feeltone
by feeltone products

Monochord Table

KLL-0 and KLL-2 for therapy and wellness

Congratulation on the purchase of your new Monochord table from feeltone product!
This forth generation of our Monochord Tables has many new improvements and upgrades.
The table has a top turning mechanism which allows you to rotate the top of the bed 180 degree for easy access to the strings during the tuning process. The new refined internal structure and desing changes allowed us to reduce the weight of the table so it can be moved more easily by two people.

We have put together a short user manual so you can learn more about the table and enjoy working with your instrument.

The Monochord Table has 60 strings tuned in C.
It is made out of ash or cherry, size 79.2´´x 31.4´´x 27.6´´.

Including: Tuning key, tuner, some replacement strings, 4 medium screws with round wood handle, 2 short screws with round wood handle, 4 large metal screws, 4 medium metal screws, 2 short metal screws, 2 disks, 1 key.

There are two different versions.

KLL-0 is the overtone Monochord Table with 70 blank strings. This allows you to play the strings and focus on the creation of magical sound spheres built out of the many overtones the vibrating strings will create. The strings are tuned to C and can be tuned one tone lower or higher. Range (B,C,D)

KLL-2 the Octave Monochord Table has 30 overtone blank strings in the middle and 15 bass spun strings on one and 15 bass spun strings on the other side, which allows you to play the instrument from both sides. The 30 overtone strings to create melodic overtones and the contrast of the bass strings on both sides add wonderful and powerful vibrations. A great tool for Sound Mediation, Sound Journeys and Sound Massage sessions. The strings are tuned to C and can be tuned one tone lower or higher. Range (B,C,D)

Recommended tuning c:
blank overtone string c
braided bass string C
The strings can be tuned a full tone higher or lower than the recommended base tone c (b,c,d)

About us

Ingo Boehme has been an innovative music instrument builder and designer for many years starting in 1982 with the large wooden bass drums and adding string instruments in 1994. The music instruments have been used world-wide in wellness, Therapy, Pedagogic and by people who want to make intuitive music.

In 2003 Martina Glaeser-Boheme has joined the feeltone team focusing on the practice-oriented work with the instruments. With a background in Massage therapy and working together with other Sound Massage practitioners, she has been developing her own form of working with Sound and the feeltone line of sound furniture's.

Would you like to learn more on how to work with our different feeltone sound furniture's: Monochord Tables, Soundwave,Singing Chair and Monochords?
We are offering a variety of trainings from a one-day introduction to the monochord to a 4 day training to deepen your work. Contact us for more details.

Check out our videos on YouTube at the feeltone products channel!

Here you will find more information about our instrument,
exampels how to play them, tuning tips and more.
www.youtube.com -› channel enter Feeltone
or
https://www.youtube.com/channel/UCVsN6xeKSfgwZODzRAMt38g

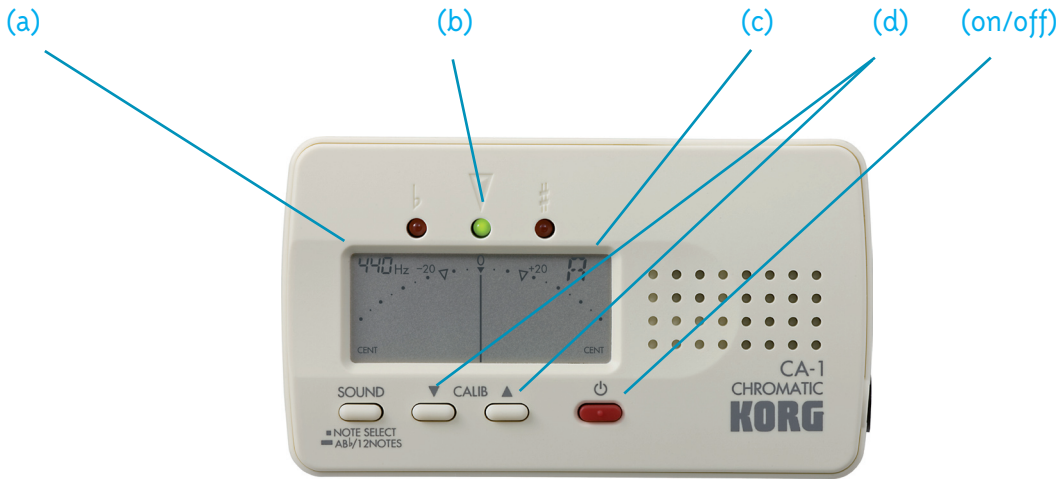
Mounting Instructions:

