

Why Is Drumming Healing?

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When we drum, we connect with the Creator and experience our natural childlike innocence through drumming, rhythm and movement. This form of play facilitates spiritual expansion because drumming naturally brings one into the relaxed alpha state of meditation. Usually

the two brain hemispheres issue different wave frequencies, but drumming synchronizes the left and right brain hemispheres, bringing one into a healing state that only meditation can provide. There is nothing more connecting or healing than coming home to our center and experiencing the nurturing, loving compassion of our Creator through the heartbeat of the drum. The relaxation achieved by drumming helps us to see, feel and know our connection with the Divine, with all of life, and with each other. Because of this, it naturally awakens our creativity and mental capacity, and helps to expand our heart.

As drumming expands our heart and awakens our connection to all life, it cultivates the bridge between Heaven and Earth. We can then understand that we are the intermediaries between the Divine and the earthly plane; it helps us to realize that everything that we think, do, or say affects everything and everyone around us! It helps us to know that Earth Mother was lovingly created for us, to help sustain, nurture and heal us. Her waters were made to quench our thirst; her woods and vegetation were made to protect and feed us. It helps us know that all life is sacred and what we do to one, we do to all. When we tread upon the skin of the

Earth, we are moving about on a living, breathing organ! When we sit upon the ground of our Mother Earth, we can experience her heartbeat and feel her love.

Drumming is very primal in nature and we all have roots from tribes of the world, whether they be Native American, Celtic, European, Asian or African. The beating of the drum symbolizes the beating of the heart, and when we drum in a circle, we are not only connected to each other in the immediate circle or group, but we are connected through the web of life to all of humanity in what the Native Americans call the Circle of Life. Being in a drumming circle helps us to realize that we are all One in Spirit, no matter where we are from, physically, or where we are now.

There is but one song, the Song of Life, and drumming together is the human expression of our connection in the web of life. When we drum, I believe that our God celebrates with us in our joy and our communion with all of creation. As a baby is rocked against his mother's breast and relaxes to the lullaby of her heartbeat and experiences pure love, the heartbeat of the drum helps us similarly. It helps us understand how we can peacefully and lovingly interact with the whole world, as one mind, one soul, one love, and one joy.

When I touch the wet elk hide while building a drum, I feel the expressions of Mother Earth. In touching her, I touch that aspect of myself; and I can experience the body and heart of my ancestors in the reality of my body on the heart of the land. It is this bridge between my ancestors and me where I can hear them whisper on the flow of the breeze.

Love & blessings,
Cathy Flinn



Cathy Flinn is a drum maker and drumming group facilitator who shares her gift of story-telling and drumming with all age groups, in and outside of school systems, working with children and youth with emotional and physical challenges. Cathy is also a Reiki practitioner and healer who has been operating the SpiritDance Healing Center since 1998. She is a teacher, published author and poet, and an active community volunteer. In her Westminster Maryland home, Cathy hosts regular drum circles, and also Reiki circles in her office. To learn more about Cathy and the SpiritDance Healing Center please visit her site at www.spiritdancehealingcenter.com.

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