

Kathleen Stillings
Sound Healing and Therapy Certificate Program
Globe Institute
26 May 2020

“Meditate with a Drum”

This physical earth plane is a manifestation of all frequencies. All frequencies come from a root vibrational frequency. We as humans are part of that root vibrational frequency. We are part of the essential vibration and are subject to the same laws of sound as the universe. We lose sight of this aspect of being. We at times fail to hear the vibration.

Our society can be so wrapped up in earthly logistics that we have forgotten the need to be in rhythm with ourselves, in rhythm with one another, and in rhythm with nature. During these times of change we can utilize ancient drumming and meditation practices to recalibrate our frequencies.

Attuning ourselves to our home note and our purpose via meditation using rhythm; utilizes both tools to bring ourselves back to “center”. We can open and align in ways that our ancestors did for eons. We are going to look at meditation and drumming, then we will look at combining them. We will then see how the heart of the mind, the mind of the heart, and our inherent home note align our very elements.

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. Today, meditation is considered a type of mind-body complementary medicine.

This balancing prescription is done in so many ways: mantras, toning/chanting, praying, singing, guided voice, breathing, sending / receiving love, to name a few. These practices help you to reconfigure your inner self. You can find as much connection, and as much peaceful serenity, as you like. Take yourself to a place where you can even find the means to tolerate practically anything, to celebrate even the simplest aspects of life. Unquestionably, meditation is a routine that brings about massive benefits that can change and improve our lives. Taking your meditation practice to another level by adding rhythm adds to the benefits of expanding inner awareness and connection with the subconscious, or the Soul, or Source.

Using one of the oldest known musical instruments to facilitate opening of our inner-knowingness – the drum – opens the gateway of transformation. Philosopher, Gary Z. McGee states, “When drumming you are consciously aligning yourself with drum rhythm. The sacred rhythm of the drum recalibrates our soul, knocking it back into balance with the cosmic frequency, while retuning what may have previously been falsely tuned. By riding the wave of the drum, we perceive actualities and imagine possibilities that we might otherwise have missed.” This form of meditation expands our ability to go beyond what we consciously know and to enter the depths of other “worlds”

Drumming is perhaps the oldest form of active meditation known to humanity. It can help with a myriad of issues, such as: retrieving lost aspects of soul, releasing unhealthy entities, solving conflicts within the unconscious, transforming the negative energy of past traumas into positive energy, helping people finally feel suppressed emotions, and healing unhealthy patterns and habits. When you “lose yourself” into the rhythm, you release a lot of emotional baggage and discover a deep healing.

Drumming takes mental and physical connection with the rhythm which can take you into a universal energy both internally and externally. Drumming engages the conscious mind therefore it is a successful tool that can be used during meditation. It helps to quiet the continual chatter and helps to enhance the meditative practice of calm and serenity much like chanting or toning. The steady meter of a drumbeat is an object of focus that allows for an individual to connect with its timing, dynamics and both consistencies and inconsistencies.

This type of meditation can be considered a combination of deliberation meditation and sound healing. The consideration and focus are the rhythm you are playing and having only one aspect to consider in lowering brainwaves and bringing on a relaxed state of being to open-up creative expression. Science has made it quite clear that drumming has some profound and holistic uses to enhance physical, mental, and emotional health, as demonstrated in a series of studies and research papers. The emotional benefits are listed at the end of this paper.

A meditative awareness session can help one to focus on going deep into all aspects of one’s self to retrieve that which will serve us to our highest and best and release that which no longer serves us. Drumming will provide the rhythm by which you can travel along a path to your soul to inter-connectedness to reconnect your higher self and be home.

The drum provides the anchor for the experience. It promotes listening, respect, awareness of interdependence, and perspective on mindfulness, controlled breathing, and will secure your rhythm into a distinct sound – use various drum sizes and drum heads, use your hands or a mallet or use a rattle - use various styles of drums - experience the beating of each drum in the core of your soul – use meditation to connect the beat / rhythm with your home note.

Meditative drumming not only positively impacts attention, it can help improve cognition, emotions, physiology and even behavior. Mindfulness meditation produces practical benefits that can be applied to your family, social groups, and work relationships.

One of the deepest benefits you can gain from drum mediation is something the Buddhists call “impermanence.” Impermanence is the understanding and experience that life is constantly changing; nothing is “permanent” or stays static. Impermanence is really something that must be experienced, in the moment, to be appreciated. When everything is understood as impermanent, greater wisdom, peace, and loving kindness is unlocked within us. (1)

Vibrational therapy facilitates absorption. This absorption makes us aware of the absence of separation between ourselves and existence; the underlying silence beneath every sound, that eternal nothingness that is pregnant with the possibility, and that the only true constant in life is change. (1)

‘For most of us, there is only the unattended Moment, the moment in and out of time,

The distraction fit, lost in a shaft of sunlight,

The wild thyme unseen, or the winter lightning,

Or the waterfall, or music heard so deeply

That it is not heard at all, **but you are the music.**

–T.S Elliot

The emotional benefits can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Effortless, sustained attention.
- A more universal awareness.
- May shift into intuitive, insightful modes.
- A clear, non-judgmental awareness arises.

Bibliography:

- “Meditation.” Wikipedia, Wikimedia Foundation, 13 Nov. 2019, <https://en.wikipedia.org/wiki/Meditation>

- "Meditation." Gale Encyclopedia of Medicine. 2008. The Gale Group, Inc. 26 May. 2020 <https://medical-dictionary.thefreedictionary.com/Meditation>
- Masters, Dr. Paul Leon. Meditation Dynamics. University of Sedona Publishing, 2018.
- Redmond, Layne When the Drummers Were Women, Echo Point Books & Media, 1997, 2018
- Written by Robert Kopecky, <https://innerself.com/content/personal/spirituality-mindfulness/meditation/9996-it-s-not-about-what-you-gain-in-meditation-it-s-what-you-lose.html>
- Written by Gary Z McGee, <https://fractalenlightenment.com/24365/spirituality/shamanism-and-the-transformative-power-of-drum-meditation>
- (1) <https://lonerwolf.com/sound-healing-instruments/>