

Harmonic Reiki Drumming

Circle Startup Manual



Created by
Glenn Stewart Coles

www.glennstewartcoles.com

Harmonic Reiki Drumming

Introduction.....	3
Reiki Drumming	4
Basic Reiki Drumming	5
Levels of Reiki Drumming	6
Start Your Own Harmonic Reiki Drumming Circle	7
Meeting Overview	8
Sample Agenda	10

Introduction

The information in this guide started with a shamanic drummer in the mountains of Tennessee, and manifested in a holistic spa near Toronto. Combining the styles of shamanic drumming with standard drum circle, we discovered that energy increased when we all hit the drums with identical strokes. We also discovered that the use of a baton simplified the drumbeat, making it easier for all participants to match the rhythm. Using only one hand for beating allowed the drum-holding hand to radiate energy instead of following a beat, as would be required in two-hand drums. Through experimentation and numerous sessions with many different drummers, we adjusted techniques until the energy felt right.

The intention of the manual is not to provide strict rules. Instead, these are suggestions and guidelines based on our experiences. Ultimately, you and your group must find your own rhythm. If the intentions are positive and empowering, the outcome will be wonderful.

Special thanks to Tunde, Anita, Sheila, Tracy, and many others for their participation and assistance in the development of Harmonic Reiki Drumming. This document results from shared vision and combined energy as we created ripples that still travel the universe.

φ φ φ φ φ φ

Reiki is the learned skill of channeling energy through the hands.

A **buffalo drum** (or shamanic drum) provides a tool for projecting Reiki energy, as the energy is amplified and carried by sound waves. For healing sessions, these sound waves can be directed at a recipient.

A **drum circle** occurs when a group of percussionists play together, discovering and following a harmonic rhythm.

When a Reiki drum circle achieves a harmonic rhythm, the energy pulse is amplified exponentially.

A **Harmonic Reiki Drumming Circle** is created when a group of Reiki-attuned people gets together to share thoughts, energy, and ideas; and to drum in harmony.

What is Reiki Drumming?

To the uninitiated, Reiki is a Japanese word for ‘energy work’, and describes a holistic healing modality in which the practitioner learns how to channel universal energy. By becoming attuned and learning how to vibrate in a certain mode, the healer realizes the innate ability to direct energy. Using intention and concentration, the Reiki practitioner enters a meditative state, in which the energy in the body becomes balanced, improving abilities as a conduit. While many can benefit from the receipt of Reiki, the practitioner also benefits simply by being in healing mode.

The practice of drumming has been with mankind for millennia, and is still a mainstay of many tribal cultures. Drumming allows an individual to relax and release, finding a comfortable rhythm and influencing personal vibration. When groups drum together, known as drum circle, a harmonious beat is found that all can join. The group energy is enhanced as harmony is achieved, and each participant grows from the experience.

The key element of drumming is the sound, which carries the rhythm. Sound is energy. Sound travels in pulses and ripples, carrying vibration. Reiki is also energy. Reiki energy can be added to the sound waves, thus being both carried and amplified. A drum is an effective sound maker, and perfect for carrying Reiki energy. If your intention is to send pulses of healing energy along with the waves of sound, then it shall be so.

A rhythm played repetitively and harmoniously can amplify sound beyond its original volume, creating a hum that raises the level of vibration. In the same way a Reiki wave can amplify, particularly when created in resonance with other Reiki drummers. When a group of Reiki practitioners form a drum circle with the intention of pulsing healing energy, a vortex is created. The healing energy benefits both the circle and the planet, as the positive energy of Reiki is channeled into the earth and your environment.

Basic Reiki Drumming

The benefits of Reiki drumming occur in many dimensions and at many levels. The molecular vibration of participants is enhanced, and this vibration is passed on. The immediate effect of the sound waves tends to shake things up a bit, but also pulls the vibration of surrounding objects towards the steady pulse of the drums. Sound energy is powerful, and attaching Reiki energy to the sound waves is even more powerful.

Reiki drumming is best practiced using a drum that creates a low resonant vibration. Most commonly used are round flat drums with strings on the back. These types of drums are called buffalo drums, medicine drums or shamanic drums. One hand holds the drum by the strings, and the other hand holds a mallet and beats the drum. By striking a consistently paced rhythm, a growing sound wave is formed, rippling like waves in a pond. Once the drumbeat is steady enough, the drum will begin to hum continuously, even between the beats.

For all participants, the sound of drumming is very healing. Everyone tends to balance his or her personal vibration, and then to harmoniously join with the group energy. The result is that each person leaves the circle in a more balanced condition, having been enhanced by the group energy, and yet not taking energy from anyone else. While Reiki drumming, connection is made to the abundant universal energy, the planet is enhanced, and each participant gets a boost.

