**Sacred Drumming**

**Purpose**: Have fun! Heartbeat of Earth, dance, synch yourself w/ Natural world, trance / journey /meditation, sound cleansing, healing, summoning, unite physical w/ spiritual. Exercise.

**Dave’s schpiel**: You don’t need to be best drummer, not being judged, fun; Group rhythm – synchronicity – Drum Circle. Dance rhythm – speed. Gathering around fire. Community building.

**Cultures**: Most cultures have drumming. Universal! Older spiritual /shamanic cultures: Native American – North & South, Celtic, Nepali, various African, Various Asian, Siberian – spiritual purposes. Others – Martial, keep time w/ marching, communication – African “talking drums”, of course music.

**Care & Feeding**: Off rings, heat to expand drumhead & tighten, dampen to stretch (risk), oil if natural materials & no hide /pelt. Hydrate!!!

**How:** Slow / steady, builds up to fast beat at end.

4-count – heartbeat, Pow-wow, connect to Earth

Odd-number count – summoning, dancing

Syncopation – different time spaces between beats

1 or 2 count – harmony, foundation. Also between “lead drummer’s” beats, or emphasize

certain beats

Center of drum – deep; Rim – sharper

Palm of hand, fingers, knuckles, fingertips /nails

Beaters – especially if drum is “hairy” with rough hide or pelt

Try different things! Play with it!

*Earth:* Deep sound, slow, center of drum, palm or flat of hand

*Air:* Light sound, scratching, fast; maracas /rattles; wind chimes, tamborines

*Fire:* Light sound, fingers, edge of drum, sharper sounds, antlers & claves

*Water:* Light sound getting deeper, edge to middle, mimic trickling water, fingers & knuckles

Meditation: Slow, relaxing earth energies. Dance & movement. Look at flame /water

If trancing, set timer if need to stop. Natural timers – rooster, daylight

Healing: Counter problem, “humors” opposite, surround person in need of healing, cradle

Cleansing: With sound, sharper faster higher sounds banish, also chimes /bells.

“Shave and a haircut”

Chants: (see sheets)

**Etiquette:** Neighbors /sound curfew /quiet time

“Lead” drummer – communicate

“Power drummers” and “beat cancer” (gets better w/ practice)

**Videos:** Dragon Ritual Drummers, Pow-Wows, Clanadonia, Drum Circle, Shamanic Journey, Tuatha Dea, Super Tam-Tam, Burning Sage

**Chants:**

\*Isis, Astarte, Diana, Hecate, Demeter, Kali, Inanna (Deena Metzger, Caitlin Mullin)

\*We all come from the Goddess

And to Her we shall return

Like a drop of rain

Flowing to the ocean.

(Z Budapest)

Pan, Apollo, Baphomet, Cernunnos, Osirus

We all come from the Sun God

And to Him we shall return

Like a spark of flame

Rising to the midnight sky.

\*We will rise with the fire of freedom

Truth is the fire that will break our chains

We can stop the fires of destruction

Healing is a fire running through our veins.

(StarHawk)

\*Fur and feather and scale and skin

Different without but the same within

Many of body and one of soul

With all creatures are the Gods made whole.

\*Chorus: Work the mill on which we pray

Io, Dia, Ha-he-yay

Earth without and earth within

Make the mill of magick spin.

Chorus:

Air breath and air blow

Make the mill of magick flow.

Chorus:

Fire dance and fire burn

Make the mill of magick turn.

Chorus:

Water bubble, water boil

Make the mill of magick toil.

(Traditional, Doreen Valiente)

\*The Earth, the Air, the Fire, the Water

Return, return, return, return

Ai-ay, Ai-oh (repeat)

(Libana)

\*Horned one, father, son

Leaper in the corn

Deep in the Mother

Die and be reborn.

(Ian Corrygan)

Hoof and horn, hoof and horn

All that dies shall be reborn

Corn and grain, corn and grain

All that falls will rise again.

\*Air I am, Fire I am,

Water, earth and spirit I am

(Andreas Corbin Arthen)

\*Cauldron of changes

Blossom of bone

Arc of eternity

Hole in the stone.

(Bone Blossom)

\*She changes everything she touches, and

Everything she touches, changes

Change us, touch us (repeat)

(StarHawk)

\*We are an old people

We are a new people

We are the same people

Stronger than before

(Morning Feather)

\*The Earth is our Mother

We must take care of Her.

The Sky is our Father

We must take care of Him.