
When The Drummers Were Women A Spiritual History Of Rhythm Layne Redmond

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COMPTON DOMINGUEZ

A History of the Rock Drum Kit Harry N. Abrams

Examines feminine and goddess traditions to chronicle the role of women and drums in history, ritual, and religion

Drumming at the Edge of Magic

Scarecrow Press

Proficiency as a drummer has always come from great hand dexterity. However, with the introduction of modern drumming techniques, it has become increasingly necessary to gain complete independence of both the hands and feet. With various rhythmic exercises in easy-to-read notation, 4-Way Coordination is designed to guide the drummer from simple patterns to advanced polyrhythms. Through the study of this method book, the student will gain invaluable listening skills and techniques that will provide insight to

drumming in all styles.

A Sense of Time Sounds True

For millennia, the sacred drummers of pre-Christian Mediterranean and western Asia were women. In this inspiring book, Layne Redmond, herself a renowned drummer, tells their history. Artistic representations reveal that female frame drummers carried the spiritual traditions of many of the earliest recorded civilizations. During those ancient times, the drummer-priestesses held the keys to experience of the divine through rhythm. They were at the center of the goddess worship of matriarchal societies until the ascendance of patriarchal cultures and the loss of drumming as a spiritual technology. With wisdom and passion, Redmond chronicles our species' deep connection to the drum, our rich heritage of inseparable spirituality and music, and the modern-day women reclaiming it. This book encourages readers—both women and men—to reestablish rhythmic links with themselves, nature, and other people

through the power of drumming. Redmond illustrates her message with an extensive collection of images gathered during ten years of research and travel. Woven throughout the book are strands of ancient ritual and mythology, personal stories, and scientific evidence of the benefits of drumming. It is at once a history, a memoir, and a resounding call for spiritual and social renewal.

A Method Book for the Development of Complete Independence on the Drum Set Saint-Paul

Take a guided tour from a writer who grew up and studied on Native American reservations and join those throughout the world—from Siberia to South America, Australia to Africa—who venerate the drum for its healing and celebratory powers. Through painting, cleansing, blessing, smudging, dedicating, chanting, and performing, you'll find your own special beat, transforming the drum into a medicinal tool. Become one with a purchased or homemade instrument. Draw on the knowledge of Native American and other cultures to drum away fear, purify, establish a sacred space, and reach into areas of the consciousness that would otherwise be inaccessible. Extra special bonus: a CD with more than an hour's worth of music for a Sacred Directions ceremony, meditation, trance, and more. Unexpected Bravery Houghton Mifflin Harcourt

With its dynamic choreographies and booming drumbeats, taiko has gained worldwide popularity since its emergence in 1950s Japan. Harnessed by Japanese Americans in the late 1960s, taiko's sonic largesse and buoyant energy challenged stereotypical images of Asians in America as either model minorities or sinister foreigners.

While the majority of North American taiko players are Asian American, over 400 groups now exist across the US and Canada, and players come from a range of backgrounds. Using ethnographic and historical approaches, combined with in-depth performance description and analysis, this book explores the connections between taiko and Asian American cultural politics. Based on original and archival interviews, as well as the author's extensive experience as a taiko player, this book highlights the Midwest as a site for Asian American cultural production and makes embodied experience central to inquiries about identity, including race, gender, and sexuality. The book builds on insights from the fields of dance studies, ethnomusicology, performance studies, queer and feminist theory, and Asian American studies to argue that taiko players from a variety of identity positions perform Asian America on stage, as well as in rehearsals, festivals, schools, and through interactions with audiences. While many taiko players play simply for the love of its dynamism and physicality, this book demonstrates that politics are built into even the most mundane aspects of rehearsing and performing.

Chakra Meditations Sounds True
Chronicles the history of architecture through the styles and movements throughout the centuries and around the world, including famous buildings and well-known architects such as Frank Gehry and Zaha Hadid.

