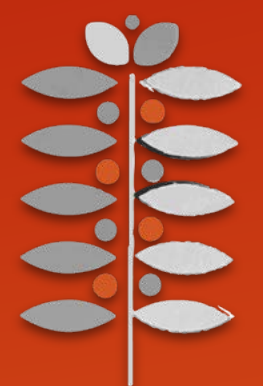


Singing Bells Meditation

by Body & Sound Sister

A Tibetan Soundhealing Journey

Recorded in Pure DSD256



Just Listen
Records



Bells have a toning effect that offers therapeutic relief to the body such as muscle tension release, improved concentration and overall positivity as well as reducing stress, improving sleep quality, boosting immunity, or increasing creativity.



NativeDSD Founders Jared and Jonas (Sacks) invited meditation and Singing Bell Artist Leonie Schuurman (Body & Sound Sister) to the attic studio. With the streets quiet and the sky looming on an otherwise uneventful Sunday afternoon; she took off during an hours session. Both Stereo, Multichannel and Binaural setups were created.

We recommend to lie down if possible using headphones (best with the Binaural version) or speakers. Start with some deep and calm breathing. Make sure you are comfortable. It is nice to maybe remind fellow house-mates or family that you will be 'offline' for the next hour and ask them not to disturb you. If you are into scents or candles, this is the time to light them!

Begin by playing the meditation sounds and focus on understanding which frequencies resonate best with your body. As you immerse yourself, you'll start to feel as if you're floating on waves, gently carried by the resonating frequencies. In this state of pure bliss, you'll find yourself eagerly awaiting the return of those harmonious tones.



Jared Sacks - recording Engineer, built a Stereo A-B (DPA) as well as a M/S (AKG, DPA) microphone setup. The Neumann KU 100 Dummy Head with Binaural Stereo Microphone, modified by Rens Heijnis - on loan from Tom Peeters was used for the Binaural version. This DSD256 recorded track was mixed and balanced using HQP Pro with pure DSD processing for all the deliverable formats by Tom Caulfield.

Recorded April 3, 2022.

Singing Bells by Body & Sound Sister - Leonie Schuurman.

Recording Engineer Jared Sacks
Mastering Engineer Tom Caulfield
Produced by Jonas Sacks, Jared Sacks
Media and Design Jonas Sacks