



Shamanic drumming

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What is shamanic drumming? The tradition of shamanism is inseparable from the person of the shaman and the practice of ritual trance-like state of consciousness connected. This state is induced in most indigenous cultures through monotonous drumming or rattling, among the Australian Aborigines and the didgeridoo. This slow brain waves in the limbic system caused that synchronize the frontal lobe and then dominate.

The steady monotonous drumming with about 180-240 beats per minute (3 to 4 Hz) helps to put yourself in the shamanic state of consciousness. The pitch is irrelevant. It should be used in a normal snare drum, with one swift blow dry, not the echoes.

Shamanic drumming - The influence of states of consciousness and brain waves In the human brain electricity flows, minimum flows, which can be changed or influenced. Each of the many billions of neurons in the human brain works like a small electric generator. The brain shows the EEG measurements with a mixture of different brain wave frequencies. Nevertheless, this mixture into several main frequencies and phases are separated.

The main frequencies for Shamanic drumming Beta waves Beta waves are the fastest brain waves with a frequency range between 14 Hz to well above 100 Hz If we are in a normal waking state, our brain produces beta waves in general. These are associated with attention, arousal, concentration, but also with anxiety and stress. We spend our lives mostly in the beta section, attention is directed outward. The higher the frequency, the more hectic, we will - to the "permanent alert".

Alpha waves Alpha waves are in a range between 8 and 13 Hz and are therefore slower than beta waves. With increasing alpha waves dominate the relaxation in our brain, called this state even 'alpha state'. Alpha activity suggests a broadly neutral, stress-free state. Lack of alpha activity may be an indication of anxiety and stress, but also of brain damage or disease. The alpha range is considered optimal range in order to learn or process information and the gateway to the area of 'expanded consciousness, just below our conscious awareness.

The shamanic state of consciousness in the theta range Theta waves are even slower and more powerful and are in a frequency range of 4 to 8 Hz to occur in the twilight state between waking and sleeping, often accompanied by dreamlike, uncontrolled mental images. This is considered the area of 'greatest creativity possible, but apparently also the access to the memory of unconscious material and integrative experiences - it is therefore a state of expanded consciousness.

Adults normally produce little theta waves, lasting children often located in the theta state, until the age of six years, even predominantly. Even in deep meditation in our brain dominates the field of theta waves.

The lowest frequency is found in the Delta state (0.4 Hz - 3 Hz), indicating the different states of consciousness such as deep sleep, trance or deep hypnosis. Additionally, in this state expression is induced growth hormones, so bring some researchers Delta State in connection with healing.

The shaman usually has one to awake almost unchanged confidence in the trance state. This allows the shamanic trance states are defined by which present themselves after a long meditation or yoga practice. A reminder of the events is mostly all in place.

Perception in shamanic drums The perception is less controllable than in the lucid dream. In contrast, the control over the physical body more and present a communication with the environment largely possible. The spectrum of the contents of experience is enormous, and it encompasses the shaman spirit worlds, heaven and underworld, plant and animal identification as well as extreme emotional states. (See also Shamanic journeys and animal labor force.)

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