The Truth About the World's Greatest Drummers--from John Bonham and Keith Moon to Sheila E. and Dave Grohl
Diversion Books

Natsumi is small but full of big exuberance, and puts her girl-power to good use when she discovers a Japanese

tradition as energetic as she is. When Natsumi's family practices for their town's Japanese arts festival, Natsumi tries everything. But her stirring is way too vigorous for the tea ceremony, her dancing is just too imaginative, and flower arranging doesn't go any better. Can she find just the right way to put her exuberance to good use? This heartwarming tale about being true to yourself is perfect for readers who march to their own beat.

A Spiritual History of Rhythm Talking Drum Publications

Explores the role of drums, rattles, and gongs in human societies revealing the primal hypnotic power of these instruments

When Women Were Warriors Book II Harper San Francisco

Chakras are the body's subtle energy centers through which prana, or vital energy, must flow freely for optimal physical and mental health. This beautiful package of 52 chakra meditation cards comes with a built-in easel and offers practical wisdom and spiritual guidance to help you discover this inner balance. The cards are divided into seven sections—one for each chakra—and feature visualizations, exercises, and quotations to help focus the mind and unlock natural energy reserves. On its reverse, each card reveals a vivid image of the corresponding chakra symbol to be used as a meditation aid.

[A Psychotherapist Explores the Healing Power of Rhythm](#) When The Drummers Were Women: A Spiritual History of Rhythm

Looks at the portrayal of women in art from prehistoric times to the present, and discusses the use of Goddess imagery.

A Symbol for Our Time Ginger Scott
“An engaging journey into the wild and

wonderful world of drumming.”—CLEM BURKE, Blondie To have a great band you need a great drummer. For the first time, Tony Barrell shines a long-overdue spotlight on these musicians, offering an exciting look into their world, their art, and their personalities. In *Born to Drum*, he interviews some of the most famous, revered, and influential drummers of our time—including Chad Smith, Ginger Baker, Clem Burke, Sheila E., Phil Collins, Nick Mason, Patty Schemel, Butch Vig, and Omar Hakim—who share astonishing truths about their work and lives. He investigates the stories of late, great drummers such as Keith Moon and John Bonham, analyzes many of the greatest drum tracks ever recorded, and introduces us to the world's fastest and loudest drummers, as well as the first musician to pilot a “flying drum kit” onstage. Filled with fascinating insights into the trade and little-known details about the greats, *Born to Drum* elevates drummers and their achievements to their rightful place in music lore and pop culture. “As *Born to Drum* proves, there's a lot more to be told about drums and drumming than the Rolls-Royce in the swimming pool and the pyro beneath the bass drum.”—NICK MASON, Pink Floyd “Everyone should read this book—especially if you're not a drummer. A great insight into a great sport.”—Joey Kramer, Aerosmith

Calling the Spirits Alfred Music
'Entertaining, affectionate and righteous' Guardian 'Says so much about being a woman' Cosey Fanni Tutti In 1983, backstage at the Lyceum in London, Tracey Thorn and Lindy Morrison first met. Tracey's music career was just beginning, while Lindy, drummer for The Go-Betweens, was ten years her senior. They became confidantes, comrades and best friends, a relationship cemented by

gossip and feminism, books and gigs and rock 'n' roll love affairs. Morrison – a headstrong heroine blazing her way through a male-dominated industry – came to be a kind of mentor to Thorn. They shared the joy and the struggle of being women in a band, trying to outwit and face down a chauvinist music media. In *My Rock 'n' Roll Friend* Thorn takes stock of thirty-seven years of friendship, teasing out the details of connection and affection between two women who seem to be either complete opposites or mirror images of each other. This important book asks what people see, who does the looking, and ultimately who writes women out of – and back into – history.

How One Girl's Courage Changed Music
Black Dog & Leventhal

Steel Drums and Steelbands: A History is a vivid account of the events that led to the “accidental” invention of the steel drum: the only acoustic musical instrument invented in the 20th century. Angela Smith walks readers through the evolution of the steel drum from an object of scorn and tool of violence to one of the most studied, performed, and appreciated musical instruments today. Smith explores the development of the modern steelband, from its roots in African slavery in early Trinidad to the vast array of experiments in technological innovation and to the current explosion of steelbands in American schools. The book offers insights directly from major contributors of the steelband movement with sections devoted exclusively to pioneers and innovators. Drawing on seven years of research, repeated trips to the birthplace of the steel drum, Trinidad, and interviews with steelband pioneers, Smith takes readers far beyond the sunny associations of the steel drum with island vacations, cruise ships, and

