



Now & Zen[®]
quality of thought, stillness of being



The Zen Alarm Clock[®]
for a progressive awakening

The Zen Alarm Clock ®

The Clock and Booklet were conceived, designed
and written by Steve McIntosh

Made in Shen Zhen China, exclusively for
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I. Introduction—Zen Alarm Clock Basics

The Zen Alarm Clock is a consciousness-raising tool. No material object can actually raise your consciousness, but you can use information and devices such as this clock to stimulate your growth. The Zen Alarm Clock can effect your awareness in a variety of positive ways, all of which require your participation. You can certainly use and enjoy the clock without reading this booklet, but to understand its full potential, please look over the pages that follow.

1. Uses and Benefits

How the Zen Alarm Clock Works

The Zen Alarm Clock works like any standard alarm clock, but with a unique difference. When the alarm sounds, the clock makes a single strike of a pure tone chime which resonates for about 45 seconds. Approximately three and a half minutes after the first strike, the clock strikes the chime a second time. The time interval between chime strikes then decreases gradually over

a ten minute period until the chime reaches the “terminal cycle” in which it sounds every 4.7 seconds continuously until it is turned off. The graph on page 31 shows the chime’s progression. The chime is struck with the same force every time. However, the chime’s gradually increasing frequency assures adequate arousal.

Ways to Use the Clock

The clock can be used simply as a pleasant way to wake up. However, the highly resonant sound of the pure tone acoustic chime and its unique computerized progression allow the clock to be used for dreamwork, personal affirmations, meditation, and for group meetings. The chart on the next page shows the various ways the clock can be used and the benefits to be derived from each use. The sections that follow describe these uses in greater detail.

2. Progressive Awakening

It would be nice if we could wake up every morning without an alarm. We fall asleep gradually, and it seems only natural that a gentle awakening is best for our physical and mental well-being. Some people wake up naturally at the same time every morning without any outside stimulus. But for most of us, an alarm clock

Uses and Benefits of the Zen Alarm Clock

CLOCK USES:	WAKING UP	DREAMS	AFFIRMATIONS	MEDITATION	MEETINGS
BENEFITS:	Gradual awakening; Diminished grogginess	Improved awareness of dream life and increased self-knowledge	Improved self-esteem; Greater focus on goals; Elimination of bad habits	Improved quality of meditation; Clock acts as a reminder to meditate daily	Provides a tactful but persistent way to begin & end meetings on time
STATE OF CONSCIOUSNESS:	Transition from sleep	Sleep	Deep relaxation	Meditation	Social interaction
BRAIN ACTIVITY:	From theta to beta brain waves	Rapid eye movement (REM) sleep	Alpha brain waves	Stillness or contemplation	Cognitive concentration

is essential. The natural desire for a gradual awakening accounts for the popularity of “snooze buttons” on alarm clocks. But even the minimal effort required to push a snooze button can disrupt the experience of waking up gradually. The benefits of a more natural “progressive awakening” include better dream recall, prolonged alpha brain wave activity (in which you can make powerful suggestions to your preconscious mind), as well as a general feeling of being refreshed after a good night’s rest.

The Zen Alarm Clock’s chime becomes more frequent according to a “golden mean progression.” The significance of the golden mean and its use in the clock is discussed below in section [VI. The Zen Alarm Clock’s Design Principles](#), beginning on page 29.

II. Dreamwork and the Zen Alarm Clock

1. The Power of Dreams

Dreams have provided a meaningful source of wisdom and guidance for people throughout history. Dreams have played an important role in all major Western and Eastern religions. The dream state has been cultivated by mystics and shamans throughout the ages, and science has proven a link between dreams and psychic phenomenon such as telepathy. Many renowned artists and scientists have successfully used dreams to further their work. Although there is much about dreams which is not understood, there is general agreement that dreams are required for good health. It has even been shown that dreams can be used to diagnose oncoming health problems and suggest treatment. Dream deprivation has even been known to produce psychosis. One of the most important benefits of the Zen Alarm Clock is that it can put you more in touch with your dream life.

