

Five Element Drumming-created by Toby Christensen
<http://www.healingdrummer.com/>

The Dagara (Ghana) Five Element Medicine Wheel is a bit different from the Chinese, but the over-riding concepts are the same.

Dagara Medicine Wheel



Source: Toby Christensen – the Healing Drummer

When you play your drum, take a moment and consciously play the rhythm of peace and healing into the earth. Play these rhythms with the intention of changing the vibrational energy of the earth, to promote peace and well-being between the people of the earth with each other and with the earth itself. Drum to heal our oceans. Drum to heal our land. Drum to bring peace. If we all just take a little bit of time and if we all bring a little bit of awareness, together we can change the world.

Do the same when you practice your tai chi and qigong! BE AN INSTRUMENT OF PEACE!

Think of the drum: birthing health and healing

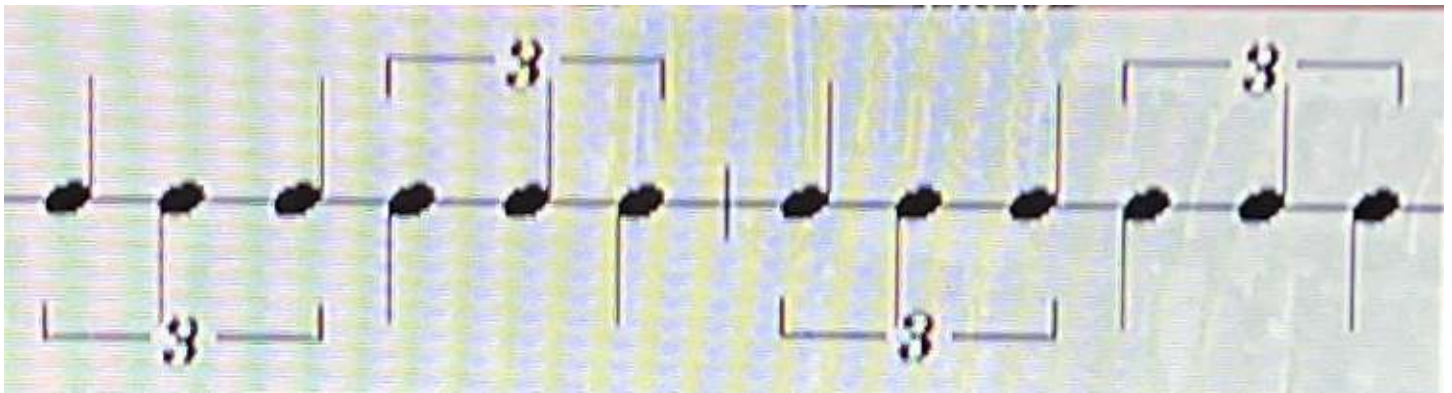
- Head - ear of God
- Bowl – womb of the mother
- Stem / Stand – birth canal

The three basic patterns:

- Base – Rigid, flat hand, fingers together, thumb in - straight down to center of drum.
- Open / Tone - Same hand shape, strike the edge of drum with fingers – knuckles off edge of drum. Bottom of PIP joint at edge of drum.
- Slap – Strike in same place as open, but with spread fingers and with palm on the edge of the drum and fingers slap forwards.

Water

Removing obstacles, healing, and reconciliation.



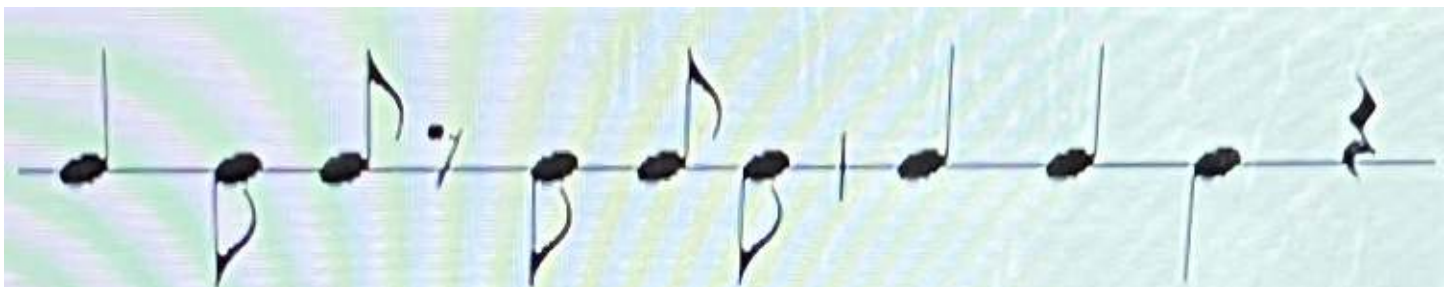
Base - Open - Open - Open - Open - Open

Qtr - Qtr - Qtr - Qtr - Qtr - Qtr

Go with flow Go with flow

Nature

Magic and Transformation.



