

# Shaman drums, the most ancient tool for personal development



My experience is that the conception, construction, and birthing process of bringing one's own personal consecrated Instrument into existence is a process of reconnecting to our ancestral energy, (in Chinese theory the drum stimulates the kidneys where the original ancestral energy, (Jing) is stored) and the circle of life symbolizing the medicine wheel in alignment with the cardinal directions that bookmark the movements of the seasons .



The act of beating one's own drum with focused intention creates an entrainment of our heart's rhythms, calibrating our energies in a coherent holistic way with the electromagnetic pulsations of the Earth's core, (or Heart) and the Heart of the great spirit, (Wankan Tanka).

With regular practice our Vital energy (Kidneys) and the focused intention of our spirit, (Heart) transmute stagnated ancestral memories and destructive patterns that stifle our potential and give way to new creative patterns to express the true potential of why we are here on earth our vision.



Since I conceived and built my first Drum 11 years ago I have been commissioned to build and consecrate personal Shaman Drums built to the size that corresponds to our body's presence in the universe, our "Form" and the geometric form that is in phase with our numerology. ex. (height / geometric form, ex. octagon) ex.  $H=1m80 / 8 = 22.5cm$ . the size of each side of the octagonal Drum frame)



I then perform ceremonies for each step and if possible the person that ordered the drum helps with the important step of stretching the hide over the frame, then after a sacred space of time, minimum of 4 days we consecrate with the ceremony to wake up the new born drum's voice.

The act of resonating the skin of one's personal drum brings us into alignment with the Earth –Heaven & Center, and initiates our position of conscious vertical alignment as a bridge between Heaven and earth we cannot remain immobile separated from the whole thus the dance may begin within the sacred circle.

While we beat the Drum in phase with our Heart, (Fire energy) and Kidneys, (water energy) this allows us to connect with Earthly Mother's and Heavenly Father's heartbeat completing the holy trinity assuming the place as the original child in the center.

With focused conscious intention we become aware of our inter-relation with the universe to build coherence and bonding and shift our frequencies.

Scientific studies have proven that different rhythmic cadences stimulate different Brain frequencies the "Alpha brain waves induced by a drumming cadence about 180 beats per minute that allows the intuitive brain to connect with modified states of consciousness. You can enter into deep states of meditation after a very short time compared to other meditation practices.

Our ancestors used these heightened states of consciousness to access information about the healing qualities of plants, where to hunt for game by connecting with the spirit of the animals and how to be in harmony with the environment and changing seasons for the well being of the community.

In our modern society there is little place for sacred rites to initiate us into the awareness of being connected to the whole and with the power of intention that can manifest positive change in our lives.

Shamanic drumming brings us into contact with our multidimensional self either by drumming alone or in groups and helps on an individual and planetary level to calibrate our vibration with the shifting vibrations of our planet and the universe as we approach 2012.



For more information contact me at: [mark@i-c-j.com](mailto:mark@i-c-j.com) Tel (+033) 02 32 36 67 35