



Drumming the Spirit to Life

Russell Buddy Helm

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"Drumming the Spirit to Life" is about why people drum. Drumming has affected all cultures and is an indispensable tool for healing, joy, evolution, and community. Russell Buddy Helm's drumming journey includes pictures and some simple explanations of technique without the need of musical training or paralyzing self-criticism. Rhythm is our old friend that we will always need for healing and to help us celebrate. We can't help but develop an eager interest in drumming as a tool for personal growth and wisdom. There is humor and excitement in this type of drumming, and acceptance, regardless of the individual's musical ability. Those already drumming can use this book as a reference for improvisation. There are no wrong notes. The Downbeat, a New Orleans jazz term, unites everyone in our common world grooves. Rhythm is our most ancient survival tool. There is encouragement for the beginner and also the advanced players. Scientific insights show how rhythm affects our minds and bodies, yet exists outside the intellect, residing in our hearts and our souls, always forgiving, ready to be played so share the groove!

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