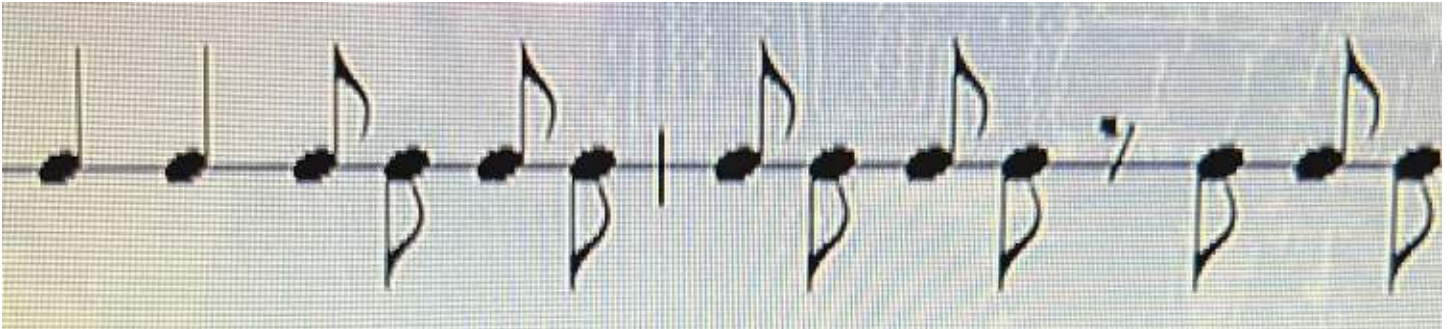
Base Open-Open ~~~~ Open-Open-Open Base Base Open/Slap

Qtr 8th - 8th pause 8th - 8th - 8th Qtr Qtr Qtr

Wood ma-gic trans-for-ming in my life

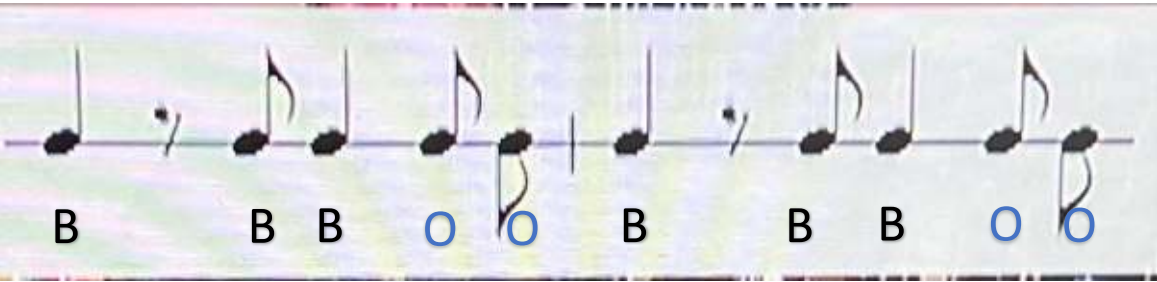
Fire

Bridges to unseen world, ancestors, and energy.

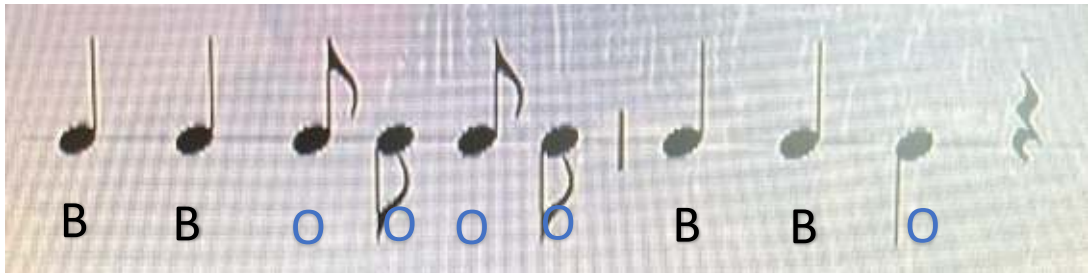


Base	Base	Open-Open-Open-Open	Base-Open-Open-Open	Open-Open-Open
Qtr	Qtr	8 th - 8 th - 8 th - 8 th	8 th - 8 th - 8 th - 8 th Pause	8 th - 8 th - 8 th
Fi - re		I can dream it	I am dream ing	Yes I am