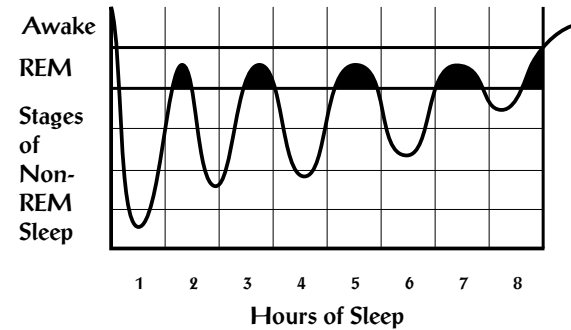
Dream analysis has played a crucial role in the development of the field of psychology. Sigmund Freud maintained that dreams were the “royal road to the unconscious.” Carl Jung analyzed common symbols in dreams which he called “archetypes.” Jung’s approach to psychology relied heavily on dream interpretation. Today “dreamwork,” as it is called, is an important part of many peoples’ spiritual development. By becoming aware of the content of your dreams, you can establish a relationship with the deepest reaches of your inner self.

2. Dream Physiology

Dream research has shown that most of our dreams occur during periodic rapid eye movement (“REM”) sleep cycles throughout the night. Below is a chart showing the average frequency and duration of REM sleep in healthy adults.

Notice that during a typical night’s sleep of 8 hours, the longest REM cycle (lasting between 30 and 50 minutes) occurs in the last hour. Most of the dreams we remember—the dreams which affect our lives and from which we can learn—occur in this last REM cycle. Thus, if you wake up with the aid of an alarm clock, the alarm will probably sound during your last REM sleep cycle, while you are dreaming.

Periods of Rapid Eye Movement
During Sleep



Dreams are fragile. One concrete thought, or the movement necessary to turn off an alarm or hit a snooze button, can demolish a dream memory. When you don’t have the luxury of waking up when your body is naturally ready, the Zen Alarm Clock provides a buffer space in which your dream state can be gently concluded.

In one famous dream research experiment, a small stream of water was squirted on the bare backs of dreaming subjects. The

subjects usually did not wake up immediately upon being squirted with the water. When they did awake, many subjects reported experiencing some form of water in their dream. One subject reported that in his dream, he was on a stage in a play and the leading lady had collapsed. In the dream he rushed over to assist her. As he knelt over her, he felt water leaking on his head through the roof of the theater. He then pulled the fallen actress over to the side of the stage out of the way of the water dripping from the leaky roof. The dream researchers noted that the time required to move the actress to the side of the stage in the subject's dream corresponded to the time between the squirting of the water on the subject's back and his awakening.

Thus it has been clinically proven that an outside stimulus which does not immediately awaken the dreamer can signal to the dreaming mind that it is time to gradually conclude the dream. The Zen Alarm Clock's initial chime can act as just such a signal to your dreaming mind.

3. Dream Incubation & Conservation Using the Clock

The Zen Alarm Clock can help you remember and use your dreams in two basic ways: First, by not abruptly interrupting

your dreams and allowing your dreaming mind to “finish the dream;” and secondly, by giving you the time between chimes to lie in bed undisturbed when you are first awakened, so you can recall your dreams.

Finishing Your Dreams

In the dream/water experiment described in the previous section, some dreaming subjects were awakened by the water right away, while others were not. It may take several chimes of the Zen Alarm Clock to arouse you from a dreaming state, or you may be awakened by the first chime. But even if the first chime does wake you, it is possible to resume or re-enter a dream from which you are marginally awakened if you are allowed to return to the dream without further disturbance. The interval between the first and second chimes can provide a period of time for you to reach a cathartic conclusion to your dream. Preventing the abrupt interruption of your dreams acts to preserve your dream experiences, and maximizes the psychic benefits to be derived from improved memory of your dreams.

Remembering Your Dreams

There is general agreement among dream researchers that “natural” awakening (as opposed to using a clock radio or buzzer alarm)

aids in dream retention and understanding. The Zen Alarm Clock comes closer to providing a natural awakening than any other wake-up aid.

