

Mp3 Frauke Rotwein - Shamanic Journey Drumming

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This recording contains repetitive drumming used to enter into a shamanic state of consciousness, as well as a 5 minute track of morning birds in Spring. 4 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Shamans have been using the drum to enter into the shamanic journey since the beginning of recorded time. The heartbeat of the drum in alignment with the heartbeat of the earth manifests the sound that unifies us all. This recording contains repetitive drumming used to enter into a shamanic state of consciousness. There are four tracks. The first track is the sound of morning birds. You may use this to relax before journeying. The second track is a 15 minute double drumming journey followed by a 15 minute single drumming journey. The last track is a 30 minute single drumming journey. All journey tracks will have a return beat to guide journeyers in retracing the steps back to their bodies. Frauke Rotwein has been practicing shamanism for over ten years. Shes offers classes, workshops, is a shamanic healer at Omega Institute and has a private shamanic practice in Montgomery, New York.

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