

When The Drummers Were Women A Spiritual History Of Rhythm Layne Redmond

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 How One Girl's Courage Changed Music
 A Female Drummer's Life with Bowie, Blondie and the '70s Rock Scene
 Piano & Keyboard All-in-One For Dummies

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[Drumming and Gender in Iron Age II Israel](#) Black Dog & Leventhal

The drum kit has provided the pulse of popular music from before the dawn of jazz up to the present day pop charts. *Kick It*, a provocative social history of the instrument, looks closely at key innovators in the development of the drum kit: inventors and manufacturers like the Ludwig and Zildjian dynasties, jazz icons like Gene Krupa and Max Roach, rock stars from Ringo Starr to Keith Moon, and popular artists who haven't always got their dues as drummers, such as Karen Carpenter and J Dilla. Tackling the history of race relations, global migration, and the changing tension between high and low culture, author Matt Brennan makes the case for the drum kit's role as one of the most transformative musical inventions of the modern era. *Kick It* shows how the drum kit and drummers helped change modern music--and society as a whole--from the bottom up.

A Guide to the Healing Power of Rhythm Echo Point Books & Media

The concept of the Pulse signifies the movement of life. Drumming—with your hands, feet, or a drumset—is a therapeutic modality that enhances awareness of how the Pulse actually feels. After teaching you to consider (while drumming) how this practice represents the movement of life, this book explains how to apply these feelings to various areas of your life. This releases the healing power within, and allows you to flow with events in a spirit of acceptance and gratitude.

[Drumming at the Edge of Magic](#) Sterling Publishing (NY)

In 1942, drummer Viola Smith sent shock waves through the jazz world by claiming in *Down Beat* magazine that “hep girls” could sit in on any jam session and hold their own. In *Women Drummers: A History from Rock and Jazz to Blues and Country*, Angela Smith takes Viola at her word, offering a comprehensive look at the world of professional drumming and the women who had the courage and chops to break the barriers of this all-too-male field. Combining archival research with personal interviews of more than fifty female drummers representing more than eight decades in music history, Smith paints a vivid picture of their struggles to overcome discrimination—not only as professional musicians but in other parts of their lives. *Women Drummers* outlines the evolution of female drumming from pre-biblical times when women held important leadership roles to their silencing by the church during the Middle Ages to spearheading the fight for women’s rights in the modern era. The stories and personal accounts of female drummers who bucked tradition and societal norms are told against the backdrop of the times in which they performed and the genres they represented, from rock and jazz to blues and country. Although women have proven time and time again that they can more than hold their own against their male counterparts, female drummers not only remain a minority, but their contributions have been obscured by the traditional chauvinistic attitudes in the music business and gender stereotypes that surround the drum itself as a “male” instrument. *Women Drummers* takes a major step forward in undoing this misconception by acknowledging the talent, contribution, and growing power of women drummers in today’s music environment.

[Women Drummers](#) Diversion Books

Chakras are the body's subtle energy centers through which prana, or vital energy, must flow freely for optimal physical and mental health. This beautiful package of 52 chakra meditation cards comes with a built-in easel and offers practical wisdom and spiritual guidance to help you discover this inner balance. The cards are divided into seven sections—one for each chakra—and feature visualizations, exercises, and quotations to help focus the mind and unlock natural energy reserves. On its reverse, each card reveals a vivid image of the corresponding chakra symbol to be used as a meditation aid.

