

## Frequency Band®

The Frequency Band is a vision, a training and a performing ensemble. It was founded in 1993 by Norman Bolter and Dr. Carol Viera in order to create a special and unique opportunity for music, other musicians and themselves. This is accomplished through offering a sanctuary for musicians and honoring music as a living thing.

The mission begins by providing musicians with an ecology of safety and support in which each life can reconnect to the feelings, reasons and sentiments that attracted her or him to music in the first place. And if their relationship with music did not begin with love, but was an 'arranged marriage,' the Frequency Band ecology is there for them to find out if they ever fell in love with music along the way or if they would like to do so now. These opportunities are facilitated in many ways, including through various exercises and tunings—such as tuning to the "A's" of Attitude, Appreciation and Awe.

The Frequency Band's proprietary techniques, involving targeted psycho-educational tuning and advanced musical training, address and bring alive what we call the "Three Overlays" of music—basic robotics; choice and skill; and integration and art. All Frequency Band concerts, rehearsals, workshops and OPTs\* include components of this specific musical training and education, allowing FB participants the opportunity to acquire unique and highly effective methods and skills which they can apply not only within the FB, but to other musical and life engagements as well.

In all of its engagements, the Frequency Band's focus is placed upon the essence of the music—that living spark which brings the music alive, difficult to define but clearly felt, not unlike love or courage or hope. Such "tuning" invariably results in a high standard of performance without undue preoccupation with academic or technical perfection. It is our belief and a premise of the Frequency Band that the most effective, life-enhancing and memorable musical experiences

for both musicians and audiences can be engendered through approaching music and music making in this way, i.e., as part of what we care about, as something we have a relationship with, as a living thing.

\*OPTs are special Frequency Band sessions in which the musicians OPT to focus on sending support and healing to whomever and wherever it may be needed.