation with my grandmother. So I have to tell you, I was really blessed with some key family sponsors, shall we say, spiritual sponsors that have been present in my life to guide me. But I was having this conversation with my grandmother one day that I was in the choir singing this Latin Requiem, and I could peer over the balcony and see swirls of energy and color and like the soul was being uplifted.
- 00:25:55 And it was just this beautiful symphony of sound, color, light, of rejoicing, you know, taking the soul up to other places. And that was the day that my grandmother said, "Not everybody sees the things that Saint Rose of Lima saw or Saint Theresa or [laughter]," that those are special experiences and that I would learn more as life went on. So those were really wise words to me to say, "Until you can really understand everything that's happening to you, maybe just keep it to yourself, or let's just talk about it intimately amongst ourselves."
- 00:26:38 So after college, I went to India. In college, I had taken this philosophy class, and I became very interested in the Eastern thought particularly of reincarnation. And so, after college, I became very interested in meditation and went to India to seek advice and teachings of wise and holy men and women because that's where they existed, right?
- 00:27:08 So they would be able to tell me... if they could tell me about reincarnation a little more, then I might find some other great things to be part of my understanding. And so, once again, I was led to be in an acoustic structure, a Hindu temple, and these temples are built differently a bit. There are some similarities to the Gothic-style architecture, but they're built slightly differently than the Gothic-style architecture.
- 00:27:46 They still had domes and cones and spirals and, on the inside, when you would go under one of those domes in the interior part of it, you could just stand under that dome and you could feel like, or I could feel, a sonic realignment. I could feel a like *chick-chick-chick-chick-ching-ching-ching-ching* in my head. And then if you happened to be in that type of architecture and the priests were singing Sanskrit prayers or toning...

- 00:28:22 Again, I had that experience of the structure was a resonant cavity, and it was affecting my physical resonant cavity in my torso, in my arms, my legs, my head, even the oral cavity. The teeth, you could just feel this vibration, a good vibration, like this buzzing. And at that time, I noticed that this was built on, again, mathematical proportions, a science called *Vastu Shastra*, which is in the Vedic tradition, the books.
- 00:29:03 There are four books of the Vedas, and these are the oldest scriptural texts that we are aware of today. They go back thousands and thousands of years. They, for a long time, were an oral tradition and handed down from sage to student and, then, it was in the second millennium BC where it was actually written down in what's called the *Rig Veda*. But, anyway, there is a special text that outlines the *Vastu Shastra* and this is the art of construction, where you are actually harnessing the energy of sound, light, and vibration.
- 00:29:43 These temples are built on special gridlines of the earth, and we could go into a whole thing, astronomy. The Hindu tradition does look very seriously at astrology, the astrological influences, the planetary influences, so here we have in these temples a special grid pattern. And when you're in that grid pattern, it is a force field.
- 00:30:14 Your cells really start realigning. Then you have the actual sound that the priests are singing and, if you yourself learn just a few little stanzas of a Sanskrit prayer, you become enlivened yourself. Looking around at these temples, you see carvings in the stones of sound made visible. And I didn't realize until I had seen my first real Cymatics image come to life just a couple decades ago, I didn't realize that, "Oh my goodness. This *Sri Yantra*," which most people are familiar with the *Sri Yantra*.
- 00:31:03 "This is the sound frozen in stone. This is a cymatic image of how sound is creating matter." And these *yantras*, which are cymatic images, the spiritual adepts would gaze into the heart of these *yantras* in a state that's kind... well, they call it *dristhi*. But somebody can easily get into this state if you ever remember as a child or maybe even sometimes today as an adult, you're just kind of staring out the window and you daydream or whatever.
- 00:31:44 That is that type of state that will allow you to access the other states of consciousness within a *yantra* or a sound form. And so adepts would gaze into the heart of this *Sri Yantra* to access higher states of consciousness. Once they would become in tune or immersed in the center most point of the *yantra*, many of them write that they could actually hear the sounds that are out of our hearing range but in the higher realms.
- 00:32:23 So there I was seeing a cymatic form and I didn't really know it. When I would gaze into those *yantras*, it would remind me of my childhood of the angels' halos and the saints in the stained glass windows, their halos, and I would think to

myself, "Wow. The artists who expressed that in their art were they tuned into sound?"

