

Christine Stevens - Awaken Your Rhythm

During the self-empowering and exhilarating 7 modules of this course, you'll:

- **Create your own healing rhythm** for body, mind, and spirit
- **Learn a drum blessing** that connects you with the sacred lineage of rhythm
- Discover drum-holding positions and their divine intention
- Discover **the four element sounds** of earth, water, fire, and air
- Learn to **release self-judgement through improvisation**
- **Liberate your creative voice** through call-and-response and drum dialogues
- Discover **the science of entrainment** in what drummers call “the pocket”
- Experience the **3 keys to drumming for healing**; intention, posture (*mudra*), and rhythm (*mantra*)
- **Evoke healing vibration with a drum massage** — for self and others
- Learn ***shadow drumming* for emotional release**
- **Sing your own power song** with drum accompaniment
- Learn sacred songs for blessing, greeting the day, healing, and gratitude
- **And much more...**



Christine holds masters degrees in social work and music therapy, and for over 25 years, she's inspired people all over the world with her message of music for holistic health, spirituality, and wellness.

She's taught drumming to cancer victims, Alzheimer's patients, the musically "challenged," and people who just want to have fun. She's also the teacher's teacher, training drumming instructors globally.

Her students are wowed by her infectious passion for drumming and her uncanny way of making their heart smile.

When Christine worked with survivors of the Columbine High School shooting, she invited students and parents to join together through drumming. The simple, repetitive rhythm invoked tears from emotions that no words could express, all the while keeping the beat.

We all have a power song, the "music medicine" that inspires us and shifts our consciousness. **The drum and voice are everyone's biological instruments.**

In this first-ever Shift Network course of this kind, you have the opportunity to open to **drumming as a spiritual practice, a fun way of boosting your health and wellbeing,**

and an easy means for building community — you might even be inspired to start your own drumming circle.

You'll also have the chance to pull out the drum you may have purchased and haven't been using, or to gain more confidence — and enjoyment — in the drumming you already do for a healing practice, or to accompany sacred or shamanic rituals. (Upon registration, you will also receive tips on how to make a drum — your own “found sound” — out of household items, as well as where you can find a low-cost drum.)



Drumming is an active form of meditation that can serve as a rhythmic mantra, engaging the monkey mind, so you can fall deeply into your heart.

In a scientific study, Johns Hopkins researcher Dr. Charles Limb, MD showed how the brain changes when you improvise, turning off self-criticism and judgement, while activating authentic self-expression and meditation. The drum is one of the simplest portals to this type of spontaneous self-expression.

Studies have also shown that **when we drum and sing together, we generate kindness and compassion...** the beat of the drum carries our prayers and intentions into the hearts and minds of others.

Christine has observed that the drum also seems to show up when people are transforming. So, if you're drawn to joining her for this spirituality deepening, self-expression liberating, health-boosting journey, something inside of you knows you're ready to make a shift... and that you're open to learning how to create healing rhythms and welcoming more joy into your life.

What You'll Discover in These 7 Modules

In this 7-module transformational intensive, Christine will guide you through the fundamental spiritual skills and competencies you'll need to successfully experience whole body healing through drumming, including stress reduction, chronic pain control, release of negative feelings, and improved immunity.

This course will feature teachings, training sessions, and experiential practices with Christine. 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 use drumming as a meditation which will help you fall deeply into your heart.

Module 1: Drumming the Elements



The Great Spirit loved the drum so much, he gave everyone a heartbeat.

— Navajo saying

We are incubated in rhythm, held in the concert hall of our mother's womb. The drum is like us — a skin stretched over a shell. Through drumming, we connect with the elements of nature and invite creativity, sacredness, and meaning into our lives. This is the lineage of rhythm. And, before entertainment and performance, drumming had a primary function for healing, community, ceremony, and prayer.

In this first module, you're invited to join the sacred lineage of the drum by shifting your paradigm from playing the drum as "music" to making music with a drum as a spiritual practice. You'll ride the rhythm into the inner realms — the heartbeat of your inner drum.

In this module, you'll:

- Learn a drum blessing to connect with the sacred lineage of rhythm
- Discover drum holding positions and their divine intention
- Discover the four element sounds of earth, water, fire, and air
- Learn a Four Element Meditation for grounding, being in the flow, igniting passion, and breathing into expansion

Module 2: Finding Your Groove



Life is about rhythm. We vibrate. Our hearts are pumping blood. We are a rhythm machine, that's what we are.

— Mickey Hart

Being in “the groove” is called being in “the pocket” by drummers. It’s the place of synchronicity and effortless flow. It happens in rhythm — and in life. The only thing that blocks it is your mind.

In a scientific study, John Hopkins researcher, Dr. Charles Limb, MD, showed how the brain changes when you improvise, turning off self-criticism and judgement, while activating self-expression and meditation. The drum is one of the simplest portals to this type of musical self-expression.

You’ll learn how to find your groove and develop your innate rhythmic capacity through an exploration of the polarities of rhythm — straight and syncopate. You’ll also practice making tempo changes for rhythm — and life.

In this module, you’ll:

- Learn to release self-judgement through the science of improvisation
- Develop your rhythmic vocabulary through the exploration of syncopation and pulse
- Liberate your creative voice through call and response and drum dialogues
- Discover the science of entrainment in what drummers call “the pocket”

Module 3: Healing Through Rhythm



Rhythm is a means of organizing sound into specific energy formulas to harmonize the mind and body.

— Layne Redmond

Healing is defined as bringing back what is missing — being of “sound” mind, body, and spirit.

When Christine worked with survivors of the Columbine High School shooting, she invited students and parents to join together through drumming on one drum. In the unspoken energy of rhythm, there were tears of emotions no words could express, all while keeping the beat.

