



# **BANG THAT DRUM!**

**USING RHYTHM VIBRATIONS AS A HEALING TOOL!**





**<good-vibrations>**

**DRUMMING CREATES VIBRATION. WHEN USED A HEALING TOOL, RHYTHMIC VIBRATION CAN ACTIVATE THE MIND AND PROMOTE BALANCE, AND HELP ALIGN OUR ENERGY CENTERS.**

**THE SOUND WAVES PRODUCED RELEASE ENERGY TO THE RESONATING SYSTEMS OF THE BODY, MIND, AND SPIRIT, MAKING THEM VIBRATE.**

**OUR BRAINWAVES, ENERGY CENTERS BEGIN TO VIBRATE IN RESPONSE. CHAKRAS FUNCTION LIKE ELECTRICAL JUNCTION BOXES, SENDING SPIRITUAL ENERGY THROUGHOUT THE MIND & BODY.**





# THERAPEUTIC EFFECTS OF DRUMMING

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Physiological

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Drum Cradle

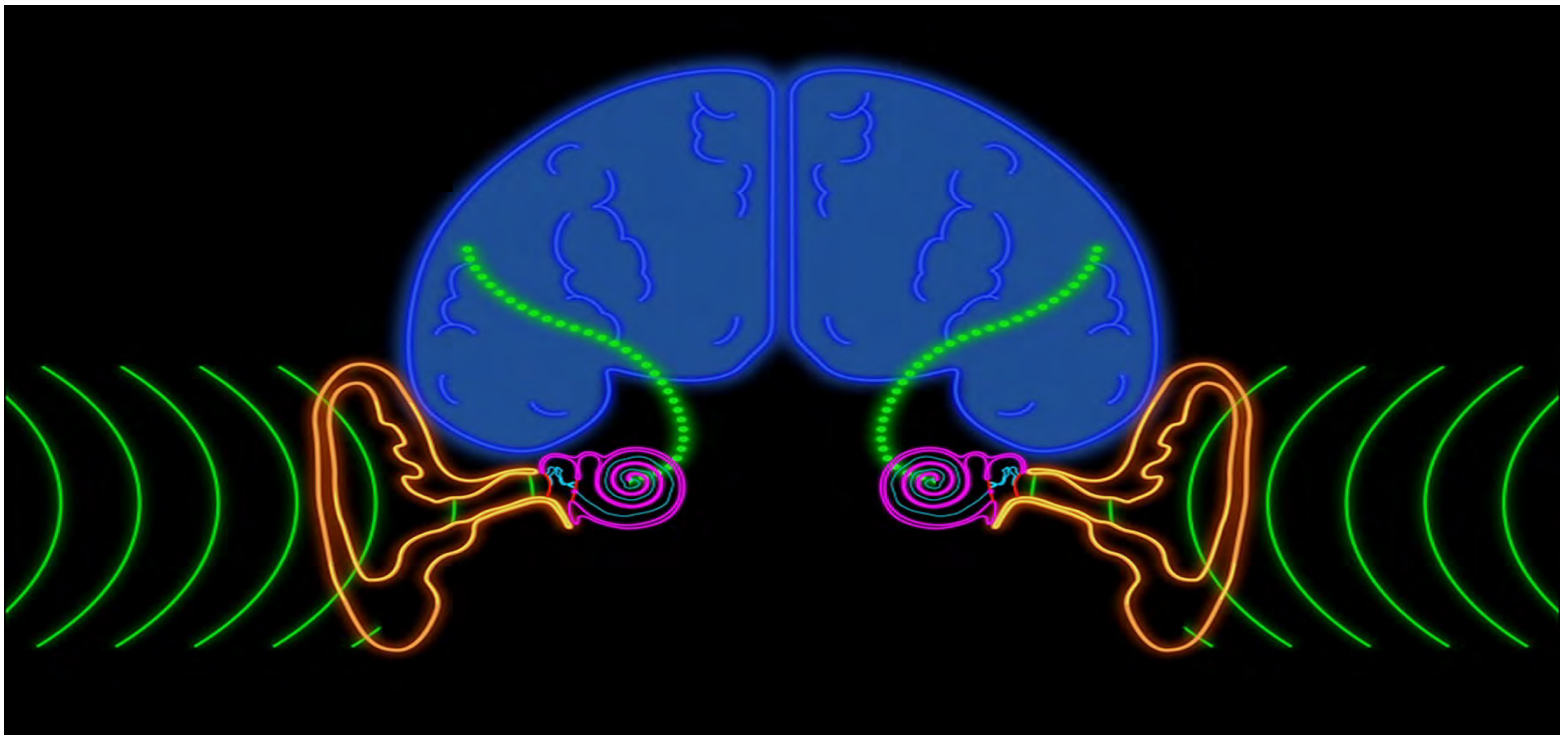
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Group Drumming

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Quality of Life





# THE HEART IS A DRUM MACHINE!

- *HEARTBEAT IS MEASURED IN BPM  
(BEATS PER MINUTE)*
- *“THERE’S AN APP FOR THAT!”*
- *WE HEAR IT AS WE DEVELOP IN THE WOMB,  
ATTUNED TO RHYTHM FROM BIRTH*





1 2 3 4



**I'm so helpless!**



**ARRRGHHH!**  
VS  
ANYONE, ANY ABILITY, ANY RHYTHM



# PHYSIOLOGICAL BENEFITS

SUSTAINED DRUMMING ACTIVITY IS LINKED TO SIGNIFICANT IMPROVEMENT IN THE IMMUNE SYSTEM, AND AN ELEVATION IN PAIN THRESHOLD.

