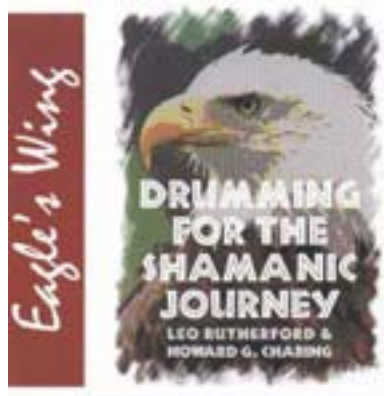


Drumming for the Shamanic Journey CD by Eagle's Wing



Drumming for the Shamanic Journey - With Leo Rutherford & Howard G. Charing

Two 20 minutes solo and 40 minutes Double drumming on CD.

Contents

- Track 1. Solo Drumming (with call back) 20 minutes with Leo
- Track 2. Solo Drumming (with call back) 20 minutes with Howard
- Track 3. Double Drumming (with Call back) 40 minutes with Leo & Howard

Cover notes

The CD comes with sleeve notes; which describe the cosmology of the shaman, and guidelines for a journey.

Technical information

The drumming CD was recorded live directly onto digital tape at Sync City recording studio in London. The drumming was played in the 'live-sound' studio and no sound modification process was used.

Both drums were single headed frame drums. For the double drumming track, both drums were held facing each other in a position to optimise the natural reverberation.

The recording engineer was Wan Hewitt, himself a professional drummer. He has been dubbed the 'drummers darling' due to the great live sound he gets.

SHAMANISM

Our Ancient roots are shamanism wherever we live and whatever sort of culture we have grown up in. It is our spiritual heritage. Look back far enough in time and all of us come from shamanistic cultures. Long before such recent concepts as organised religion, humans sought understanding and knowledge of the wider universe using a variety of experiential ways and tools which are just as applicable today as ever.

These practices are still in use in a surprisingly large number of places in the world and many shamans of indigenous cultures are now teaching Westerners.

Shamanism is the oldest spiritual path on planet earth of maintaining, healing and harmony in society and the individual and keeping our connection with mother earth and all creation. Our outer world may be different, but our human inner landscape has the same components as always. Our outer health and wholeness is an expression of our inner health and holiness. We are here to bring spirit into matter and matter to spirit.

The shamanic journey, the trance-dance, the vision quest, the purifying ceremony of the sweatlodge, these are ancient but eternally relevant ways to contact the timeless reality that exists parallel to and just out of sight of the world we so mistakenly call the 'real world'. It is here in the everyday that we experience the reflections of who we are, of our actions, our deepest beliefs, our 'dreams', but it is in the non-manifest world of the spirit that the hidden causal interactions take place. Hidden, that is, until we begin to open the doors and 'see' with an expanded vision.

The revival in the West of shamanism since the 1960s embodies an approach of reflecting the ways and understanding of the ancient and indigenous cultures. This movement towards self-development and spiritual awareness, and potentially a more community oriented way of living, represents a step forward for these cultures which have been the most predatory towards others and towards the earth in the recent past centuries.

Shamanism 'good medicine', is like tapping into a vast fund of ancient timeless knowledge which can be practiced anywhere under any conditions. It is about helping us humans to heal the effects of past traumas, to live in an inner state of balance and harmony while dealing with the challenges and vicissitudes of life, to develop the best in ourselves no matter what comes our way, and it is about the quality of how we relate to each other and to the earth. All this is as important now as it ever has been or will be.

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Cosmology of the shaman

Shamans divide non-ordinary reality into three other regions, the upper, lower and the middle worlds. Each has its own characteristics and whilst each individual traveller experiences initially their own version, once one becomes a proficient journeyer, it is amazing just how connected we all are at these levels.

The Lower world is the place of instinctual knowing where our animal-like powers reside and where we can find practical earthly help and guidance.

The Upper world is the world of spirit teachers, cosmic beings, great wise elders, ancestors who appear usually in human form. Their help and guidance is often perceived to be more general and philosophical.

The Middle world is both the everyday physical world that we live in, the world of ordinary reality, the tonal, and also a parallel non-ordinary version of our world.

It is a CD specifically made for shamanic journeying, and to do this, the drums have to be as monotonous as possible and maintain a consistent beat between 205 to 210 beats per minute. At this specific beat, the brain is stimulated to synthesise natural beta-endorphins which facilitate a person to move into what is known as the 'second attention', an altered state of awareness, or shamanic state of consciousness. This state of awareness facilitates the shamanic journey.

A Shamanic Journey to the Lower world.

To begin, find a place that you feel comfortable and will not be disturbed for about 30 minutes. When you are ready, lie down comfortably, and darken the room, or at least cover your eyes. It is easier to journey in non-ordinary reality in the dark. Remove tight clothing, take off your shoes and allow your breathing to move to a gentle rhythm. Relax for a few minutes, focusing on being centred, and grounded.

When you are ready visualise or imagine, a place which reminds you of the Earth, a place which you know of. This place should be a real place, perhaps somewhere you have visited, or seen in a film or photograph, and it can be anywhere, a hill, mountain, grasslands, forest, by the ocean. At this place allow yourself to perceive an entrance or opening into the Lower world. This entrance can be a hollow tree, an animal burrow, a cave entrance, a man-made opening e.g.; a trapdoor, it can be any entrance into the ground or water. You will find that the right entrance will feel comfortable to you, take a minute or so to study it in detail.

Now when you are ready, enter into the opening. The beginning of the tunnel may appear dark, it may angle down in a slight incline, or it may incline steeply. The tunnel may appear to be ribbed, and often it bends, sometimes it may become spiral-like, but it will always lead downwards.

Continue down the tunnel until you come out of doors into a landscape. If you come into a cavern, you will need to move outside and into the landscape, there will be an exit for example a door or an opening which will enable you to do this, it should be easy to get sight of it.

Now in the landscape, just look around. It may be daytime, night-time, forest, woodland, or near water. Extend your senses, listen, can you hear anything, the sound of birdsong, the sound that the wind makes as it blows through the tree tops, perhaps the sound of running, flowing water. Feel the ground underneath your feet, feel the ground pushing up against the soles of your feet. Sense the wind, the

breeze, the movement of air around you. What does it feel like? Have an awareness of being there.

If you want to explore the landscape, remember where the entrance is, keep track of where you go. Just as in any ordinary-reality journey, it helps if you keep a note of landmarks so you can retrace your steps to return.

Eagle's Wing

The work of Eagle's Wing is to help people connect their inner and outer worlds, to heal old wounds within, to become able to bring dreams from the world of spirit into matter and thus enjoy a creative and fruitful life, to dance their dreams awake and to become a part of the solution instead of part of the problem of human life on Earth.

Eagle's Wing Centre for Contemporary Shamanism was launched in 1985.