Researchers from the Mental Health Ministry of the United Kingdom found that drumming reduces anxiety, depression, and inflammation, while also improving social resilience. The vibrations of the drum create a healing “massage,” while also boosting energy and empowering creative freedom. Though healing rhythms, you can shift your energy and re-tune to the sacredness of beauty.

In this module, you’ll:

- Experience the 3 keys to drumming for healing; intention, posture (*mudra*), and rhythm (*mantra*)
- Evoke healing vibration with a drum massage — for self and others
- Learn *shadow drumming* for emotional release
- Create your own healing rhythm for body, mind, and spirit.

Module 4: Drumming Your Power Song



Music can change the world because it can change people.

— Bono

We all have a power song, the “music medicine” that inspires us and shifts our consciousness. Through the alchemy of song, we can literally take a sad song, and make it better. The drum and voice are everyone’s biological instruments.

When Christine worked in Iraq, there was a point when she no longer needed a translator... She was speaking with Kurds and Arabs through the language of the drum, playing back and forth in a call and response conversation.

Studies have shown that when we drum and sing together, we build kindness and compassion. The pulse of the drum carries our intentions through songs for prayer and affirmation.

In this module, you’ll:

- Learn a vocal practice of toning with the drum
- Learn to vocalize beats and speak the language of rhythm
- Sing your own power song with drum accompaniment
- Share and learn sacred songs for blessing, greeting the day, healing, and gratitude

Module 5: Embodying the Beat



The deep rhythms of life, pulsating, stir an ambrosia, flowing and overflowing everywhere.

— Lorin Roche

From rocking, walking, breathing, skipping, laughing, and resting, we are all vibrantly wired for rhythm. Our bodies entrain — our feet tap and our heads bob. We are walking, talking, ticking-tocking, polyrhythms.

In traditional cultures, master drummers dance just as well as they play, and in drum classes, participants often begin with movement in order to anchor the rhythm in the body.

Neuroscience has shown that rhythm ignites motor neurons and entrains our circadian and respiratory rhythms. Dr. Oliver Sacks, MD, found rhythm and dance to be effective in the rehabilitation of Parkinson's patients. And, a study by Dr. Barry Bittman, MD, found significant improvement in cellular biology after one hour of group drumming.

In this module, you'll:

- Explore feminine and masculine patterns of 4/4 and 6/8 — from steps to hips
- Experience authentic and subtle body practices to find your groove
- Experience the energy of *rhythm qi*
- Discover how rhythm is healing to your physical body

Module 6: Drumming for Meditation



I've been beating this drum of love for you to the tune of "See; my life depends upon my dying."

— Rumi

Through rhythm, we unbind the mind. As Jill Purce says, "the purpose of sound is silence." Drumming creates an active form of meditation and serves as a rhythm mantra, engaging the monkey mind so you can fall deeply into the heart. There are even ancient rhythms used specifically for trance through the practice of repetition. At some point, you lose yourself as you become one with the drum, the rhythm, and the space between the beats.

In this module, you'll:

- Learn a rhythm mantra practice — the repetition of patterns
- Explore the polarity of rhythm and stillness by drumming your way into silence
- Experience mindfulness through drumming
- Learn an ancient trance rhythm in a 7-beat pattern
- Experience guided imagery drumming to combine drumming and visualization

Module 7: Drumming World Rhythms



The Creator wants us to drum. He wants us to corrupt the world with drum, dance, and chants. After all, we have already corrupted the world with power and greed... which hasn't gotten us anywhere.

— Babatunde Olatunji

In this final module you'll travel with the global passport of rhythm from Brazilian samba to African econcon, as guest instructors Frank Lazzaro, a Middle Eastern drum master, and Dramane Kone, a West African drummer from Burkina Faso, join us.

This is how we create a shift in consciousness — by imagining the world pulsing together in rhythm, the universal language of music...

In this last module, you'll:

- Learn the rhythm of samba, a parade beat from Brazil
- Play a pol-rhythm using a simple body percussion practice
- Learn a Japanese festival rhythm that honors your ancestors
- Experience guest instructors, sharing Egyptian and West African rhythms

The Awaken Your Rhythm Bonus Collection

(Valued at \$500.00)

In addition to Christine's transformative 7-module online course, you'll receive these illuminating bonuses which complement the course — and deepen your understanding and transformation.

Awaken Your Inner Music

Guided Audio Practice From Christine Stevens



Awaken Your Inner Music is a 22-minute guided audio practice in the four healing elements of music for self-tuning and sound healing. No prior musical experience necessary. You can tap along, dance, move, breathe, and rest.

This audio track includes 4 components:

- Rhythm for the body featuring frame drum meditation
- Melody for the heart featuring Native American flute
- Harmony for the soul featuring strumstick and voice
- Silence for the mind featuring singing bowls, chimes, and quietude

Drum! Reviving Rhythms

Full Play-Along Audio Album From Christine Stevens



Drum! Reviving Rhythms includes four play-along tracks, professionally created with a Los Angeles drum ensemble, soprano, sax, and flute. All tracks are mixed to empower your own beat through audio inspiration. No need to learn how to read music! Rejuvenate your spirit and reduce stress through drumming.

The Science of Drumming

Video Teaching With Companion PDF From Christine Stevens



Join Christine Stevens for this compelling video which highlights six areas of cutting-edge scientific research on drumming for psychoneuroimmunology and mind body medicine.

This teaching includes studies on:

- Entrainment
- Brain function
- Cellular biology and stress reduction
- Employee burnout and mood states
- Social-emotional skills for students
- Peace building for refugees and war zones