The most important thing to remember about Reiki drumming, as with any Reiki session, is that energy follows intent. If the intention of the drummer is to create a balanced center emanating healing waves, then it shall be so. The steady rhythm of the drumbeat is self-manifesting, as each beat opens the potential for the next one. In addition, the resonating sound helps smooth, carry and amplify healing energy.

Levels of Reiki Drumming

There are three aspects of Reiki drumming to consider, with each aspect dependent upon the number of participants. In any of these scenarios, the same basic concepts apply. The intention is create a rhythmic pulse of sound, and to channel Reiki energy through the drum, allowing the sound waves to carry and amplify the healing pulse.

The first level involves drumming alone, and learning your own harmonious vibration. Begin with the heartbeat sound (lub-lub, lub-lub) and continue at an even pace. The speed of the beat should be adjusted until it feels right, and until the drum carries a constant humming vibration. When played properly, a drum makes more sound than just the drumbeat. As you drum, relax into a meditative state and find your balance and rhythm.

The second level involves applied healing through drumming, and learning how to direct healing energy to a recipient. Once the first level has been practiced and absorbed, the healer will easily move into healing mode at the suggestion of the drum. At that point, he/she learns how to send Reiki energy out through the drum, and this can be directed at a recipient, just like any other Reiki session. The recipient is encouraged to relax to the rhythmic sound of the drum, and is also presented with enhanced healing energy to absorb as desired. Do not play too close to a person's ears, and instead let the drumbeat affect the entire body.

Level three involves drumming in a circle of Reiki practitioners, and learning to create a harmonious energy pulse. The initiator (I prefer this term to 'leader', as everyone in a drum circle is equal) starts with a steady rhythm, and the others join in when they are ready. Soon, the group will be drumming a consistent beat, and though the individual strokes may not be exact, a harmonious sound is created. Most drummers find their energy increased as harmony occurs, and they drum even more enthusiastically. Once group harmony has been achieved, try walking clockwise in a circle as you drum, creating a vortex of sound and energy.

Practice in any of the levels enhances work at all of the levels. One does not graduate and leave knowledge behind, but instead incorporates skills and feelings into future activities. We all carry a drumbeat within, and Reiki drumming allows us to enhance that drumbeat and send it to the world.

Start Your Own Harmonic Reiki Drumming Circle

What you need

- A meeting facility
- Reiki people (at least 2)
- Drums (buffalo, shamanic or medicine)
- Freedom to make noise

Basic Concepts

- Meetings are held on consistent day and time to encourage regular attendees.
- Participants are encouraged to activate energy channels through some type of energy work or attunement. Reiki is part of my background, and thus included in this creation. I also use techniques learned from Falun Gong. However, energy workers may have studied different techniques, each resulting in the same outcome. While newcomers are always welcome, the power of the circle is increased as participants learn about energy work.
- Guests may choose to participate or observe and receive during the session.
- Roles are shared among members, and exchanged regularly.
- Only buffalo/shamanic/medicine drums are used. The many other sound and percussion instruments, while beautiful additions to a standard drum circle, can distract from the creation of a unified energy pulse.

Meeting Roles

Depending on your group, you may wish to trade, combine or alternate roles for each meeting.

Meeting Coordinator: Responsible for organizing meeting, preparing agenda, master of ceremonies, schedule and timing.

Presentation Coordinator: Responsible for preparing and presenting half-hour group session, choosing topic that aligns with group philosophy/goals.

Guest Greeter: Responsible for greeting each guest, guest orientation, collecting guest contact information.

Meeting Overview

Outlined in this article is an overview of a typical meeting of the Harmonic Reiki Drumming Circle. For about 18 months we met each week at the same time, for 1 ½ hours. Now we meet monthly. Meeting traditions developed that helped us ‘get in the mood’, but these are not mandatory. The choices are up to you and your group. When you have reached a level of harmonious connection, you will know that you have it right.

Pre-Meeting

Setup room – We use meditation chairs that allow people to sit on the ground with a seat cushion and back support. Chairs are in a circle, with drums placed between the chairs. In the center of the circle is a round platform, covered with a decorative cloth. This platform is setup uniquely each week, using candles, meaningful objects, spiritual items, etc. Sometimes we spread a deck of angel cards around the perimeter for people to choose from. Other times we setup the four corners to represent earth, air, fire and water, using symbolic objects.

Greet guests – Anyone new should be greeted and made to feel comfortable and welcome. Initial questions may be answered. It is necessary to explain Harmonic Reiki Drumming to newcomers prior to the first drumming session, and this may occur separately or as part of the circle, depending upon number of newcomers. You may also wish to gather contact information.

Handout agenda - A printed agenda is provided for everyone, outlining the meeting plans and providing contact information and web sites.

