

Manori Sumanasinghe, Expert on Design, Tech and the Healing, Creative, Transformative Power of the Subconscious (mindfulness, lucid dreams, out-of-body experiences)

// Pronunciation: Mahn-aw-rie Sue-muh-nuh-sing-her //

Insightful & Inspiring: This Asian-American woman of color, immigrant, and entrepreneur has overcome adversity to advance her career in business, architecture, and finally creating a new retail category with Neuma Being's Neuma Mind Spa in Chinatown, Los Angeles. Through a commitment to purpose and impact and by tapping into meditation, energy mindfulness, and lucid sleep states she become a pioneer of the transformative technology sector..

She founded Neumascape Studio, a creative lab in 2018 to pursue her passions for Architecture + Design, Technology, and well-being. One of the projects through the studio became its own well-being startup called Neuma Being. At Neuma Being, along with her husband Nelson Abreu, Manori created an online well-being community, a well-being space and experiences and technology like The Cymatix recliner. The Cymatix helps people achieve a deep state of relaxation in under 25 minutes. These techniques and technology promote well-being, creativity and cognitive shifts for those who care and create for the world such as first responders, essential workers, change makers, entrepreneurs, leaders, and creative professionals.

Manori created a new retail category with the Neuma Mind Spa & Showroom in Los Angeles, which houses The Cymatix and other neuro-bio-tech. The experience is novel, unlike anything guests have ever felt, and they are able to achieve deep relaxation that could lead to altered states, heightened states, lucid sleep. Her work is appealing to professionals and creatives facing burnout and creative drain. Those seeking to unblock their imagination, as well as their employers can benefit from this ecosystem to promote their overall well-being and improve creative performance. It is also appealing to experience-seekers and well-being consumers as a type of leisure and entertainment. With the COVID-19 epidemic, the demand from healthcare patients and professionals has only increased.

A staggering 77% of professionals in the US experience burnout. These are the people who are finding solutions to the world's most pressing problems i.e: Climate crisis, pandemics, social inequality, etc. Burnout negatively impacts overall wellbeing, performance, decision-making, and creativity.

Studies show that out-of-body experiences and lucid dreams aid with pain relief and creative problem-solving (insight). Application of mindfulness correlates with improved decision-making, creativity, conflict-resolution, productivity, and well-being in organizations. Deep relaxation and mindfulness helps manage the fatigue, stress, anxiety, discomfort, depression, PTSD, and insomnia that first-responders and their patients can experience.

Manori Sumanasinghe, Expert on Well-Being Technology, to discuss...

- What are heightened, restful states and when did you start experiencing them?
- Can you give us an example of one of your most memorable or impactful experiences?
- What are some of the benefits of out-of-body experiences and lucid dreams?
- What do these altered states have to do with creativity and well-being?
- What impact have these mindful states had on you? How transformative can they be?
- How can professionals, leaders, creative, first-responders, and others benefit?
- What is the Neuma Mind Spa & Showroom? How did you come up with this novel retail concept?
- What type of technology have you designed to help people achieve heightened restful states?
- Is there a way for people outside of L.A. to benefit from your resources?

Manori Sumanasinghe, Guest Expert Credentials

Manori Sumanasinghe has had transformative experiences like out-of-body experiences since she was a child in Sri Lanka.

She trained in mindfulness meditation with some of the most prolific and recognized Theravada Buddhist monks and meditations masters in Sri Lanka since age 11. She started studying Theravada Buddhist philosophy in her mid teens.

She went on to train in energy mindfulness and heightened restful states with International Academy of Consciousness since 2003, where later she has served as an instructor and an assistant director.

She has lectured in North America, Europe and Asia on consciousness and design as well as creativity and design thinking.

She has published her work in *The Journal of Consciousness* and is a contributing author of *The Tao of the Dow: Economics of Being*, where she

discusses the emergence of technology and design for well-being, creativity, and transformation.