For best results, as you are falling asleep at night, resolve that your first thought upon waking will be the recollection of your dream. Whether or not you are in the middle of a REM cycle when the chime wakes you, your best dream memories will be available in your first moments of waking consciousness. Before opening your eyes or moving, lie quietly and try to remember your dream. Recall the sequence of events and the most vivid images. When you have a conscious memory of your dream, you are ready to open your eyes and get up. Keeping a notebook by your bed to write down your dream memories can also be helpful. Discovering the value of your dream life can be richly rewarding.

Further Reading:

Wolf, Fred Alan *The Dreaming Universe: A mind expanding journey into the realm where psyche and physics meet*. New York: Simon & Schuster, Inc. 1994.

Kripner, Stanley, Ed. *Dreamtime & Dreamwork: Decoding the Language of the Night*. Los Angeles: Jeremy P. Tarcher. Inc., 1990.

Van De Castle, Robert L. *Our Dreaming Mind*. New York: Ballantine Books, 1994.

III. Affirmations and the Zen Alarm Clock

In between the sleeping state and the waking state is a state of deep relaxation in which your subconscious or “preconscious” mind can be positively influenced. Making life-changing impressions on your preconscious mind can be accomplished by making “affirmations,” or positive statements to yourself. The process of improving your life through affirmations and the role played by the Zen Alarm Clock are discussed in this section.

1. Programming Your Preconscious Mind for a Better Life

Conscious and unconscious beliefs about yourself and your potential have a powerful effect on your life. Limiting beliefs you have acquired in your life can hold you back in subtle but damaging ways. Freeing yourself from your limiting beliefs and replacing them with beliefs that expand your potential is a focus of cutting edge psychology. Researchers have found that your beliefs about yourself lodge in your preconscious mind. These beliefs cannot be changed by will power alone; they must be replaced by new

beliefs. Studies have shown that by using affirmations and “alpha wave programming techniques,” limiting beliefs can be exchanged for “liberating beliefs” which can make amazing differences in your performance. Going beyond mere “positive thinking,” alpha wave techniques provide a bridge between your conscious and preconscious mind.

2. Brain Wave Physiology & Alpha Waves

Since the invention of the electroencephalogram (EEG) in the 1930’s, scientists have been able to measure the electrical activity of the brain. In the active waking state, brain waves vibrate between 14 and 20 cycles per second. Active waking brain waves are called beta waves. During sleep, brain waves vibrate between 2 and 8 cycles per second. Intervening between waking brain wave activity and sleeping brain waves, is a rhythmic form of brain activity known as alpha waves. Alpha rhythms (8 to 13 cycles per second) appear when your eyes are closed and your mind is in a quiet state of relaxation.

Your brain has two sides—a right and left hemisphere. The left side of your brain is associated with logic and reason, while the right is involved with creativity and intuition. When your brain is

in an alpha wave state, the right side is most active; the critical censoring function performed by your left brain is “half asleep.” When in the alpha state, your affirmations can more easily pass through the “gate-keeper” of your left hemisphere, unaffected by self-doubt, and into your preconscious mind. When an affirmation is successfully received by your preconscious mind it can have a significant effect on your reaction patterns.

Although alpha brain waves occur naturally as you are falling asleep or day dreaming, alpha wave activity is at its height when you first wake up. Concrete thoughts, physical activity, or light on the retina of the eye can send the brain out of alpha and into beta wave activity. Thus the ideal time for programming the preconscious mind through suggestions in the alpha state is immediately upon awakening. Through the use of affirmations in the alpha state, the mind’s natural impressioning power can help you stick to your diet, improve your self image, or make you more motivated. Repeating commands to the preconscious mind prepares you for success. Repetition is key and the effects of alpha wave state affirmations are cumulative.

3. Creating Your Own Affirmations & Using the Clock

An affirmation is a specialized technique of stating a goal to yourself in a way that re-programs your preconscious mind for improved performance. Affirmations are most effective when they are expressed as statements of fact or convictions written down in your own language. Your affirmations should be personal, positive and in the present tense. If your goal is to become a better parent, for example, effective affirmations may include: “I am balanced in my expressions of discipline and understanding toward my children.” or “When I demonstrate love and compassion to my kids, they learn to show love and warmth to each other.”