- 00:32:56 And as you make your way through... one of the things I love to do when I travel is go to a church or a cathedral or a temple and just kind of tune into the artists, and you'll one day say, "Oh, here's somebody who was told that the halo is a vibration," and they're just kind of etching in little wavy lines.
- 00:33:19 And then you'll see an artist and you go, "Woah. That person was really keyed into the vibratory effect of that being," of Archangel Gabriel or Michael or Raphael or Mother Mary, Jesus. You see these vibrations really come to life, so that was my next step in Cymatics.
- 00:33:50 Janet Conner: One of the things, one of the stories, one of the awarenesses that I adore in your book is that you take us to Rosslyn Chapel in Scotland. So as you're telling the story about the Hindu temples where you realized... I did not know this about Rosslyn. We've all heard about Rosslyn and it's a mysterious, sacred place. And maybe the whole world knows this but Janet, but I didn't discover it until I read your book that exactly the same thing. There's sound frozen, and then somebody recorded it!
- 00:34:26 Mandara Cromwell: Fascinating. Absolutely fascinating. There are a few books that have been written on Rosslyn and, if you ever find yourself in Edinburgh, Scotland, it's just a few miles to visit this amazing chapel. And if you've ever read the book *The Da Vinci Code* by Dan Brown, he really [laughter] put that chapel on the map. And I was there... actually, a colleague of mine, friend of mine, John Reid and his wife, Annaliese, we were going to Rosslyn.
- 00:35:05 They were allowing us to go into the crypt with the CymaScope. And so, I mentioned the CymaScope a little earlier, and that is the invention of John Reid. And, anyway, we were allowed to go into the crypt to make sounds and see what might come out. John had been in the Egyptian pyramids and did some sound experiments there and, if you're interested in that, you should definitely check out his website because he has a whole little booklet on Egyptian Sonics.
- 00:35:43 But when we arrived there that day... let's see. I think that was in 2005. Was that in 2005? We were there and we were told at Rosslyn we couldn't get in just yet. And we were like, "Gosh. We want to set up our experiment so we can really..." Again, the temperature was just right, everything. Well, we found out later the next day that it was *The Da Vinci Code* film crew that was wrapping up [laughter], so we had to wait for them to get out.
- 00:36:17 So then, a few years later, after the movie was released, I went back to Rosslyn. Well, now it's totally changed. They've got [laughter], you know, they've set it up as a museum because so many people coming into there, the beautiful space, there

is wear and tear. So we need to create more of a organized effect, organization, to help keep it alive and beautiful.

- 00:36:48 But there's another fellow, Richard Merrick, who wrote a book called *The Venus Blueprint* which really ties in beautifully the teachings that are in the *Rig Veda* and also how it relates to the architecture at Rosslyn. And what's really interesting is that there are a lot of bright minds—I mean, Einstein is one of them—but so many bright minds of scientists, physicists, artists, writers, who study the Vedas, and now we see this link in these places like Rosslyn, where the roof, the interior roof of Rosslyn, has been related to the interior of our oral cavity.
- 00:37:43 And when songs are sung, it's activating different parts of the chapel. And there's a father-son team, Tommy and Stuart Mitchell, and they decoded the musical intonations that are indicated in one of the pillars at Rosslyn chapel. There's an angel on this pillar, and the angel is pointing to certain notes on the scale.
- 00:38:19 And so, they decoded this and you can find it online. It's called the *Rosslyn Motet*, and it really sounds like 15<sup>th</sup> Century, oh gosh, just really beautiful, spiritual music. So for those who are into spiritual music, I highly recommend that you listen to the *Rosslyn Motet*, or I'm sure it's available and download it. It's quite beautiful. But, yes, Rosslyn is really one of those, again, built on a magnetic vortice of gridline aligned with the planets, a planetary alignment, along with a very power spot here on the planet earth. And Cymatics images replete in that structure.
- 00:39:10 Janet Conner: And your work. Let's get to your images of sound. They're all over the book *Soundflower*, and I stare. I stare. These are not pictures that you can just go, "Yeah," and turn the page. You can't. You just have to be with them. It's almost like your eyes aren't seeing it. It bypasses, and it certainly bypasses your intellectual understanding and opens some kind of resonant cavity, mystical cavity, inside of you.
- 00:39:50 So I'm staring at them and I'm staring at them and I'm staring at them, and I suddenly start thinking about Buckminster Fuller. And I think, "Bucky, what are you doing here?" But then I went, "Wait a second! Wait, wait a second!" Until he showed up, I missed the fact that they all, five... they're all different. But there are these five bursts, five starbursts, in the geometric shape that the five-sided on which he built everything is... it has this same five.
- 00:40:24 So when I look at your pictures, I feel like I'm looking at science; I'm looking at light; I'm looking at color; I'm looking at numbers; I'm looking at sacred geometry; I'm looking at ray shows. Can you tell us about what you see, I guess? I mean, you're the one who saw them first, developed the ability to see them. What are you seeing in these?

