

Krista Holland - Rhythms & Myths of the Sacred Frame Drum 2022

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Krista will guide you through the fundamental skills you'll need to learn to play the frame drum and benefit from the healing powers and deep sense of belonging and connection it provides.

This course will feature step-by-step teachings and experiential practices with Krista Holland. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to play the frame drum as a contemplative and ritual practice — immersing yourself in techniques and the sacred drum's beautiful musicality, resonance, and vibrations.

Module 1: Setting the Foundation — Honoring the Earth, the Sacred Drum & the Ancestors



In this opening module, you'll embark on an incredible journey into the mythos and art of frame drumming. Krista will guide you back through mythical time to **the most ancient emergence of human musical expression** — the spontaneous discovery of rhythm and drumming.

She'll share the first known images of the frame drum and the ancient mythologies connected to the sacred drum from a surprisingly broad array of cultures.

You'll delve into the myths and lore associated with the frame drum's prominent role in seasonal rituals, community celebrations, rites of passage, initiations... and how it was used in the ecstatic trance-based mystery schools of the ancient world.

And, you'll learn why drumming has been such a widespread human endeavor, and why frame drumming, in particular, is considered a worldwide cross-cultural phenomenon.

In this first session, you'll:

- **Learn the foundations of playing the frame drum**

- **Reconnect your awareness to the natural rhythms within you** and nature
- Learn how, from the biological rhythms of the human body to the macro rhythms of the cosmos, **you're woven into a web of rhythmic connections**
- **Set an intention** you can return to again and again for inspiration on your drumming path
- **Set the groundwork for establishing a lifelong frame-drumming practice** by knowing and honoring the ancestral origins and historical roots
- **Practice the Earth Stroke on your drum** and explore ways to use your connection to the earth element in your drumming practice

Module 2: Entering the Flow States of Consciousness — Drumming to Cleanse & Refresh Your Mind



Rhythmic drumming is a technology for transforming consciousness, which is why many cross-cultural traditions use the drum in their ecstatic rituals, trance ceremonies, and healing practices.

Hand drumming is a global and cross-cultural artform much like dance in its universality, and it's been reemerging and again, becoming a widespread phenomenon.

In this session, you'll come to understand why more and more people worldwide are interested in exploring **the potential of drumming for personal transformation**, musicality, community, cross-cultural connections, brain optimization, flow states of consciousness, sacred practice, and pure fun!

You'll also:

- Explore ways to **optimize flow states of consciousness, to shift outmoded thought patterns — and clear and focus your mind**
- Discover how relaxation can facilitate your learning and frame-drum practice sessions
- **Practice traditional trance rhythms and simple drumming techniques** for getting into the rhythmic zone
- **Practice the Water Stroke** and access easy ways to use your connection to the water element in your drumming practice

Module 3: Igniting Passion & Devotion for Your Frame-Drumming Practice



All over the world, diverse cultural myths describe the illumination of human potential as a process of lighting the fire of our devotion — using singing, dancing, drumming, and praying to enact their adoration and awaken transformation.

The frame drum's musical range is as broad and diverse as the many cultures who play it, and it holds within it the remembrance of a strong ancestral heritage, history, and lore.

In this module, you'll learn the many reasons the frame drum has been so widespread, and why it's resurfaced again and again throughout time to enhance lives around the globe.

Connecting with the powerful lineage of frame drummers will provide you with fuel to sustain a vibrant frame-drumming practice.

In this module, you'll:

- Discover how igniting a passion for your drumming practice can help **spark the creative fire in all areas of your life**
- Learn about the use of the frame drum in the trance-based mystery schools and devotional sects of the ancient world
- **Explore practices to help illuminate new neural pathways to enhance cognition and brain function**
- Deepen your understanding of the many reasons to play the drum — and **leverage your personal “why” to create a vibrant and sustainable drumming practice**

Module 4: Breathing Life Into Your Practice — Drumming to Soothe Your Nervous System & Recalibrate Your Emotions



We are rhythmic beings immersed in a world of interwoven rhythms. From the synchronization of mother and baby's heartbeats... to the vital exchange of two lovers' breaths... to the moon's waxing and waning... we're all woven into a symphony of rhythms. Today, people worldwide are beginning to understand what the Indigenous peoples of many cultures have long known — **drumming is a powerful technology for transforming consciousness and honoring life's small and large moments.**

And, as more and more people are looking for natural ways to return to balance at this turbulent time, drumming is being recognized as a potent instrument for health, connection, and timeless wellbeing.