Formulate and write down an affirmation that will improve your life. Before you go to bed, read the affirmation to yourself and resolve to remember it when you first wake up. When you are awakened by the Zen Alarm Clock’s chime, lie quietly in bed before moving or opening your eyes and repeat your affirmation to yourself three times. The chances are good that your brain will be in a deep alpha state during the first few chimes of the clock. If you do nothing to disturb this “freshly awakened” state, your affirmations will be most effective and you should achieve your

Affirmations

desired results. Like dreamwork, improving your life through alpha wave techniques can be accomplished without the use of the Zen Alarm Clock. But using the clock makes the process easier and more fun.

Further Reading:

Johnson & Swindley *Creating Confidence: The secrets of self-esteem*. Rockport, MA: Element, Inc., 1994.

Gillett, Richard *Change Your Mind, Change Your World: A Practical Guide to Turning Limiting Beliefs into Positive Realities*. New York: Simon & Schuster, 1992.

IV. Meditation and the Zen Alarm Clock

Beyond the psychological inquiry into dreams or the self-improvement techniques of affirmations lies the ancient and sacred practice of meditation. Some form of meditation is practiced in every major world religion. Yogis, Christian mystics, Zen Buddhists, Quakers, practitioners of the Kabbala, and Secular Humanists, all experience the benefits of meditation. The Zen Alarm Clock is an “accoutrement to meditation.” It can be used in a variety of ways to aid your practice and encourage you to “make time” to meditate.

1. The Meditative State

Although there are many forms and theories of meditation, two basic approaches emerge. These two basic types of meditation can be characterized as “meditation with form” and “meditation without form.” In meditation with form, the practitioner focuses on contacting his or her Higher Self, or communing with

Divinity. Meditation with form can also involve creative imagery and visualization. Meditation without form concerns going beyond thought into emptiness—transcending the ego-self. But no matter which type of meditation you choose to practice, meditation is more than simply entering into a dream-like or alpha state. In the practice of meditation you will inevitably progress through a series of developmental stages as you become more adept at journeying deeper within yourself.

2. Using the Chime to End Your Meditation

The first and most basic use of the Zen Alarm Clock in your meditation practice is as a signal of the end of your allotted meditation time. If you want to meditate for 20 minutes, simply set the alarm 20 minutes into the future and begin your meditation. When the first chime strikes you can choose to end there or continue your meditation for about three and a half minutes until the next chime, or even longer. Many meditators find that a “three and a half minute warning” is a perfect interval in which to gradually conclude their longer meditations. The first chime signals the final phase of the meditation and the second chime its conclusion. The beauty of the chime is that it compliments rather than disturbs the meditative state while acting as an effective timer. No

matter how you use it, the sonic clarity of the chime provides an appropriate conclusion to your stillness.

3. Meditating on the Chime

The Zen Alarm Clock can also be more actively incorporated into your meditation practice as a form of “mantra” or “yantra.” Mantra is a sanskrit word which means “mental protection.” In Eastern meditation traditions, a mantra takes the form of a word or sound which is chanted to occupy the mind and keep disturbing thoughts from distracting the meditator. A yantra is used in Eastern meditation traditions as an image upon which the meditator concentrates until it “disappears.” The chime can be used as a sort of external mantra or sonic yantra. The chime functions as a mantra as its sound repeats, bringing the meditator back to the focal point of concentration. The chime functions as a yantra as the meditator listens to the resonant sine wave gradually dissipate.

Bells and chimes are used in both Eastern and Western meditation traditions. In the Christian monastic tradition, the ringing of the bell during meditation reminds the practitioners to return to the object of worship. Zen monks have used the gong to begin

their meditations and during meditation to bring them out of their mental processes back to the stillpoint of emptiness.

The 10 minute cycle of the chime's progression can thus be used as a guided meditation wherein the chime acts as a focal point of concentration. The progression of the chime can carry the meditator on a journey of self-discovery. As the frequency of the chime's sounding increases over the 10 minute cycle, the meditator is invited into deeper states of stillness.

To begin a 10 minute cycle of meditation using the chime, turn the switch to the "On" position and move the alarm hand in line with the hour hand until you hear a faint click. In a few seconds, the first strike of the chime will signal the beginning of your meditation. For a softer chime, simply place the clock some distance from you.

