

CONFERENCE WELCOME

On behalf of the ISTA board of directors and volunteers, it is my pleasure to welcome you to our annual gathering of sound healing's pioneers, leaders and practitioners. For all of us involved with ISTA, it's been an incredible ten year journey into the world of sound healing since British osteopath Dr. Peter Guy Manners introduced me to his work and extensive research in 2001.

ISTA is a nonprofit organization with a two-pronged mission statement. We are dedicated to increasing the public's awareness of the effects of sound in our environment, and we are devoted to promoting therapeutic sound modalities from ancient traditions to today's technology. Through the science of Cymatics (the study of wave phenomena) and the implementation of Cyma Therapy, Tibetan singing bowls, and other acoustic instruments, our educational programs foster both general public awareness and Continuing Education for a variety of health professionals, such as massage therapists, acupuncturists, nurses and hypnotherapists. The conference supports this, but more than anything else we do, opens the doors of our exciting world to the public at large.

As in past years, we offer certification courses at the conference. In addition, past graduates from our programs will present their studies this weekend. We also offer introductory classes to the general public at the conference and throughout the year.

When it comes to the science and research in our field, we have established an unprecedented "bar of excellence" where sound therapists around the world submit studies for review based on the high standards set by our advisory panel and medical experts. Once a study is approved, the practitioner is listed in our International Practitioner Directory, and we add their data to our archives. In our first decade, we have established the most comprehensive library the field has to offer, and looking forward to the future, our aim is to synthesize the best of this work for submission to medical journals.

Our goal for our second decade, and beyond, is to make our research and archives available to traditional western medical professionals all over the world, and to invest them with confidence in referring their patients to the practitioners and sound therapists found in our directory. We are starting to see more and more compelling evidence that Cyma Therapy is effective in the treatment of many forms of chronic pain, cancer therapy, Alzheimer's, Parkinson's and other serious diseases,

and want to build the mechanism to publicize this along with other sound healing modalities to help the millions of people who live with these health challenges.

We are also especially proud of our community outreach program, "GB2"—Gongs, Bells and Bowls—which offers help to cancer support groups and others who contact us for support. It is staffed by volunteers we call "ISTA angels" who facilitate these healing sound meditations. We have a certificate course where one can become a Healing Sound Ambassador and participate in this wonderful program—another thing you can explore at the conference this weekend.

The conference and our programs throughout the year offer music to the general public, and we've been blessed over the years with regular performances from friends such as Steven Halpern, Jonn Serrie, and this year, Howard Levy. We celebrate both the art and science of Cymatics, and the healing properties of Cyma Therapy as outlined by Dr. Manners.

I welcome everyone to what will be the best gathering of visual, performing, and healing arts we have ever produced in our Cymatic universe. We are grateful that you have joined us for this commemorative event where we celebrate our achievements and further our mission of bringing healing sound to the world.

Happy Anniversary ISTA and Cyma Therapy!



Mandara T. Cromwell



Lokah Samastah Sukhino Bhavantu

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May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.