



Reiki eZine by Taggart King

[Liberate Your Reiki!] Is it time for you to explore REIKI DRUM?

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Liberate your Reiki!

February 10th 2019

The eZine for Open-minded Reiki people



The Reiki Drum Technique Two-day courses with Cathy Birkinhead



in Bedfordshire

About Reiki Drum Would you like to expand your Reiki experience and add a new therapy to your repertoire? Learn beautiful techniques for deep healing and become a **Reiki Drum** practitioner on this intensive two-day course.

Reiki Drumming for healing and meditation is an ancient practice. In tribal cultures the power of sound over the body and spirit is well known, and now in the western world there is research supporting this –

making this ancient wisdom more palatable to modern minds.

Research shows that brain activity is affected by drumming, and there are studies showing how the sounds of a drum can help with illness and emotional trauma. Group drumming has been linked with improving the immune system, helping Alzheimer's patients, building self esteem, and supporting recovering drug addicts and alcoholics. These studies are hinting at what has been known by shamanic practitioners over the ages, and shamans today still know as they practice what is often known as medicine drumming.

Reiki Drum practitioners use the drum to introduce Reiki into the client's body, shifting blockages and rebalancing the energy field. The bringing together of these two systems means that the energy of the drum becomes gentle, protective and works for the highest good of the client just as in a normal Reiki treatment.

The Reiki Drum Technique is the fusion of Reiki and shamanic medicine drumming. Popular in the United States, (where it was formed by Michael Arthur Baird of the Infinite Light Healing Studies Centre, and is known as Reiki Drumming TM) it is still very new to the UK.

The technique is broken down into three main types of session: the basic Reiki Drum healing, where the drum is used intuitively over the client's body to deliver a deep healing treatment, followed by a hands-on Reiki session to fully integrate the work and ground the client; the mental/emotional reprogramming technique, where the intuitive drum treatment is combined with the use of powerful positive affirmations to support growth; and the Reiki Drum journey technique, where the practitioner uses the drum to take the client into a deep meditative state to receive insight, spiritual guidance and healing.

This is more than a professional development course. Much of the practical work is rooted in shamanic practices, and on this course you will experience several journeys and work on your own self healing. Many students find that they release blockages over the course of the weekend, and find it a profound experience of personal, spiritual development and deep healing.

What people are saying

"I wanted to work with Sound for healing and had been drumming for a year in a chanting circle so when I discovered there was such a course in 'Reiki Drumming' I was drawn to it.

I loved the drum circles we had all together.

I felt the balance throughout the course was perfect and I was most impressed at how we fitted everything in without feeling rushed and completed the 2 days at the appointed time. Very well done Cathy! Facilities were fabulous.

I found it an amazing two days, many thanks for all your generous sharing of all your wisdom."

B Lander

"The course helped me so much! I feel this has cemented the healing process I began in Reiki 1 and 2, as well as giving a whole other level to my healing work. I really feel it's what I've been waiting for in order to work properly in Reiki.

The most profound experiences were the treatments and journeys, but the sense of empowering and the strength of the teaching means I feel I can do that for others now.

If I just did a journeying weekend, I would be the passenger. Having the ability to do it myself makes me the driver and that is an incredible feeling. I have been seriously impressed by all of the other things offered, like the weekly empowerments etc. Thank you so much!"

J Ferris

Time to find out more?

To find out more about Cathy Birkinhead's fabulous Reiki Drum courses, just click on the link below:

<https://www.reiki-evolution.co.uk/reiki-drumming-technique-course-bedfordshire/>

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