

# The Digital Zen Alarm Clock®

*Version 2.0*



*for a progressive awakening*

# The Digital Zen Alarm Clock V.2.0

by



## Now & Zen®

*quality of thought, stillness of being*

Zen Clocks are the creation of Steve McIntosh

UTILITY PATENT PENDING

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The "REPEAT MODE" button changes the countdown function so that the clock strikes only once when the countdown timer reaches zero and then automatically begins counting down again at the programmed countdown time.

The "COUNT-DOWN MODE" button changes the clock into a timer.

Pressing the "SET" button once causes the programmable hour and minute numbers to begin flashing so they can be set to the correct time (seconds can only be programmed in the countdown mode).

Alarm Time. A small bell icon appears on the left when activated.

Icons indicate active mode functions.

In the Clock mode this large button activates the alarm and turns it off, both before and after the alarm is triggered.

The "SET ALARM TIME" button allows the alarm time to be set to the minute. It also allows the chime strike force to be set at "Hi" or "Lo". Once the desired alarm time and strike force have been set, pressing the "SET ALARM TIME" a second time exits the set mode and sets the alarm time and strike force.

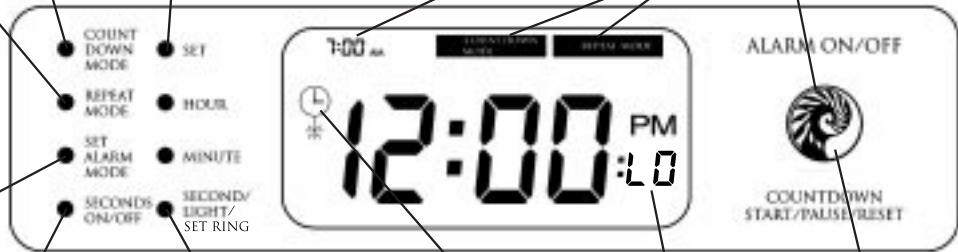
The "SECONDS ON/OFF" button turns the seconds display off and on when in the regular clock mode.

The "SECOND/LIGHT ON/OFF" sets the seconds in the Countdown Set mode, and turns the LCD light on and off when the clock is plugged-in.

Chime on the Hour Function Icon. Activated by holding down the "SET" button for 3 seconds.

Indicates whether the chime strike force is set to strike the chime on the "Hi" or "Lo" setting. This feature is only visible when the "SET ALARM TIME" button is pressed.

In the Countdown and Repeat modes this large button begins and pauses the timer when pressed once. Resets timer when held down for 3 seconds.



## I. INSTRUCTIONS FOR USE

There are three modes in which the clock can operate:

- 1) clock mode (default)
- 2) countdown mode
- 3) repeat mode

The clock can also be set to chime once exactly on the hour (when the alarm is not set).

### **Getting Started and Setting the Time**

The Digital Zen Alarm Clock is easy to operate. First, remove the phillips head screw securing the battery door on the bottom of the clock and install 2 “AA” size 1.5 volt alkaline batteries (not included). Be sure to install the batteries as shown on the inside of the battery case.

When the batteries are installed or the AC jack is plugged in, the clock “powers up” displaying the time at 12:00.00 PM. Pressing the “SET” button once causes the programmable hour and minute numbers to begin flashing so they can be set to the correct time (seconds can only be programmed in the countdown mode).

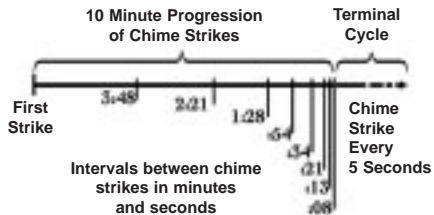
### **Setting the Alarm Time**

The “SET ALARM TIME” button allows the alarm time to be set to the minute. Once the desired alarm time has been set, pressing the “SET ALARM TIME” a second time exits the set mode and sets the alarm time. The alarm is activated by pressing the large “ALARM ON/OFF” button once. When the alarm is activated a small bell icon appears in the upper left corner of the clock’s display. When the clock’s time reaches the alarm time and activates the alarm, the chime strikes begin their 10 minute progression by striking

once, then striking again in 3 minutes and 48 seconds, then in 2 minutes and 21 seconds, etc.—however, the exact second of each strike in the progression may vary slightly. (The chart below shows the 10 minute chime progression.)

### Adjusting the Sound of the Chime

The clock includes both a high and a low setting for the force of the chime strike—the “Lo” setting produces a softer strike than the “Hi” setting, although the differ-



ence in the sound is subtle. When you initially power up the clock (either with batteries or with the AC adapter plug), the strike force setting is automatically set at “Lo”. To change the strike force to “Hi”, press the “SET ALARM TIME” button; you will then see the letters “Lo” in the lower right corner of the display window; then press the “SECOND/LIGHT ON/OFF” button to toggle the setting between “Hi” and “Lo”.