- 00:40:50 Mandara Cromwell: They absolutely come to life. Gazing into these... now, these are not digitally created. We haven't Photoshopped something online. These are actual prints of... it's kind of like your thumbprint, but this is a print of a healing code. And how these codes came about is through a British osteopath that I met, Dr. Peter Guy Manners.
- 00:41:18 And let me just go back very briefly. When I left India, I came back to America and, back then, particularly coming to the South, meditation and yoga were kind of laughed at. And so even though I ran a meditation center and we did offer yoga, it wasn't very well received.
- 00:41:49 My experiences, my spiritual experiences, were so powerful that I wondered how I might be able to share those with people. And I couldn't really figure out a way. If they were open to meditation, if they were open to chanting, if they were open to sound and vibration, I could talk to them philosophically. But there was really no way I could do anything other than just my little classes or meet people on a wider scale.
- 00:42:20 So I kind of went off into corporate world and, then... I'm going to fast forward. You can read my story how I ended up being introduced to Cymatics. But I was introduced to this British osteopath and, when I heard he had this sound frequency apparatus, I thought, "Hmm. This is very interesting. Somebody has created a device that can bring people into tune."
- 00:42:55 Now, what this made me think of, Janet, is back in the Vedic tradition, one of the underlying principles of meditation, goals of meditation, has to do with the five *Koshas* or the five bodies, the five sheaths. So we have the physical body and, then, we have four subtle bodies. And they all interpenetrate each other, and we are in perfect health when they're all coherent.
- 00:43:24 And as you know and I'm sure most of your listeners are aware that we are spiritual beings here having a human experience. And every now and then we forget that, and we kind of go off on this adventure of where we experience sound, color, vibration in a place that we get into trouble. So how do we get back? How do we get retuned? So this whole philosophy of the five bodies is a really good one to hold onto.
- 00:43:59 I noticed that when I was in India and the spiritual master would be asked by one of the fellow students that they were dealing with some type of emotional turmoil or whatever, he would send them to the temple. "Go sit in the temple and meditate and chant." And so, if you remember, we were talking just a little bit ago about how these mathematical proportions of the temple and the resonance set up this force field, and you would actually feel your five bodies kind of like come back together.

- 00:44:39 Right. So kind of like you're these Russian nesting dolls is a good analogy. So fast forward to Peter Manners. When I was told about his work, I thought, "Hmm. This is very interesting," because everybody is used to going to their doctor and having a machine do something or some apparatus to help you with your fractured leg or arm or help your heart, your respiratory system etc.
- 00:45:14 So when I went to visit him, I said, "Well, tell me about the frequencies," and he said, "Well, each organ system, each tissue, muscle, tendon, ligament, has its own quintet, its own five frequency sound, five frequencies that are playing simultaneously." And I was like, "Oh. So this isn't like..."
- 00:45:43 And so a lot of people remember Dr. Royal Raymond Rife and the Rife frequencies. I go, "Oh, well, those were one specific frequency that really targeted a pathogen." No, this is not what Dr. Manners was doing. He was using five audible frequencies to support the body. So if your liver was out of sync a little, it would play this very special quintet, or your adrenals or your kidneys or whatever part of the body.
- 00:46:18 There were five frequencies. And so I said, "Well, how did you come up with five?" because, immediately, I'm thinking the five sheaths, the five bodies. Does it have to do with that? I'm thinking of sacred geometry, the five platonic solids. I studied Ayurveda and Chinese medicine; of course, those are working with the natural five elements. And he said, "You know, we tried one frequency. It didn't work. We tried two, that didn't work. We tried three. We tried four."
- 00:46:50 He said, "We almost gave up, but then when we got to the fifth one, aha! Everything came into balance." And so I have, over the years, tried to figure out how to explain this to people because it's kind of a lot to wrap your head around this in the first pass, right? So I tell people it's like you're going to a buffet table, and there are five dishes.
- 00:47:22 Let's just say this is the quintet for the liver, and so, there are five different dishes. And kind of like when you go to a buffet table, you go, "Ooh, I really like this dish, and I'm really in the mood for this dish. And that dish, I had that last night for dinner so I don't think I'll take so much of that." So intuitively, we know, our bodies know, which frequency we need more of. And we're all 99% the same is what the scientists tell us, so it makes sense for my liver to need a little bit more of this and yours more of that.
- 00:48:04 So we have this quintet of frequencies that plays in that way. And in my research, what I do since he passed on his body of work of over 750 codes or commutations, it's like, "Oh my gosh. What do we do with all of these?" So my job, what I have done with the technology that's available today, is to figure out how much of it do we need.

