



Vibrational Healing—

THE POWER OF SHAMANIC SINGING, DANCING, AND DRUMMING

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Drums and Rattles

- Are living beings. (Shamanism sees everything as alive.)
- Can be "dedicated" in a special ceremony honoring them as a unique individual, introducing them to the assembled community, and blessing them and perhaps declaring them for a special purpose, such as journeying, healing ...
- Drums can also be "enlivened" or awakened by asking the healing spirits in the room to enter the drum and join with the drum's spirit to bring healing

Singing is one of life's great medicines. —Scott Thomas

The greater the emphasis on perfection, the further it recedes.

—Haridas Chaudhuri

Small Sampling of Shamanic Applications

SINGING THEIR JOURNEY. South American shamans often sing while journeying.

WORD DOCTORING. (Sami) Word "x" cures headaches, word "y" heals stomach aches, etc. They keep a book with the words and illness in it.

SONG-DOCTORING. Song-doctoring is the use of "received song" for healing, growth and guidance. Songs are received from Source by means of either shamanic journeying or letting your helping spirit sing.

DRUM DOCTORING. This is the sound and healing of an enspirited drum, a drum that has special healing power.

DANCING. Dancing raises power in the body. The deeper breathing and blood flow enhance the trance state and deepen or increase the vibration. Technically speaking, ceremonial dance establishes a resonance in the unified field.

COMBOS OF SINGING, DANCING, AND DRUMMING. Original culture shamans sing, dance, and drum for days, often a 3-hour minimum. They may then also do a ceremony or a particular healing work for a person, the community, or the planet, but the singing, dancing, and drumming is itself a healing ceremony.

SILENCE. Silence is the unheard note or vibration or breath between the beats; it's needed to separate the beats. Silence is understood as necessary and as part of the rhythm. Shamans traditionally spend lots of time in silence.

STORY TELLING. The time-honored tradition of story-telling is using words to teach or bring healing.

Shamans sing and dance a lot because it opens the heart and empties you out so that you can become a "hollow bone."

Personal Applications of Singing, Dancing, and Drumming

"Bodies that move freely, breathe deeply, and play fully can change the world for the better."
(Interplay: 157)

- Brings a heightened awareness, a deeper consciousness.
- Helps us break through to non-ordinary reality, to access other dimensions; normal reality, in a left-brain sense, limits our ability to experience and learn many things; singing, dancing, and drumming gives us access to a larger experience of reality than living in our heads alone can give.
- Weakens the societally induced trance that limits our connection to ourselves and to Source.
- Enables us to move our stuck emotional and patterned energy and limiting beliefs and shift into oneness.
- Helps people “reinhabit” their bodies. When we are not at home in our bodies, our power is limited and we’re at risk for someone or something else moving in.
- Blends body, mind, emotion, and spirit into one again.
- Opens us to greater possibility and to feeling our connection to everything that is.

**We gave up a lot of our power when we gave up singing, dancing, and drumming.
We can reclaim our power by singing, dancing, and drumming.**

—Sandra Ingerman

The refrains, which had to be repeated by competent assistants leading the whole audience, were essential to raise the shaman's soul energy... Rhythmic words, melody and vibration inspired soul energy, enabling the shaman to sing ever more loudly, dance with vigour and liveliness, and carry the heavy human sufferings loaded on mirror or drum. A shaman's physical weakness was overcome not by wild improvisation but by constant repetition of the plain rhythmic patterns, the beloved tunes of the refrains sung by the assistant.

—Miháli Hoppál

Too many of us are not living our dreams because we are living our fears.

—Les Brown, motivational speaker