- REDUCE BLOOD PRESSURE, ANXIETY/STRESS
- THE ACT OF HITTING SOMETHING IS A NATURAL STRESS REDUCER, AS IS LISTENING TO A GREAT BEAT.
- THE PHYSICAL STIMULATION AND SOUND VIBRATIONS HELP REDUCE TRAPPED EMOTIONS AND EMPHASIZE SELF-EXPRESSION.
- BY REDUCING STRESS HORMONES, DRUMMING CAN HELP BOOST THE IMMUNE SYSTEM BY INCREASING THE PRODUCTIONS OF WHITE BLOOD CELLS





# PLAYING DRUMS CAN IMPROVE MENTAL CLARITY

- DRUMMING UTILIZES ALL FOUR LIMBS TO BE PLAYED TOGETHER IN SYNCHRONIZATION, AND THIS EMPLOYS BOTH SIDES OF THE BRAIN
- DRUMMING IS A FUN, PHYSICAL ACTIVITY THAT CAN *DISTRACT YOU FROM WHATEVER IS BOTHERING YOU.*
- DRUMMING INCREASES CREATIVITY
- THE PREDICTABILITY OF RHYTHM WHILE PLAYING THE DRUMS TAKES CONCENTRATION AND FOCUS

## DRUMMING WITH CHRONIC PAIN

- BURNS CALORIES & BOOSTS CARDIOVASCULAR FITNESS
- ASSUMING YOUR CHRONIC PAIN DOESN'T PREVENT YOU FROM PLAYING THE DRUMS, THE CONCENTRATION REQUIRED TO BEAT OUT AN EVEN RHYTHM CAN SERVE AS AN EFFECTIVE DISTRACTION.
- SINCE DRUMMING RELEASES ENDORPHINS– THE BODY'S NATURAL MORPHINE-LIKE PAINKILLER – DRUMMING IS MORE THAN JUST A DISTRACTION FROM CHRONIC PAIN; IT'S A USEFUL, DRUG-FREE TOOL FOR CONTROLLING IT.



**PHYSIOLOGICAL BENEFITS CONTINUED...**



RHYTHM  
CRADLE  
THE FIRST RHYTHM  
THE HEART BEAT



INSTRUMENTS PLAYED:  
HAND DRUM, DIGERIDOO, SHAKERS,  
SINGING BOWLS, VOCALIZATION,  
OCEAN DRUM, RAIN STICKS



# GROUP DRUMMING

ALLEVIATES ISOLATION AND ALIENATION.

A FEELING OF BEING 'PART OF SOMETHING'

**"ONE OF THE MOST POWERFUL ASPECTS OF DRUMMING AND THE REASON PEOPLE HAVE DONE IT SINCE THE BEGINNING OF BEING HUMAN IS THAT IT CHANGES PEOPLE'S CONSCIOUSNESS. THROUGH RHYTHMIC REPETITION OF RITUAL SOUNDS, THE BODY, THE BRAIN AND THE NERVOUS SYSTEM ARE ENERGIZED AND TRANSFORMED.**

**WHEN A GROUP OF PEOPLE PLAY A RHYTHM FOR AN EXTENDED PERIOD OF TIME, THEIR BRAIN WAVES BECOME ENTRAINMENT TO THE RHYTHM AND THEY HAVE A SHARED BRAIN WAVE STATE. THE LONGER THE DRUMMING GOES ON, THE MORE POWERFUL THE ENTRAINMENT BECOMES. IT'S REALLY THE OLDEST HOLY COMMUNION."**

**LAYNE REDMOND**



# QUALITY OF LIFE

- ***DRUMMING INDUCES DEEP RELAXATION, LOWERS BLOOD PRESSURE, PRODUCES FEELINGS OF WELL-BEING, A RELEASE OF EMOTIONAL TRAUMA AND REDUCES STRESS.***
- ***STRESS CONTRIBUTES TO NEARLY ALL DISEASES AND IS A PRIMARY CAUSE OF HEART ATTACKS, STROKES AND IMMUNE SYSTEM BREAKDOWNS.***
- ***DRUMMING SERVES AS A DISTRACTION FROM PAIN AND GRIEF. DRUMMING PROMOTES THE PRODUCTION OF ENDORPHINS AND ENDOGENOUS OPIATES, THE BODIES OWN MORPHINE-LIKE PAIN KILLERS, AND CAN THEREBY HELP TO CONTROL PAIN.***





**FOR  
EVERYONE**

**HEALTH  
BENEFITS**

**FUN**

**QUALITY  
OF LIFE**

**RHYTHM - VIBRATIONAL HEALING TOOL**



**Fa&ax**  
**Productions**

**CONTACT US**

**(587) 200-DRUM**

