

Christine Stevens - Drumming & Sound Healing 2022

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Christine will guide you as you immerse yourself in the healing vibrations of *music as medicine* — to release stuck emotions and experience an inner tuning of your body, mind, heart, and soul.

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 harmonize the dissonance of your emotions, liberate your spirit, and accelerate your journey to wholeness.

Module 1: Healing Yourself With Music Medicine (March 3)



*Immerse yourself in the rapture of music.
You know what you love. Go there.*

— **Sutra 18 from *The Radiance Sutras* by Dr. Lorin Roche**

Modern science is demonstrating what Indigenous cultures practiced and knew; that sound is an essential tool for cultivating emotional release, relationship building, healing, and spirituality.

In this opening session, you'll experience sounds aligned with **the music medicine wheel** and become aware of your own inner tuning with the four elements of rhythm, melody, harmony and silence — correlated with body, mind, heart, and soul.

The wheel is an ancient form of wholeness that appears as the mandala for Tibetan Buddhism, the medicine wheel for First Nations People, and the Celtic Tree of Life for

Druidic cultures. We will experience the four elements of sound and how they correlate with nature's elements — Earth (rhythm), Water (harmony), Fire (melody), and Air (silence).

In this session, you'll:

- Experience a **sound bath** for purification, release, and healing
- Learn leading-edge science that documents how sound impacts the brain, the immune system, and the brain's pleasure system
- Feel how rhythm, flute, silence and song offer **self-healing**
- Identify the instrument that is most resonant to your needs
- Discover **your personal medicinal music** — and awaken your own inner music

Module 2: Rhythm, the Element of Earth, as Medicine for Your Body (March 10)



Beat this Drum of Love

*When the bodily dust is gone,
My moon shines,
My spirit's moon finds a clear sky
For age, O adored one,
I have been beating the drum of love for thee
(to the tune of) "Lo, my life depends on my dying."*

— Rumi

We are incubated in rhythm. Your mother's heartbeat was your first concert in the womb. Rhythm reaches the inner heartbeat that is the drum within us all, a sound felt and heard from a time before birth. Rhythm is everyone's homeland. Your body is wired for rhythm. You are a walking, talking, ticking, tocking polyrhythm. Rhythm calls the body to dance and the tribe to gather. The unstoppable drum plays, and the dance goes on.

The drum shows up when people are transforming because drumming is an evolutionary driver. The Hindu deity Shiva, lord of the dance, holds a drum. Scientific studies have shown that the impact of just one hour of drumming on the immune system can even reverse stress-related genomic codes.

In this session, you'll:

- Learn a drum massage for **full-body healing**
- Explore the principle of entrainment — and how it operates in your body and sonic field
- Learn to **create rhythm using drums** and body percussion
- Explore the intersection of rhythm and silence for expansion and meditation
- Invoke the element of Earth to **stay in rhythm with the natural cycles**

Module 3: Melody, the Element of Fire, as Medicine for Your Heart (March 17)



*Strong or soft, wild or serene —
Wherever breath flows there is song...
Dancing spirals in the sanctuary of your heart...
You are the instrument breath is playing...
This is your school. Just you and infinity.
The texture of the Self is untamed freedom.*

— **Sutra 18 from *The Radiance Sutras* by Dr. Lorin Roche**

The Lakota Nation carries a musical creation story that highlights the spiritual journey of melody. They say “First Born emerged from quivering mud to the rhythm of his own heart. Afterwards, man learned to use this rhythm for making songs. Certain ones discovered the true power in song; the power for making spiritual contact.”

From Krishna’s flute to the Native American flute, the magnetic energy of a serenade calls a longing heart into the chamber of the Beloved.

Like power animals, we all have *power songs* that strengthen, transform and inspire us. We are moved by melodies that pluck our heartstrings. We all have an innate songwriting instinct — childhood development studies show that all children make up songs around age two, without ever being taught. And in the principle of sonic alchemy, we can transmute emotions and literally *take a sad song and make it better*.

In this session, you'll:

- Experience a personal **power song practice**
- Awaken your voice through the 4 keys of song
- Discover the **true nature of the pentatonic scale**, where there are no wrong notes
- Design your own way of greeting the day to anchor gratitude, peace, and harmony
- Discover the bhakti of call-and-response **chanting in kirtan style**
- Learn to turn a favorite poem into song in the Radiance Sutra Jam style

Module 4: Harmony, the Element of Water, as Medicine for Your Soul (March 24)



The true use of music is to become musical in one's thoughts, words, and actions. One should be able to give the harmony for which the soul yearns and longs every moment. All tragedy in the world, in the individual and in the multitude, comes from lack of harmony, and harmony is best given by producing it in one's own life.

— Hazrat Inayat Khan, *The Mysticism of Music, Sound, and Word*

Life wants to harmonize! Just as melody helps us find our individual voice, harmony helps us discover the power of togetherness — from *me* to *we*. We are all wired for resonance in the principle of *sympathetic vibration*, in which a guitar string on one instrument resonates an unstruck note on another instrument.

Science is now finding how “mirror neurons” demonstrate how much we are wired for connection. Worldwide studies of choral singers demonstrate that they experience greater health, better mood states, and a sense of belonging from singing together on a regular basis, which is something being embraced in the UK Ministry of Health’s “social prescribing.”

The Hindu deity Saraswati, goddess of audible arts, comes from a river and embodies the divine element of harmony and water. We literally flow together into duets with nature and friends as we experience *the music bridge*, transcending language barriers and leading to the heightened spiritual state of unity consciousness.

