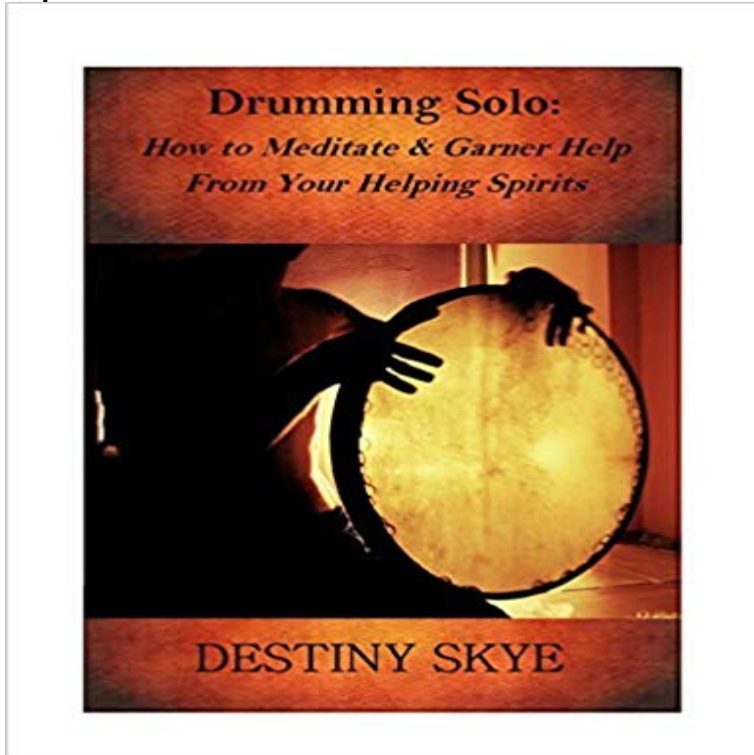


Drumming Solo: How to Meditate & Garner Help From Your Helping Spirits



This is a beginners guide to drumming in the shamanic tradition that takes the mystery out of drumming and enlightens the reader about its many benefits.

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