



# Mindful Drumming: Mini Guide





# ***4 Principles of Mindful Drumming***

1 - Tempo

2 - Rhythm Pattern

3 - Awareness of Breath

4 - Awareness of Body

# ***Importance of Mindful Drumming***

- Stress Relief
- Relaxation response
- Present Moment Awareness
- Easy to use for meditation
- Entrainment of Brainwaves and Biorhythms
- Boost immune system
- Improved Co-ordination
- Cross Laterilisation of Brain Function
- Mental Well-Being

# ***Mindful Drumming***

## ***Allows Us To:***

- Check-in with our bodies
- Lower Stress
- Release energy blocks
- Unhook from dominant negative thoughts
- Strengthen Mind-Body connection

# *Choosing a Tempo*

When playing repetitive rhythms a synchronization effect in the biorhythms and brainwaves of the body occurs (entrainment).

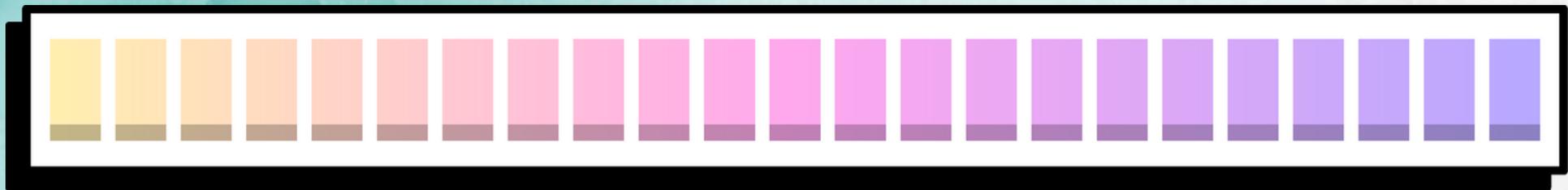
At slow tempos, a relaxation response occurs where heart rate and breathing can be lowered. Slow tempos with a pulse of 60 beats per minute are good for this.

Faster rhythms which can be easily achieved by playing 4 strokes per pulse will entrain the brain to Low Theta brain waves and can lead to altered states of consciousness.

60

120

240



Relaxed response

Deep meditation

# ***Tempo Reference Chart for Accessing Higher Theta***

Set your click to the pulse shown ie 60bpm but then play 4 strokes per click (16ths). This will give you the faster rhythms needed to entrain the brainwaves to Theta.

Beats per second Hz	Tempo bpm (play 16ths)	Equivalent pulse	Mind State
4	60	240	Deep meditation
5	75	300	Intuition
6	90	360	Creativity
7	105	420	Insight
8	120	480	Reduced Anxiety

*Thanks to Jeff Strong at Strong Institute for all his work in this area.*

# ***3 Things To Remember***

## **1 - Relax Fully Before Playing**

Take some time to release any tension you notice in the body before you start playing.

Detach from the mind by becoming aware of your body as you sit at your drum.

Dropping your awareness into the body is a good way of creating some space from thought 'traps' that are going on in the mind.

# *3 Things To Remember*

## 2 - Tune Into Your Breath

Use the repeated drum rhythms to help you to tune into your breath. The breath is a great anchor for your awareness as you play.

Practice square breathing to connect your breathing to your drumming.

### **SQUARE BREATHING**

Play a slow steady pulse and inhale for 4 beats; hold for 4 beats; then exhale for the next 4 beats; finally, hold for 4 beats.

Experiment with different counts for square breathing until you find a flow that allows you to strengthen your focus away from your thoughts and towards your breath.

# ***3 Things To Remember***

## **3 - Play with No Effort or Strain**

If you are feeling uncomfortable during your practice then:

- 1 - Make the strokes smaller
- 2 - Play strokes on one sound
- 3 - Leave some space then come back to the beat

Relax as you play. Keep the hands and wrists soft and never play too loud. Open up to your body sensations as you play.

Keeping your drumming soft allows the energy to move as you play.



# ***Mindful Drum Patterns***



# ***Heartbeat Rhythm***

- Play a simple two-beat pattern with a pause
- Play between 60–70 bpm
- Tune into your own heartbeat as you play
- Playing in a simple two-beat pattern can synchronize the heart and breathing, helping with relaxation and reduced anxiety
- This slow, rhythmic drumming can facilitate deep healing and calmness within the mind.

# ***Shaman Rhythm***

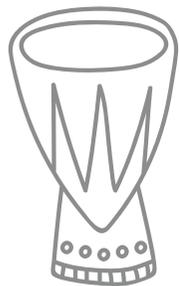
- Play a steady even pulse using a beater or your thumb on the lowest sounding part of the drum
- Allow variations in timing or sound to occur naturally
- Play at 220–240 bpm to entrain to attain a shamanic trance state

# ***Trance Rhythm Patterns***

- When playing at faster tempos, simple rhythms can cause the brain to get bored and distracted
- Odd-time additive rhythms keep the brain focused and help to raise awareness
- Try the following 322 and 2223 rhythms in your mindful drumming practice
- Play O on a low sound (RH) and X on a higher sound (LH)

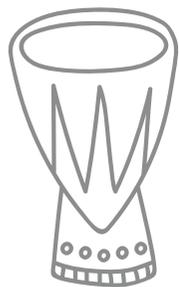
# 3 2 2

O			O		O	
	X	X		X		X



**2 2 2 3**

O		O		O		O		
	X		X		X		X	X



# Mindful Drumming: Mini Guide

I hope you enjoyed this mindful drumming guide and that it gives you some ideas to bring into your own drumming. Refer to this guide often as your practice grows.

Drum more... think less.

*Craig*

Journey To Your Inner Rhythm  
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