

Mp3 Frauke Rotwein - Shamanic Journey Drumming Volume 3

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Shamans have been using the drum to enter into the shamanic journey since the beginning of time. This CD includes a 30 minute multiple drumming track, and a 30 minute quartz crystal singing bowl track. 4 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Shamanic Journey Drumming Volume 3 includes a 30 minute multiple drumming track, and a 30 minute quartz crystal singing bowl track. The heartbeat of the drum in alignment with the heartbeat of the Earth, manifests the sound that unifies us all. The first track of Spring Birds may be used to relax before entering the shamanic journey. The Winter Stream track can also be used for relaxation, as well as journeying. Frauke Rotwein has been practicing shamanism for over a decade. She offers classes, is a shamanic healer at Omega Institute in Rhinebeck, New York, and has a private shamanic practice in Montgomery, New York.

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