Further Reading:

Fontana, David *The Meditator's Handbook: A comprehensive guide to Eastern and Western meditation Techniques*. Rockport, MA: Element, Inc. 1992.

Wilber, Engler & Brown *Transformations of Consciousness: Conventional and Contemplative Perspectives on Development*. Boston: Shambhala Publications, Inc. 1986.

Trungpa, Chogyam *The Path is the Goal: A basic handbook of Buddhist meditation*. Boston: Shambhala 1995.

Enomiya-Lassalle, Hugo M. *The Practice of Zen Meditation*. San Francisco: HarperCollins 1992.

Sri Chinmoy *Meditation: man-perfection in God-satisfaction*. Jamaica, NY: Aum Publications 1989.

Brooke, Avery *Learning and Teaching Christian Meditation*. Boston: Cowley Publications 1990.

Leichtman & Japikse *Active Meditation: The Western Tradition*. Columbus, OH: Ariel Press 1982.

next. Business meetings, counseling sessions, and even social lunches have a way of running on. It is often difficult to play the role of “meeting police,” interrupting someone in mid-thought. The buzzing of an ordinary alarm clock or watch is also an inappropriately abrupt end. If you shut off the alarm, the meeting continues; if you let the alarm ring, the meeting does not have a chance to conclude gracefully.

The Zen Alarm Clock’s progressive chime provides a gentle signal that only a few minutes remain and that it is time to conclude. Those who are oblivious to the time, however, will not be able to ignore the gradually increasing frequency of the chime. Few meetings can continue in the face of a chime every 4.7 seconds! The next section suggests some specific applications for this technique of social engineering.

2. Progressive Chime Applications

When the clock will be used as a signal for a meeting’s end, it is a good idea to begin the meeting by telling the participants about the clock and how it works. Agreements about a meeting’s conclusion are best made at the beginning. The alarm can be set to begin 5 minutes before the scheduled end so that the first warning

V. Graceful Social Transitions and the Zen Alarm Clock

In addition to the personal and contemplative uses described above, the Zen Alarm Clock can be used as a progressively persistent, yet gentle way to bring people together and to disperse them when their time together is over.

1. Being Here Now & Being On Time

To be fully present with another person, you cannot be thinking about where you have to be next. Checking your watch during a conversation or discussion can appear rude and impatient. However, if you have made an agreement to be at a certain place at a certain time, breaking that agreement is also “bad form.” In our modern society, considerate people are often faced with the dilemma of being “fully with” the person who is in their presence and also being on time for the person they have agreed to see

chime does not break the flow too early. The more frequent chimes occurring at the end of the clock's 10 minute cycle will thus only be heard if the meeting runs late.

The Zen Alarm Clock's progressive chime is also useful to call meetings to order. When a meeting involves many people, getting started on time is often a problem. People need time to conclude their preliminary greetings and conversations and take their seats. A gradually increasing 10 minute "call to order" is a perfect way to begin meetings on time without making anyone the "bad guy" who must admonish people to pay attention. For use in calling a group to order, the clock is most effective when attendees have advance notice of the purpose of the chiming clock. Whether you are calling your family to the dinner table or beginning a church service, the Zen Alarm Clock provides a lovely way to begin and to end.

VI. The Zen Alarm Clock's Design Principles

The Zen Alarm Clock has been designed according to principles of universe harmony. Some of the esoteric design principles shall remain the secret of the Clock's creator. Others are discussed below.

1. The Chime's Pythagorean Tuning

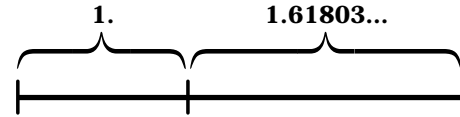
The Zen Alarm Clock's chime sounds an "E" note which has been tuned according to the method developed by the ancient Greek master Pythagoras. The Clock's E note, however, vibrates at a different frequency than its equivalent note on a modern piano. Modern tuning methods facilitate musical composition, but they compromise the enchanting and therapeutic quality—the purity—of the naturally occurring tones discovered by Pythagoras. As a result of its "natural" tuning, the Zen Alarm Clock's tone reflects the vibrations of nature—the motion of the planets and the frequencies of life. Studies indicate that certain sounds can actually stimulate our nervous systems and charge our brains.

