



Cymatics

Insights into the invisible world of sound

Jeff Volk presents an overview of the development of Cymatics and explores its potential to reveal the dynamic but subtle interaction of sound with water and the implications of these effects for the development of the therapeutic applications of sound.

We live in a vast ocean of sound, whose infinite waves ripple the shores of our awareness in myriad patterns of intricate design and immeasurably complex vibrations ... permeating our bodies, our psyches, to the very core of our being.¹

So begins the program, *Of Sound Mind and Body: Music and Vibrational Healing* and so begins this whirlwind account, unveiling the mysteries of sound. Perhaps because it is invisible, less attention has been paid to this sea of sound constantly flowing around and through us than to the denser objects with which we routinely interact. To those of us for whom 'seeing is believing', Cymatics, the science of wave phenomena, can be a portal into this invisible world and its myriad effects on matter, mind and emotions.

The long and illustrious lineage of scientific inquiry into the physics of sound can be traced back to Pythagoras, but this article will focus on more recent explorations into the effects that sound has upon matter. However, a brief sum-