

# Mp3 Frauke Rotwein - Shamanic Journey Drumming Volume II

[DOWNLOAD HERE](#)

All new shamanic journey sounds, including natural skin drums with bell, rattles, and a quartz crystal singing bowl journey. 5 MP3 Songs NEW AGE: Meditation, NEW AGE: New Age 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. Shamanic Journey Drumming Volume II includes 2 natural skin drumming journeys, a rattle journey, and a quartz crystal singing bowl journey. The first track, featuring the sounds of birds in Spring beside a babbling brook, may be used for relaxation. All journey tracks will have a return signal to guide journeyers in retracing the steps back to their bodies. Track 1- Birds in Spring 6:01 Track 2- Single Drumming Journey 29:50 Track 3- Single Drumming with Bells Journey 17:30 Track 4- Quartz Crystal Singing Bowl Journey 10:45 Track 5- Rattle Journey 14:25 Frauke Rotwein has been practicing shamanism for over a decade. She offers classes, workshops, is a shamanic healer at Omega Institute, and has a private shamanic practice in Montgomery, New York.

[DOWNLOAD HERE](#)

Similar manuals: