

Jeff Strong's Drum Healing 1 Course
Theta Consciousness and Drumming Tempos

Theta State of Consciousness = 4 to 8 hertz (beats per second). Beats per second is the level of consciousness you are driving the brain into.

Tempo for 16th notes means that the metronome plays ¼ notes while you play 16th notes. You play 4 drumming beats for each click of the metronome.

Tempo for 8th note triplets means that the metronome plays ¼ notes while you play 8th note triplets (1-tu-tu-2-tu-tu-3-tu-tu-4-tu-tu). You play 3 drumming beats for each click of the metronome.

| | | | | | | | | | |
|---|----|------|-----|------|-----|------|-----|-------|-----|
| Beats-per-second (HZ) | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 |
| Tempo for 16 th note patterns | 60 | 67.5 | 75 | 82.5 | 90 | 97.5 | 105 | 112.5 | 120 |
| Tempo for 8 th note triplet patterns | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 |

Theta is an inwardly-directed state where we are less attuned to our physical senses and more open to senses beyond ourselves.

| | | | | | | | | | |
|-----------------------|-----------------|-----|-----------|-----|------------|-----|-----------------|-----|------|
| Beats-per-second (HZ) | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 |
| Experience | Deep meditation | | Intuition | | Creativity | | Problem-solving | | Calm |

Rhythms played within theta must follow a continuum of complexity. The faster the tempo the more variable and complex the rhythm needs to be to engage the brain.

| | | | | | | | | | |
|-------------------------------------|-------------------------|-----|------------------------------|-----|-------------------|-----|----------------------------------|-----|--------------------------------|
| Beats-per-second (HZ) | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 |
| Level of complexity and variability | Repetitive non-variable | | Repetitive slightly-variable | | Somewhat variable | | Mildly complex somewhat variable | | Moderately variable or complex |

More information at drumhealing.com

Copyright © 2016 Jeff Strong. All rights reserved.