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Drumming for healing and meditation

Drumming is a sacred practice that I incorporate into my life daily. The sound of the drum is like the heartbeat of the universe, the sound we hear in the womb as our mother's blood pumps through her body supporting our own hearts and nourishing us as we develop into a human.

Drumming seems to have been a part of every ancient culture around the globe. Even today drumming is an incredibly significant practice in most cultures and mystical teachings. Even the US military has a drum line.

The first known drum circle, according to Wikipedia, was in 5500 B.C. in China. A drum circle can be any group of people gathered together for the purpose of playing drums and percussions. Although many include rhythmic dance, chanting, and other instruments.

When we incorporate the sound of the drum into a healing or meditation practice, we connect even deeper to the universal energies available to every being on the planet. Think of it as a vibrational tune-up!

Sound healing with the drum, works vibrationally to clear energetic blockages helping to facilitate healing on a physical, spiritual, emotional, and mental level. Sound Healing in general works complementary with traditional Western medicine to help reduce stress, depression and anxiety, lower blood pressure, relieve pain and much more.

1. Intention –The intention is the focus, goal, or purpose of why you are drumming. This can be a personal intention – such as gratitude or releasing grief. This can also be a collective intention – such as sending healing to humanity, energy to the Earth or coming together as a team if you're practicing in a group.

2. Posture – in yoga it's the asana - How you hold the drum is the physical expression of the intention. Like in yoga, the asana or position is a crucial aspect of healing. Consider where the vibration is going depending on how you hold the drum. Are you holding it close to you, in front of your heart, as it flow into your body in front, lifting your own energy, connecting with your heartbeat. Are you holding it low with an intention of sending the vibration into the Earth? Are you holding it up, above your head, sending the vibration into the universe, for healing and connection?

When I hold a drum gathering, I like everyone to sit in circle so they can see each other, support each other, tune into the collective heartbeat



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3. Expression - The sound or rhythmic beat of the drum is the auditory expression of the intention. The rhythm matches the energy of the intention.

These 3 elements are very universal in healing practices. From yoga to prayer, you'll find this combination crosses many cultures and spiritual traditions.

There are three basic tones of a drum practice:

- Boom** – Earth connection –
palm flat on the center of the drum
- Tap** – Fire connection
slap or tone/tap the side or rim
- Brush** – Air and water connection –
brush hand over top of the drum

Simple guidelines:

- **LISTEN:** Listen to your feelings. Think about your intention before you begin.
- **ACT:** Allow your impulses to come out into the drum, if you feel a stronger rhythm coming on like a solo, go with it in the spirit of collaboration and then give space for someone else to come through.
- **GO INSIDE:** Drum, sing, dance, sway, and at times, be sure to stop and close your eyes and listen to the rhythms around, the sounds of nature, your home, your animals and within you.
- **PEN and PAPER:** Have pen and paper ready to take notes
- **ENJOY!**

Inspired for more? Connect with me at <http://SoulPractices.com>. You may also enjoy a **30 day guided journey meditation practice** from me at:
<http://FREEShamanicJourneyPractice.com>