

## SERVICES

Modern science has now proven what the ancient people have known since early time. The fact is that all living creatures are actually energetic beings, vibrating at many different frequencies, pulses and rhythms. These vibrations occur at many different levels, the systemic level, such as our nervous or circulatory system, at the cellular level, and even the sub-atomic level. Modern science is also acknowledging the benefits of therapeutic drumming. The sound energy from the drum creates a force that disrupts unhelpful energy patterns. At the same time, certain vibrations and rhythms of the drum help to restore and realign your mind, your body, and your emotions. Even in these modern and hectic times we can't help but respond to the power and energy of the drum. Recent studies show that that therapeutic drumming is effective in dealing with a wide range of mental, physical and emotional issues including:

- Immune System Function
- Cancer
- AIDS
- High Blood Pressure
- Depression
- Pain Reduction
- Adrenal Failure
- Anxiety
- Stress Reduction
- Substance Abuse Problems
- Focus
- Chronic Fatigue

Toby Christensen, the healing drummer, is a leading expert and innovator in the fields of healing music and therapeutic drumming. His practice is rooted in the healing drumming traditions of Africa and Native America. However, Toby has gone beyond these ancient practices to create new and exciting forms of therapies and healing, combining other methodologies and techniques in innovative and amazing ways. As Toby continues on his journey across this country, his

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popularity has been steadily growing and flourishing. These travels and connections with more and more people inspire Toby to continue to “spread the word” about healing drumming.

Toby’s teachings, classes and healing therapies are a rich and vibrant mixture of drumming, ritual, ancient shamanic practices and modern science. We invite you explore some of his most powerful and popular services below.

### SOUND ATTUNEMENT THERAPY -*Change Your Rhythm Change Your Life*

As a leader in the ever-growing field of healing music, Toby has created, a unique form of healing called Sound Attunement Therapy. This innovative combination of the ancient practices and modern techniques provides the kind of healing change that you have been searching for. Let Toby focus the energy of the drum to bring energetic transformation to your life. You will be transformed through this dynamic healing experience growing happier, more focused and more powerful. Here are some of the ways you can Sound Attunement Therapy.

#### Individual Sound Attunement therapy (SAT) Healing Sessions

This is a deeply personal and intense experience. You will feel the effects of the drum and rhythms on many levels simultaneously: physical, mental and emotional. Toby will craft and focus the session to meet your unique challenges and needs. \$95/1 hour

#### Sound Attunement Therapy With The Crystal Healing Bed

An amazing innovation created specifically for Toby’s practice. This unique construct of copper, crystals and silica is combined with Sacred Geometry, African and Native American elements. This creates a healing platform, which simultaneously enhances and intensifies the healing forces of the drum. A remarkable experience unlike anything you have ever felt. \$125 /1 hour

#### Habitual Reconfiguration

Many individuals find it hard to change unhealthy negative habits or behaviors. That’s because these patterns or rhythms have become deeply ingrained in both our body and our mind, making them almost impossible to break. In many cases, Sound Attunement Therapy can help to disrupt these negative patterns. Toby and the drum create a focused energy to rejuvenate and reconfigure the mind, body and spirit. This will help encourage healthy thoughts and beneficial behaviors, which will change the rhythm of your life. \$125 /1 hour

#### Remote Sound Attunement Therapy

Sometimes situations and distance prevent someone from being able to experience the healing transformation of direct Sound Attunement Therapy. Toby has designed his studio in Portland to allow him to conduct remote Sound Attunement sessions. You can lie back in quiet familiar sur-

roundings while Toby's healing rhythms and drumming transports you to more dynamic healthy state of being. \$125 /1hour

## LIFE DISCOVERY & SPIRIT DRUMMING RITUALS

### Power Reclamation and Soul Retrieval

This is a truly a life-changing experience, where you will uncover powerful personal insights and wisdom. We come into this world as full complete beings filled with hope and energy. However, through the years with each challenge, tragedy, hardship, or other deeply painful experience, we lose a piece of ourselves. Each misfortune or sorrow takes away some part of our power. Using both ancient drumming and shamanic practices Toby takes you on a metaphysical healing journey. He helps you to reclaim your lost power and restores you to a natural, complete, and powerful state of being. Discover your sources of power and wisdom; the spirits and allies that stand ready to guide and strengthen you. Reclaim your life with a new perspective, a deeper understanding and an energized state of being. \$250 /2 hours

### Grieving—the Ritual of Release & Restoration

Grieving is a natural process often ignored in our modern culture. The expression of grief honors our loss, but more importantly it readies us to release the pain and tension we experience. The process of healthy grieving brings us full circle to a place of comfort, strength and hope. Toby will use ancient practices and rituals to help guide you through a process where you can acknowledge, experience and finally release your sadness and grief. The experience is a journey of self-discovery and self-mastery creating a sense and perspective far greater and deeper than what you had before. \$125 per hour

### Death & Dying—The Ritual of Life, Love, & Loss

These practices and rituals are a much more deep and spiritual form of the Grieving Ritual. This ceremony can be incredibly helpful for both the individual who is passing as well as his or her loved ones. This is an intensely beautiful and magical ritual for honoring a life and the journey that is yet to come. \$125 per hour

## DRUM CIRCLES & GROUP SESSIONS -Experience The Joyful Power of The Drum

We invite you to come together in a community of joy, strength and power. Discover and experience a wide range of drumming methods and practices. Many people enjoy this opportunity to learn in a group setting of other like-minded individuals. In these sessions you will experience powerful energy and healing from the combination of the entire group drumming together. Toby is an energetic and

enjoyable teacher, let him help you discover what drumming can do for your life. Here is a list of a few of these dynamic sessions that Toby leads.

