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Considering a drum circle? Come join me!



Have you participated in and experienced the power of a drum circle? Or maybe you have, but you didn't fully grasp the event's significance. Either way, I invite you to read this article, learn about drum circles, and consider joining me for a Spring Equinox drum circle on Monday, March 20th, at 11 am PDT / 2 pm EDT.

Drum Circles

A drum circle is a gathering of people who play hand drums and other percussion instruments while standing or sitting in a circular formation - or energetically creating a circle when held remotely.



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By creating a circle, an energy pattern is structured to contain, focus, and amplify the power generated by drumming. Or said differently, a drum circle is a container or a portal for energy to move through. That energy can heal, celebrate, and deliver guidance and visions.

Significance

Traditional drum circles rely on the drum beat to create a passageway for Spirit and Ancestors to move through - perhaps through dance, song, and visions. The dance and song often tell a story or express emotion by allowing the body to be a vessel or hollow bone for energy to move through.

Indigenous cultures use the drum circle for ceremonies and to celebrate the tribe's connection with the Earth, one another, and their traditions. Drumming also helps people connect with the Spirit World to build relationships.

Heartbeat

Drums are important to indigenous cultures because the beating of a drum resembles the heartbeat of Mother Earth. And the drum beat closely resembles the Earth's base resonant frequency, which has been measured scientifically. So, the repetitious drum beat helps you to tune into this frequency and become one with Mother Earth.

Types of Drum Circles

Generally, there are community drum circles and facilitated drum circles. Community drumming is a leisurely drum circle that could include a handful of people to many, even in the thousands, participants. All ages, genders, and ethnic backgrounds are welcome to participate. No experience is necessary. Community drumming circles can take place anywhere.

Facilitated drumming is when a leader guides the entire process and is intended for spiritual guidance, such as a shamanic journey.

Offerings

The drum helps you harmonize your physical and mental bodies with your emotional and



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spiritual bodies. The drum brings you balance and rejuvenation by participating in the drumming, dancing, singing, or simply listening to the heartbeat. And when you do, the sound improves your mood, restores balance, promotes healing, and connects you with Spirit.

My Drum Circles

The drum circles I hold fall on the equinoxes and solstices. They're rooted in shamanic methods, not bound to any specific culture or perspective - yet honor the cultures where they originated and belong. The circles I lead are leisurely community circles that intend to celebrate moving from one season to the next.

Next Drum Circle

The next drum circle I'll hold is on the Spring Solstice. It falls on [Monday, March 20th, at 11 am PDT / 2 pm EDT](#), where we'll rely on the sound of the drum to carry us into the Spring Season.

[This 45-minute friendly event is held over Zoom](#). It celebrates the Spring Equinox by drumming or playing percussion like a cymbal, rattle, bell, or chime. And if you don't have these, consider two sticks, a can with raw beans, or anything that makes noise.

As we leave the still and reflective aspects of the Winter season, we welcome the temperatures to slowly warm your visions, goals, and aspirations to reveal themselves as you make efforts to be in flow with them. First, we'll start by exploring the significance of the equinox. Then, we'll welcome the spring season through the rhythmical Spirit of the drum or whatever instrument you have. Finally, we'll share reflections before we close the circle.

People of all levels of musical experience are welcome! Everyone who comes and participates has something to offer the circle. The magic of the community drum circle relies on the beat of the drum, grounded by the energy of the Spring Equinox, to bring us closer together on an equal plane. It's one powerful 'voice' created from many voices. It's simple. It's powerful. It's healing.

P.S. If you can't make my Spring Equinox Drum Circle, [join my *free* private community](#) so, you'll be the first to hear about the next one!

[I hope you'll join me!](#)



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Erica guides you on your spiritual journey to spark an awakening within your consciousness and align with your authentic self. Through Depth Hypnosis, Energy Medicine, Applied Shamanism processes, and Coming to Peace Conflict Resolution, Erica guides you to relax your mind and connect with your inner knowing. As you connect with this wisdom to access insights and clarity, you become your own shaman traveling along your own path.