

Sacred Drum Circles

Healing and Personal Transformation through Community Drumming

Drumming and drum circles have been used throughout time for healing, ceremony, and community building. Modern research has shown that drumming can enhance wellness by inducing relaxation, improving mood states, and boosting the body's immune system.

Drum circles are upbeat and fun! The act of drumming together gives a sense of connectedness, easing personal or group tensions. Drum circles provide the experience of harmonizing various beats to create a greater whole, of working together in a structured way. They alleviate feelings of isolation and alienation.

Drumming is deeply grounding, bringing people back in touch with the natural rhythms of their bodies. Oftentimes, people come to a drum circle with fears and doubts about their abilities to drum. Without exception, these individuals are successful within the circle, and leave with a sense of personal accomplishment.

Indigenous cultures honor drumming as a doorway to the realm of the sacred. Drum circles are an active, non-dogmatic way to access a higher power. Drumming can painlessly "empty the mind", while inducing theta brain wave patterns that allow insight. In short, drum circles create healing energy!¹

Benefits of Sacred Drum Circles

- Improves mood, providing a "natural high"
- Creates a sense of connectedness with others and helps build healthy relationships
- Induces relaxation and healthy emotional release
- Provides a fun and upbeat way to integrate mind, body, and spirit
- Enhances overall wellness and sense of self-esteem
- Connects one with a higher power, and re-establishes connection with the "natural self"

The Santa Fe Harmony Center facilitates Sacred Drum Circles at therapeutic centers, schools, organizations, or special events, tailored to specific needs. Participants can bring their own drums, or we'll provide them. To schedule a drum circle or to learn more about how Sacred Drum Circles can be incorporated into your program, please call us at 505-989-3507.

Jim Kinney and Jennifer Peters are co-founders of the Santa Fe Harmony Center, which provides music, energetic medicine, and workshops for healing and personal transformation. Jim has led drum circles for over 20 years, specializing in African, Latin, and Native American traditions.

Jim and Jennifer are "human potential" practitioners, providing experiential approaches to healing using music and therapeutic methods from western psychology, neuro-linguistic programming, and indigenous cultures.



¹ Clinical references provided on request