



The Way of the Pulse: Drumming with Spirit (Diamonds for the Mind Series)

John Diamond

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The concept of the Pulse is the summation and culmination of Dr. John Diamond's forty years of experience in medicine, psychiatry, complementary medicine, the humanities and music. Like the Tao, the Way, it signifies the movement of life from which all things flow.

Here, Dr. Diamond applies this concept, encouraging each of us to play the drums to enhance our sense of how the Pulse actually feels. For once we feel this movement in music, we can increasingly feel it in other aspects of life.

This book represents a major step forward in our understanding of drumming as a therapeutic modality and life-enhancing practice, for it is knit together by an underlying philosophy that embraces all of music and healing.

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