- 00:48:34 And how do I layer this into a protocol to help relieve physical pain or emotional pain? Or how do I layer this into a protocol to help give people energy? Because we have so many people who have no energy. They're just so stressed out these days. Their adrenals are shot. We have this sort of cycle of the younger people they go to... and I don't mean to... there are lots of coffee shops, but Starbucks is one that's familiar to everybody.
- 00:49:09 But they go in the morning to Starbucks to get the jolt and, in the afternoon, they go to get the jolt. And as you age, you get later into your thirties and your forties and your fifties and you go, "Gosh, that jolt just doesn't do it for me anymore." And so your adrenals are getting very tired, and they're not responding to that, shall we say, kick that you have tried to manipulate those frequencies. So the device that you were sharing with us about, my device, the AMI 750, we have the frequencies that act as a master pitch pipe.
- 00:49:51 I love it that earlier in the program you sounded the singing bowl, the metal singing bowl. It's one of my favorites. And what's very popular right now are, they call, sound journeying or sound meditations or sound baths, where people just go and lie down. And the sound is being sort of done to them, and they come out in very deep states of relaxation. And that is so powerful. That is so great.
- 00:50:19 But when we're in states of chronic inflammation, chronic pain, we need a very targeted approach. And that's where the AMI 750 comes in, where we really need that master pitch pipe and we need to sound the bell and say, "Hey, I need some really specific help here."
- 00:50:38 Janet Conner: So how does a person get their... I don't even know what question to ask. Okay, so my adrenals are shot. I would love to have the master pitch pipe and the sounds. What's the next step? Do we go to your website?
- 00:50:59 Mandara Cromwell: Yes. You can go to the website. We do sell to practitioners, integrative health care offices, wellness clinics, and personal owners. So if you wanted to purchase one, we certainly would be happy to help you with that, but we do have practitioners throughout the world. And so, your listeners can just go to the website and type in where they are, and we'll tell them where their nearest practitioner is.
- 00:51:25 And we also have a 30-day return policy so that if people are in an area where there is not a practitioner and they really want to try the device, we can work it that way. But the main thing is to be able to get people the help that they really need and so, yeah, we'd be happy to help with that.
- 00:51:48 Janet Conner: One of the things that really struck me as I was reading about the AMI and how it works is that it is on your feet and your hands. This means the world to me because long before I understood what I was saying, before my first book, *Writing Down Your Soul*, came out, I started signing all my

emails, "The connection is in your hands. The connection is in your hands." And I was thinking of that in a limited way because when I pick up a pen, I'm in communion.

00:52:27 I just drop almost instantly into the mystical theta brainwave state, and I'm having a conversation with the Divine Feminine. And, you know, I joke my hands are just hardwired. So here I am reading... and I'll put on shoes when I have to go outside, but I'm in my bare feet at all times. Okay. So I'm reading about how the meridians in your body are accessed through the sound comes in through your hands and feet.

00:53:00 I'd love to know, and I would think the listeners would be going, "Woah," especially... they're all deep soul writers. Everybody who loves me and listens to me and comes to all of my intensives, we're all deep soul writers. We're all dropping into what we call the mystic through our hands. So what is it with the hands and the feet?

00:53:21 Mandara Cromwell: When I first met Dr. Manners, he was administering the sound device with an applicator, sort of like if you've ever seen a mother get ultrasound on her belly for the baby in the womb. And so you'd have to hold this applicator in different parts of your body, and it became very cumbersome. And people would go, "Oh, I can't do this." So my goal was how do I make this very user-friendly?

00:53:54 That is my goal. How do I make it user-friendly? How do I make it as most affordable as possible? How do I really get this to the masses? And so one day... well, I'll tell you just necessity is the mother of invention, right? So I was manufacturing this device for Dr. Manners, and a dark night of the soul came up on me. All of us on our journey, we're going down the path. We're remembering that we're spiritual beings having a human experience and, then, all of a sudden, we're at the precipice of a cliff.

