

***Drum sound rises on the air, its' sound, my heart. A voice inside the beat says, "I know you're tired, but come. This is the way." ~Rumi***

Wisdom Frame Drum Zoom Circle  
4 Fridays – January 19 AND 26, February 2 AND 9  
10:00 AM ET for one hour



Ever wondered how to tap into the Magic Structure of Consciousness and bring it forward into your life?  
Have a frame drum at home and wondered how to play, or simply hoping to get started?  
It is easy and for everyone – please join us!

We will learn simple rhythms on the frame drum in the upright and lap style methods of playing, applying them with wisdom chants that are featured on the Wisdom Waypoints website.

We will learn ancient middle eastern rhythms during practice, e.g. Maqsum, Ayub, Chiftatelli and more!  
Our weekly practice for the hour will include tips for your drum practice, warm-up, learning a simple rhythm with a wisdom chant, learning a world rhythm and playing it to music.

As one of my teachers wisely states – “It’s primal, and we all know how to do it.”  
Come join us and feel free to share with others who may be interested!

Please consider a \$10 donation for each session you attend for Wisdom Waypoints here:  
<https://wisdomwaypoints.org/2023-annual-fundraising-appeal/>.

**RSVP to:** Laura Copeland at [lgcopeland8@gmail.com](mailto:lgcopeland8@gmail.com) and let me know if any questions.~

***“The Great Spirit loved the drum so much, he gave everyone a heartbeat.” ~ Navaho Elder***