

THE HEALING

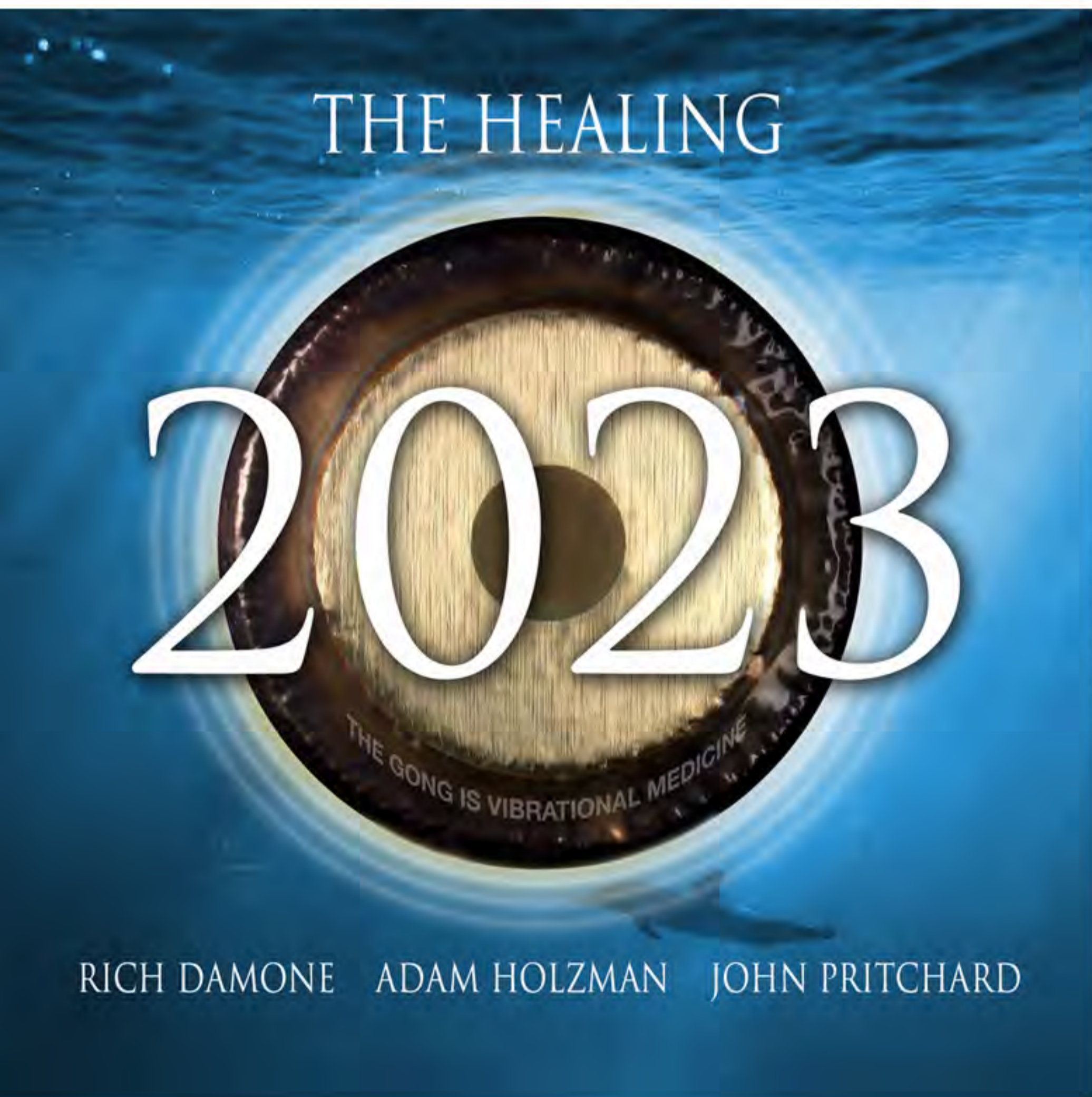
2023

THE GONG IS VIBRATIONAL MEDICINE

RICH DAMONE ADAM HOLZMAN JOHN PRITCHARD

THE HEALING: 2023 THE MUSIC

[LISTEN TO THE ALBUM
PRITCHARD.BANDCAMP.COM](https://pritchard.bandcamp.com)



1. HARMONY	1:33
2. MEDITATION	6:34
3. BALANCE	6:47
4. TRANSFORMATION	6:09
5. CREATIVITY	5:42
6. HAPPINESS	4:44
7. LOVE & GRATITUDE	5:25
8. JOY	7:29
9. THE HEALING	6:00

Tracks 2, 3, 4, 5, 7, & 8 composed by Rich Damone (bass), Adam Holzman (keyboards) and John Pritchard (drums/keys/gongs). John plays Gongs on 1, 6, & 9. Bass tracks 2 & 3 recorded by Josh Goodell. Mixed and mastered by Paul Hubley.

