

**B**egin the study of *Inner Drumming* by adjusting your posture and giving attention to each limb, beginning with the bass drum. Sitting at the drums, ground yourself by visualizing energy coming from the center of the earth through your lower belly and out to the leg, ankle, and foot. Play a few simple strokes on the bass drum. Notice how the muscles feel as you make the strokes. Pause and play a single stroke. Let your foot and leg relax while listening to the sound as it dies away. As you listen to this, visualize the energy moving back up through your foot, ankle, leg, and lower belly, and then back down to the center of the earth. Next, repeat slowly and let your focus travel back and forth between your foot to your lower belly. **This would be a good time to check out the Appendix on page 163 for an in-depth look at some optimized techniques for each limb.**

## LISTENING WITH THE LIMBS

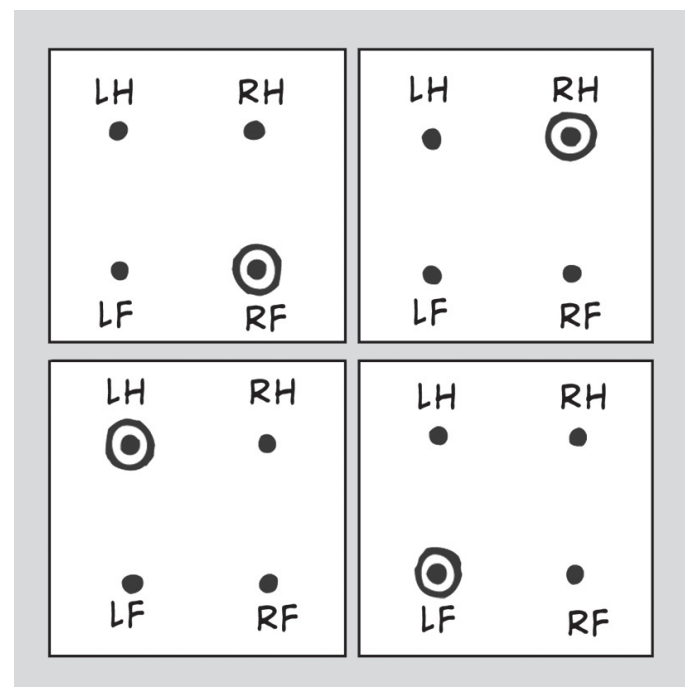
When making a stroke, the internal visualization, the sound itself, and the relaxation before and afterward create what I call **listening with the limbs**. This is the single most important principle in this whole book. Experience this (it's not difficult) and all of the diagrams will make sense. You will become aware of not just the sound that's coming from the bass drum but also with the whole scanning process *plus* the sound.

At first this is done very slowly, until a natural groove appears. This slow groove should be played with full attention to the movement of internal energy. As you do this, continue to listen to the sound coming from the bass drum.

Next, play a slightly faster tempo with the same attention to energy flow. Continue increasing the pace until you reach a tempo that's slightly uncomfortable. Breathe and relax until it feels smooth and effortless again. Continue the study by playing with the right hand next (RH). Then the left hand (LH), and finally the left foot (LF).

## NEW NOTATION SYSTEM

I've been using a simple notation system (see below) in which four dots represent the four limbs. RF is the right foot, RH the right hand, LH the left hand and LF the left foot. The circled dot indicates the starting point for each stroke or event. When working with any particular limb it is important to try many different types of strokes and rhythms. I have found that each limb will develop its own "music" that reveals itself when internal awareness is enhanced.



## PLAY YOUR FAVORITE RHYTHMS

After working with simple pulses, pick a favorite rhythm to play. Begin slowly and continue to feel internally as you play the rhythm. Experiment with accents, dynamics, and timbres, while staying aware of the internal movement of energy as much as possible. When playing faster, just let the rhythms happen and pay attention to the sounds that are being made. When you think you're ready, bring your attention to another limb, and repeat the process. Continue until you've explored all four limbs individually.