

Sacred Hoop Magazine - Issues 29-32

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ISSUE 29...

DRINKING WITH THE BARON

Vodou has had bad press with all the horror stories of the undead and evil sorcery. We find out some of the truth behind this Caribbean spiritual fusion.

Ross Heaven

VODOU HEALING WAYS

A simple self-healing vodou wanga or spell.

AN AFRO-CARIBBEAN TRICKSTER

The divine trickster, whether it is Coyote or Loki appears in many cultures and has much to teach us. Eshu is an Afro-Caribbean trickster with African roots, and is the keeper of the threshold to the home. **Susanne Iles**

SPIRIT OF THE DANCE

The dancing shaman is found all over the world, it is one of the ways that traditionally shamans enter trance and communicate with the spirits for healing and knowledge. **Karen Kelly**

MYSTERY OF THE SACRED CIRCLE

The circle is sacred in many places in the world. We gather in circles to dance, we build round sacred structures and hold ceremonies in the round; the circle holds great teachings for us. **Michael Berman**

THE TWENTY COUNT

We explore a set of Medicine Wheel teachings which help to build an understanding of the way that all the parts of the Universe are all connected and part of one whole.

A STONE MEDICINE WHEEL

Using the teachings of the Twenty Count we show you how to build a stone medicine wheel for your own ceremonies. **Nicholas Breeze Wood**

MEDICINE WHEEL CRAFT PROJECT

Simple medicine wheels, made of wood, leather and feathers can be hung or tied onto your sacred objects or places. We show you how you can simply make your own.

ISSUE 30...

WALKING LIKE A SHUAR

What do the Native people of the Amazon, our Ice age ancestors and international business corporations have in common? Walking with change and learning to adapt to the way the wind blows in an age of uncertainty. **John Perkins**

THE BALANCE OF OPPOSITES

Native American Medicine Wheel teachings show us how to balance ourselves, but what relevance do they have for today's pressured business person? **Heather Campbell**

THAT OLD HUNTING BUSINESS

Hunting magic, altars and other ancient ways of aligning your job of work to make it a sacred activity. **Nicholas Breeze Wood**

SAILING TO THE UNKNOWN SHORE

An glimpse of the sacred objects, images and traditions of death collected from around the world and currently on display at the National Museum of Scotland.

NEWFOUNDLAND HEALING

Attending a healing conference in Newfoundland, Canada, we visit the Mi'kmaq people who are regaining their traditions and their spirit once again. **Annie Spencer**

STRAIGHT TO THE POINT

Prayer arrows and magical lances occur in many Native American traditions. Here we look at how to construct your own and how to hold ceremony with them.

FEATHER LAW

A guide to the laws relating to the possession of bird of prey feathers for ceremonial or craft use.

FACE TO FACE

When a couple of traditional Inuit throat singers visited West Wales recently Nicholas Wood seized the opportunity to meet them and talk to them about their singing art and spiritual traditions.

ISSUE 31...

DANCING LIGHTLY ON THE MOTHER

Back in the Summer Graham was honoured by being invited to help support dancers at a traditional Lakota Sundance. Here he tells his personal account of the experience. **Graham Game**

DANCING WITH THE EAGLE

Dancing to the sacred tree and back in the dampness of Derbyshire we find out about the Deertribe Eagle dance, a dance open to all who wish to tread lightly on the Earth. **Carol Youngson**

THE PIPE BEFORE ALL

The sacred pipe is a mystery at the heart of many of the Native American spiritual traditions. The pipe ceremony contains deep symbolism and power. **Stephen Strangroom**

DRAWN TO THE SACRED PIPE?

How do you go about performing a pipe ceremony? What do you smoke in the pipe? What ceremony can you do if you do not have pipe but still feel drawn to it's mystery. **Nicholas Breeze Wood**

NATIVE AMERICAN PIPE BAGS

Beautiful items with lavish bead and porcupine quill work, traditional pipe bags are amongst the most exquisite of Native American craft work.

SACRED SKIN - SACRED ART

Tattoos and shamanism have gone hand in hand for thousands of years. We explore the beauty of marking the skin with symbols of power. **Poppy Palin**

MOON TIME

The Native American traditions for women taking part in ceremony when they are menstruating has caused some women in the UK difficulty. Here we share teachings from the Grandmothers of the Ute nation. **Nicholas Noble Wolf**

FINDING A SHAMANIC TEACHER

With more and more teachers offering shamanic instruction, how do you find yourself one who can offer you what you truly need (rather than what you think you need). A few pointers to avoid pitfalls. **Sheila Alich**

ISSUE 32...

THE SEARCH FOR THE GREENMAN

Carved into churches across the land and appearing in folk traditions right across Europe, what is the connection we have to this survivor of our pagan past. **Kevin Redpath** and **Dave Hicks**

THE STARS AND THE DAISIES

The spirit of vegetation is approachable on a personal level with the spirits of individual plants. How do plant spirits speak to you? **Iona Fredenburgh**

GETTING TO KNOW A PLANT PERSON

A simple exercise to help you begin to get the sense of the energy of plants. **Faith Nolton**

THE PATH OF THE SUN AND MOON

The old Celtic year is a continuous cycle of energy which weaves itself into the festivities and activities of the people. But what relevance does it have for us today? **Andy Baggott**

FINDING YOUR ENERGY

Our innate energy fluctuates during the cycle of the day, the month and the year. Find out how to manage and increase it. **Nicholas Breeze Wood**

LOVE OF THE LODGE

Recent years have seen a growing demand for tipis and other alternative, native inspired, dwellings. Take off your shoes, come in and sit by the fire and hear a love story about lodges to warm your heart. **Carin Löhr**

MARKS OF POWER

Traditional three world decoration on the shamanic drums of the Sami people of Northern Finland. **Janet Wood**

THE SHIELDS OF OUR PERSONALITY

Looking through the shields that make up our personality we all see and react to the world in different ways. The teachings of the shields is an eloquent view of human condition. **Steven Foster**

LODGE-ICAL DECORATION

A few tips of decorating a tipi.