

Drumiostasis

Homeostasis refers to the processes living things use to remain internally stable and survive.

An example of this is the bodies ability to regulate temperature in spite of external conditions. Humans will always try to maintain a constant 98.6 degrees Fahrenheit. This temperature helps the organs and bodily systems to function properly. Humans must maintain an ideal temperature to survive. This internal stasis (equilibrium) is the basis for the foundation of Drumiostasis.

Drumiostasis is a made up word used to describe the process of maintaining or restoring balance through drumming and rhythm patterns. Let's break the word down to help provide meaning to the theory behind the word.

Drum: *noun*

1. 1.

a percussion instrument sounded by being struck with sticks or the hands, typically cylindrical, barrel-shaped, or bowl-shaped, with a taut membrane over one or both ends.

io: In computer science, "IO" or "I/O" (pronounced I O) is commonly used as an abbreviation for input/output. This definition of the word io really works as a method for the action of the word Drumiostasis. In reference to how it allows input for sound into the body and output or release of stuck emotions.

Stasis: The **suffix (-stasis)** refers to having a state of balance, stability or equilibrium. It also refers to a slowing or stoppage of motion or activity. **Stasis** can also **mean** to place or position. The use of stasis as a suffix demonstrates the state of being, either in a state of balance or blockage.

That's where Drumiostasis comes in. It helps to do the work of either balancing, removing or clearing slowed or stopped areas within the human body. In our modern world with our busy lives and varied upbringings and environments, areas in our bodies can become blocked, through trauma, stuck emotions, or lack of engagement either physical, emotional, mental or spiritual.

Along with helping with blocked or slowed areas within. Drumiostasis can also enhance the body's natural ability to be in homeostasis by providing a consistent, coherent rhythms in which the body recognizes as its home rhythm. When the body is in it's home rhythm all systems follow. On the flip side of that Drumiostasis also provides an input of sound therapy to break up stuck emotions that humans gather in life.

Drummiostasis is based on two different forms of drum therapy Shamanic drumming and Reiki drumming.

It shares the intent of focused healing energy combined with divine intention.

Through the healing power of Shamanic drumming...Drumming is used for healing. Since your body resonates to the beats because it instinctively remembers the rhythm from in utero. Through these rhythms your body remembers the heartbeat of your mother's womb, the love and safety that you experienced there. This remembering is age old as virtually every culture that exists or has existed on earth has practiced some form of drumming.

Reiki is the learned skill of channeling energy through the hands, a Buffalo drum (or shamanic drum) provides a tool for projecting the healing energy of the hands outward. The healing energy is amplified through the drum and the sound it provides.

The model of healing is also based on the three level model of Reiki drumming.

1. **Solo** drumming which usually uses a low base drum like a buffalo drum. The drummer will create sacred intent and space in which to drum and will invoke the guides to do the healing for the best outcome. The drummer sets intent and just drums, drumming as he/she sees fit. Following no pattern just letting source guide them on their healing journey. This allows the facilitator to really connect with the drum and their own healing capabilities. Solo drumming is key to your own healing and honing the skills necessary to heal others.
2. **Drumming with the client**, again using a low base drum like a buffalo drum, however, you can really use any drum you prefer and of course other things like voice, toning, and other types of sound could be integrated into the healing session. Again you must set intention and sacred space. In this scenario you work with the client to see what healing intentions they may have, this sets up a basis in which they can receive the healing. This form of therapy is done above around and towards the client, penetrating them with healing sound. Let the guides take you on the healing drum journey that is needed for the higher good of everyone.
3. **Harmonic drumming**. This is where you play with others in a very intentional way to facilitate healing for all involved and beyond, to others who might not be there within the circle and to the planet as a whole. This is a form of synchronized drumming where everyone is equal in the circle and healing process. One person starts the rhythm and others join in when they are ready. They play the same

beats as everyone in the circle. This mirroring of beats helps the healing energies to build and amplify.

Sending sound and healing energies out with each beat.

Drumiostasis has a wonderful basis in the ancient beats and rhythm of the soul. Utilizing the power and healing energy in very specific ways through drum beats dictated by the divine and the healing needed for each situation.

People can feel refreshed and renewed and energized from the experience. Others feel relaxed and good in their bodies, grounded and satisfied with the healing outcome and alignment that they received.

Drumiostasis is a free form drumming healing modality which primarily uses low base drums to create steady, coherent, predictable patterns. These patterns bring the client either back to or enhances their homeostasis within their bodies. Once homeostasis occurs the body functions at its optimal levels.