#### 5 Element Healing Circle Rhythms For Transformation

One of the cornerstones of Toby's work is the teaching and practice of the five ancient elements Dagara Medicine Wheel. By understanding and using these powerful elements you can learn to bring balance and happiness into your life. These practices changed Toby's life helping him discover his purpose and mission in life. They can create a compelling and moving influence in your own life. \$50 per person (minimum attendance 10 people, Maximum attendance 20 people)

#### Drumming for Change

Change your rhythm and change your life is the fundamental promise of Toby's work. Here you can join with other like-minded individuals to bring about the physical, mental, spiritual, and emotional changes you need and desire. This drumming circle creates a powerful intention and force for change. \$25 per person 2 Hours

#### Meditation

Drumming makes for a powerful reflective tool for the mind, body and soul that will revolutionize how you think about meditation. Since the earliest times native people have used drumming for power, contemplation and reflection. Now you can understand and use this practice as well. \$25 per person 2 Hours

### WORKSHOPS AND RETREATS

Toby conducts numerous Work Shops and Retreats on Drumming, Healing Music, Native Rituals and Shamanic Practices, across the country. Let Toby show you how to use drumming and these other traditions to enrich and empower your life. Toby is learned in both African and Native American drumming and shamanic practices. The drum is the tool of the Shaman, thus Toby can show you how drumming leads to powerful ancient wisdom and insight.

#### 5 Element Drumming—Rhythms for Transformation

An in-depth exploration of the ancient five elements of the African Dagara Medicine Wheel that will help you energize, empower and balance your life. Toby will explore in depth the teachings and rituals of each of these elements, as well as the specific drumming rhythms associated with each of these elements. Learn how each of us is inextricably linked to a certain element by birth, and how you can use this knowledge to balance your own energy and life. These workshops are offered at either a half-day and full-day length. Check out Toby's calendar to see if one is coming up in your area. Also see Toby's instructional DVD and CD set where he dem-



onstrates and teaches the powerful wisdom and drumming techniques of the five elements. (Cost as per event)

### Discovering Shamanism-The Shamanic Journey

Since ancient time the shaman has been a drummer as well and Toby has trained under great Shamans both in this country and in Africa. Let him show you some of the power and inherent energy of certain ancient Shamanic practices and rituals. Discover and develop a deeper understanding and wisdom that can help you manifest greater healing, vitality, and force in your own life. (Cost as per event)

### Drumming For A More Powerful Life

This is an opportunity to explore drumming and learn how to use the power of the drum and healing rhythms to enrich and enhance each and every day of your life. Experience how to use the drum for focus, energy and renewal. Discover rhythms and techniques to restore balance and clarity. Achieve a grater expression of joy and draw more happiness into your world. (Cost as per event)

### Grieving-The Ritual Of Release and Restoration

Grieving is a natural process often ignored in our modern culture. The expression of grief honors our loss, but more importantly it readies us to release the pain and tension we experience. The process of healthy grieving brings us full circle to a place of comfort, strength and hope. Toby will use ancient practices and rituals to help guide you through a process were you can acknowledge, experience and finally release your sadness and grief. The experience is a journey of self-discovery and self-mastery creating a sense and perspective far greater and deeper than what you had before. In this group setting you also experience the compassion and support of community as you move from grief to comfort, strength, hope and joy. (Cost as per event)

### CONCERTS-An Evening of Energetic Music and Joy

Experience the world of energetic transformation with an evening of life-changing music, dancing, and drumming conducted, by Toby Christensen, the Healing Drummer. This well-known healer and musician will lead you through a joyful and interactive experience of passionate rhythms and powerful music.

This nationally recognized healer and musician is sweeping the country with his blend of African and Native American drumming traditions combined with energetic modern music. Toby and special guests will create a unique and joyful evening and invite you to participate. So come and bring your drums, your instruments, and your voices.

We are all energetic beings who vibrate with our own natural rhythms. Feel the energy and power of a crowd of like-minded people joining together in a celebra-

tion of music and spirit. Be a part of this wonderful communal experience that will change the rhythm of your life. Be sure to check Toby's calendar for upcoming concerts.

### **ORGANIZATIONAL And COMMUNITY OUTREACH**-*Using The Energy Of The Drum To Empower Our Work and Lives*

In addition to his healing practice and music, Toby also works with organizations and groups in various communities. From speeches and corporate team building to out-reach programs for youth and the elderly, Toby brings his teachings and drumming to a wide variety of individuals and programs including:

- Yoga Classes & Seminars
- Youth Groups
- Physicians Groups
- Corporate Team Building
- Holistic Healing
- Hospice
- Labyrinth Societies
- GLBT Groups
- Nursing Homes
- Psychiatric Facilities