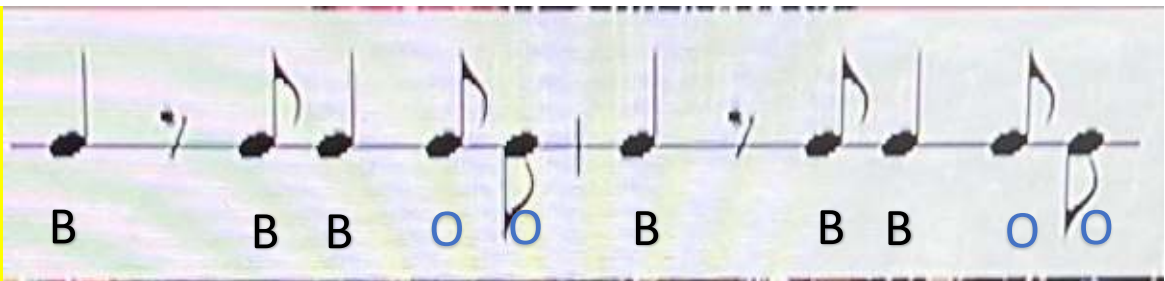
Earth



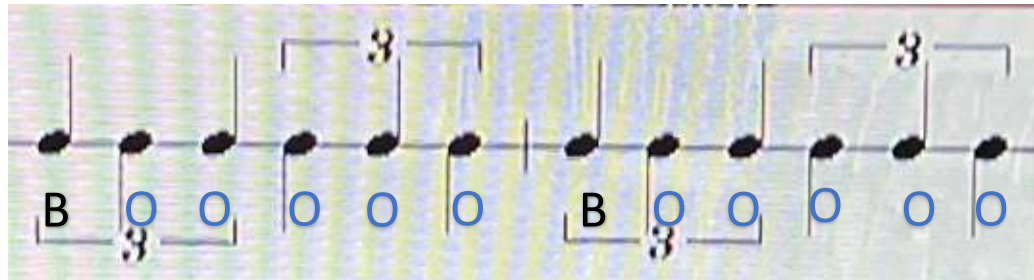
Mineral



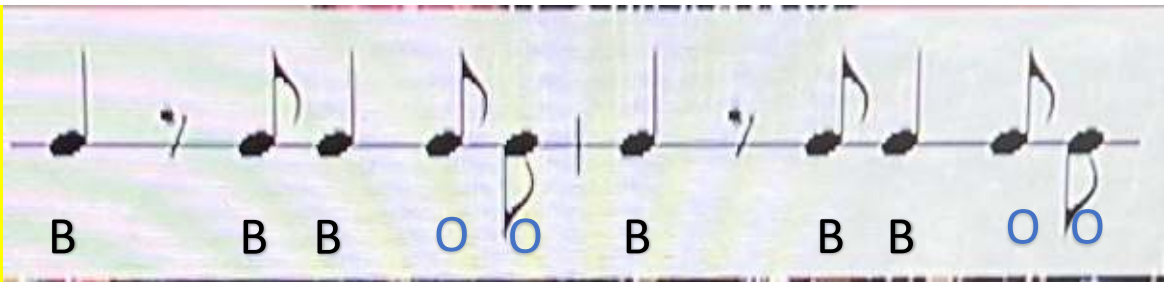
Earth



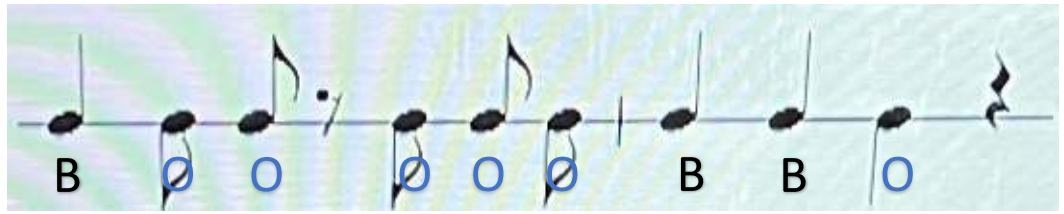
Water



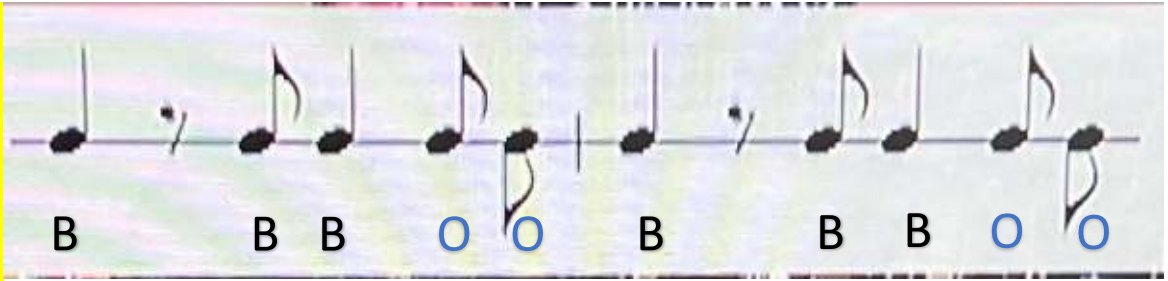
Earth



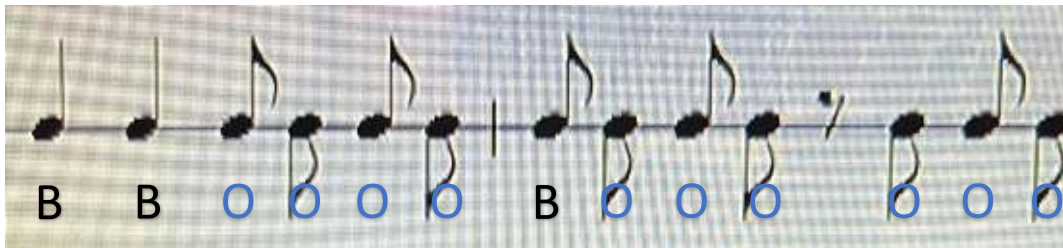
Nature



Earth



Fire



Earth