Opening Ceremony

Welcome to the (1st, 2nd, 3rd, etc.) meeting of the (name of your club) Harmonic Reiki Drumming Circle. We have gathered here tonight to share energy, and to create a healing pulse for our world, the universe and ourselves. We welcome all to this sacred space, and we invite our Reiki guides and all souls to join us in this circle of peace and healing. Tonight we shall create healing pulses of energy that continue on like ripples in a pond, long after the first splash. Welcome all to our drumming circle.

At this point, we often have everyone choose a card from a deck of Angel Cards. There are many different reading cards available, and we use whichever one feels appropriate.

Next, we go around the circle, one by one and ask people to Introduce themselves and to make a Statement of Being (example: how are you, what is your focus tonight, what did your angel card awaken, etc.)

At this point, if there are guests, someone will explain the concept of reiki and reiki drumming, enough so that the concepts are introduced and newcomers are able to participate. Drumming experience is not necessary, and newcomers tend to find it easier if they just try to mirror the leading rhythm instead of trying to create their own. As comfort increases, drummers become able to find the rhythm of the group, even though each drummer may be following a slightly different pattern.

Drumming session – One person initiates the drumming, and all others join in as appropriate. In a standard meeting this session is 15 to 20 minutes long.

Meditation or Activity – Each meeting, a different meditation reading, presentation, or activity is introduced. Different people may lead this section each week, and the potential topics are wide ranging, as long as they move in the direction of peace and healing.

Drumming session – One person initiates the drumming, and all others join in as appropriate. In a standard meeting this session is 15 to 20 minutes long.

Closing Ceremony

Stand in circle, hold hands (left hand up, right hand down)

We have gathered here this evening to share energy, and to create a pulse of healing energy for ourselves and the world. If there are any whose name you wish to bring in to this circle for healing, please do so now.

We then pause as people mention the names of those requiring healing.
Give this some time, as there may be many names.

*We have each brought our energy to this circle, and we depart with enhanced energies.
We have connected in this circle, and the connection continues even after we leave.
Until next time...*

We then raise our hands upwards, until they have all separated, and each person steps out of the circle.

Sample Agenda

Harmonic Reiki Drumming Circle

Creating a pulse of healing energy for ourselves and the world.

Soul Spa Chapter, Meeting # xx
Tuesday, October 25, 200x
8:30 – 10:00 p.m.

- 8:30 p.m. Opening Ceremony: Invite Reiki Guides
- 8:40 p.m. Harmonic Reiki Drumming Circle
- 9:00 p.m. The Heartbeat of the Earth – Reading/Meditation by Tunde
- 9:30 p.m. Harmonic Reiki Drumming Circle
- 9:50 p.m. Closing Ceremony



A decision must be made in the recesses of your heart to choose between the known, which is safe but familiar, or the unknown which is fresh - a field of infinite possibilities.

Deepak Chopra, 1997

Next Meeting: Tuesday, November 1, 200x, 8:30 – 10:00 p.m.

For information contact (insert name, phone number, email of main contact)

For more information on Harmonic Reiki Drumming, visit

http://www.glennstewartcoles.com/reiki_drumming.html

Sample Reading

Each week, during the middle part of the meeting, we would do a meditative exercise. Sometimes this involved a reading, with or without background music. Other times we listened to guided meditation tapes. Sometime a guest speaker would guide the group through instruction or training on new techniques. Each week was different, and our energy was enhanced each time. Here is one reading, reprinted from *Weekly Inspirations* by Glenn Stewart Coles.

Fool on the Hill

An old man sat on top of a hill, searching for the meaning of life. He gazed at the stars and felt small. In the dark sky there were millions and millions of tiny lights, each representing a sun possibly larger than ours. Around those suns could be planets, and on those planets could be life. The universe seemed to go on forever, a limitless space in each direction, farther than imagination.

At the corner of his eye one of the lights moved, and he turned his head to focus on the movement. It was not a star but a firefly, winking its taillight in search of a mate. The firefly flew close by, and he caught it in his hand. As the green harmonic glow radiated from the creature in his fist, he realized how big he was. To this tiny fly he was gargantuan, and yet there were still smaller creatures to which this fly would seem huge.

And then he realized that from his unique perspective, he was the center of the universe. He could imagine the expansion of the universe, getting larger forever. He could also imagine shrinking microscopically, and being able to see molecules, and then atoms, and then electrons. In both directions, the smallness and largeness never end.

It was then that it came to him. The absolute power of being in the center of the universe meant that the meaning of life could be whatever he wanted it to be. From that point, he was able to create anything, to set his thoughts and influence his world. He realized that the meaning of life would not come from outside but from within.

He stood to walk down the hill, happy and content.
He now knew the meaning of life, and knew that everything was fine.