Gregorian chants, for example, have been shown to energize the brains of both the chanting monks as well as those who listen to the chants. Because of its Pythagorean tuning, the Zen Alarm Clock's chime may produce a subtle charging effect on your mind.

2. The Chime's Golden Mean Progression

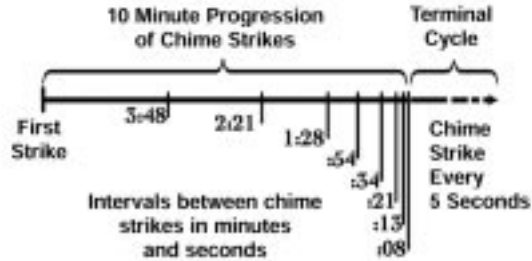
The Zen Alarm Clock's progressive chiming takes place over about 10 minutes. This progression is measured from the first strike of the chime until the clock reaches its final cycle of continuous chiming, about every 5 seconds. The sequence of chime strikes within this 10 minute cycle is designed to approximate the "Golden Mean." The Golden Mean, also known as the "Divine Proportion," is a special relationship between any given whole and a specific part thereof. Nature uses the Golden Mean as its formula for creation.

The simplest expression of the Golden Mean is in the division of a line: A line with a given length is divided into a small part and a large part. The relationship of the small segment of the line to the large segment of the line is in the same proportion as the relationship of the large segment to the line as a whole.

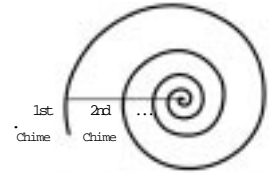


$$\frac{\text{whole}}{\text{large part}} = \frac{\text{large part}}{\text{small part}} = \text{Golden mean}$$

The Golden Mean has been used since ancient times by artists, architects and designers to express harmony and balance. The beauty of the Golden Mean is that all three parts—the small part, the large part, and the whole—are in perfect proportion with each other. Nature uses this divine proportion to grow from within itself. Golden Mean relationships are everywhere in nature—from the human body to the solar system. The progressive sequence of the Zen Alarm Clock's chime expresses the Golden Mean by dividing the 10 minute time "line" into smaller and smaller Golden Mean ratios. The first chime divides the line at 3 minutes and 27 seconds. The next chime divides the large part of the original division (the remaining 6 and a half minutes of the 10 minute cycle) by the same ratio. The process continues as illustrated on the following page:



The interval between chime strikes thus diminishes from within itself according to the Golden Mean. The self-accumulating growth which is the essence of the Golden Mean finds its most elegant natural expression in a “golden spiral.” A golden spiral is one which grows narrower as it turns inward. Nautilus shells, galaxies, whirlpools, and even your fist are examples of golden spirals. The progression of the Zen Alarm Clock’s chime forms an audible golden spiral. The clock thus echoes nature’s expression of divine harmony as it provides for a progressive awakening.



Further Reading:

Livio, Mario. *The Golden Ratio: The Story of Phi, the World’s Most Astonishing Number*. New York, Broadway Books, 2003

McIntosh, Stephen Ian. *The Golden Mean Book*. Boulder, CO: Now & Zen, Inc. 1997 (available on now-zen.com)

Goldman, Jonathan *Healing Sounds: The Power of Harmonics*. Rockport, MA: Element, 1992

VII. Instructions and Technical Considerations

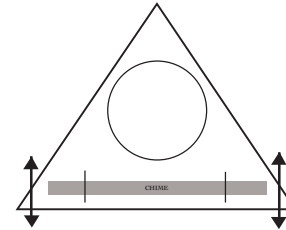
Operating Instructions

1. Install 4 new “C” size alkaline batteries (any brand will work). However, please do not use “titanium” or “heavy duty” batteries, we recommend Duracell brand batteries.
2. Turn the On/Off switch on the back to the Off position.
3. Set the time and move the alarm hand counterclockwise until it clicks upon reaching the hour hand.
4. Slide the On/Off switch to the On position and listen to the first strike of the chime. The next strike will occur in 3-1/2 minutes as shown in the graph on page 32.