00:54:32 And are we going over or not? We become so present in that, we don't know if we've already gone over the cliff or we're still on top of it. And so this sort of happened to me back in 2007, 2008, 2009. If you remember, our country went through a pretty severe shake up monetarily, and the company that I had been using to help manufacture the device that I made for Dr. Manners notified me that they were no longer going to have me as a client.

00:55:10 I was their only high-tech client. They were getting rid of all of their employees in that division, and they were hunkering down. And they were just going to stick with their mainstream. And I thought, "Oh my goodness." At that time, the device that I was making, a lot of the parts were becoming obsolete. So there was another *bam*. And so I was like, "Oh my goodness. What am I going to do? I have these people who are out there. They call me every day saying, "Thank you very much

for creating this device. It has helped me with this, this, this, this. I got my life back. My mother got the..." just all of these things.

- 00:55:47 I go, "How can I let these people down? How can I just all of a sudden have these practitioners, and they're going to [laughter]..." So I had this period of time where it just very distraught and wondering, "Okay, Spirit. Show me the light. Show me. The door is closing. Where is the window? The cloud is very dark. Where is the silver lining? Don't give up." Will I tell you that I didn't have moments where I shed many tears, where I spent time on the floor in the fetal position, hardly being able to breathe?
- 00:56:27 I think most entrepreneurs can relate to those times. And suddenly, one day, I realized, "Remember your path." When I was in India, I studied Ayurveda. When I came back to the United States, Ayurveda wasn't so popular, but Chinese medicine was starting to gain popularity so I studied Chinese medicine. And in both of these—they're the oldest medical traditions that we have today—they talk about the hands and the feet as amazing portals of energy.
- 00:57:05 And, of course, at that time, energy healing with the Reiki and therapeutic touch and those types of things were starting to come into our radar screen. Caroline Myss and energy and Norm Shealy, that whole energy medicine was starting to pop up on the radar screen. And so, I thought, "Oh, if I could make a device where the hands and the feet could have access to the sound that would work so well."
- 00:57:50 So, immediately, I researched that and, actually, the AMI 750 today, the whole plate has a special transducer that emits the sound so it just encompasses the whole body. And so the portals of the feet are very powerful as well as the hands. And so if people want to sit in a chair, put their feet on it or sit in a chair, put the instrument on the table and rest their hands on it, they receive very, very fast results.
- 00:58:29 Now, I just want to talk to you about a contraindication. So there are people... we have more and more people today who have implanted devices such as pacemakers, defibrillators, insulin pumps. If people have a device like that, they do need to keep the AMI 750 at least six inches away from that device. But we help lots of people who have those particular implanted devices and just keep it six inches away.
- 00:59:03 But I do want to point out something that your listeners might be interested in and that is, along that same time period, there was a professor at University of California in Irvine, Dr. Joie Jones, and he was very interested in Chinese medicine and the energy pathways. And fortunately, he received funding to conduct an interesting trial of using fMRI, functional MRI, to track the effectiveness of the meridian system.

- 00:59:48 So when a light is shined into the retina, it registers in the occipital region of the brain. And so, he was wondering, on the Chinese meridian system, on the lateral side of the foot, way, way, way, down on your foot, on the outside on the bladder meridian, there are points that help your vision. And so, if you go to the acupuncturist and you say, "I'm having some problem with my vision," they might needle those points.
- 01:00:21 Or an acupressure, Shiatsu-type person might massage those points to help your vision. But Dr. Jones was wondering, "Well, wonder if that would register anything in the occipital region." So they shined the light on those points. Voila! It registered in the occipital region of the brain. Now, here is something very interesting.
- 01:00:50 They had a little meter to see. It took the light 250 milliseconds to go from the retina to the occipital region. But from the acu-point on the foot all the way up to the brain, it took point zero, zero, zero, zero, zero, five zeros, seven seconds (0.000007) to get there. So that not only validated the meridians, but it said, "Wow. This can really... [laughter] if you stimulate this point..."
- 01:01:30 So how do we bring that into the AMI 750? Because it's named Acoustic Meridian Intelligence, Acoustic because it's audible sound, Meridians because it is traveling the meridian pathways, and Intelligence because your body knows exactly where to take it. And so that is the whole premise of the device. People can sit in a chair. They can lie down on a sofa or a massage table and prop their feet up or have it on their hands, and it works very, very rapidly.
- 01:02:04 You can go to the website and see the thermal imaging and some of the other studies that we have published there at how quickly it shows some results.
- 01:02:13 Janet Conner: And I'm remembering that when I said hello, I talked about original prayer, ancient and new, and that where science is finally showing us, the ancients are joking and winking and going, "Yeah. We already told you that 5,000 years ago." When you talked about the hands and the feet, I'm remembering that I took a deep soul writing group to Oaxaca, Mexico in 2010, and we were so blessed to spend three days with a shaman.
- 01:02:41 And he took us to special places; he gave us special kinds of baths. One of the major things he taught us, and I didn't really connect until right now just how important it is, he said, "Never, never, never, never go to bed without washing lovingly with salt your hands and your feet because you are releasing, shedding any negative energies. All of the stuff walking around in the world, it's on your hands and your feet."
- 01:03:19 And there's ancient oral tradition, shamanic Olmec... I'm not going to remember all of the right terminology for the tribal knowledge in that specific part of Mexico. I'm going to think about that tonight, washing my hands and my feet.

