

Heartbeat Based Rhythms and Drum Circle Songs

Note that the base **2/4 Heartbeat** is embedded in all but *Thunder Beings*, where it's *implied*. Generally the *lyrics* fall on the **2nd pulse** of the HB.

The Drum Circle songs *Let the Way be Open*, *Behold*, and *Thunder Beings* are all written and shared by Abbi Spinner McBride & Jeff McBride. In *Thunder Beings*, *Djembe patterns were added by Kurt Griffith and Thunder Magewind for Four Winds Earth Chorus. (lyrics available separately)

Basic 2/4 Heartbeat Rhythm

1	<u>2</u>	3	4	1	<u>2</u>	3	4
Base	BASE	—	—	Base	BASE	—	—

Heartbeat Rhythm – “Let the Way be Open”

1	<u>2</u>	3	4	1	<u>2</u>	3	4
Base	BASE	tone	tone	Base	BASE	tone	tone

Heartbeat Rhythm – “Behold” — Not quite triplets, but paired sets of three. The tones are all *soft*, the last tome is *closed/muffled*.

1	2	3	4	1	2	3	4			
BASE	tone	BASE	tone	tone	<u>Tone</u>	BASE	tone	tone	tone	<u>Tone</u>

2-8 Heartbeat – “Om mani padme om”

1	2	3	4	1	2	3	4
Base	BASE	—	—	—	—	—	—

Heartbeat Triplet Rhythms – “Thunder Beings*”

1	2	3	4	1	2	3	4				
BASE	BASE	BASE	—	BASE	BASE	BASE	—				
BASE	BASE	Tone–tone–tone	BASE	BASE	Tone–tone–tone	BASE	BASE	Tone–tone–tone	BASE	BASE	Tone–tone–tone
BASE–tone–tone	Tone–tone–tone	BASE–tone–tone	Tone–tone–tone	BASE–tone–tone	Tone–tone–tone	BASE–tone–tone	Tone–tone–tone	BASE–tone–tone	Tone–tone–tone		

The first rhythm above is for the Baseline, usually on a *Djun-Djun* or Frame Drum, and the next two are the *Djembe* Main and Bridge patterns. You can use the mnemonics “Apple Turnover” and “Cinnamon Applesauce” to help remember their timing. Paired triplets should *alternate hands*.