



Size Doesn't Matter!

See the one sentence that is key to your shamanic practice. **Page 2**



Two-In-One!

It's been a year of firsts for Thunder Valley Drums. Here's one! **Page 2**

The Thunder Valley Times



Special Holiday Edition

December 2016



Recycle Your Old Drums & Help Others

Here's a chance to help others join the heartbeat of life by offering them your old drum! Yes, Bob will gladly accept your drum here at Thunder Valley Drums, then refurbish and send it along to under-privileged schools or communities.

Drumming can change lives and improve health. This goes to the heart of what it is to be human spiritual beings when we express the natural rhythm of life by playing a drum. It's good for us. And that's because we are natural drummers. Anyone can do it. Place a drum in a child's hands and watch what happens. No instruction necessary!



Read about this on the "Good Works" link at the bottom of any page on the TVD Website, and please be sure to follow the guidelines.

Give An Old Drum A Second Chance
The TVD Home for Wayward Drums Program

Read more about Wayward Drums & the Hopi School on the Thunder Valley Drums Website!
<https://www.naturalshamandrums.com/good-works.html>

Help A Cool School

By Bob

I greatly admire the Hopitu (Hopi) people, a Native American Nation in the Arizona Mesa area primarily. They are known as the "peaceful people," and have carried on their beautiful traditions for eons, despite famine, conquest, epidemics, and natural calamities. To this day, Hopi art is renowned, and their commitment to protecting the Earth and all of its relations is a centuries-long practice that has inspired environmentalists around the world.

In 1999 Princess Irene of Greece launched an initiative to help the Hopi establish a magnet school that would aim to preserve, teach and carry on

precious Hopi traditions, many of which are threatened by the on-rush of the modern world. Thus came the Hopitutuqaiki, Hopi School, in 2005.

The project took a significant step with the acquisition and erection of the first school building in 2015, now open.

There is much more needed, like basic amenities, so please join me in supporting this worthy project with a direct donation or by purchasing chances on a beautiful Hopi quilt to be given away soon.

Details
<https://NaturalShamanDrums.com/good-works.html>



Two-In-One

Two Lightning Drums In One Year Is A First for Bob



One maple, the other hickory, but two healers with a single purpose.

It's the first time ever for two Lightning Drums in one year. Here's Bob's reason why it happened in 2016.

"I worked on the Lightning Sprite Drum (photo, left) on and off for most of the year, figuring it would be the featured medicine drum for 2016," he said. "But in early autumn, after the Sprite was finished, an old friend called to me from high up on a shelf. It was a frame I had made several years ago, but it didn't seem interested in becoming a drum back then. Boy, we had both changed since then! In no time at all, the Survivor Drum was born." (It's pictured at right.)



You can see both on the site.

<https://www.naturalshamandrums.com/lightning-struck-drums.html>

News & Notes

Class Date:

The Second Circle of the new Beginner Shaman Training Class starts at 10 a.m. Dec. 11. (Open to Registered Students only. If you would like to join a future course, please contact Bob, email below.)

New Course:

A new Advanced Shaman Training Course will begin in January. (Must first have taken Beginner Course.) Please contact Bob for details.

Bob's Email:

livefree@NaturalShamanDrums.com

Dakota Pipeline Update 11/26/16

The abysmal assault on Mother Earth and her people continues unabated, most recently evidenced with the so-called Dakota Access pipeline. Here are two worthy updates.

1. *Washington Post* article provides perspective:

<http://tinyurl.com/hyp5ejm>

2. **Mother Jones** article, pointing out that President-Elect Trump is a stockholder in the company constructing the pipeline. The company also gave the Trump campaign more than \$100,000.

<http://tinyurl.com/zxk8ud2>

3. Bob's pipeline thoughts, next page.

A One Sentence Key To Shamanism

*"It's Not The Size of the Traveller That Matters...
But the Size of the Traveller's Heart."*

Learn Shamanism With Bob
Thunder Valley Drums
 NaturalShamanDrums.com



Who Gets The Finger of Blame?

Thoughts on the Dakota Pipeline Protest

By Bob

The world can be so frustrating sometimes. And when it swells and boils inside of us, we want somebody to blame, someone we can point a finger of blame at. The government. Politicians. "Crooked Hillary." Misogynist Trump. Greedy corporations. THE SYSTEM.