- 01:03:42 Mandara Cromwell: Think about that, and there are some other traditions that if you don't have the salt or the water around, they actually take a knife or a blade and release from the form. Yes. So it is a shamanic tradition in many parts of the world.
- 01:04:08 Janet Conner: Well, when Kahu Lāhela teaches us the traditional Ho'oponopono, we say the prayer, but then we cut the cords. It's exactly what you said only your arm is the knife. But every speck of your body, your back, your feet, and you're cutting these cords and then you gather them up and put them into the bowl of light where they are transmuted back into the [circle of life?].
- 01:04:34 Mandara Cromwell: It's so fascinating. Another research project that I did that your listeners might be interested in and that's a technology that was sort of developed by Harry Oldefield. It's called Poly Interference Contrast, and one version of it is called the BioField Viewer. And so what we did is... so this device allows you to see the energy field around the person.
- 01:05:00 So with the studies that your listeners will find on my website, you'll see that they have to do with physiological change. There's a pain the leg. The inflammation is being reduced. There's tightness or some inflammatory process happening in the torso or in the arms that is showing physical change. So I asked a person who was the number one technician in the United States for this particular system, because it's of course made overseas, if she would be able to help us look at people who were experiencing pain.
- 01:05:48 So I wanted with the system to validate that, indeed, like the thermal imaging, we could see that there was pain in the body, but I wanted to see what's in the energy field around that person who is experiencing pain. So, actually, this presentation will be on my website very soon to show what we found out.
- 01:06:16 So in this one particular instance, there was a young man who's a mechanic, and we'll just say he's in his mid-thirties. And he had had surgery a couple of years ago because of the pain in his knees and legs. And now, we could say that the pain is still existing for many reasons. It could be just that it didn't work because sometimes surgeries don't turn out the way we had hoped them to. And maybe because he's a mechanic and we know a lot about environmental toxins now, and so, is he exposed there?
- 01:06:55 So we're always trying to release things that we're exposed to throughout the day. Or was there some emotional component? So as I was reading his health history—because this is part of research, we have to collect as much data as possible. We have to remain non-emotional to the person—and found out that just four months prior, his mother had passed from pancreatic cancer.
- 01:07:28 And it was a very abusive and turbulent relationship since childhood. So move over to the scan, so we're looking at him. We see in the scans, "Oh yes. We see

pain there. There's pain in those legs." And then we look at the energy field around him and different parts of his body. His heart center is congested and, "Oh my goodness. What is that around his mouth? It looks like a muzzle."

