



Facilitator Script

(Read the text in the boxes as you go through the PowerPoint slides)

Today's session will focus on drumming and how it relates culture and health. The drum is one of the most ancient African instruments, dating back tens of thousands of years.

It has been used for healing, celebration, ritual, worship, rites of passage, divination, communicating tribe to tribe, and with the earth and spirit realms.

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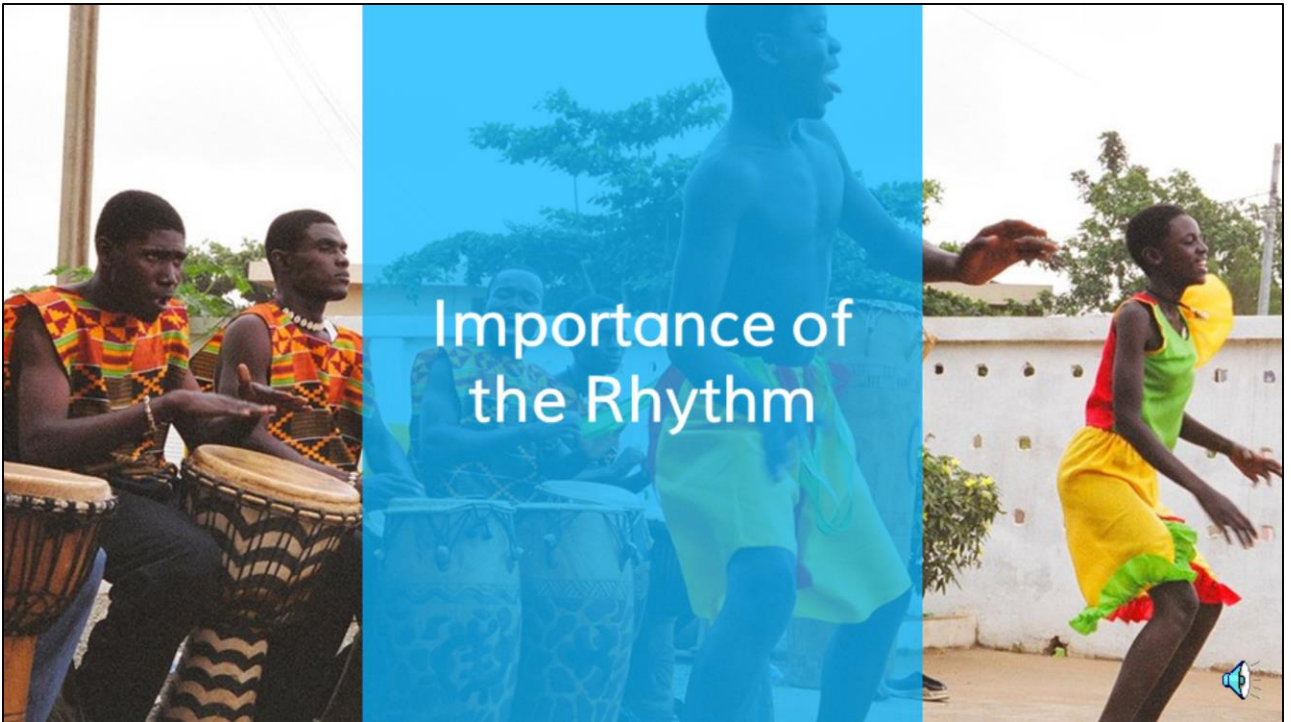
Rhythm of the Drums

In African culture, rhythm is used to evoke creative expression through dance and drumming (also spoken word).

NOTE: TO FACILITATORS!

DOUBLE CLICK (click two times) on the Sound Speaker icon on the lower right corner for sound.

To end sound, click once on the icon or let play out.



Drumming helps us to find the creative part of ourselves and creative expression leads to positive expression of self, which makes us feel good about ourselves. It also encourages a stronger connection (more positive association) with other people dancing and drumming with us.

African percussionist, Babatunde Olatunji once said *“Where I come from we say that rhythm is the soul of life, because the whole universe revolves around rhythm...with the drum you can find yourself...you can learn how to heal yourself.”*²

According to Olatunji, we “become one spirit through rhythm.” The result can be a sense of community among people who thought they had nothing in common.

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Here is a short video of men drumming at an African Music Festival.

