



Native American cultures use drumming as a means to reconnect an individual's mental and physical selves. Throughout history, drumming has been a part of performing rituals, marking significant transitions, and celebrating life's cycles. Our lives are infused with rhythm beginning at the very moment we first sense our mother's heartbeat in her womb.

All manner of drumming has the ability to put us in touch with our own natural rhythms, the rhythms of the earth, and the rhythms of the people we choose to drum with. The drum can represent the heart, and drumming awakens the mind while stirring the soul. Drumming can take you to a place deep inside you where you are keenly aware of your mind and your body, as well as the vital bond between the two.

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Drummina

The rhythm of drumming is easy for our bodies to take in as was the rhythm of our mother's heartbeat.

That rhythm renews us is no secret. Drumming is the oldest form of music on the planet. Virtually every culture that exists or has existed on earth has practiced some form of drumming. In Africa, the beating of a drum continues to be an important part of significant ceremonies and holiday celebrations.

Much like human beings, each drum has its own vibration and voice. Drumming alone can help you release tension, dispel stress and aggressive feelings, and restore your energy. It can also give you an opportunity to reestablish your connection to Mother Earth, as the beat of a drum can represent a crack of lightning, pounding ocean waves, or the tumult of an earthquake.

Drumming with others brings with it many benefits. Taking part in a drumming circle attunes us to the invisible energy that exists between us while uniting us in a common purpose. Drumming can be relaxing as well as energizing. It guiets mental chatter and can create a peaceful meditative state. In Navajo lore, the drum is the Great Spirit's favorite instrument. It is said that this is why all human beings were given a heartbeat. The rhythmic beating of a drum can move us into new realms of consciousness. There is no right or wrong way to drum, and everyone has the innate ability to create rhythm. When you drum with intention, you'll discover the rhythms that move you.

IRISD GDOST STORY

This story happened a while ago in Dublin, and even though it sounds like an Alfred Hitchcock tale, it's true.

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John Bradford, a Dublin University student, was on the side of the road hitch-hiking on a very dark night and in the midst of a big storm.

The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him.

Suddenly, he saw a car slowly coming towards him and stopped. John, desperate for shelter and without thinking about it, got into the car and closed the door ... only to realize there was nobody behind the wheel and the engine wasn't running.

The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralyzed with terror, watched as the hand came through the window, but never touched or harmed him.

Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength, he jumped out of the car and ran to it. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had

A silence enveloped the pub when everybody realized he was crying, and wasn't drunk.

Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath. Looking around, and seeing John Bradford sobbing at the bar, one said to the other...

"Look Paddy .... there's that idiot that got in the car while we were pushing \_\_\_\_\_i†!"



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