Shamanic Drumming Harper San Francisco

For millennia, the sacred drummers of pre-Christian Mediterranean and western Asia were women. In this inspiring book, Layne Redmond, herself a renowned drummer, tells their history. Artistic representations reveal that female frame drummers carried the spiritual traditions of many of the earliest recorded civilizations. During those ancient times, the drummer-priestesses held the keys to experience of the divine through rhythm. They were at the center of the goddess worship of matriarchal societies until the ascendance of patriarchal cultures and the loss of drumming as a spiritual technology. With wisdom and passion, Redmond chronicles our species’ deep connection to the drum, our rich heritage of inseparable spirituality and music, and the modern-day women reclaiming it. This book encourages readers—both women and men—to reestablish rhythmic links with themselves, nature, and other people through the power of drumming. Redmond illustrates her message with an extensive collection of images gathered during ten years of research and travel. Woven throughout the book are strands of ancient ritual and mythology, personal stories, and scientific evidence of the benefits of drumming. It is at once a history, a memoir, and a resounding call for spiritual and social renewal.

Drummer Girl Echo Point Books & Media, LLC

Renowned drummer Layne Redmond presents a comprehensive, empowering narrative history of women, the sacred drum, and the Divine Feminine, ranging from pre-Christian goddess worship to female drumming and spirituality in the modern era. Complete with a thorough bibliography and lavishly illustrated with over 200 photos & drawings

[When The Drummers Were Women: A Spiritual History of Rhythm](#) Oxford University Press

Whether they're self-taught bashers or technical wizards, drummers are the thrashing, crashing heart of our favorite punk bands. In *Forbidden Beat*, some of today's most respected writers and musicians explore the history of punk percussion with personal essays, interviews and lists featuring their favorite players and biggest influences. From 60s garage rock and proto-punk to 70s New York and London, 80s hardcore and D-beat to 90s pop punk and beyond, *Forbidden Beat* is an uptempo ode to six decades of punk rock drumming. Featuring Ira Elliot, Curt Weiss, John Robb, Hudley Flipside, Bon Von Wheelie, Joey Shithead, Matt Diehl, D.H. Peligro, Mike Watt, Lynn Perko-Truell, Pete Finestone, Laura Bethita Neptuna, Jan Radder, Jim Ruland, Eric Beetner, Jon Wurster, Lori Barbero, Joey Cape, Marko DeSantis, Mindy Abovitz, Steven McDonald, Kye Smith, Ian Winwood, Phanie Diaz, Benny Horowitz, Shari Page, Urian Hackney, and Rat Scabies.

[Chakra Meditations](#) Sounds True

Award-winning writer Gabriel Horn, White Deer of Autumn, offers a heartfelt examination of the spiritual power of Native American drumming, including authentic stories, chants, rituals, and ceremonies. He shows how drumming can restore our true selves and connect us to each other and the earth. *Spirit Drumming* follows Horn's journey, complete with history, personal stories from drummers, and an investigation of drums as living beings and how vibration acts as a conduit for healing."

Forbidden Beat Vital Health Publishing

Explores the role of drums, rattles, and gongs in human societies revealing the primal hypnotic power of these instruments

The Truth About the World's Greatest Drummers--from John Bonham and Keith Moon to Sheila E. and Dave Grohl Rowman & Littlefield

Steel Drums and Steelbands: A History is a vivid account of the events that led to the “accidental” invention of the steel drum: the only acoustic musical instrument invented in the 20th century. Angela Smith walks readers through the evolution of the steel drum from an object of scorn and tool of violence to one of the most studied, performed, and appreciated musical instruments today. Smith explores the development of the modern steelband, from its roots in African slavery in early Trinidad to the vast array of experiments in technological innovation and to the current explosion of steelbands in American schools. The book offers insights directly from major contributors of the

steelband movement with sections devoted exclusively to pioneers and innovators. Drawing on seven years of research, repeated trips to the birthplace of the steel drum, Trinidad, and interviews with steelband pioneers, Smith takes readers far beyond the sunny associations of the steel drum with island vacations, cruise ships, and multiple encores of "Yellow Bird." Digging deep into Trinidad's history—a tale of indigenous extermination and African slavery, of French settlement and Spanish and British colonialism before mid-century independence—Smith weaves an unforgettable narrative of talking drums, kalinda stick fights, tamboo bamboo bands, iron bands, calypso, Carnival, and the U. S. military. Together, all played major roles in the evolution of today's steelband and in the panman's journey from renegade to hero in the steelband's move from the panyards of Trinidad's poorest neighborhoods to the world's most prestigious concert halls. The reader will discover how an instrument created by teenage boys, descendants of African slaves, became a world musical phenomena. Steel Drums and Steelbands is the ideal introduction to the steel drum, steelbands, and their history.

