



Drumming PDF. Linda Malone 2020

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*“For me, the drum served as a therapeutic tool, even though I wasn’t conscious of it. The drum is a great way to channel emotions that can’t be spoken. Sometimes people can’t quite find the right words to say. With drums, you don’t necessarily have to find the right words. You just hit them, and it’s a very healthy exercise.”*

**Friedman R. ( 2000 ) The Healing Power of the Drum: A Psychotherapist Explores the Healing Power of Rhythm**

*“Drumming can help people express and address emotional issues. Unexpressed feelings and emotions can form energy blockages. The physical stimulation of drumming removes blockages and produces emotional release. Sound vibrations resonate through every cell in the body, stimulating the release of negative cellular memories. “Drumming emphasizes self-expression, teaches how to rebuild emotional health” says Music educator Ed Mikenas.”* Quoted in **Drum Therapy – therapeutic effects of drumming – Michael Drake**



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## Conga Drums

The conga drum is a musical instrument from the percussion family. It is a single head drum that originated in Africa but became famous after they were included in Cuban music. In the 1930s the conga drum gained much attention when Latin music became popular across the U.S. in a combination of Cuban son style and New York jazz style music referred to as mambo or salsa as it later became known as. The conga line - a special dance in which a long line of people dance - also helped to popularize the conga drum.

In Cuba the tradition of playing the conga drums is passed from one generation to the next.

The conga drum can be heard in a variety of Latin music styles today including salsa, Afro- Cuban jazz, Latin rock and even pop music

### LINKS

[http://artdrum.com/HISTORY\\_OF\\_CONGA\\_DRUMS.htm](http://artdrum.com/HISTORY_OF_CONGA_DRUMS.htm)

[https://www.softschools.com/facts/music\\_instruments/conga\\_drum\\_facts/3007/](https://www.softschools.com/facts/music_instruments/conga_drum_facts/3007/)

Conga instructions

<https://www.youtube.com/watch?v=at8LEwajakw>

Hidgo- an expert to inspire you!

<https://www.youtube.com/watch?v=fdeou2jOoT>





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## Djembe

The djembe is one of West Africa's best known instruments. This goblet-shaped drum is traditionally carved from a single piece of African hardwood and topped with an animal skin as a drumhead.

Some say the name of the djembe came from the Bamana in Mali, who said "Anke dje, anke be" to call their people together, as the saying translates as "everyone gather together."



<https://www.drumconnection.com/africa-connections/history-of-the-djembe/>

Conga and djembe -the experts play!  
<https://www.youtube.com/watch?v=IlbRuIm9Mxl>

<http://hoza.ca/wp-content/uploads/2020/01/10-Facts-About-the-Djembe.pdf>

<http://www.drumafrica.co.uk/articles/the-djembe/>



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## Buffalo Drum

**‘Drumming connects you with your bones, your heartbeat, and your natural rhythms. You connect with the drum by holding it close to our heart...’**

Steven Ash. College of Sound Healing



The drum is not just a musical instrument. To the Lakota, Dakota and Nakota people, it holds cultural and symbolic power. They believe the drum has a life of its own, as well as its own powerful spirit. The drum is the heartbeat of the Indian Nation. It carries the heartbeat of Mother Earth and calls the spirits and nations together.

Native Americans believe the drum often helps bring the physical and mental side of a person back in touch with his or her spiritual side.

Just like many things in the Native American culture, the drum is used to bring balance and renewal to a person through participation in dancing, singing or listening to the heartbeat

It is said that the anticipation of the next drum beat replicates the regular rhythm of our breathing, of our heart beat or other pulses within our body and in everything in the Universe. This is why it is so profoundly healing – we anticipate the next beat, we are comforted by the regularity and our whole body responds by synchronizing with the rhythm we hear; this is called ‘entrainment’.



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### **Websites for more info about the buffalo drum**

<https://drummingreview.com/native-american-drums/>

<http://aktalakota.stjo.org/site/News2?page=NewsArticle&id=8913>

A cathedral full of drummers!

<https://www.youtube.com/watch?v=e02gHmDOqpk>

### **Books about buffalo drum and sacred drumming:**

Sacred Drumming. Sterling 2001 Publ. NY. Steven Ash

The Healing Power of The Drum. 1957. White Cliffs Media. NV Robert Lawrence Friedman

