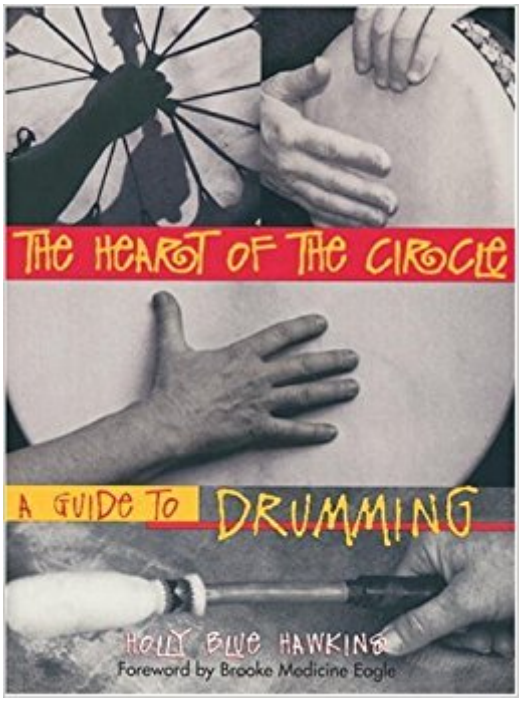
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The Heart Of The Circle: A Guide To Drumming



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Synopsis

Discover your own inner rhythms and learn how to incorporate drumming into your spiritual practice, including how to find and care for a drum, call a circle, set an intention, and drum together.

Book Information

Paperback: 129 pages

Publisher: Crossing Press; English Language edition (August 1, 1999)

Language: English

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Product Dimensions: 8 x 6 x 0.4 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,420,115 in Books (See Top 100 in Books) #95 inÃ Â Books > Arts & Photography > Music > Musical Genres > New Age #747 inÃ Â Books > Arts & Photography > Music > Instruments > Percussion #39812 inÃ Â Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

This is a nice little book,a quick, and easy read.However, I thought it would talk about drumming for health.I was a bit dissapointed that it didn't.The overall tone of this book is very spiritual,which surely is not a problem,but I had assumed that it would cover topics related to how using a drum for healing can benefit one's mind and body.....Not just their spirit. I have ordered something else, which I hope will deal mostly with the medical aspect of the drum.Again,if you are really looking for a great "spiritual" drum book, this one will work well for you!

This is a great book for those interested in using drumming in personal meditation or ritual type situations. It focuses on the more spiritual aspects of drumming, connecting with your drum, and has several examples of dedication and personal meditation rituals within the book. It includes a basic primer on drum types and rhythms but does not include much in the way of 'hands on' type information. The book also mainly focuses on Native American drum information and (unless this has been updated since the last publication) the retailer websites listed in the appendix are mostly out of date. However, this book would still be an excellent addition to a larger drum instruction library, particularly for those interested in developing a spiritual dialogue with drumming.

This book primarily deals with those of you who are interested in drumming for personal reasons rather than for an audience. Personally I drum in a band and also I drum to myself for relaxation. Holly Blue Hawkins explains her reasons for drumming and teaches how one goes about solving lifes problems and answering questions over a drum session. No matter how long you have had a drum or how often you play, this book will change the way you pick up your drum and the way you treat your drum and most importantly you will learn what drumming means to you.

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