In this session, you'll:

- Discover what instruments reach your soul — and give you “**soul bumps**” like goose bumps

- Learn a practice to harmonize with nature
- Learn a practice to be in harmony with all of your relations
- Experience the music bridge
- Experience the thumb piano and strumstick — easy instruments of harmony
- Create a **global ensemble for transformation** using zoom

Module 5: Silence, the Element of Air, as Medicine for Your Mind (March 31)



*Come out of your silent song.
Come out of your cave of silence.*

— **Paramahansa Yogananda**

It is said that before there is sound, there is silence. The Lakota Nation have a word for the silence that originates all sound: *skan-skan wakan*. The musical term “rest” is a metaphor for the powerful practice of resting, making space between the notes of your life. Silence gives music space to breathe, and gives listeners time to digest, upload, and integrate beauty.

The four types of musical silence help us track the space between sound and incorporate the principle of resting for integration and meditation. Ironically, a listening study showed that the space between music offered the most impact in terms of heart measures of relaxation. The Buddha best represents the element of stillness and air — the breath that creates meditation and mindfulness.

In this session, you'll:

- Learn how to **play a singing bowl**
- Be given tips on practicing silence
- Experience a guided meditation on listening to Nature and the element of air
- Discover tools for cultivating **inner silence** — the neuroscience of quietude

Module 6: Inner Music, the Element of Ether, as Medicine for Your Spirit (April 7)



The true way of progressing through music is to evolve freely, to go forward, not caring what others think, and in this way, to harmonize the life of one's soul, one's surroundings, and one's affairs.

— Hazrat Inayat Khan, *The Mysticism of Music, Sound, and Word*

St. Francis of Assisi said, “*Make me an instrument.*” Now that we’ve experienced the four elements of sound healing, we’ll step into the medicine wheel mandala for our personal healing and embodiment — *becoming music*. What is your pitch, your tempo, your vibration, your timbre? What is the music you are here to play? Your inner music is a place of rejuvenation, a “muse” of inspiration, helping you discover the creative force within you.

Scientific studies demonstrate two key principles for activating your inner music, based on MRI brain studies of jazz musicians. The first is permission, not perfection. The second is creativity; not complexity. We will explore the principle of resonance and how to bring your core into attunement — body, mind, heart, and soul.

In this session, you’ll:

- Experience the healing benefits of the 4 elements of music within your inner world
- Join a toning practice with the seed syllable OHM, **the roar of joy** that set the world in motion
- Understand how to use the wheel for personal healing
- Experience how it feels to sit with your own rhythm, melody, harmony, and silence
- Discover the sounds of the inner realms
- Be inspired to make your own **personal sound-healing practice**

Module 7: Eco-Music as Medicine for the World (April 14)



Some day, music will be the means of expressing universal religion.

— Hazrat Inayat Khan, *The Music of Life*

Music is the global language, a tool for planetary transformation ushering in a time of harmony in our new co-created world. Richard Rudd's "Gene Keys" predicts three stages of humanity's awakening sequence; from the Harmonic Convergence in the '80s, to the second stage of the Melodic Resonance in 2012, to the upcoming stage known as the Rhythmic Symphony.

In the movie *10 Questions for the Dalai Lama*, His Holiness is asked what we can do to create peace. With a huge smile on his face, the Dalai Lama says, "*more music festivals.*"

In this session, you'll:

- Discover the **balance of inner and outer music**
- Establish your practice of becoming **shamans of a new consciousness**
- Explore a menu of musical service ideas — knowing what is yours to do
- Understand how to become the highest practitioners of sound healing
- Discover **ceremonies, songs, and rhythms** for nature and the planet

The *Drumming & Sound Healing* Bonus Collection

In addition to Christine's transformative 7-part virtual course, you'll receive these powerful training sessions. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

4 Keys to Music for Wellness

Video Teaching From Christine Stevens



Learn cutting-edge science from the fields of neuroscience and psychoimmunology that support the ancient use of sound healing and music-making. Join internationally acclaimed author and music therapist Christine Stevens in this video teaching for spirituality, radiant health, and wholeness.

Awaken Your Inner Music

Guided Audio Practice From Christine Stevens



Awaken Your Inner Music is a 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.

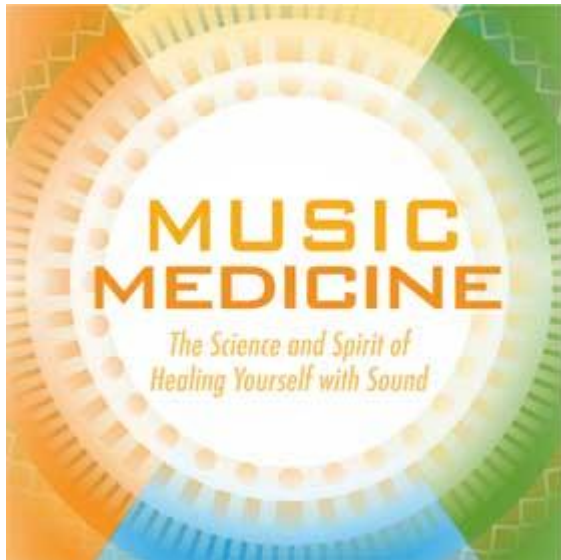
This audio track includes 4 components:

- 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

Music Medicine

Ebook Excerpt by Christine Stevens, From Sounds True, 2012



This excerpt sets the tone of an ancient philosophy of healing sound, brought forward into today's holistic health needs. Be inspired with the roots of sound healing and the growing trend of science documenting what ancient culture have always known, that sound is a speedy, effective, non-invasive, sacred tool of self-care and healing.

Your bonus ebook excerpt includes:

- Chapter 1: Sound Check
- Chapter 2: The Medicine of Music