In addition to the high and low strike force options, the sound of the chime can be adjusted further by moving the chime’s position on the string relative to the tip of the striker. To adjust the chime to its “sweet spot,” set the countdown timer in repeat mode so that it is striking repeatedly every 10 seconds (see the “balloon help” chart on pages 4-5 for more information on the repeat mode). As you listen to the continuous strikes, adjust the position of the chime bar on the string by moving it forward or backward until the chime sound is opti-

mized. The string is strong so you don't need to worry about breaking it.

### **Countdown Mode**

The "COUNTDOWN MODE" button changes the clock into a timer. Once in countdown mode, the "SET" button allows the countdown time to be set to the second. When the countdown timer reaches "zero" seconds, the clock strikes once and begins its pre-programmed 10 minute gradual chime strike progression. That is, after the initial strike, the next strike occurs 3 minutes and 48 seconds later, etc. Chime strikes then continue according to the Golden Mean progression charted at left. (See page 26 for an explanation of the significance of the Golden Mean.)

When in the countdown mode, pressing the large "ALARM ON/OFF" button once begins the countdown, pressing the large button a second time pauses

the countdown, pressed a third time, the countdown resumes. Holding the countdown button down for 3 seconds resets the timer to the programmed countdown time.

### **Repeat Mode**

When the clock is in the countdown mode, pressing the "REPEAT MODE" button changes the countdown function so that the clock strikes only once when the countdown timer reaches zero seconds and then automatically begins counting down again at the programmed countdown time. When in the repeat mode the clock will continuously countdown to zero seconds, strike once, and repeat the programmed countdown. As in the regular countdown mode, pressing the "ALARM ON/OFF" button once pauses the the countdown, pressed a second time this large button resumes the repeating countdown.

### **Chime on the Hour Function**

Holding down the “SET” button for three seconds (when the alarm is not set) will activate the hour chime function. This causes the chime to strike once on the hour, every hour. When the hour chime function is activated, a small “grandfather clock” icon appears in the upper left of the display. Holding down the “SET” button again for three seconds turns off the hour chime function and its icon (when the “SET” button is held down, the digits will flash, this is normal). When the alarm is activated, the hour chime function is automatically turned off until the alarm is turned off (so you can sleep!).

### **Programming Times**

In any mode, pressing the “SET” or “ALARM SET” button once will cause the display to flash. The hour, minute, and second button will cause those digits to be advanced forward. If the hour, minute or second buttons are held down, the digits will change at a gradually

increasing speed. Other buttons will do nothing until the “SET” button is pressed once again, which then causes the programmed time, countdown interval, or alarm time to be entered into memory.

### **Alarm Terminal Cycle**

When the alarm function is triggered in the clock or countdown modes, the alarm progresses over ten minutes until it is striking about every 6.5 seconds. Once the progression reaches the “terminal cycle” it continues to chime every 6.5 seconds until it is shut off by pressing the large “ALARM ON/OFF” button once. The terminal cycle automatically ends after five minutes.

### **Power**

If the clock is unplugged, or there is an AC power failure, the batteries automatically continue to power all operations. If the batteries are removed when the clock is plugged in, all memory items are retained. Chime strikes use power; we thus recommend that the chime

on the hour function be used for long periods only when the clock is plugged in. Alkaline batteries are recommended.

### **Clock Display Light**

When powered by batteries the display light comes on for 10 seconds when any of the clock's buttons are pressed. Under battery power only, the light automatically goes off to save power. When plugged-in the light stays on continuously unless the "SECOND/LIGHT ON/OFF" button is pressed to turn off the display light. In other words, the light is turned on or off by the "SECOND/LIGHT ON/OFF" button when plugged-in. This button also functions as the seconds set button for the countdown or repeat mode times.

### **Care of Your Digital Zen Alarm Clock**

The Digital Zen Alarm Clock is designed for indoor use only. Keep it out of prolonged 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.

## **II. SUGGESTED USES AND DESIGN PRINCIPLES**

### **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 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 expe-

rience 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 Digital Zen Alarm 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, as well as its count-down and repeat functions, allow the clock to be used in dreamwork, personal affirmations, meditation, yoga, and for group meetings. These suggested uses are discussed below.

### **Using the Clock for Dreamwork**

The Digital 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.

Depending on how deeply you are sleeping when the clock's alarm is triggered, it may take several chimes of the Digital 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.

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 Digital Zen Alarm Clock comes closer to providing a natural awakening than practically 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 dream 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.