The Dakota Access pipeline project spurs this kind of frustration and outrage. It is simply unjust for a variety of reasons, but primarily because it breaks a lawful treaty between the U.S. government and Native Americans, and is yet another assault on Mother Earth and all of life.

Additional facts add fuel to the fire. For example, in the articles cited on Page 2, the long history of the government's treachery toward Native Americans far exceeded mere lying about treaties. In the end, the vile concept of "Manifest Destiny," which proposed the inevitable conquest of the Americas by white people who saw themselves as superior and their government as an expression of God's will eventually combined into a theocratic juggernaut not unlike current governments in the Middle East. Religion superseded man's law in favor of "God's Law." It was, and still is, a swift and terrible fall into darkness.

And once thrust into darkness, the more base instincts rise into a dark philosophy of greed, injustice, slavery, abuse. Power and corruption have become the new manifest destiny. That, too, is evidenced in the second article cited when one learns of the internecine connections of powerful elites that feed each other via profits from you.

So frustrating! That is to say it is frustrating to thinking people, to people who care, to people who still cling to love, justice and compassion. Frustrating!

Even worse though is the disturbing and often overlooked fact that frustration perpetuates itself because it robs your power and leads to self defeat. It takes a lot of power to fuel festering irritation. Heedless emotion overrules the heart. And meanwhile, we seek to point the finger of blame without thinking that we ourselves may be the cause.

We think nothing of overusing Mother Earth's gifts. We use oil like there is an unending supply. We turn on the lights like there is no tomorrow. We purchase endless heaps of cars, toys, gadgets and trinkets like spoiled children. In fact, we consume energy sources and energy dependent products like locusts in a wheat field.

All of this, of course, perpetuates and motivates those in power to continue feeding us that on which we are hooked. So we let them get away with abuses of power so long as we get our fix...the lights come on, our best friend (television) assures us that we are worthy consumers, the car gets gas, and the cell phone titillates our sense of being connected. It is a virtual reality, free from the vexing problems of the day. Certainly it is a drug.



Leung

Then along comes something which tweaks our guilt about consumerism. Yet, in the way of the ego, it too gets twisted and allows us to believe we can assuage it by standing with the underdog Native Americans who are trying to protect their lands and way of life. Though certainly a worthy cause, one wonders if, in fact, we are merely devaluing the Native Americans when we use them as salve for our own shortcomings. For how else is it possible for us to demand more oil to feed our self-indulgent consumption while at the same time we protest measures to deliver it?

It seems just as illogical to praise a Hollywood star who may be protesting the pipeline by day and retiring via personal jet to a plush mansion and lifestyle of debauchery at night. It is nothing short of hypocrisy.

The bottom line is that this behavior will get us nowhere. Why? Because it has no power. We have given it all away.

And that makes it more frustrating!

Oh, sure, I do not suggest that we stop protesting, nor refrain from calling out deception, corruption or other abuses. Sometimes, if even rarely, it works.

But I hope we can stop pointing the finger of blame while failing to recognize that it should also be pointing at us. For example, I think it far more lasting to honor Native Americans by consuming less and joining in their respect for the Earth and All of Life.

Ultimately, the answer lies easily within sight, but it requires hard work to activate: the development of your own personal power. And that requires a period of self sacrifice, of pulling away from the cult. Deprogramming is hard and messy, and often lonely because it begins inside.

Luckily though, there is help. If you can make the hard first step, it gets easier, this idea of building your personal power.

It starts by putting your wounded ego aside, then taking back your power by slowly plucking out the tentacles of those who suck power out of you. Turn off the trinket distractions. Quit believing in Hollywood's virtual reality of flawless beautiful people and bold hypocrisy. Eschew corporately delivered media and messages. Hold tight to democratic principles. Consume less. Teach these things to your children and pull them out before they too are seduced.

You can get there easily, though of course the world of the powerful would have you think otherwise. It could go like this:

If even for a short time every day, turn off the lights and those pernicious, personal power-sucking cell phones and other distracting devices. Light a beeswax candle. Smudge. Then, simply be with the light of Spirit. Just be.

Can you do that? If so, you will find your way, and your power will grow such that you may defeat frustration and stand in truth. Live Free.



REMEMBERING 2016

A FEW OF THE YEAR'S DRUMS



What a year it was! And I thank you most sincerely, dear Friends and customers, here and around the globe. Your good medicine puts light in the darkness and warmth in our hearts.

Aho & Namaste,
Bob



Happy Holidays!

Shaman Drums And More
And Thunder Valley Drums

