

# Sacred Hoop Magazine - Issues 17-20

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### ISSUE 17...

#### ON THE HILL

A night of fear while fasting on a Vision Quest high in the mountains of the Mojave Desert under the direction of an old Shoshone healer. **Steven Foster**

#### THE STAFF AND THE SONG

In the Norse sagas, the wise women sing songs and spells of power. Here one of the leading authorities on the Shamanic journey tells us about her experience of using this powerful tradition. **Annette Høst**

#### MEETING IN A SACRED MANNER

A personal account of working with Grandfather Wallace Black Elk on his recent visit to Wales, and a chance to ask some questions about ceremony. **Martin Shaw**

#### A SOUND OF EAGLE BONE WHISTLES

Outlawed for many years, the ancient Sundance ceremony for the healing and renewal of the people is once again central to Native American life. **Richard Erdoes**

#### SUNDANCE IN BRITAIN

What is on offer that is similar to this powerful ceremony, and news of the plans to run a traditional Sundance in Wales in the summer of 1998

#### THUNDERBIRDS AND ROCK DREAMERS

The Yuwipi ceremony of the Lakota Sioux is perhaps the most challenging one for western minds. We introduce the ceremony, and tell about some of the strange things that can happen during one. **Nicholas Breeze Wood**

#### STAR BLANKET

The morning Star is a powerful symbol. Find out how native tradition adopted the technique of European patchwork and how you can use this to create your own wall hanging. **Faith Nolton**

### ISSUE 18...

#### THE RAINBOW AND THE BLUE MAN

The Blue man of Black Elk's Vision is the destroyer of balanced living. The Rainbow people are the new tribe who fight him. **Ed McGaa Eagle Man**

#### TALKING TO THE DRAGONS

Tethatu, is a traditional Hungarian shamanic healing technique. Here we look at the ways it is worked, and the special relationship of tree spirits within its tradition. **Peter Aziz**

#### MEETING THE GREENWOOD

A walk in a wild wood, or even in the park among the trees can be a wonder filled event. Here we look at some simple things you can do by yourself or with others. **Faith Nolton**

#### WEARING THE BODY OF VISIONS

Peaceful, joyful and wrathful Yidams. The spiritual life of Tibet is full of the strangest beings. Here we look at what all these images mean, and how they help us reach an enlightened state. **Ngak'chang Rinpoche**

#### BLESSING OF THE REINDEER CAMPS

An personal account of a blessing ceremony performed in Cambridge by a visiting Siberian shaman. **Karen Kelly**

#### THE STAFF AND THE SONG

Part two of a feature in which one of the leading authorities on the Shamanic journey tells us about her experience of wise women singing circles in the tradition of the ancient Norse sagas. **Annette Høst**

#### CRAFT A PERSONAL MEDICINE BAG

Making and beadwork decorating a small personal medicine bag. **Nicholas Breeze Wood**

#### TÉACH AN ALAIS

The sweat lodge is not a stranger to the British shores. Here we look at the Celtic sweat house traditions and how echoes of them remain today. **Adrian Reid-Wolfe**

### ISSUE 19...

#### HONEY IN THE HEART

England is sacred, but are we out of touch with the spirits of the land? The Maya understand the need to be in touch with them, and also see the possible dangers when the spirits are not cared for as they deserve. **Martin Prechtel**

### MIDWIFING THE SOUL

Although health carers are very familiar with the medical needs of their patients, are they in touch with the spiritual needs of the soul? **Caitlín Matthews**

### CHANGE AND EMPOWERMENT

Continuing a look at the tantric Tibetan tradition of Yidam, we look at the empowerment ceremonies which enable us to work with these strange beings of awareness. **Ngak'chang Rinpoche**

### KEEPER OF THE DAYS

In a recent rare visit to the UK, Mayan elder and 'Day Keeper' Don Alejandro Cirilo Oxlaj Peres shared some of his peoples' understanding of the needs of our time. **Iona Fredenburgh**

### THE LORE OF THE TOHUNGA

The priest shamans of the Maori people see the importance of keeping a respectful relationship with the forces of creation if they are to live in a healthy way.

### TAONGA - A TREASURED POSSESSION

Amongst the sacred craft traditions of the Maori, bone carving is held in especially high regard. Here we explore the tradition, as well as some of the meaning behind the carvings. **John Logan**

### LANDSCAPES OF THE SOUL

Traditions world wide tell that after death the human soul can linger for a while in this world; what do these traditions tell us about the nature of the soul? **Dr Natalie Tobert**

### COIL BASKET MAKING

Many peoples the world over create beautiful baskets. They are surprisingly simple to make and can be a creative way of making a container for your sacred items. **Faith Nolton**

### ISSUE 20...

### LIVING THE LIFE THE BODY LOVES

For many years **Shivam O'Brien** and **Erika Indra** have led 'elemental living camps' in a beautiful valley in Wales. The Spirit Horse Nomadic Circle as their adventure is called lets the old ways of wisdom and celebration come to the surface. **Faith Nolton**

### TRAVELLING A TRUE ROAD

First called 'Egyptians' when they arrived in the fifteenth century, the Gypsies with their 'taco Romani drom, or true Gypsy road is a lore of knowledge on our own doorstep. **Patrick Jasper Lee**

### THIS SACRED LAND

An introduction to the work of the Sacred Land Project, a special part of the World Wildlife Fund for Nature.

### TRADE PLUS AID

African musical instruments, and how they help the people. As well as details of a very special readers offer

### CONCERNING CEREMONY

A few words of caution about the current interest in Native American ceremonial practice. **Larry Burrows**

### TRUSTING THE WOLVES

Can the cry of wolves be heard in Berkshire? We sent a couple of intrepid travellers to find out. **Richard A. Prosser** and **Rebecca Sargent**

### MEDICINE WOLVES

Teacher, pathfinder, hunter, protector, guide. How is the nature of the wolf traditionally seen?

### DIMENSION OF SOUND

Words, songs and spells of power, the use of the voice in the tantric traditions of Tibet. Part three in our continuing series. **Ngak'chang Rinpoche**

### THE FLIGHT OF THE SPIRIT

Have you ever had an out of body experience? Many people experience these altered states but what do we know about them? **Brian Hoggard**

### DRUM MEDICINE

Tending to your drum: body and soul. **Nicholas Breeze Wood**