multiple encores of “Yellow Bird.” Digging deep into Trinidad’s history—a tale of indigenous extermination and African slavery, of French settlement and Spanish and British colonialism before mid-century independence—Smith weaves an unforgettable narrative of talking drums, kalinda stick fights, tamboo bamboo bands, iron bands, calypso, Carnival, and the U. S. military. Together, all played major roles in the evolution of today’s steelband and in the panman’s journey from renegade to hero in the steelband’s move from the panyards of Trinidad’s poorest neighborhoods to the world’s most prestigious concert halls. The reader will discover how an instrument created by teenage boys, descendants of African slaves, became a world musical phenomena. *Steel Drums and Steelbands* is the ideal introduction to the steel drum, steelbands, and their history.

Shamanic Drumming University of Illinois Press

Explores the evolution of the drum across different cultures and over thousands of years, discussing how war, politics, and religion influenced its development, and addresses women drummers, education, and recording practices.

The Drumming Legends of Nashville in Their Own Words Rowman & Littlefield

The concept of the Pulse signifies the movement of life. Drumming—with your hands, feet, or a drumset—is a therapeutic modality that enhances awareness of how the Pulse actually feels. After teaching you to consider (while drumming) how this practice represents the movement of life, this book explains how to apply these feelings to various areas of your life. This releases the healing power within, and

allows you to flow with events in a spirit of acceptance and gratitude.

Architecture John Wiley & Sons
 Why are we able to recognize melodies in our first days of life? Why does making music actually switch off the genes that signal stress? It is because music is part of who we are at the deepest level—and we don't need any special talent or training to harness its power to enhance our lives. With *Music Medicine*, music therapist Christine Stevens presents an information-packed resource, filled with scientifically-based practices for accessing and attuning to the natural healing properties of music. Drawing from a wealth of research and her own pioneering healing work in some of the most challenging places around the world, Stevens invites you to discover: Accessing the four elements of music—rhythm as medicine for the body, melody for the heart, harmony for the soul, and silence for the mind Conscious listening—how to open yourself fully to the healing potential that music offers Your musical self-accessing your voice, spirit, and inner music for healing and change Clinical research, case studies, and stories that reveal music's extraordinary capacity to reduce stress, prevent illness, and strengthen the immune system How music connects us to each other and creates community, even in places of war and conflict Inspirational guidance on how to use music for spirituality, personal growth, and well-being Healing playlists—each chapter features valuable download recommendations and links for selecting healing music The drum massage, creating your power song, full-body listening, and other effective and enjoyable practices “Music's medicine awaits your discovery,” says Christine Stevens. “I invite you to release any

doubts that you are musical, and to realize the power of music to nourish your body, mind, heart, and soul.” With *Music Medicine*, she provides a thoroughly researched and practical guide for integrating the healing benefits of sound into your life—and discovering the extraordinary transformation that occurs when we liberate our own inner music. “Music can provide the support we need in life's challenging moments, and more importantly, music can become part of our daily routine for spirituality and health. Enjoy this powerful path for your own healing—through the joy, and the great peace, of music.” —Joan Borysenko, PhD, from the foreword of *Music Medicine* “*Music Medicine* brings home to our hearts the truth that music is an organic medicine. Christine Stevens reveals how the intricate beauty of harmony, rhythm, and song course through our veins, uniting us with the cosmic music of the universe.” —Michael Bernard Beckwith, author of *Life Visioning and Spiritual Liberation* “*Music Medicine* is an interstate of sound that awakens, soothes, dances, and silences us.” —Don Campbell, author of *The Mozart Effect* and *The Harmony of Health* “Each of Christine's lessons has helped me to become a musical instrument and a singer of my own song.” —Bernie Siegel, MD, author of *Love, Medicine, and Miracles* “In this book, Christine provides a powerful and educational curriculum for music therapists, musicians, and anyone interested in music wellness. Music becomes the language to unite and heal across the continents.” —Antoinette Follett, Editor-in-Chief, *Making Music: The Science and Spirit of Healing Yourself with Sound* Harper Collins
 In Book II, Tamras moved from her home