The power of drumming can also help breathe fresh awareness and vitality into your understanding and recognition of life's biological and cosmological rhythms.

When you begin to honor life's inherent tempo and the multitude of nature's intelligent pacing, you can learn to relax into the *Great Rhythm of All Things*.

In this session, Krista will:

- Teach you **techniques for mood regulation and stress reduction through breathing and drumming**
- Share tales of the World Tree and the sacred drum from around the world
- Show you how to **create simple personal and community rituals using the frame drum**
- Guide you as you **breathe new life into an existing meditation practice**
- Teach you a brand-new practice

Module 5: Cultivating Spacious Silence — Attuning to the Potent Space Between the Beats



In a world that's often clamorous with a cacophony of sonic impressions and an overabundance of discordant soundscapes, the frame drum is an instrument that many find incredibly relaxing and soothing.

One of the many things that makes the frame drum unique is that it can be played both softly, quietly, and meditatively, *and* with the power and vitality to get people moving, dancing, and even trancing.

In this module, you'll:

- Understand **the power and potency of allowing for space and rest in your frame-drumming practice**
- Discover ways to quiet the mind to better hear the silence
- **Practice using the drum for awakening meditative states of awareness**
- Experience states of focused attention and inner quietude through rhythmic drumming and resting

Module 6: Alchemical Drumming — Balancing the Elements for a Rhythmically Harmonious & Sonorous Life



When you work with the elements of life as you intentionally make rhythm, you create a satisfying and beautiful blend that's grounding, flowing, inspiring, spacious, and simply powerful.

Alchemical drumming connects you to your unique present-day rhythms and offers you deep and lasting connection to a primordial past and primordial people.

These rhythmical threads weave across our global, cross-cultural, ancestral lineage... back to the very first peoples who drummed and danced in devotional rapture, ritual, and celebration.

In this session, Krista will guide you to:

- Play your drum alchemically, by bringing in your own creative ideas and inspirations
- **Practice rhythm compositions** that incorporate all the drum elements
- Explore **a variety of tonalities on your frame drum to enhance your frame-drumming practice**
- Experience how **changing volume, tempo, and time signatures affects your drumming and mood**

Module 7: The Journey Home — Traveling Home to Your Original Rhythm, Unique Mythos & Relational Connections



One reason so many of us feel such a strong attraction to drumming is that we each gestate to the sound and rhythm of our mother's heartbeat and blood flow while in utero.

Drumming can help you return to a primal sense of belonging and connection, and remind you that you can return to the heart of life again and again — that home truly is always where the heart is.

In this final session, you'll review the many ways the frame drum sits uniquely poised as a sacred tool for celebrating life's natural seasons, stages, ages, and cycles. Most importantly, it's a universal instrument that vibrates with meaning and fosters profound connections.

To close this course, you'll:

- **Learn an original frame-drumming composition using all the techniques you practiced** over the 7 sessions
- **Receive insights and instruction on how to begin to create your own compositions** and personal rhythms
- Cultivate ideas on how to **continue to develop and expand your frame-drumming practice**
- Discover how to **use drumming for personal and community connection**

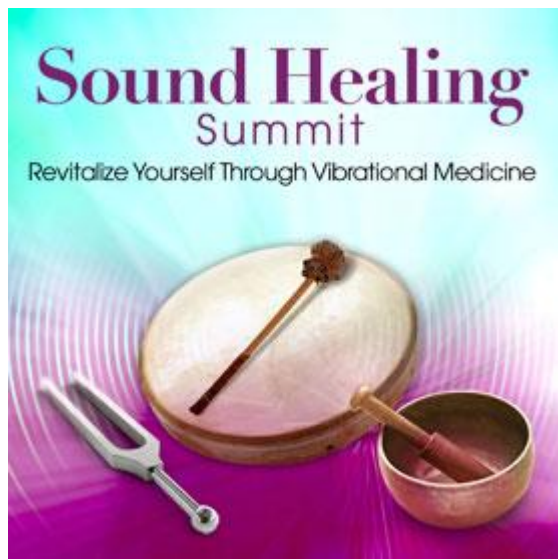
The Sacred Frame Drum Bonus Collection

In addition to Krista's transformative 7-module virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

