



The Shamanic Drum: A Guide To Sacred Drumming

Michael Drake

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Shamanic drumming is an ancient approach that uses rhythm to promote healing and self-expression. Based on his studies and personal shamanic experience, Michael presents the first practical guide to applying this ancient healing art to our modern lives. Through a series of simple exercises and lessons, he teaches the basic shamanic methods of drumming. The focus is on creating sacred space, journeying, power practice, power animals, drum therapy, drum circles and the therapeutic effects of drumming. Whether you are an accomplished percussionist or a total beginner, this user-friendly book will help you harness the power of drumming. Recent studies demonstrate that drumming is a valuable treatment for stress, chronic pain, cancer, stroke, trauma, addictions, mental illness, emotional disorders and a wide range of physical disabilities. The benefits include relaxation, healing, more energy, greater mental clarity, enhanced creativity and deeper self-awareness.

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