

Awakening Bell™



An Instrument for Sound Healing and Relaxation

Developed in partnership with jazz great Jack DeJohnette,
world renown sound therapist Dr. John Beaulieu and
Woodstock Chimes founder/musician Garry Kvistad



Woodstock Chimes®

The world's favorite windchime™

“As a musician, I am impressed with the oscillation and long overtones of this bell. It is quite remarkable. Whether used by a professional musician or a first timer, the sound is an oscillating movement that creates a feeling that waves of calm are moving through and around you. It adds a sense of depth, peace and lightness to all who use it and experience it”.

- Jack DeJohnette, Grammy® Winning Composer
and Jazz Musician

Sounding your Awakening Bell

by Dr. John Beaulieu, N.D., Ph.D.

The Awakening Bell can be used at home and in group situations such as school classrooms, yoga classes, etc. Before sounding your Awakening Bell, always determine your purpose. For example, if you are at home and are facing a challenging day, visualize meeting your challenges from a place of inner calm and drawing on all of your creative resources to create success. Allow your body to tune in to that feeling of success, and use that feeling to guide the speed at which you tap the bell.

If you are working with a group, there are many possibilities for the Awakening Bell. If you are a school teacher, you can use the bell in the classroom. Before sounding the Awakening Bell, visualize the class coming to order and focus on the lesson, then use that feeling of class order and focus when you tap the Awakening Bell.

In spiritual services the Awakening Bell can be used in a similar way as a church bell. The purpose of church bells is to awaken worshipers and call them to church or temple to focus on a higher spiritual vision.

The Awakening Bell can be used in spiritual classes such as Sunday School classes, spiritual services, meditation classes, etc. to set the tone and unify students through sound. Before each tap of the bell, visualize unity, focus and a higher spiritual power and allow those feelings to guide the speed at which you tap the Awakening Bell.

Awakening Bell

When the Awakening Bell is sounded, the listener naturally enters a Theta state inside of which nitric oxide is spiked in the brain stem. Nitric oxide is often called the *molecule of light* because it is the reason fireflies light up on warm summer evenings. The vibration of the Awakening Bell lights up the brain stem and awakens one's inner light, which is naturally relaxing. When we relax, life becomes clearer and we "just know" as we enter a special zone.



512 Hz

The tone of the Awakening Bell resonates with an area of our brain that helps control stress. Through this resonance we experience a lightness and sense of well-being. Research suggests this is caused by the activation of a molecule called nitric oxide in the brain stem. When nitric oxide is released, blood flow increases to the brain, the immune system is enhanced and the nervous system naturally relaxes. The result is an increased sense of well-being, greater mental clarity and a wave of bio-chemical responses that destroy bacteria, free radicals and viruses.

The long overtone oscillations of the Awakening Bell activate a Theta response in the brain. The Theta response is measured using electroencephalography (EEG) technology to map different states of consciousness associated with precise brain waves. The Theta state (or Theta response) is characterized by deep calm and is considered by researchers to enhance learning and memory. It is often times associated with creativity, dreams and heightened imagination.



Woodstock Chimes® and Tuning

by Garry Kvistad, Woodstock Percussion, Inc.

When I first got the idea to make windchimes, the number one consideration was (and still is) the sound. Sound has many components such as duration, timbre and volume. Woodstock Chimes are designed and tuned to capture the optimal qualities of each of these parameters. In the case of the Awakening Bell, the specialized suspension system allows for ease of playing as well as ensuring the longest possible duration of sound. A thick alloy aluminum tube stock was chosen to support the long duration of sound while also providing a pleasant and interesting vibrato. A vibrato is a technique used by instrumental musicians and singers to add color (or timbre) to a note by quickly alternating between two very close pitches. The musical effect is a pulsating change of pitch which gives sound depth. Each Awakening Bell does this naturally due to the characteristics of the material. Because of individual variations, the speed of the pulsation will be different for every bell. The volume of sound (or loudness) is determined by the energy of the strike. In other words, the harder the bell is struck, the louder the sound, and, conversely, the softer the bell is struck, the quieter the sound.

In addition to the more conventional technique of striking it with a mallet, the Awakening Bell is designed to be played like a Tibetan singing bowl.

See the Awakening Bell in action at
www.chimes.com/awb



Playing the Awakening Bell in the traditional method

- ~ Strike the bell using the supplied mallet. For optimal sound, strike the tube on the black dot, located on the middle front of the tube.
- ~ Keep your wrists and arms loose while striking the bell, and pull the mallet away after striking the bell so you don't dampen the sound.
- ~ To achieve the full, rich potential sound of the bell, imagine you are slightly penetrating the surface of the tube upon impact and then pull the sound out of the tube by quickly removing the mallet after penetrating. By pulling the mallet away too soon, you'll produce a thin, superficial sound and by leaving the mallet on the tube too long, you'll produce a dull, dampened sound. Experiment and decide for yourself which technique gives you the sound you most enjoy.



Playing the Awakening Bell in the style of a Tibetan singing bowl

- ~ To get the sound started, try tapping the bell lightly before beginning the rubbing technique.
- ~ Rub the end of the tube with the supplied mallet as shown in the photo, keeping it at approximately a 15° angle.
- ~ Experiment with different pressures against the tube and different speeds around the tube.
- ~ Be patient. Sometimes it takes a while to get the tube to sing at first. The sound often builds from quiet to louder within the first few moments of rubbing. Remember to always apply uniform pressure as you go around the tube, constantly pushing the mallet towards the center of the tube as you rub around the circumference.



To your health and enjoyment! Gary

Integrating BioSonic Tuning Forks

by Dr. John Beaulieu, N.D., Ph.D.

