

The Teachings of the Sacred Drum

by Patrick Pinson & Debbie Gent

When the sacred is removed, we lose touch with the natural. We lose touch with our natural rhythm, ourselves, each other, and our creator. We forget that we are spiritual beings in a human experience. One tool that helps me remember that I am sacred is the drum. Making contact with a drum awakens our sacred. When I drum or make a drum, magic happens and the drum becomes my teacher.

Drumming is active meditation. When we open to the holiness of the drum – the tree spirit and the spirit of the deer or elk that contributed the hide, the magic begins to happen. The more we can be present in the moment, the more the drum's medicine begins to work. My Native friends tell me that we were all born with a drum – our heartbeat. We hear the heartbeat of our mother in her womb, and the drum is the heartbeat of our Earth Mother. All of the rhythms of the drum are based on the heartbeat.

The drum is feminine; its origin lies with the goddesses. When we drum, we are grounding ourselves, bringing the energy from our head down into the Earth. Drumming opens the feminine. Thinking is a male, the north on the medicine wheel. Drumming creates balance, and I am both grounded and inspired.

Each drum has its own unique voice and vibration. The voice of the drum will be just what you need and will constantly change just as you constantly change. When making or purchasing a drum, the drum seeks you, as much as you are seeking the drum. If you listen and select the drum with both your left and right brain, with your total being, the connection will be made. Feel the vibration; hold the drum over your heart and direct the healing vibrations toward the muscles that protect and hold your love.

When you awaken to and honor your rhythm through the drum, you awaken to inner healing which manifests outwardly to heal the planet. The more drums are made and played, the more healing will take place. The drum connects us to the truth of the spirit that runs through all things. We are one voice and we are all one.

Bio:

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