A Sense of Time Oxford University Press, USA

THE GIRL IN THE BACK: A FEMALE DRUMMER'S LIFE WITH BOWIE BLONDIE AND THE '70S ROCK SC
Sacred Drumming Sterling Publishing Company, Inc.

'Entertaining, affectionate and righteous' Guardian 'Says so much about being a woman' Cosey Fanni Tutti In 1983, backstage at the Lyceum in London, Tracey Thorn and Lindy Morrison first met. Tracey's music career was just beginning, while Lindy, drummer for The Go-Betweens, was ten years her senior. They became confidantes, comrades and best friends, a relationship cemented by gossip and feminism, books and gigs and rock 'n' roll love affairs. Morrison – a headstrong heroine blazing her way through a male-dominated industry – came to be a kind of mentor to Thorn. They shared the joy and the struggle of being women in a band, trying to outwit and face down a chauvinist music media. In *My Rock 'n' Roll Friend* Thorn takes stock of thirty-seven years of friendship, teasing out the details of connection and affection between two women who seem to be either complete opposites or mirror images of each other. This important book asks what people see, who does the looking, and ultimately who writes women out of – and back into – history.

A Journey of the Heart Canongate Books

Many people in today's world are being called by spirit to become shamans. A yearning exists deep within many of us to reconnect to the natural world. It is a call to a life lived in balance with awareness of nature, of spirit, and of self. In his third drum guide, *Shamanic Drumming: Calling the Spirits*, Michael Drake recounts his journey into shamanic practice and explores what someone should do if they feel the call to become a shaman. Following up on his definitive handbook on shamanic drumming, *The Shamanic Drum*, the author provides a new series of exercises and lessons that allow for a deeper understanding and utilization of this core shamanic practice. He has written a guide to becoming a shamanic healer that encompasses the power of the drum, of community, and of the accountability inherent in authentic shamanic practice.

Harry N. Abrams

In *The Healing Power of the Drum* psychotherapist and drum facilitator, Robert Lawrence Friedman weaves an extraordinary tapestry of personal experience, fascinating anecdotes, and compelling research, demonstrating the hand drum's capacity to provide significant health benefits for everyone. This breakthrough book examines the use of hand drums in treating at-risk adolescents, stress-out employees, veterans, Alzheimer's disease, Parkinson's disease, Multiple Sclerosis, Autism and more. Find joy and self-expression in *The Healing Power of the Drum*.

Calling the Spirits Scarecrow Press

Your complete guide to playing the keys Making beautiful music on a keyboard or piano requires some know-how and practice. This book offers guidance on how to get the most out of your time learning to play the keys. With six hands-on books wrapped up in one, you'll get a deep guide to the techniques the pros use. Discover the details of music theory and reading music, explore different musical genres, and use practice exercises to improve quickly. You'll even find tips on using electronic keyboard technology to enhance your sound. Inside... Piano & Keyboard 101

Understanding Theory and the Language of Music Beginning to Play Refining Your Technique and Exploring Styles Exercises: Practice, Practice, Practice Exploring Electronic Keyboard Technology [Kick It](#) Scarecrow Press

In *Rhythm Makers: The Legendary Drummers of Nashville in Their Own Words*, Tony Artimisi documents through extensive interviews the work of some of the most influential drum kit players in popular music today, opening a window onto one of the most vibrant music scenes in modern

American history.