This music is the soundtrack for John's newest 2022 film: **WE ALL JUST NEED TO GONG!**... you can watch it at weneedtogong.com. For the exception of his 3 Gong tracks, John composed the basic chord progressions of each track based on octaves and fifths. The whole album celebrates both the Fibonacci sequence and the Golden 1.6 ratio found in Nature, and also promotes spiritual enlightenment, balance, harmony, love, and creativity. In addition, the title, **The Healing: 2023**, references the growth of global cooperation that will bring about greater strategic partnerships, broadening our perspective on healthy relationships and planetary healing... it's all about each one of us generating more positive energy.



THE HEALING: 2023

Damone Holzman Pritchard

THE HEALING 2023



RICH DAMONE



ADAM HOLZMAN



JOHN PRITCHARD

Fun Historical Notes: John is very grateful to Rich and Adam for playing on the album. Rich played bass with sax legend, Sam Rivers, and Adam played keyboards with trumpet legend, Miles Davis. Back in 1964, Sam Rivers actually toured Japan with the Miles Davis Quintet. Due to other musical commitments, Sam only played with Miles for a few months. Nevertheless, Miles said that Sam “carried a new sound into the band. He made rhythm figures and harmonies of the group freer than before.” Blue Note Records released a live recording from that tour called “Miles in Tokyo.” John also has a Miles Davis connection through playing with drummer extraordinaire, Jack DeJohnette. Jack played with Miles from 1969-71. In Sept. 1996, John played with Jack at the Cathedral of St. John the Divine in New York City.

ADAM HOLZMAN



Gear, from left to right:

Small Mackie mixer
Memotron
Korg controller
Mooger Fooger analog delay (-this thing is almost like a synth!)
Moog Mother 32
Korg minilogue 4-voice Analog Synthesizer
Access Virus
Moog 351 and 251 modules for Voyager
Doepfer A-100 modular system
Minimoog Voyager
Korg SV-1 piano (keyboard at bottom of photo)

THE HEALING: 2023

www.drummerjohn.com

As a keyboardist, composer and producer, Adam Holzman is truly a musician's musician. "Keyboard" magazine named him one of the top 10 players in the world, "Down Beat" lauded his "killer groove" and the "New York Times" and the "Washington Post" have praised his live performances. Adam currently tours the world to sold out concerts with the Steven Wilson band. He has played and recorded with legendary artists such as Miles Davis, Wayne Shorter, and Grover Washington. In addition to his incredible keyboard work, he has produced several Miles Davis projects for Sony and Warner Bros. Adam has also produced nine albums with his own band, Brave New World, and played with Michael Brecker's Steps Ahead band. His phenomenal contribution to this HEALING 2023 album is nothing short of genius! To learn more, visit adamholzman.com.



RICH DAMONE



All the bass parts on the album are improvised. Rich plays an incredibly sweet Warwick bass guitar.

Warwick®

Rich is a world-class, innovative bassist who can improvise to any kind of music. He has performed with jazz legends such as Sam Rivers, Archie Shepp, Dave Liebman, Kenny Kirkland and the infamous Sun Ra drummer, Clifford Jarvis. Rich was the co-founder of The American Music Workshop and also a founding member of the highly acclaimed "Pure Sound Collective." He began his music career as a regular performer in the legendary "jazz-loft" sessions at Studio RivBea with Sam Rivers in New York City. Rich has also performed with other great musicians such as Jimmy Giuffre, Rob Zantay (Mr. Lyricon), Douglas Zantay, Gary Goldfarb, Val Michalski, John Simon, Jameel Moondoc, Ray Anderson, John Wolf, Royal Hartigan and Kenny Aronoff. He has been playing with John since 2003. To learn more, visit vymovies.com.