- 01:08:03 He could never say anything. So here the energy field is reflecting this emotional state of the congestion around his heart, this muzzle around his mouth. Wow. So then we do the 30-minute session on the AMI 750 and, Janet, we're only dealing with physical pain because that's why he came in. So we put the physical pain channel on, and we watch in real time as the energy goes in like, I call it like little dust busters that are just releasing in the field this junk, this muck.
- 01:08:48 And this is really the power of sound. Like I said, in the beginning, you did the singing bowl? That released, people just let it go. With the AMI 750, this is a powerhouse that just pushed all that stuff away from, out of his field. And at the very end of the session, we never said anything. My research assistant and I, we were looking like, "Oh my gosh! Did you see that just disappear, all that muck in his field?"
- 01:09:21 But we didn't say anything. He looked at us and smiled, and he said to the technician, he said, "Oh, are you going to be offering this in your practice? I'd like to come back for another session." Hey, get a load of that! Sound is so profound. So, anyway, I have some other research toys... because we always like to... hey, we're all like the state of Missouri, right? Show me [laughter]. It's the Show Me state.
- 01:09:51 Show me the before and the after because in energy medicine, unless you're really confident in that realm, those realms of seeing, feeling, hearing, clairaudience, clairsentience, if you're not really entrenched in that field and aware, we want to see. People want to see. Like, "I think I feel a shift." But when you see it, you go, "Yes!" and that actually helps the person entrain to the more healing state.
- 01:10:31 In Ayurveda, in Chinese medicine, they have the philosophy that dis-ease actually comes in from the subtle bodies. And particularly we have some research out there, definitely in thermal imaging, the people who see activity in the torso area, when they see, we'll say, a breast cancer or something that's going the wrong way, they will ask the subject, "What happened to you emotionally 8 to 12 years ago? Has anything along that timeline happened?"
- 01:11:22 And usually it can be traced back to a very strong emotional impact. Could've been losing someone, could've been a divorce, could've been you got fired, some love... particularly in the breast and the chest torso where that beautiful heart chakra is there. But some damage has happened there, and so, when we don't resolve those issues, then after a while, it manifests in the physical body.
- 01:12:00 So we really want to try... and sound is so profound. We want to really try to get to people before it manifests there.

- 01:12:08 Janet Conner: So given your scientific knowledge and intimate experience with sound, how has sound evolved for you now as a mystical practice? Do you chant every day? How do you get those resonant cavities vibrating with sound?
- 01:12:26 Mandara Cromwell: Every day! And everyone in my family does too [laughter] because once you are aware of what it can do for you... first of all, it can just clear your field, but it actually gives you energy. And when you don't have energy, we have the AMI 750. We pop our feet on and have a family group therapy and say, "Hey, let's come together," because it is stressful these days.
- 01:12:55 We just go out and meet stress at every corner and, when we've managed to stay in our state, our coherent state, we make better decisions; we have better relationships; we attract better relationships and things into our life. We're at a time where stress is the #1 cause of all disease. And you can go to the medical journals, and they'll back me up on that.
- 01:13:27 And so, in the Vedic texts, they validate what our neuroscience is saying today. So I give people three ways that they can incorporate sound into their lives, and the first way is really through the Vedic tradition, which has been tried and true for thousands of years, and that is through toning. And you don't even have to believe... if people have a religious or spiritual block about chanting or toning *om*, then I have a modification of that where people can just be riding in their car, when they're really stressed out, just to take in a breath and just let it go.
- 01:14:24 Sigh. Raise up your shoulders. Shrug them up to your ears, and then release them. And let out a [sigh], you know, a breath. You can go into a time, maybe remember a time in your childhood where you fell down or fell off your bicycle or something like that, and you just went, "Ow!" Just let it out [laughter] because keeping it in really depresses that energy into the physical body.
- 01:14:55 And that's what we're talking about: let it out. But even if you can just, "Ah." When you taste something that's really delicious, "Mmm." Let your body... I mean, I'm not suggesting that you do this in a 5-star restaurant where you have a bunch of other people around you, but hey! Maybe so. It might be a film like *When Harry Met Sally* when they say, "Hey, I'll have what he's having or she's having."
- 01:15:25 But to really get in touch with your own voice, which doesn't cost you anything. And then if you can get into some *om* chanting, where we can really relate to the torso, that "Ooh," really deep, deep down into the lower torso. And then, "Uhh," is coming up through the heart center, and then "Mmm," it's vibrating the oral cavity and the cranial cavity. And that is a great way to destress yourself in one minute.
- 01:16:04 Just align that autonomic nervous system in, really, seconds. So that you can take with you everywhere. Of course, the AMI 750 is another way which I would love

to share it with the world. So try to find somebody near you, or go online and see if it's right for you. Call us. We'll be happy to answer any questions and, by the way, for people who have it, we give them unlimited free consultations of how to get the best use of the device for them because we want this to be a part of their preventive care as well.