into the lands beyond its border. In Book three, the stage widens further: she deals with the struggles of whole peoples. Caught up in intrigues that would once have been far above her, the heroine risks everything unless she can not only learn to swim in treacherous waters, but to master them. The heroine's inner journey continues to match her outer one. She must confront the meaning not only of personal love, but the love that extends beyond oneself and those we hold dear. Catherine Wilson's skill at tackling the big issues of love, meaning, and humanity is so deft that it all seemed, to me at least, to flow naturally from her narrative in a way I found technically quite breathtaking...." -

-from a review by Charles Ferguson on the Goodreads website "Being the third and last volume in a series I enjoyed immensely, I knew that I could expect this last book to deliver a happy and satisfying ending. What I didn't expect was the intricate and daring storyline of this last volume. It is bigger and broader than what has come before, and it is spectacular. ... this time the story unfolds on to a whole new level. More characters, more intrigue, greater losses, wonderful reunions. ... There's no taking the easy road here-the story opened up into unimagined dimensions to tell a tale that really is that of a hero. ..". When Women Were Warriors manages to blend mythic storytelling with characters who feel so real you could imagine stepping into the pages and having a conversation with them. A Hero's Tale skilfully weaves the questions of love, faith and fairness into a dramatic story; not only of a relationship between the main characters, but of a quest so much bigger it takes the breath away. There is everything you could wish for here -

power struggles, forces for good and evil, dramatic tests of faith, daring rescues, fatal rivalry, but it is managed with such a deft hand that in the end it is all one beautiful story. What else is there to say? This is not just lesbian fiction, but a story about being human. It's not to be missed. --from a review by Kate Genet on the website, Kissed By Venus In Book III of the trilogy, Tamras must make her own hero's journey. She ventures into the unknown and encounters a more formidable enemy than any she has ever faced. Character is destiny, and the destiny of Tamras and all her people will depend upon choices that come less from the skills she has been taught than from the person she has become, from her own heart.

Drumming with Spirit Scarecrow Press

The frame drum is the world's most ancient drum. Now, with Layne Redmond's guidance, you can use the frame drum to access the universal powers of drumming.

The Lady Swings Alfred Music

Whether they're self-taught bashers or technical wizards, drummers are the thrashing, crashing heart of our favorite punk bands. In Forbidden Beat, some of today's most respected writers and musicians explore the history of punk percussion with personal essays, interviews and lists featuring their favorite players and biggest influences. From 60s garage rock and proto-punk to 70s New York and London, 80s hardcore and D-beat to 90s pop punk and beyond, Forbidden Beat is an uptempo ode to six decades of punk rock drumming. Featuring Ira Elliot, Curt Weiss, John Robb, Hudley Flipside, Bon Von Wheelie, Joey Shithead, Matt Diehl, D.H. Peligro, Mike Watt, Lynn Perko-Truell, Pete Finestone, Laura Bethita Neptuna, Jan Radder, Jim Ruland, Eric Beetner, Jon

Wurster, Lori Barbero, Joey Cape, Marko DeSantis, Mindy Abovitz, Steven McDonald, Kye Smith, Ian Winwood, Phanie Diaz, Benny Horowitz, Shari Page, Urian Hackney, and Rat Scabies.

Kick It Ballantine Books

Dottie Dodgion is a jazz drummer who played with the best. A survivor, she lived an entire lifetime before she was seventeen. Undeterred by hardships she defied the odds and earned a seat as a woman in the exclusive men's club of jazz. Her dues-paying path as a musician took her from early work with Charles

Mingus to being hired by Benny Goodman at Basin Street East on her first day in New York. From there she broke new ground as a woman who played a "man's instrument" in first-string, all-male New York City jazz bands. Her inspiring memoir talks frankly about her music and the challenges she faced, and shines a light into the jazz world of the 1960s and 1970s. Vivid and always entertaining, *The Lady Swings* tells Dottie Dodgion's story with the same verve and straight-ahead honesty that powered her playing.