When you register by Midnight Pacific on Tuesday, July 13, you'll receive this first bonus as an extra gift:

Selected Sessions From Sound Healing Summit

5 Recordings and Transcripts From the 2020 Summit



Are you ready to discover new ways of cultivating vibrant health for yourself and those around you? When you embark on this particular journey with some of our most popular *Sound Healing Summit* sessions, you'll dive right into a variety of sound-healing modalities — such as music, voice, rhythm, vibration, and more. The visionary speakers in this series reveal the proven curative and evolutionary powers of sound-healing therapies. You'll hear from **Gregg Braden**, **Vickie Dodd**, **Mona Delfino**, **John Beaulieu**, and **Eileen McKusick**.

Plus... you'll receive these bonuses too!

When you register by Midnight Pacific on Wednesday, July 21, you'll receive this first bonus as an extra gift:

The Power of the Drum

Video Dialogue With Krista Holland and Josh Schrei



Glean even more wisdom about the history, mythos, and culture of one of humanity's most simple and powerful instruments — the frame drum. In this fascinating conversation, Krista talks with Josh Schrei — founder and host of the *Emerald Podcast* — about the drum as a powerful technology for transforming consciousness and evoking ecstatic trance states across diverse cultures and belief systems.

Plus... you'll receive these bonuses too!

Mythic Rhythm Practice

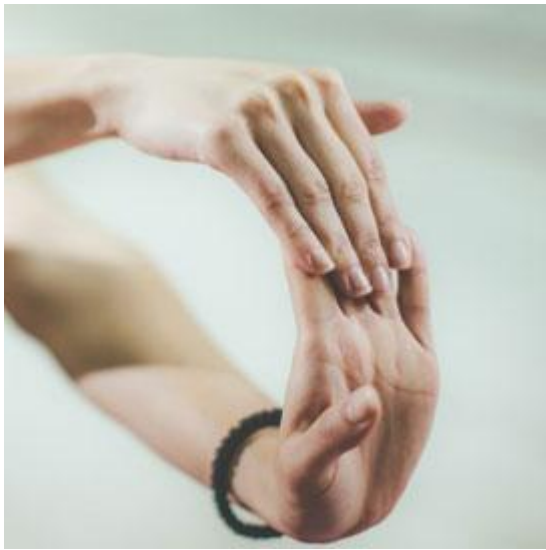
Audio Package of Play-Along Tracks With PDF Companions



This package offers you downloadable MP3 files with eight play-along tracks of traditional rhythms from Ireland and the Middle East. Each of these rhythms was passed down to Krista from her teachers... and her teachers' teachers. Yours to keep forever, you can load these tracks onto your desktop, phone, or other devices, put on your headset, and play along as a fun way to integrate and develop the drum rhythms. You'll also receive easy-to-read notations to the rhythms. You can use this package with any drum!

Mythic Mudras & Hand-Health Exercises

Video Practice With Krista Holland



Even with all the hours many of us spend on computers these days, hand health is relatively neglected in the path toward general wellbeing. As someone who's spent thousands of hours over two decades studying the art of yoga asana and other forms of somatic healing — and teaching these modalities to others — Krista was inspired to create this easy-to-follow and effective routine for stretching and strengthening hands and wrists. In this video, she'll guide you through a series of exercises and mudras for hand and wrist health. And they're yours to download and keep forever. This is great for writers, musicians, artists, and anyone else who craves hand rebalancing!

The Frame Drum as a Tool of Remembrance

Video Dialogue With Krista Holland and Miranda Rondeau



Krista recorded this interview with Miranda Rondeau — an Internationally recognized devotional singer, musician, and frame-drum artist — specifically for The Shift Network. Krista and Miranda both studied under the tutelage of Layne Redmond (author of *When the*

Drummers Were Women) for many years until Layne's passing in 2014. In this interview, Miranda shares about her journey with the frame drum, and how she's used it as a tool of remembrance to reclaim her feminine wisdom. She also talks about her experiences studying with Layne... as well as the healing power held in the frame drum and voice.