Your choice of wooden handle screws or recessed allen screws.
The body of the Monochord table is already preassembled. You have a choice on how you would like to attach the legs of the table to the Monochord table top.
Either chose the metal recessed allen screws or you can use the wooden handle screws instead. You will find the allen key attached to the long wooden stabilisation pole in the middle of the pole. As these are german allen screws and keys we suggest you keep the allen key with the instrument. If you chose the wooden handle screws make sure the shortes screw goes into the middle of the table where it will attach the table to the rotary shaft.
Make sure that all screws are fastened!

How to turn the top of the Monchord Table upside down to access the strings for tuning or playing.

Each legs is attached to the table with three screws on the top. To be able to rotate the top you need to remove the two outer screws and only very slightly losen the middle screw. Now you can gentley pivot the tabletop around the middle screw and turn the table upside down. This makes tuning easy as now you can access the strings, while you are standing upright. It also gives you a posibility to use the Table to play the monochord for groups or at a concert.

The tuner



This compact and easy to use tuner encompasses the whole range of tones from C1 (32,70Hz) to C8 (4186,01Hz) .
Our recommendation for the tuning is to set the tuner to 432 or 440 Hz (a).
If the tuner is set an another frequency you can change the frequence by pressing the button (d).
This tuner works best when used in a low noise environment.
This tuner displays the notes like this: C,D,E,F,G,A,B, no matter which octave .
For example c‘ and c will be displayed as „C“.

The included tuner is designed to be used in a silent environment. If you have to tune in a noisy environment we recomment a clipon tuner (CA-AW3G) or a contact microphone (CA-CM200).
This allows you to tune independent of the noise level around you.
Both are not included and can be purchased through feeltone.

We ship the instrument pretuned. But because strings and wood are reacting with temperature you will need to tune the instrument upon arrival and after a couple of retunings it will keep its tuning for long period of time.

Let the instrument rest and acclimate to the new surrounding. After the instrument was unpacked and had rested for a day use the tuning key and the tuner coming with the instrument to tune it.

The tuning process

Please notice that you only need to move the tuning key slightly, one degree at a time to change the note. For example half a turn of the tuning key will move the tone up several notes and that could even cause the string to break.

The setting for the tuner can be between 440 -432 Hertz (Hz). Use 432 Hz for a natural harmonic tone. If you are playing this instrument together with other kind of traditional instruments use 440 Hz to be compatible. You find more information about this topic in the internet.

First tuning:
This example assumes you are tuning the instrument to C.
Put the tuning key onto the first peg , plug the string and look at the tuner (Which you have turned on and set to 432 or 440Hz) .

-› displayed tone is C and the needle is left from the center or displayed tone is even a deeper note (A# / B)
= the tone is to low, you need to tighten the string
--› to tune to a higher pitch you have to move the tuner clockwise ↻

-› displayed tone is C and the needle right from the center or displayed tone is even a higher note (C# / D)
= the tone is to high, you need to loosen the string.
--› to lower the pitch you have to turn the tuner counterclockwise ↺

Just relax and listen to the sound and you will get into it quickly.

The string is tuned correctly when the needle of the tuner is in the middle and the green LED (b) is on.
Tip 1: If you didn`t meet the tone exactly, loosen the string a little bit and start it again.
Tip2: Try to much the exact tone with a slow and smooth turn of the tuning key.

