

# Reiki Drumming

Reiki drumming combines the power of the drum beat with the high-frequency energy of Reiki. Sarah Gregg explains how it works

In recent years there has been a resurgence of healing modalities using energy, sound and shamanic practices. One of the most exciting is Reiki Drumming (known as the Reiki Drum Technique here in the UK) which marries the age-old power of the drum beat with the high-frequency energy of Reiki as well as combining the strengths of various disciplines such as shamanism, meditation, affirmation work and NLP.

Reiki Drumming is practised widely in the States and was introduced into the UK and Europe in 2007 by Sarah Gregg, a Reiki Master Teacher based in Hertfordshire.

Sarah had read many positive testimonials before travelling to Sedona, Arizona, to train in the therapy.

About six months prior to her visit she had developed a back problem. She had tried various complementary therapies but the pain had persisted. During her first Reiki Drum Healing session, as the Reiki energy enveloped her, carried by the drum beat, the pain lifted. Having been in considerable discomfort for a long time, she realised that Reiki Drumming was highly effective and should be shared with the UK and European community. Sarah envisages the therapy will grow exponentially over the coming decade due to its profound healing effects.

## What to Expect

Treatment sessions include both drumming and hands-on Reiki and typically last an hour. A buffalo drum is traditionally used due to ease of use and harmonious tone. In comparison to Shamanic Drumming, those experiencing a healing session say the high frequency energies of Reiki Drumming offer a more gentle, ethereal experience.

Reiki Drum Healing involves the practitioner drumming over the client whilst focusing their intent to allow the drum's sound waves to carry Reiki into the client's energy field. The drumming is followed by hands-on Reiki. Clients find the beat of the drum helps them switch off and drift into a deep state of relaxation, with all the normal benefits of a traditional Reiki treatment albeit on a much deeper level. Recipients often receive relief from physical discomfort as well as feeling relaxed and uplifted.

One of the most profound ways to incorporate Reiki Drum Healing is with Community Healing. Community Healings are practised widely in shamanic and indigenous cultures and are an effective way of creating deep energetic shifts and healing for one individual. These treatments are carried out by a group of Reiki Drum practitioners. Community healings involve Reiki Drumming, chanting and hands-on

Reiki. Most practitioners experience an altered state during the sessions, which are often powerful, emotional and highly effective. Recipients report lifting away from their body, being aware of the most intense love they have ever felt, hearing angelic voices and feeling a 'letting go' which they have never experienced before. The focus of many practitioners directing their healing intention to just one person is very powerful.

## Reprogramming

Reiki Drum Mental/Emotional Reprogramming is a way of treating negative habits or tendencies, to focus the mind on something important or for achieving a goal. Working with the subconscious, the client focuses their mind on the issue in question and repeats a positive affirmation, whilst the practitioner drums gently over them, followed by hands-on Reiki for integration. The Mental/Emotional Reprogramming technique offers its best results if the client has a series of treatments.

The Reiki Drum Journey is a healing, meditative process which enables the client to reach altered states of consciousness so they may access information to create personal change. It allows them to connect with their own inner wisdom, receive spiritual guidance and can be used for healing personal issues, career concerns or relationship problems. Clients have varied empowering and healing experiences: feeling energy pulsating through the body, seeing beautiful colours or drifting into deep relaxation, and many have profound visual and auditory experiences allowing them deep personal insight. ks



Sarah drumming over a client

## Find out more

Sarah Gregg runs a Natural Therapy practice and holds Reiki Drum, Usui and Karuna Reiki workshops in East Hertfordshire.

Contact Sarah on 01279 600104 or go to [www.reikidrum.co.uk](http://www.reikidrum.co.uk)