Manori has education and training in Architecture and Business. She was trained with award winning architects in Los Angeles, and in her previous career in business she has industry experience in Nike Manufacturing and supply chain in Asia and in business development at an e-commerce company in New York. . She went on to start her own design firm, Neumascape Studio, which has spun off the well-being tech startup Neuma Being, which was accepted into the prestigious Bixel Exchange incubator in 2020.

Manori was one of the 20 scholarship recipients of Suzi Batiz's ALIVE OS Program in 2020.

Major Categories/Themes

- Consciousness / Mindfulness / Well-Being / Altered States
- Lucid sleep states & heightened restful states: Lucid dreams, out-of-body experiences, hypnagogia, meditation
- Neuro-bio-tech, internal reality tech, transformative tech, conscious tech
- Well-Being, Creativity, Transformation, Cognitive Shift, Paradigm Shift
- Design & Technology, Community-Building, Futures
- Health & Wellness (Burnout, Pain, Stress, Depression, Trauma, Anxiety)
- Leadership, Impact, Self-Awareness, Self-Improvement
- Women's Issues, Women in Design, Women in Tech, Women of Color

Affiliations:

Formal Education –

- [SCI-Arc \(Southern California Institute of Architecture\)](#) - 2014
- Chartered Institute of Marketing (UK) 2004

Architecture:

- Mentored by Architecture's top prize The Pritzker award winner Thom Mayne
- Mentored by award winning architects HsinMing Fung, Craig Hodgetts, Tom Wiscombe, Wes Jones, Devin Wiser, and Dwayne Oyler

Heightened States Training: International Academy of Consciousness (IAC)

CEO of [Neumascape Studio, Inc.](#)

Selected Talks:

- 2015 – Poster presentation at ICC in Portugal
- 2018 – Talk at SSE conference in Las Vegas
- 2019 – Talk at Australian College of Business & Tech, Sri Lanka

Non-profit affiliations:

- IAC ([International Academy of Consciousness](#)) – volunteer (2007 – present)
- IAC – Global Assistant Director in communication (2015-2017)
- IAC – Instructor (2015 – present)
- ICRL ([International Consciousness Research Laboratories](#)) – consortium member (2008 – present)
- SSE (Society for Scientific Exploration) – member (2012 – present)
- [SCI-Arc Alumni Association](#) – Board member since 2016, Co-Chair since 2019

Manori Sumanasinghe, One-Page Press Kit



Press Kit Single
Page_Manori Sumanasing

Guest Expert Availability

By audio or video, mobile phone or web from Los Angeles, California
(Pacific Time, UTC – 8)

Guest Expert Links

- Neuma Being in the press: <http://www.neumabeing.com/press>

Science behind what we do: [Research Vault](#)

NEUMA BEING ecosystem was born out of experiences our founders Manori and Nelson faced in their professional and daily life. It is also informed by research on the benefits of mindfulness, meditation, and naturally occurring altered-states. They've realized that these special mental states were powerful tools to enhance creativity, productivity and well-being.

The creative and innovative processes alternate between focused and divergent states of mind. Mindfulness switches on divergent thinking. In other words,

meditation opens your mind to new ideas. Second, mindfulness practice improves attention and makes it easier to register the novelty and usefulness of ideas. And finally, mindfulness nurtures courage and resilience in the face of skepticism and setbacks, which is important because failure and setbacks are inextricably linked with any innovation process. Meditation helps practitioners clear their minds, focus more on the task at hand, and come up with original solutions. Studies correlate altered states such as lucid dreams, out-of-body experience, hypnagogia with insight or creative problem-solving. We have created a vault that highlights academic, scientific evidence and other publication that inform our work. [Research Vault](#)

Social Media Promotions

How this expert can help promote your show:

- [Linkedin](#)
- [Facebook](#)
- [Instagram](#)
- [Meetup](#)
- [NeumaBeing.com](#) community
- USC/SciArc Alumni
- IAC/ICRL/SSE Non-Profit Network

Guest Expert Interview Booking Contact

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