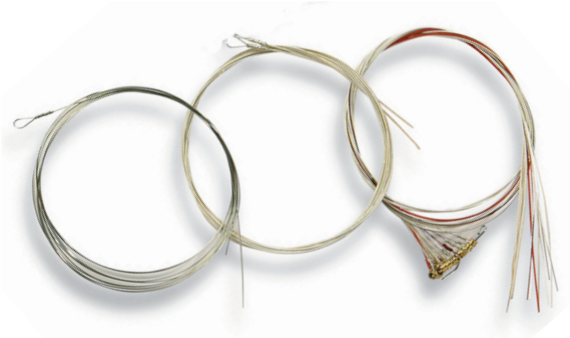
Continue to tune the other strings. Because the pegs are on the right and on the left side, it might be easier to tune the pegs on one side, then turn the instrument around and tune the other side.

Second tuning:
We recommend a proper tuning every day for at least two weeks. Don't worry if you don't have time every day, even if you tune every other day it just takes a little bit longer for the instrument to stabilize.

After this period the tone will be stable for a long time and even under changed conditions. Perhaps you think that tuning is a lot of work. But this procedure helps you to connect to the instrument, to hear the right tone, the overtones and other sound phenomena.

If you use sound in pedagogic or therapeutic settings,
you can use the event of tuning as a kind of awareness test.
For a clear, overtone rich sound, a proper tuning is very important!

How to replace a broken string



If a string is broken, first remove the string completely.
Look at the other strings of the same typ: how often are they twisted around the pegs? **Please turn the peg of the broken string counterclockwise just as often!**
If you don't do this the peg will be pushed deeper and deeper in the wood during the tuning process and either the peg will break or the wood will split.
Now aline the peg, so the hole in the peg should point toward the string side.

1.)Take the new string , put it on the nail and then pull the string through the peg hole on the other side of the instrument.

2.)Take 1/2 inch of the end of the string and bend it down at a 90 degree angle, using your fingers or a small pliers. Than pull the string back so the bent down piece of the string points downwards at the peg. You want the first two winding of the string to go over the bent down piece of string. If this sounds confusing just look at the other pegs which already have strings on them so you see the end result.

3.)Start to turn the tuning key clockwise to slightly tighten the string. Guide the string so that the first two windings of the strings will be over the bent down end of the string the next ones below that.

4.)Bevor tightening the string make sure that the string is in the right position.

Now you can start the tuning process (see „**the tuning process**").

Important only use the original strings as they are custom made to fit the instrument.

How to play

Find a comfortable sitting position so your stretched out hand can easily touch the strings and you are also able to see your client.
To start playing stretch your arm gently and start playing from the strings your hand is reaching.
You can move the top of your fingertips gently over the strings and when your hand has moved back toward you the other hand repeats that movment. You can use the whole length of the strings from the middle of the instrument to the bridges. While you are moving it is best to continue to play staggered straight lines.

The timbre, tone and feeling of the sound can be varied by the way on how strong you press down on the strings, the tempo in which you play or the place (middle or near the bridges).

