

Mp3 Michael Drake - Shamanic Journey Drumming

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World-renowned writer, rhythmist, and shamanist presents this unique shamanic drumming CD to support the listener in making shamanic journeys. 3 MP3 Songs NEW AGE: Shamanic, NEW AGE: Healing

Details: This CD has been digitally recorded to support the listener in making shamanic journeys. The spirit journey is a time-honored shamanic method of inner consultation. Step-by-step instructions for making shamanic journeys are explained in Michaels book, The Shamanic Drum. The harmonic overtones and undertones on this recording were produced by a 22-inch single-headed, elk hide, cedar frame drum pulsed at four-beats-per-second. This tempo induces a theta wave cycle in the brain. Theta rhythms are associated with the deepest states of shamanic consciousness. Researchers have found that if a tempo of four-beats-per-second is sustained for at least 15 minutes, most people can journey successfully even on their first attempt. To support your journey you can choose from three different tracks: Track 1. 15 minute solo drumming with callback Track 2. 15 minute solo drumming with rattle and callback Track 3. 30 minute solo drumming with callback. Michael Drake is an internationally recognized writer, rhythmist, and shamanist. He spent more than 30 years of his life seeking answers to some of life's most perplexing mysteries: Why am I here? What happens when you die? What is life's purpose? He explored the world's great religions. He considered the philosophies of humanity. He studied the theories of modern science. At a crucial point in his search, Michael came in touch with the transforming power of shamanic drumming and of an ancient shamanic way of self-knowledge. Under the tutelage of Mongolian shaman Jade Wah'oo Grigori, he learned the healing rhythms and drum ways of an ancient shamanic lineage. He discovered that therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. Inspired by his studies, research, and experiences, Michael founded Talking Drum Publications in 1991 in order to publish information related to shamanic drumming. For the past 15 years he has been facilitating drum circles and workshops nationwide. To learn more, visit Michael's web site at: geocities.com/talkingdrumpub/ Estimated to be between 20,000 and 30,000 years old, shamanic drumming is a time-honored method of healing and helping others. Practiced in diverse cultures around the planet, this technique is strikingly similar the

world over. Shamanic drumming uses a single, repetitive rhythm played at a tempo of some three to four beats per second. Although sounding quite simple and redundant, the unique connection between the drum and the shaman gives this drumming great power, richness, and depth. Through the many tones, pitches, and harmonics of the drum, the shaman communes with the subtle and normally unseen energies of the spirit world. By changing and listening to the frequencies and overtones of the drum, the shaman is able to send messages to, and receive them from, both the spirit world and the patient. Science is now verifying the therapeutic effects of drumming. Recent medical research studies indicate that drumming boosts the immune system and produces natural pleasurable experiences, enhanced awareness of preconscious dynamics, a release of emotional trauma, and reintegration of self. Other studies have demonstrated the calming, focusing, and healing effects of drumming on Alzheimer's patients, autistic children, emotionally disturbed teens, substance abusers, trauma patients, and prison and homeless populations. Study results demonstrate that drumming is a valuable treatment for stress, fatigue, anxiety, hypertension, headaches, asthma, chronic pain, arthritis, and sleep and emotional disorders. Searches:shamanic drumming cd downloadshamanic drumming free downloadshamanic journey drumming downloaddownload free shamanistic drum songshaman drum mp3download drumming for shamanic journeying

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