(CLICK VIDEO)



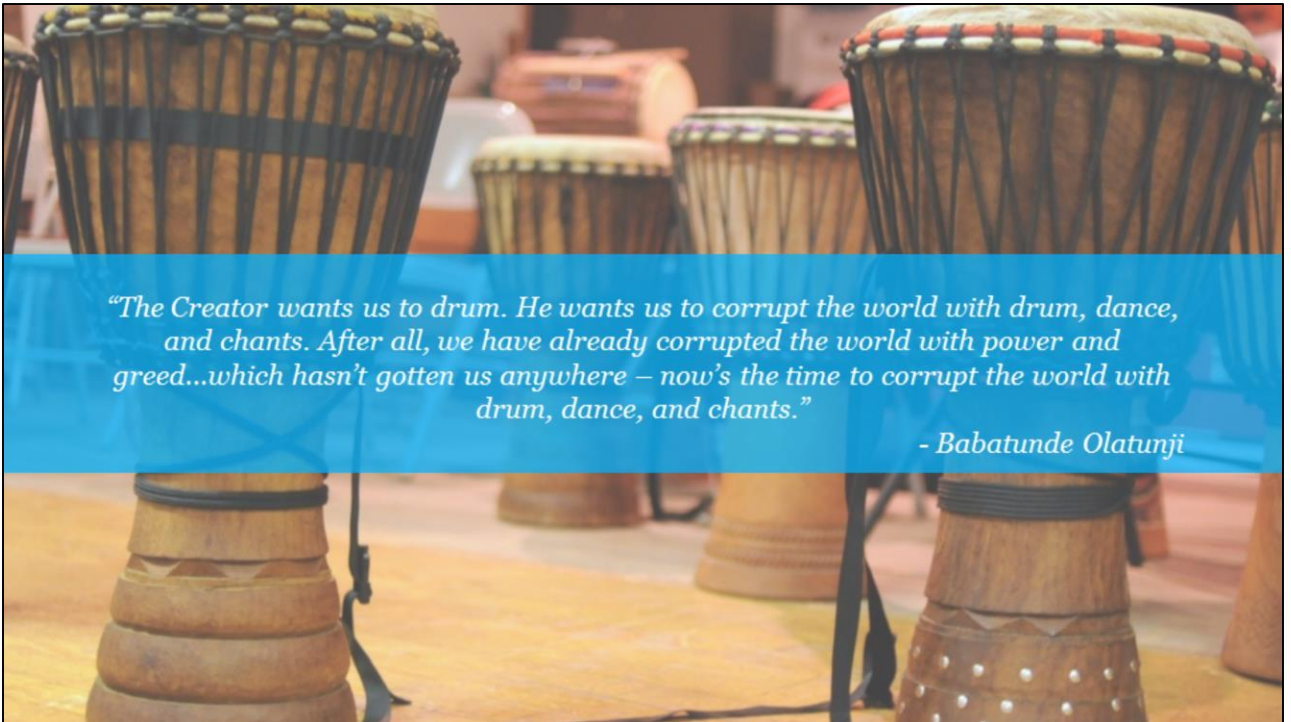
Not only does drumming have cultural significance, but it also has many benefits. “Drumming can be used to support individuals, families and communities during times of joy, sadness and change.^{4,5}” The act of drumming is also beneficial for your health because it can “reduce tension and stress, control chronic pain, boost your immune system, and help you to release negative feelings.^{4,5}”

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“The Creator wants us to drum. He wants us to corrupt the world with drum, dance, and chants. After all, we have already corrupted the world with power and greed...which hasn’t gotten us anywhere – now’s the time to corrupt the world with drum, dance, and chants.”

- Babatunde Olatunji

Babatunde Olatunji was a Nigerian drummer, educator, social activist and recording artist who described the power of drumming in saying, “The Creator wants us to drum. He wants us to corrupt the world with drum, dance, and chants. After all, we have already corrupted the world with power and greed...which hasn’t gotten us anywhere – now’s the time to corrupt the world with drum, dance, and chants.²”



Healing

- "The drum heals our connection with each other when we play it together. It brings to our attention what works between us and what doesn't.
- It shows us exactly where and how we harmonize and where we don't.
- It makes us attune to the invisible world of the energy between us: this becomes more important than what we think we see, what we wish for we regret.
- What's real is happening right now, in the moving moment.
- And when it's gone, we have only to look for the next to get back on; this time we ride.³"

Not only is drumming used in ceremonies and dancing, but the drum has been cited as having the ability to relax and heal through music.

(READ QUOTE)

(END OF PRESENTATION)