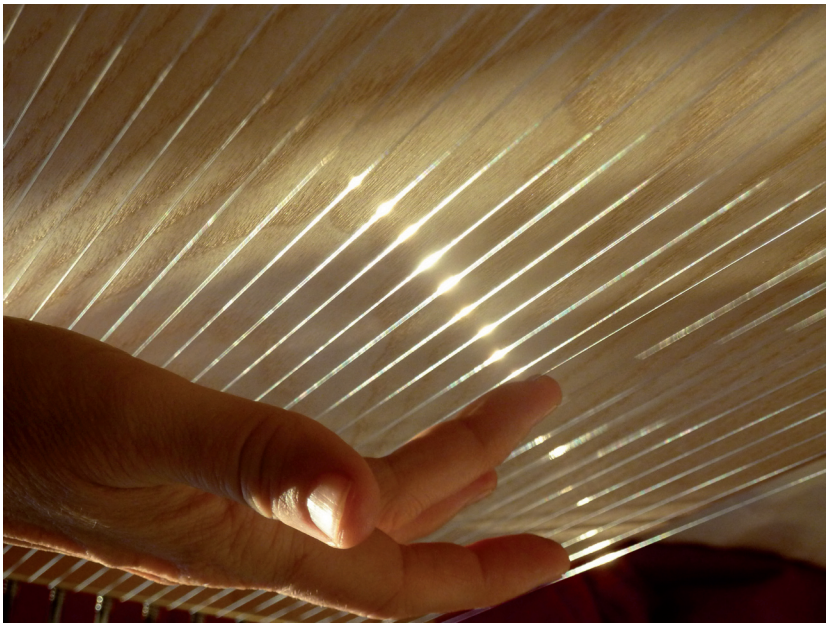
The overtones are opening up more and more the longer you play, influenced by the steadyness of your play. Creating a deep space of relaxation. The vibration of the strings are transfered over the whole length of the table into the body of the client laying on the table.

Your first Sound massage session

Ask a friend to be your first client. Create a calm and cosy setting in your room. Cover the surface of the Soundwave with a warm blanket and make it comfortable for your client. Agree with him a signal that you play when the session is over. That helps the client to "come back" from his sound journey. Try to connect with your client, ask him how he is feeling in this moment. Then sit down, calm down and try to open yourself for your intuition. Start playing steadily from below to above (remember "the wave") till there is a clear and stable sound (after 5 to 7 minutes) then start to slowly vary. Keep an eye on your client but don't concentrate too much on him. Let your intuition flow easily.
After a short time you can see and feel that the client starts to relax.

What happens?
Melodies produce pictures in the brain, these pictures mostly are busy with information. If you always hear the same tone, as with the monochord, there is a chance to let go of thoughts and to get space for awareness. The brain starts listening to all the overtones and their melodies and then is opening for new "structures". Some people are seeing coloured lights or feel like in an endless space.
This phenomenon has to be used with conciousness, because not all people enjoy this. Be especially careful with mental handicapped people. They often have a small structured world, that should not be loosened too much.

The extraordinaire of the Monochord Table is, that the sound influences rather the body, than the ears.
The water in the body spreads the vibration and massages the tissue and the cells, hard structures are inspired to swing freely.



When you feel that the client is very relaxed you also can play nothing or only a single string. Give him "space". After a while start again with a steady play till you end the session.

At the end play the agreed signal. When your client is awaken ask him how he is feeling and what he experienced. That is important because sometimes people are so "far away" that they need much time to come back to reality. It also is important for you to learn about the effects of your play.

You are welcome to make up other ways to use the instrument. There are no rules, so you can start experimenting.

Care and warranty instructions

Wood is a natural material that is alive and reacts with the temperature and humidity. Treat the instrument like you would treat a violin, harp or other fine wood string instruments.
All string instruments appreciate an even room temperature to stay in tune. If the air is too hot and dry, the wood can dry out and it can form cracks!

We recommend to keep the **humidity between 50%-60%!!!**

Care Instruction and Tips to create the best environment for your Instrument:
Don‘t expose the instrument to extreme temperatures, chose a moderate room temperature.
You can use an air humidifier during the heating period in the winter month or if you live in a dry climate.
Plants in the room with the instrument will help to regulate air moisture.

Important: especially if you have floor heating, never set a wood instrument on the floor as this will destroy your instrument by drying out the wood which will result into the wood cracking.

Please note that our warranty is voided, if the instrument was exposed to high temperatures or dry air.

Enjoy your New Instrument!

Feedback

We love to hear back from you about your experiences, suggestions or comments while working with our instruments.
You can email us at: info@feeltone.com
Customers from the United States please contact: gabriele@feeltoneusa.com