

Shamanic Drumming Circles Guide

By Michael Drake

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Indigenous shamanic peoples of diverse cultures have gathered in community drumming circles for thousands of years. Although most of us did not grow up in an indigenous shamanic tradition, we can still tap into the healing power of shamanic drumming. Drawing upon twenty-five years of experience, shamanic practitioner Michael Drake has written a step-by-step guide to shamanic circling. In *Shamanic Drumming Circles Guide*, Drake offers some guidelines for anyone considering forming a shamanic drumming circle. The guidelines are also meant to help established drumming circles go deeper and become more effective. For anyone searching for a drumming circle, this guide can help you find the right circle for you.

A shamanic drumming circle is a place for practitioners to get together for learning, healing, and the direct revelation of spiritual guidance. A drumming circle provides an opportunity to connect with your own spirit at a deeper level, and also to connect with a group of other like-minded people. In a society in which traditional family and community-based systems of support have become increasingly fragmented, drumming circles provide a sense of connectedness with others and interpersonal support. Shamanic drumming circles serve many functions. Foremost among them are:

- Providing a consistent, safe and supportive space to practice shamanism;
- Deepening the participants' relationships with their helping spirits through shamanic practice;
- Providing help, healing and support for individuals and for the community;
- Building and strengthening shamanic community;
- Developing key drum skills such as rhythmicity, ensemble playing and therapeutic drumming
- Acquiring shamanic knowledge through collaborative sharing and from helping spirits through direct revelation.

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Editorial Review

From the Author

This book is the culmination of twenty-five years of shamanic circling. Since 1989, I have been involved in facilitating shamanic drumming circles and hands-on experiential workshops nationwide. Many of the participants in my seminars were inspired to start or join drumming circles in their communities. Over the years, a number of these shamanic practitioners have shared the specific challenges and issues their circles experienced. This ongoing networking with other practitioners evolved into the *Shamanic Drumming Circles Guide*. This comprehensive manual provides guidelines for creating, facilitating and sustaining shamanic drumming circles.

A shamanic drumming circle is essentially a modern adaptation to an ancient form of cultural expression attributed to indigenous shamanic peoples. In indigenous cultures, the term "drum circle" would not be used. Rather, the term "ceremonial drumming" or "drumming rite" would be more accurate.

The shamanic drumming circle is the most powerful way I know to connect with the spirit and oneness of everything. Everything has a rhythm, and that rhythm is circular. Drum circles provide the opportunity for people of like mind to unite for the attainment of a shared objective. There is power in drumming alone, but that power recombines and multiplies on many simultaneous levels in a group of drummers. The drums draw individual energies together, unifying them into a consolidated force that can be channeled toward the circle's intended goal.

About the Author

Michael Drake is an internationally respected writer and recording artist. His musical albums, which include Shamanic Journey Drumming and Power Animal Drumming, can be previewed and downloaded on his Amazon Artist Store. Michael is the author of *The Shamanic Drum: A Guide to Sacred Drumming*, *I Ching: The Tao of Drumming*, *Shamanic Drumming: Calling the Spirits*, and *Shamanic Drumming Circles Guide*. His articles have appeared in numerous publications, including *Awareness*, *Sacred Hoop*, and *Mother Earth News*.

Raised in a conservative Baptist Church, Michael had his first ecstatic experience as a youth at a church revival, an evangelistic meeting intended to reawaken interest in religion. This state of rapture and trancelike elation inspired his spiritual quest for meaning and fulfillment. At a crucial point in his search, Michael came in touch with the transforming power of shamanic drumming and discovered his true calling. Inspired by his research and experiences, Michael founded Talking Drum Publications in 1991 in order to share the healing power of rhythm with the global drumming community. For the past twenty years, he has been facilitating drum circles and workshops nationwide.

Users Review

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Alfred Hoover:

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