

Relax Refocus Reenergize

Woodstock Zenergy Chime™

(all versions)

A gentle tap with the mallet and the Zenergy Chime emits a powerful tone of singular beauty that lasts and lasts. Sounds like this are often used in meditation and healing, because they help us to focus and redirect our attention to the sounds within. For best results, play the Zenergy Chime quietly, being careful not to dampen the sound by letting the mallet rest on the rod after striking it. Then take a deep breath and listen.

Try the "surround sound" experience! Strike the chime while holding it in front of you. Then, notice how the sound emitted seems to change as you slowly move the instrument from directly in front of you to one side of your head and then to the other. Try this also while holding the chime overtop of your head and behind.

Additional listening exercises for the **Zenergy Meditation Chime™**

(2 rods)

The two rods are purposely tuned to nearly - but not quite - the same pitch. When both are struck at the same time, an acoustical phenomenon known as "beating" is produced. The rods will seem to ring with the same pitch, but you will notice a distinct pulsation or rhythm - in this case, approximately 12 beats a second.

The following listening exercises can help heighten your sensory awareness and focus your attention at the beginning of a period of meditation:

- Strike and dampen each rod separately. Can you tell which one is higher and which is lower?
- Strike both rods together and let them ring. Can you hear the pulse created by the "beating"?
- Notice how the sound emitted seems to change as you slowly move the instrument from directly in front of you to one side of your head and then to the other. Hold the chime overtop of your head and behind.
- As you listen to the beating, try breathing in for so many beats and then breathing out for twice as long.
- Strike both rods again and focus on the sound as it gradually fades into silence. Pay attention to the changes in the rhythms you hear.