A Method Book for the Development of Complete Independence on the Drum Set Rowman & Littlefield

In Book II, Tamras moved from her home into the lands beyond its border. In Book three, the stage widens further: she deals with the struggles of whole peoples. Caught up in intrigues that would once have been far above her, the heroine risks everything unless she can not only learn to swim in treacherous waters, but to master them. The heroine's inner journey continues to match her outer one. She must confront the meaning not only of personal love, but the love that extends beyond oneself and those we hold dear. Catherine Wilson's skill at tackling the big issues of love, meaning, and humanity is so deft that it all seemed, to me at least, to flow naturally from her narrative in a way I found technically quite breathtaking...." --from a review by Charles Ferguson on the Goodreads website "Being the third and last volume in a series I enjoyed immensely, I knew that I could expect this last book to deliver a happy and satisfying ending. What I didn't expect was the intricate and daring storyline of this last volume. It is bigger and broader than what has come before, and it is spectacular. ... this time the story unfolds on to a whole new level. More characters, more intrigue, greater losses, wonderful reunions. ... There's no taking the easy road here-the story opened up into unimagined dimensions to tell a tale that really is that of a hero. ...". When Women Were Warriors manages to blend mythic storytelling with characters who feel so real you could imagine stepping into the pages and having a conversation with them. A Hero's Tale skilfully weaves the questions of love, faith and fairness into a dramatic story; not only of a relationship between the main characters, but of a quest so much bigger it takes the breath away. There is everything you could wish for here - power struggles, forces for good and evil, dramatic tests of faith, daring rescues, fatal rivalry, but it is managed with such a deft hand that in the end it is all one beautiful story. What else is there to say? This is not just lesbian fiction, but a story about being human. It's not to be missed. --from a review by Kate Genet on the website, *Kissed By Venus* In Book III of the trilogy, Tamras must make her own hero's journey. She ventures into the unknown and encounters a more formidable enemy than any she has ever faced. Character is destiny, and the destiny of Tamras and all her people will depend upon choices that come less from the skills she has been taught than from the person she has become, from her own heart.

Beat Breast Cancer Like a Boss Scarecrow Press

Our chakras—the seven energy centers located from the base of the spine to the crown of the head—govern every aspect of our health and consciousness. Resting in the lower chakra is the primordial life force of kundalini. With *Chakra Meditation*, Layne Redmond presents a complete program for awakening kundalini and bringing its cleansing, revitalizing energy up through all seven of your chakras. Combining five traditional yogic techniques—visualization, breathing, postures, sacred sounds, and meditation—Redmond provides a safe and effective system to tune each chakra and open you to inner sources of inspiration and personal power. This book-and-CD training program includes: Eight full-color chakra yantra (sacred geometry) illustrations to help focus your healing meditations The "Breath of Fire" practice to cleanse the respiratory system Yogic gazing techniques to sharpen concentration, release anger, and rejuvenate the eyes Nadi shodhana (alternate nostril) breathing to purify the energy channels in the body A full 30-minute chakra purification practice to enhance physical health, emotional balance, and spiritual growth

Unexpected Bravery Rowman & Littlefield

Dottie Dodgion is a jazz drummer who played with the best. A survivor, she lived an entire lifetime before she was seventeen. Undeterred by hardships she defied the odds and earned a seat as a woman in the exclusive men's club of jazz. Her dues-paying path as a musician took her from early work with Charles Mingus to being hired by Benny Goodman at Basin Street East on her first day in New York. From there she broke new ground as a woman who played a "man's instrument" in first-string, all-male New York City jazz bands. Her inspiring memoir talks frankly about her music and the challenges she faced, and shines a light into the jazz world of the 1960s and 1970s. Vivid and always entertaining, *The Lady Swings* tells Dottie Dodgion's story with the same verve and straight-ahead honesty that powered her playing.

The Lady Swings University of Illinois Press

Chronicles the history of architecture through the styles and movements throughout the centuries and around the world, including famous buildings and well-known architects such as Frank Gehry and Zaha Hadid.

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