- 01:16:43 The third way that I have come up with is called *The Soundflower Experience*, and you can get this online on my website. I have developed three *Soundflower Experiences* where, like the *yantra*, people can gaze into these moving images, and this is such an easy way to meditate. People who say that they don't know how to meditate, that they can't meditate; they don't want to meditate. They can just gaze at these beautiful images, these sacred geometric designs, and just get into a very relaxed state very quickly.
- 01:17:28 They are about five minutes long. We have people who are actually using them at work to take a five-minute stress break. We have people who are using them to help them really learn how to meditate because the Vedas tell us that meditation is the answer. So how do we get there into that state? And these are tools that we're using with sound, which I have found sound is the very fastest way to get your bodies into that coherence. I do want to offer your listeners a free gift.
- 01:17:59 Janet Conner: Yeah, please!
- 01:18:00 Mandara Cromwell: If I can share that. Go to the website, the [cymatechnologies.com](http://cymatechnologies.com) [Media Page](#), and you can find the link that says [Free Cymaglyph](#). And they can download that image. It's the same image that's on the front cover of my book. Just gaze into the heart of that soundflower and enjoy the quiet and the calm that you'll experience by using that as a *yantra*.
- 01:18:31 The sacred *yantras*, the *Sri Yantra* was used by spiritual adepts to achieve higher states of consciousness. What this cymaglyph, this soundflower, is this is a healing code to bring your bodies back into alignment and touch base with the healing of the etheric, the pranic sheath that's closest to our physical body.
- 01:18:57 Janet Conner: So to give that to the listeners in the easiest way, when you come to [janetconner.com/15](http://janetconner.com/15)—this is the 15<sup>th</sup> conversation—and you click on that Prayer Bag, that image will be in your Prayer Bag. And while you're there, read all the show notes. There'll be a transcript. If ever you wanted a transcript for a show, I think it's going to be today's.
- 01:19:24 There'll be an introduction to Mandara, a link to her website for all of this wonderful research. I've been taking copious notes, and I will be putting some of the delightful things that you can do, including these three healing actions around sound that Mandara just gave us, it'll all be in that blue box for Prayer Action. And then, because you want to share this, click on the join the Facebook community.

- 01:19:55 I'll invite Mandara to come and join us there so that you can meet her. You can ask her questions; you can share your experiences, and most importantly, you get to meet other people in the community for *Praying at the Speed of Love*. This has been an extraordinary education and such a confirmation of so many things that I just instinctively know, like the connection is in your hands.
- 01:20:21 One of the things that's coming to mind as you're talking is that several years ago, when I created my very first mandala, which is now *The Lotus and Lily* course that everybody takes every winter in order to create a mandala which creates the next year, the soul conditions that were given to me, this is how I live, the first one is "I chant my prayers out loud." And as it came through, I thought, "Really? I think I've been thinking them."
- 01:20:53 And, immediately, I began and now I can't not. I have to chant my prayers out loud, speak my prayers out loud, move my prayers out loud. But I didn't realize until you, Mandara, that it's because I am vibrating all those chambers in my body and bringing myself into coherence, into harmony. Such an important book. Thank you, Mandara, for being with us and thank you for *Soundflower*.
- 01:21:24 So I have a wee present for you. This is my experience of the beauty and power of sound, of love songs, and it's called "All Night."
- 01:21:38 On the breath of the Beloved come love songs  
All day, all night, caressing the world  
Love songs  
  
But we don't hear them  
  
Like pop licks, they grab our bodies and we move  
Like Ode to Joy, they lift our spirits and we soar  
Like Irish pipes, they squeeze our hearts and we weep  
  
But we don't hear them  
  
Every leaf, every star, every curl of ocean—  
a love song  
Every fern, every cloud, every spider web—  
a love song  
  
The rain sputtering  
The storm clouds forming  
The volcano erupting  
  
Love songs  
  
The sun arriving  
The sun departing  
The moon smiling all night

Love songs

The cicadas in Oaxaca pray for rain  
All night, a cacophony of legs  
And the rain comes

I sigh for you and you show your face  
Your face  
Your face in everything

Your face in what frightens me  
Your face in what feeds me  
Your face in my face in the mirror  
Whether I look up or not

Love songs

Your breath in my breath  
Your heart in my heart  
Your love in all I love  
whether I recognize you or not

We are one love  
We sing one song  
One love song all night

All night

All night, though I may not hear it

Your love song is all life  
My love song is this life

Singing in beauty  
Singing in pain  
Singing in joy  
Singing on my knees

One love  
One song  
Our song

All night

01:23:53 Timothy Frantzich's Voice: This conversation in the mystic with *Prayer Artist* Janet Conner has been rated L.

01:24:03 [music] You are not moving, you are being moved.  
You are not singing, you are being sung.  
You are not praying, you are being prayed

Prayed at the speed of love.