

## Take Time to Relax~Chanting, Drumming and Mindfulness Meditation

Mitch Gordon

### SESSION SUMMARY

Using the chants and melodies of Rabbi Shefa Gold, Holy Taya Sher, Joey Weisenberg, Rabbi Shir Yaakov Feit, and others, participants practiced chanting, drumming, and mindfulness meditation in the midst of their hectic NewCAJE schedules. They learned, relaxed, practiced, breathed...and refreshed...and brought some melodies and practices back home with them!

### ABOUT THE AUTHOR

Mitch Gordon is an educator, musician, mindfulness meditation leader, and *Mussar* practitioner. He received *semicha* through Reb Zalman as Drummer of the Holy Temple. He's worked with the Israeli Palestinian Negotiating Peace Partners at Harvard, as well as for the UN, World Bank, and Fortune 500 companies. He created the Embracing Conflict program to help synagogues with transitions and conflict.  
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## OVERVIEW

- ✘ This presentation is being written well ahead of the actual presentation at NewCAJE 7. It will be included in the publication of Tishrei and spirituality materials in mid August.
- ✘ I have included audio and video links and sheet music when I am able. If the audio or video links are located on YouTube or individual audio/video sites, the common use copyright of that/those sites apply.
- ✘ Any text not attributed is © Mitch Gordon 2016 and may be used free of charge in educational settings as long as attribution to me is given.
- ✘ This is a participatory workshop and as such, not all of the materials covered are easily translated into a presentation. I will try to provide my own audio video examples of sections that will be lead in class.
- ✘ Links to those recordings will be provided to NewCAJE.
- ✘ All links are public and free sites. Users are encouraged to support the artists through purchase or donation if comfortable doing so.





## DRUMMING – CONNECTING TO HEARTBEAT

- ✘ Sacred drumming starts as the external connection to our own individual and collective heartbeats.
- ✘ That ‘lub dub’ sound we hear through a stethoscope, connects us across beliefs, religions, war and peace, ups and downs...

- ✘ Whether you have a drum or not you can connect to your own heartbeat.
- ✘ Tune in to it...Sit quietly...and hear that divinity that pulses through you – your own heartbeat...
- ✘ Tap gently on your chest – or on a drum that lub dub sound...lub dub, lub dub, lub dub...
- ✘ Notice..just notice what comes to mind...if it is a distraction...acknowledge it... notice it...and



- ✘ Come back to the heart beat...
- ✘ Make that your daily practice – find your heart beat and tune into it...
- ✘ Notice while you sit those things that are distracting...DO NOT JUDGE them...come back to the heartbeat.
- ✘ Try to remember what that feels like to NOT JUDGE. Then as you go through your day....

✘ Notice those times when you are stressed or aggravated or frustrated...and recall that sense of NON JUDGMENT...and acknowledge how feel and move forward more peacefully and more peaceably...more SPIRITUALITY.



- ✘ We won't be using slides for this presentation at NewCAJE – we will be using music and chants...some I will lead, some will be pre recorded...
- ✘ I have provided many of the links to chants and songs I like that I think help to bring a spiritual and calming presence...And I have also acknowledged the composer, artist and writer where it is known in the link.



- ✘ You have no need to play drums along to the beats of these songs or chants.
- ✘ Just enjoy, listen, sing along or hum
- ✘ Or just sit still and let them wash over you.
  
- ✘ I am curious which ones you like and which ones help you reach some spiritual places...so please stay in touch with me...

## MI CHAMOCHA

- ✘ <https://shiryaakov.bandcamp.com/track/rishik-esh-mi-chamocho>
- ✘ Music based on a Hindi Chant, compiled and sung and recoded by Shir Yaakov Feit



# QR ZARUA

✘ [https://shiryaakov.bandcamp.com/track/or-](https://shiryaakov.bandcamp.com/track/or-zarua)

[zarua](#)

✘ Written and recorded by Shir Yaakov Feit

## SHEMA

- ✘ <https://youtu.be/vzbnTA09jxM?list=PL8JSowGowblpCSNCsVKritZm5lj7NiGSu>
- ✘ Arranged, produced and recorded by The Kirtan Rabbi, Andrew Hahn.



## TEHOM

- ✘ <https://holytaya.bandcamp.com/track/tehom>
- ✘ Holy Taya Shere, co-founder of the Jewish Kohenet priestess movement...composer, singer, performer.

## HA RACHAMAN

- ✘ <https://youtu.be/vzbnTA09jxM?list=PL8JSowGowbIpCSNCsVKritZm5Ij7NiGSu>
- ✘ YofiYah, singer, songwriter, chant leader