### **Using the Clock for Affirmations**

In between the sleeping state and the waking state is a state of deep relaxation known as the *Alpha State* in which your subconscious or “preconscious” mind can be positively influenced with “affirmations,” or positive statements to yourself. An affirmation is a specialized technique of stating a goal to yourself in a way that reprograms 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.”

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

### **Using the Clock for Meditation**

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 Digital 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. The first and most basic use of the Digital 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 countdown timer for 20 minutes, press the large nautilus shell button, and begin your meditation. When the countdown timer reaches zero and 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.

The Digital 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 clock’s countdown mode repeat function allows the chime to sound repeatedly at any set period so that as the chime repeats, it brings you back to the focal point of concentration. 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. Similarly, Zen monks have used gongs and “mindfulness chimes” to begin their meditations and during meditation to bring them out of their mental processes back to the stillpoint of tranquility.

### **Using the Clock for Yoga and Other Practices**

Practitioners of disciplines such as yoga, or reiki often find that a periodic chiming timer is the perfect signal to change positions (or phases of the practice) at a pre-set interval. Using the Digital Zen Alarm Clock’s countdown repeat function in such practices adds not only to the precision and efficiency of the session, but also to its

aesthetic value. Because the Digital Zen Alarm Clock's soothing "B tone" chime has been tuned with the same Pythagorean method as the specialized tuning forks used by musical therapists (see the next section), its long-resonating sound helps create a calm environment in which practitioners can get the most out of their discipline. Also, because the Digital Zen Alarm Clock's appearance is aesthetically pleasing, it can be placed on an altar or other prominent location where it can add to the visual beauty of the practice environment.

### **The Digital Zen Alarm Clock's Design Principles**

The Digital 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.

### The Chime's Pythagorean Tuning

Depending on which model you have, The Digital Zen

Alarm Clock's chime sounds either a "B" note or an "E" note, both of which have been tuned according to the method developed by the ancient Greek master Pythagoras. The Clock's B or E notes, however, vibrate at different frequencies than their equivalent notes 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 Digital 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 Digital Zen Alarm Clock's chime may produce a subtle charging effect on your

mind.

### The Chime's Golden Mean Progression

The Digital Zen Alarm Clock's progressive chiming function (activated by either the alarm or the countdown timer) takes place over about 10 minutes. This progression is measured from the first strike of the chime until the clock reaches its terminal cycle of continuous chiming, about every 6.5 seconds. The sequence of chime strikes within this initial 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

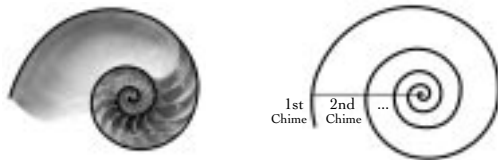
the small segment of the line to the large segment of the line is in the same proportion as the relationship of the large segment to the line as a whole.



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 Digital 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 48 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 below.

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.” Nautilus shells, galaxies, whirlpools, and even your fist are examples of golden spirals. The progression of the Digital Zen Alarm Clock’s chime forms an audible golden spiral. The clock thus echoes nature’s expression of universe harmony as it provides for a progressive awakening.



### III. NOW & ZEN GUARANTEE AND LIMITED WARRANTY

Your Digital 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 replace free of charge any part found to be defective within the warranty period. If your clock breaks during the warranty period, please call or write us for a return authorization number (RA#) and return instructions. 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 unprotected power surges, dirt, moisture, or negligent handling. This warranty is only valid when accompanied by a dated proof of purchase.

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 contact: Now & Zen, Inc.:  
(303) 530-9028, e-mail: [orders@now-zen.com](mailto:orders@now-zen.com)

PLEASE NOTE: NO RETURNS WILL BE  
ACCEPTED WITHOUT AN RA#.

#### IV. ABOUT NOW & ZEN

Now & Zen, Inc. is a company formed in 1995 with the mission of providing beautiful and useful products that make a real difference in people's lives. As a result of cultural evolution, we're becoming more discerning about the real nature of quality. And this new appreciation of quality leads to a preference for the natural—natural foods, natural fibers, natural materials, and even natural sounds. By replacing artificial speaker-driven sounds with natural acoustic sounds, Now & Zen products contribute to a more natural lifestyle. Our shorthand way of describing this lifestyle is: "quality of thought, stillness of being."

In addition to the Digital Zen Alarm Clock, Now & Zen also makes a growing line of natural lifestyle products.

You can see our full line by visiting our website ( [www.now-zen.com](http://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](mailto:orders@now-zen.com), or write us at: P.O. Box 110, Boulder, Colorado 80306.

And if you find yourself in Boulder, Colorado, please stop by our downtown headquarters store on Pearl Street. Thank you for your purchase and your appreciation.

Sincerely,



Steve McIntosh  
Founder and President

The Tibetan Phone  
Bell™ & Timer



The Digital Zen  
Alarm Clock®



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