The Awakening Bell sound is designed to integrate with the sound of BioSonic tuning forks. The eight holes in the Awakening Bell platform are made to hold BioSonic tuning forks (sold separately).

The basic set of BioSonic tuning forks recommended for use with the Awakening Bell are called Body Tuners™. The Body Tuners set consists of two tuning forks, C & G. Musicians call the interval between these two notes a perfect fifth. Sounding the Body Tuners brings all parts of the self into a unified harmony, which we intuitively call “being in tune.” We describe the experience of being in and out of tune in many ways. For example, when someone has a high-pitched nervous system we say they are high strung, wound up or uptight. When someone has a low-pitched nervous system, we say they are low key or wound down. The ideal nervous system pitch, the place where there is just the right amount of tension, is called “being in tune.” Athletes and performers describe being in tune as an experience of profound inner relaxation that happens when they are competing or performing to their utmost ability. Those watching their performance often refer to them as “highly tuned” or “in the zone.” A larger set of eight tuning forks, called the Solar Harmonic Spectrum™, can be effectively used with the Awakening Bell as well. Achieve fast, instantaneous relaxation with the Solar Harmonic Spectrum as it helps you re-proportion your body and nervous system to better adapt to daily stress through a process of cellular memory based on the natural ratios of the tuning forks. The tuning forks come with a complete guide for using them with the Awakening Bell.

For more information or to order your own set of BioSonic tuning forks, please to go www.biosonics.com.



Jack DeJohnette

Born in Chicago in 1942, Jack DeJohnette is widely regarded as one of jazz music's greatest drummers and "one of the most important musicians in the last 40 years of jazz" (The New York Times). DeJohnette has collaborated with most major figures in jazz history, including John Coltrane, Miles Davis, Sonny Rollins, Thelonious Monk, Pat Metheny, Stan Getz, Keith Jarrett, George Benson, Herbie Hancock and Betty Carter. His wide-ranging style, capable of playing in any modern idiom while maintaining a well-defined voice, has kept him in demand as a drummer and as a bandleader, as well as a favorite of fans and critics alike. DeJohnette has long drawn from sources beyond jazz and in keeping with his multi-directional approach to music, launched his own imprint, Golden Beams Productions, in 2005. The label's inaugural release, "Music in the Key of Om", was nominated for a Grammy and 2008's "Peace Time" won the Grammy for Best New Age Album in 2009.

Dr. John Beaulieu, N.D., Ph.D.

John Beaulieu, N.D., Ph.D., is one of the foremost philosophers and major innovators in the area of sound healing therapies. A world-renowned speaker, composer, pianist and naturopathic doctor, Dr. Beaulieu has pioneered a technique called BioSonic Repatterning™, a natural method of healing and consciousness development using tuning forks and other sound modalities based on the sonic ratios inherent in nature. As the founder of BioSonic Enterprises, he has developed and distributed over 50 different sound healing-related products including tuning forks, instructional videos, audio programs, CDs and books. Dr. Beaulieu is the groundbreaking author of "Music and Sound in the Healing Arts" and the composer/producer of "Calendula: A Suite for Pythagorean Tuning Forks," a CD designed to physically align your body and create a deep relaxed state of awareness. He lectures and performs worldwide and conducts training seminars for practitioners in the healing arts.

Garry Kvistad

Garry Kvistad is an accomplished percussionist who performs regularly. In 1998, Garry won a Grammy for his part in Steve Reich's "Music for 18 Musicians." In addition, Garry is a member of NEXUS, a world-renown percussion group. Garry has always been fascinated by tones and scales and was particularly taken with the ancient scale of Olympos, a 7th century BC Greek pentatonic scale that can't be played on a modern piano. Being "under-funded," Garry found inspiration at the local landfill – in a pile of discarded lawn chairs. He cut and tuned the aluminum lawn chair tubes to the exact frequency of the scale and created a windchime from the tubes, creating the first Woodstock Chime, called the Chimes of Olympos®. Thirty years later, Woodstock Chimes is a thriving business in upstate New York, offering over 200 chimes, bells, gongs and fountains, as well as a line of children's musical instruments called the Woodstock Music Collection®.

In 1979, musician and instrument designer Garry Kvistad founded Woodstock Percussion with a single great idea – to make the world's best sounding windchimes. He's been creating his world-famous, precision-tuned Woodstock Chimes ever since. Today his company offers a unique variety of high quality, affordable, musical gifts from around the world that inspire, entertain and bring pleasure to people of all ages.

In 1979 gründete der Musiker Garry Kvistad Woodstock Percussion um Windchimes mit dem weltbesten Klang zu kreieren. Er stellt seitdem seine weltbekanntesten Woodstock Chimes bis heute her. Derzeit bietet seine Firma viele hochwertige musikalische Geschenke an, die Menschen allen Alters unterhalten und begeistern.

En 1979, el músico Garry Kvistad fundó Woodstock Percussion para hacer los carrillones con mejor sonido del mundo. Desde entonces ha estado creando sus mundialmente conocidos Woodstock Chimes. Hoy en día, la compañía ofrece regalos musicales de alta calidad que inspiran y divierten gente de todas edades.

En 1979, le musicien Garry Kvistad a créé la société Woodstock Percussion pour concevoir des carillons aux sons les plus purs. Depuis, il crée continuellement les célèbres carillons Woodstock Chimes et sa société propose des cadeaux musicaux d'une qualité exceptionnelle qui réjouissent petits et grands.

AWB



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www.chimes.com



0 28375 119531 2

Exclusive design by Woodstock Percussion, made in China

This product was produced in a modern facility by workers earning fair wages and under humane working conditions.

 Printed on recycled paper

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