You may hear the first chime strike again by turning the On/Off switch to the Off position for 2 seconds then back to “On.” The first chime may appear soft but as the chimes increase in frequency over the next 10 minutes you will find yourself gradually awakened.

Adjust the Chime for the Best Sound

Your Zen Alarm Clock is like an acoustic musical instrument. You may have to adjust its sound to your taste. Adjust the chime by firmly scooting the chime bar up or down on the string. The idea is to move the chime directly in front of the striker tip. To check the position of the striker and the chime, pick up the clock and hold it face down, then look at the chime from the side in profile so you can see the striker sticking out. Then move the chime into position by firmly pulling it up or down on the string (as shown in diagram) so that the striker hits the chime squarely—shown in profile like this: -O-



After testing the chime strike you may want to adjust the chime bar for the best sound by moving one end of the chime bar up or down, and then the other end until the chime bar is directly in front of the striker tip.

Using the Alarm

To set the alarm, move the knob on the right while looking at the small alarm hand. Notice the small tick marks at the edge of the clock dial. These marks help you set the alarm to the desired time. (The lack of numbers on some dials is for aesthetic reasons.) Once the alarm hand is pointing to the desired alarm time, turn the switch on the right side of the back of the clock up into the “On” position. Your alarm is now set.

Care of Your Zen Alarm Clock

The Zen Alarm Clock is designed for indoor use only. Keep it out of direct sunlight and free from excessive dust, dirt or moisture. Clean the clock with a dry cloth. Never use detergents, furniture polishes, or oils on your clock as these liquids may come into contact with the clock’s internal circuitry and cause a malfunction.

Trouble Shooting—Weak Chime Strikes or Malfunctions

The Zen Alarm Clock is like a musical instrument. The chime must be centered horizontally and vertically in front of the striker for a strong and clear chime. If your chime makes a clicking sound, or if the strike seems weak, try moving the chime by scooting it up or down on the string one side at a time until it is adjust-

ed to the optimal position such that the striker contacts the alloy bar squarely when it strikes. Never use excessive force when handling your clock. If your clock stops working, or the chime grows weak, try replacing the batteries.

IF THE ALARM DOES NOT STRIKE:

1. Try new alkaline "C" batteries.
2. If you continue to experience problems, call our customer service department Monday – Friday 8 AM - 5:00 PM (MST) at: (800) 779-6383 or, if you are outside the U.S. call (303) 530-9028, or send an e-mail to: orders@now-zen.com.

Now & Zen Guarantee and Limited Warranty

Your Zen Alarm Clock is guaranteed against mechanical defect for a period of 12 months from the date of purchase provided the clock has not been misused. Now & Zen will repair or elect to replace free of charge any part found to be defective within the warranty period. If your clock breaks during the warranty period, it is your responsibility to ensure it is properly packaged for return, as any damage suffered in return shipment is not covered by this warranty. This warranty does not include damage due to

Instructions

dirt, moisture, or negligent handling. This warranty is only valid when accompanied by a dated proof of purchase and a RETURN AUTHORIZATION NUMBER, which can be obtained by contacting us as described below.

REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS YOUR EXCLUSIVE REMEDY. NOW & ZEN SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES NOR FOR ANY DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT.

For Warranty claims call, e-mail, or write: Now & Zen, Inc.
P.O. Box 110, Boulder, Colorado 80306, (800) 779-6383,
or (303) 530-9028, e-mail: orders@now-zen.com.

VIII. About Now & Zen

Now & Zen, Inc. is a company formed in 1995 with the mission of providing beautiful and useful products that bring more spirit into your life. Our philosophy is summarized as the quest for "quality of thought and stillness of being." Please visit our website (www.now-zen.com) which gives further information on our products and mission. For a catalog of current Now & Zen products, please call us at: (800) 779-6383 or (303) 530-9028, send us an e-mail at: orders@now-zen.com, or write us at: P.O. Box 110, Boulder, Colorado 80306.

Thank you for your purchase and your appreciation.

Sincerely,



Steve McIntosh
Founder and President

The Digital Zen
Alarm Clock®

The Tibetan Phone
Bell™ and Timer



The Zen Alarm Clock®