JOHN PRITCHARD



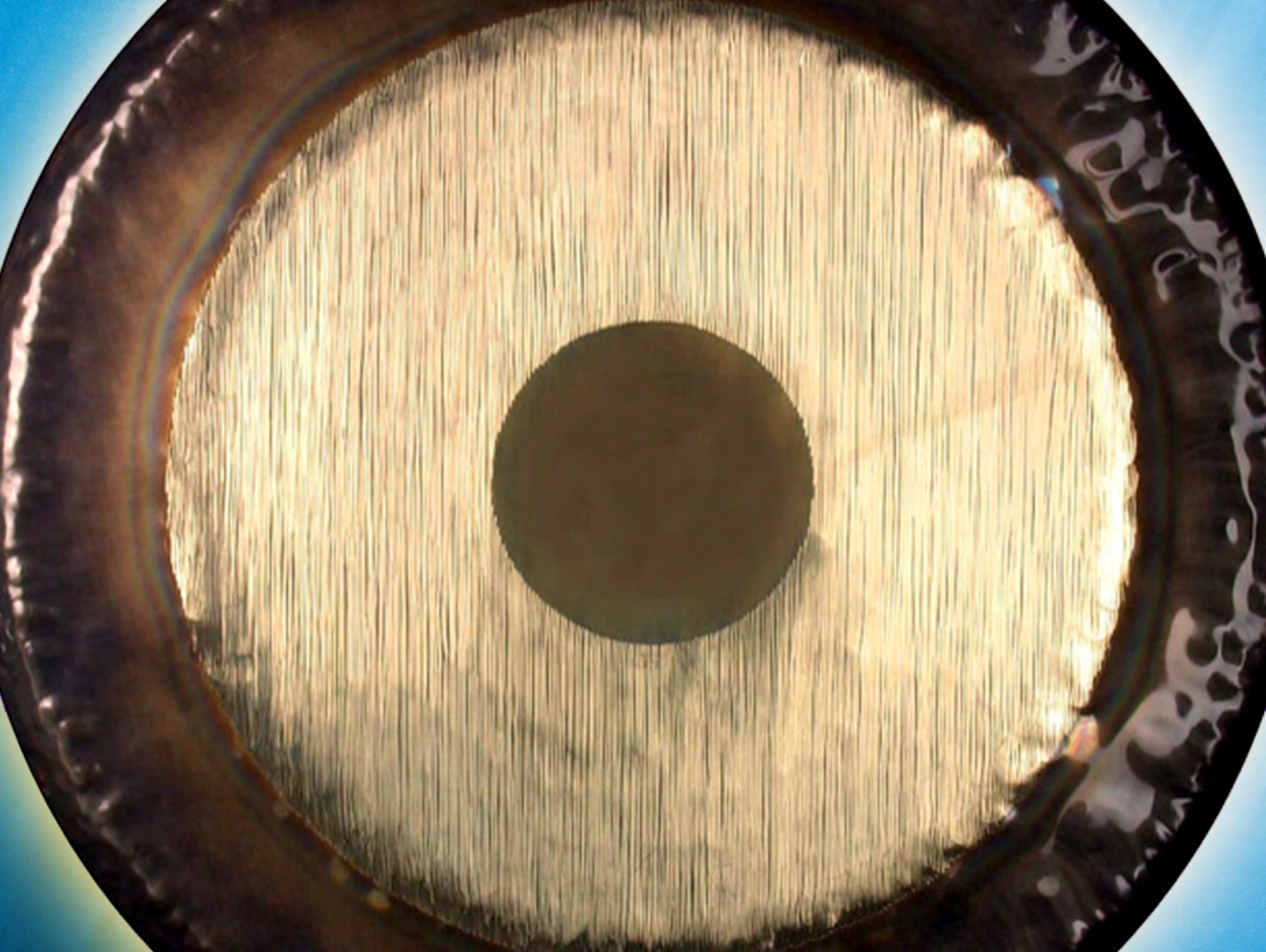
On **THE HEALING: 2023**, John features his 3 foot table drum, made by the Kamba tribe in Kenya. On Track 1, he plays his 32" Paiste Gong and 22" Wuhan Gong. On Track 6 and 9 he plays a 38" Titanium Gong (courtesy of Martha Collard). He composed the chord structure for tracks 2, 3, 4, 5, 7 & 8 on his Korg Triton.



THE HEALING: 2023

www.drummerjohn.com

John is an acoustic-electro drummer who simultaneously plays a Tama drum kit with a set of Roland midi drums and Korg Triton keyboard. He has performed with "Blood, Sweat & Tears" saxophonist, Fred Lipsius; Native American flute master, Ken Little Hawk; and legendary drummer, Jack DeJohnette. Since 2003, John has been playing with VyZ: ImproVyZed Music for Movies featuring bassist Rich Damone and sax/flute master, Charlie Tokarz (vyzmovies.com). **THE HEALING: 2023** is John's seventh album with Miles Davis keyboardist, Adam Holzman: Unum, Novus, Star Cycles, Freedom, 3:6:9, and Entraining. John and Adam run the jazz-rock.com site for a hardcore audience of progressive jazz-rock/fusion fans. John is also an award-winning filmmaker/multimedia publisher/author who founded the non-profit, educational film organization, **ONE HEART MOVIES** (oneheartmovies.org). Check out John's albums and music at drummerjohn.com. **Page 8**



THE HEALING: 2023



RICH DAMONE
bass

- 1. HARMONY
- 2. MEDITATION
- 3. BALANCE



ADAM HOLZMAN
keyboards

- 4. TRANSFORMATION
- 5. CREATIVITY
- 6. HAPPINESS



JOHN PRITCHARD
drums/keyboards/gongs

- 7. JOY
- 8. LOVE & GRATITUDE
- 9. THE HEALING

Tracks 6 and 9 played by John on a 42" Titanium Gong (courtesy of Martha Collard)
Bass tracks 2 and 3 recorded by Josh Goodell
Album mixed and mastered by Paul Hubley

We dedicate this album to all the great healers of the world... especially Martha!

