

Heart Drum:

Drumming from the Sufi tradition

for
meditation, chant, sacred movement and dance

A Drum Circle / Seminar

When: Every 1st & 3rd Tuesday evening

6:45 p.m. arrive & setup.

Drums start rolling at 7:00 p.m.

End at 9:00 p.m.

2020 dates: Feb 4 & 18

Mar 3 & 17

Apr 7 & 21

May 5 & 19

Jun 2 & 16

Location: IntegriTea 717 Marin St. Vallejo CA

Since earliest times, drumming and movement have been vital parts of spiritual practice and popular religious ritual, in every culture, everywhere on Earth. Even though “organized” religion often tries to assume a face of austere calm, contact with the Divine *is* literally “enthusiasm” – becoming filled with “Theos”, and lively, eruptive energy. Seasonal outbursts of song, dance, and driving rhythm always invade the quiet cloisters and still cathedrals – or draw cloistered clerics out into the streets and fields. Rhythm is used by mystics and shamans in every tradition as a tool and aid for focusing meditation, for supporting sacred chant, and for releasing and directing healing energies.

The circle will learn and practice simple rhythms on frame drum that are used in sacred chants and meditative practices by sufi mystics, and some common rhythms used for popular religious festivals and folk celebrations around the world, traditionally used for healing and balancing psycho-physical energies. Some simple sufi chants to accompany the rhythms will be taught – but the focus is on the drum and the heart!

Students of any level of musical experience - absolute beginner, to professional - are welcome. If you already play a frame-drum, bring it. (Bodhran, Bendir, Tar, Mazhar, Riqq, Daf, Daera, Dayerah, Gaval, Tambourine, Tamburello, Tammorra, Pandiero, “Shaman” drum). A few frame-drums will be available for use in the class, but if you already have your own, please bring it. If you play another type of drum (Djembe, Congo, Bongo, Timbales, Kudum, Dumbek, Tombek, Zarb, Ashiko, Tapan – whatever!), please bring it – the rhythms can be easily transposed to any drum. The session will mostly be conducted sitting, but some simple movements with the drum while standing may be practiced.

The instructor, Rashid Patch, began studying Nubian Tar drum with Ustadh Shaykh Hamza El Din in the late 1970s. By 1985, he had spent over 3,000 hours drumming for sufi meditation circles. For 40+ years, Rashi has played frame drum for scores of different traditional sufi and dervish orders, with groups and meditation circles in nine countries on four continents. He is a 40-year initiate of the Mevlevi “whirling dervish” order, founded in the 13th century by the poet-mystic Jelaluddin Rumi. Since 1985, he has lectured and taught courses in Sufism, Islam, and History of Religions at colleges and universities around northern California, as well as leading circles for sacred drumming.

Students of all religious / spiritual traditions – or of no tradition - or from any musical tradition - are welcome!

Donation gratefully accepted - None ever turned away for lack of funds.

For More information: rashid_patch@yahoo.com