* Cymatics can allow us to visualize sound waves beyond our audible range of 20 to 20,000 Hertz, which has many potential applications.
* Art therapy can help a person struggling to finally be able to relax enough to get in touch with their emotions. This can greatly bring stress levels down in patients struggling with anxiety.
* Cymatics is “The study of visible sound”; this means you can turn music into art and can be more creative and improvise art therapy in treating stress and anxiety.
* Art, Music, and Cymatic Therapy are the key factors in making the Chladni Plate one of the main instruments as part of our solution/therapy to treat anxiety and stress.
* The Chladni Plate is a thick metal sheet with sand on top. It generates various consistent patterns using sand and vibrations (just with 400 hz in our demo)
* By generating different intriguing patterns with various frequencies, we could make use of our cymatics solution to create consistent musical notes that can be visualized and utilized as a tool for Art Therapy to treat Anxiety and Stress.