



Sacred Beat: From the Heart of the Drum Circle

Patricia Telesco, Don Waterhawk

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The beat is universal -- drumming as a way of communicating with other people, spirits, and self exists around the world and throughout time. And contemporary drumming is thriving! In the neo-pagan community, the most popular festivals and workshops are those that feature drumming circles. In healing centers, nursing homes, women's centers, and schools across the country, people are forming drumming circles. *Sacred Beat* honors and explores every aspect of drumming -- historical, contemporary, practical.

In Part I, Telesco and Waterhawk tell the history of drums and drumming circles and the myths, superstitions, and religions that have grown up around drumming. From West Africa to Tibet, from Siberia to England, from Vietnam to Apache territory, where Fox gave the people drums along with fire -- come stories about drums, their invention, their use up until contemporary times. People respond almost universally and profoundly to drums -- to relieve stress, to communicate, to move in rhythm with the universe, to praise their gods. A comprehensive section of practical information follows, with ideas for finding a drum and other rhythmic tools that are right for your vision, caring for and decorating your instrument, drum etiquette, and elements of a good drum circle.

The next section of *Sacred Beat* is all about drumming in groups -- different ways it's being done, from Native American Pow-Wows to Goddess gatherings to community centers, and how to become a part of it. The book closes with a section on creating drumming magic all your own, with meditations, prayers, and divinations to create overall well-being and spiritual awareness with drums.

The voice of the drum combines with the voice of the Ancestors, the voice of Spirit, and the voice of our own soul to create a powerful and transformational partnership.

By working with the drum, a person can support this partnership, reach out to the community, touch the earth, and nurture their own spirit.

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Dustin Singh:

Nowadays reading books be than want or need but also work as a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The info you get based on what kind of guide you read, if you want drive more knowledge just go with training books but if you want experience happy read one using theme for entertaining including comic or novel. Often the Sacred Beat: From the Heart of the Drum Circle is kind of guide which is giving the reader capricious experience.

Patty Shield:

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Sacred Beat: From the Heart of the Drum Circle can be fine book to read. May be it could be best activity to you.

Bertha Wood:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book Sacred Beat: From the Heart of the Drum Circle it is extremely good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to cover but this book provides high quality.

Wilbert York:

The book untitled Sacred Beat: From the Heart of the Drum Circle contain a lot of information on it. The writer explains her idea with easy method. The language is very easy to understand all the people, so do not really worry, you can easy to read this. The book was authored by famous author. The author brings you in the new period of literary works. You can actually read this book because you can read more your smart phone, or device, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice study.

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