

# I NEED A FRIEND

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Mickey Hart, one of the awesome drummers of the amazing Grateful Dead, has said, “**When we drum together, we create sacred space**” ~ have we got any Deadheads with us tonight? Oh yeah, I thought so!

When I first got turned onto community drum circles, I was thrilled to learn of all the powerful potential that communal drumming offers, beyond just the sheer unadulterated JOY of it!

But this would not have been news to any of our primeval ancestors, all of whom would've been very familiar with the marvelous magic of ritual tribal drumming.

As you may already know, Indigenous cultures around the world have been **drumming as “MEDICINE”** for millennia... and modern science has finally documented what our ancestors knew so well, so long ago...

... that the beat of the drum is one of the most primal sounds of life, for it reflects the beat of the ANIMAL HEART. Because of this, SOLO drumming can reconnect you with your own heartbeat... while COMMUNAL drumming can connect you ~ of course with your own ~ but also with the heartbeats of all your kindred-spirit drummers.

Research has shown that participating in a drum circle not only reduces tension and anxiety... and boosts the immune system... but also stimulates and synchronizes the two hemispheres of the brain... which produces awesome feelings of **INSIGHT, UNDERSTANDING** and **INTEGRATION...** which, in turn, creates a sense of **HARMONY** within oneself, as well as with others.

Now, the KEY to the magic and power that can be found in community drum circles is in the QUALITY of our listening to one another... and in our willingness and COMMITMENT to create a rhythmic web which includes each and every one of us in the circle. As a matter of fact, this kind of intentional drumming can literally synchronize everyone's heartbeats!

Oh my God, think about it! Through the universal language of rhythm, we can break down ugly walls and build beautiful bridges, thereby enhancing the potential to dissolve “*enemy lines*” and bring people together to resolve seemingly intractable conflicts!

Well, I’d certainly call all that...

## !! “**CREATING SACRED SPACE**” !!

Wouldn’t YOU???

But the FIRST wall that needs to come down is the one between you and God... by which I mean, before you can truly feel connected in a healthy way with OTHERS, you must first feel connected with YOURSELF... specifically, with your highest self, your best self, your authentic self... your SACRED SELF!

When I was young, I had a dream of rock’n’roll fame’n’fortune for the purpose of generating the income and popular support to start my own animal rescue. But after starting to fly high, I ended up crashing and burning... eventually, though, I figured out the fundamental mistakes I’d made...

For me, the Viking Runes are kind of like the book of Proverbs in the Old Testament of the Judeo-Christian Bible... delicious little sound bites of WISDOM! The runes have given me so many insights into human nature and into myself... and one of my favorites is...

MANNAZ (*The Self, The Human Race*)... Which goes like this...  
(<http://www.elexion.com/runes/eng/readings/reading.html>)

[1<sup>st</sup> Singer]

*A proper relationship with YOURSELF is essential  
for OTHER relationships to flow properly*

Did you catch that? Well, lemme put it THIS way ~ **Having a healthy relationship with yourself is a prerequisite to having healthy relationships with other people.** Now, tuck that thought-provoking little morsel into the back of your mind to chew on whenever you’ve got a moment for quiet reflection!

I did... And this is what I discovered...

I was idolizing others who were older and already established in their careers... and I was NOT honoring myself in my OWN journey... I was NOT setting healthy boundaries... and I was letting others use (*if not downright abuse*) me...

In short, I was sacrificing myself in the name of following my dream... but that doesn't make any sense! So, Karma! Consequences! But ultimately, lessons learned!

And here are a couple more tasty little nougats to feed your hungry soul!

The poet Ntosake Shange has beautifully and breathtakingly written ("*a layin on of hands*", from "*for colored girls who have considered suicide/when the rainbow is enuf*")...

[2<sup>nd</sup> Singer]

I found god in myself  
and I loved her  
I loved her fiercely!

"*I found god in myself and I loved her... I loved her FIERCELY!*" Oh my God, that one knocked me to my knees when I first read it! And it still can...

Along the same line, poet Ann McCray (*Unity's Daily Word Magazine, Nov/Dec 2010*) has written a profound little poem that goes like this...

[3<sup>rd</sup> Singer]

You are the gift you've been waiting for  
You are the poem you long to read  
The song you long to hear  
The dance you wish to dance

You are the ever-loyal friend  
The compassionate ear  
The open heart  
You are the beginning and end  
The source and destination of all your dreams

You are the gift you've been waiting for

Oh so delicious! And oh so fulfilling!

Now... won't you join us in a celebration of the Divine Within... the Sacred Self within each and every one of us!

*My Familiar Voice cries inside  
She pleads with me, don't run, don't hide  
You don't need someone else  
To be strong, to be whole*

*I need me desperately, but tell me where did I go?  
I need me desperately, but I'm not here at all  
I need a friend, and I thought I was here  
But it sure looks like I've disappeared*

*I need a friend  
    I need a friend  
        I need me  
            I need me  
I need a friend  
    I need a friend  
        I need me  
            I need me  
I need a friend  
    I need a friend  
        I need me  
            I need me  
                I need me  
                    I need me*

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