

Sacred Hoop Magazine - Issues 41-44

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THE CELTIC TREE OF LIFE

For the ancient people of the forests of Europe, trees and water formed a deep sacred relationship. For the ancient people of the forests of Europe, trees and water formed a deep sacred relationship. **Mara Freeman**

HIMALAYAN THUNDER NAILS

Demon dagger, instrument of exorcism, healing tool - the phurba is an ancient magical object used in Nepali shamanism and Tibetan Buddhism. **Peggy Malnati**

EMBRACING THE POWER OF DARKNESS

Turning the lights out and being in the dark can lead to enlightening experiences, a technique shamans across the world have known about for thousands of years. **Simon Buxton** and **Ross Heaven**

MEDICINE FOR THE SOUL

The shamans of the Amazon have a long tradition of working with the spirits of plants and the spirits help them in their healing and other sacred work. **Howard G. Charing**

THE CRYSTAL SCORPION OF TSO PEMA

On pilgrimage in the foothills of the Himalayas to visit a lake sacred to Guru Rinpoche (Padmasambhava), who is both the Tantric Buddha and a figure important in Nepali shamanism. **Mingyür Dorje**

CLEANING UP YOUR ACT

Obtaining antique sacred or shamanic objects has never been easier - but what else do these objects bring with them and how do you clean them of unwanted 'psychic stowaways'? **Nicholas Breeze Wood**

SHAMANIC DREAMING

The door to the dreamworld is a gateway to power and insight, which shamans worldwide know how to enter and learn to use consciously. **Chris Lutichau**

SECRET SIGNS AND EARTH WISDOM

The Ogham alphabet, the language of trees; just what is this ancient Celtic tradition and does it hold relevance to us in any way today?

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ALCHEMY OF LIGHT

An exclusive interview with Sandra Ingerman on her work with the ancient art of transmutation to bring healing to our planet and to ourselves. **Sandra Ingerman** talks to **Faith Nolton**

THIRTEEN GODS AND THIRTEEN SHAMANS

After eighty years of political suppression, Siberian shamans gathered this summer to call to the gods of Lake Baikal in an ancient Ongon ceremony. **Galina Vladi**

COATS OF MANY SPIRITS

Shamans often carry symbols of the tools they need when working with the spirits. In the Siberian tradition these are attached to their ceremonial coats. **Nicholas Breeze Wood**

WHO ARE THE ELDERS

An Elder is chosen by the people because of their qualities and track record. Here a Native Alaskan Elder reflects on these gifts and how they are needed within the community, now more than ever. **Larry Merculieff**

HOLDING THE RAINBOW SERPENT

A tribute to the passing of Aboriginal Grandmother Lorraine Mafi-Williams. **Jan Adamson**

GRANDMOTHER DRUM

The inspiring story of the making of a seven-foot diameter drum in a tipi in Alaska and its mission of healing and unity as it now tours the world. **Suraj Holzwarth**

BUILDING AN EARTH WOMB

A traditional, Native American, earth-covered sweat lodge in the Netherlands makes a sacred space to re-enter Mother Earth's womb for healing and renewal. **Mieke Van Der Meer**

FOUNDATIONS OF COMMUNITY

We need to reinstate appropriate rites of passage to enable men to face today's challenges in a mature and balanced way. The 'Grandfather' plays a vital role in this process. **Nick Clements**

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CONNECTING RHYTHMS

When two UK musicians met the Baka, a Pygmy tribe from Cameroon, the Afro-Celtic band Baka Beyond was born and soon frontline recording technology entered the Central African rainforest. **Martin Cradick** and **Su Hart**

BRIDGE BETWEEN CULTURES

What do we hold true and sacred within our increasingly mixed communities? A West African traditional Dagara perspective on the sacred cycle of life and vital role of the ancestors. **Malidoma Somé**

DANCING THE UNIVERSE

The native peoples of Mexico have kept ancient wisdom despite their history of invasion. **Daniel Stone**

STEEP UPHILL CLIMB TO 2012

Carlos Barrios, who has studied the prophecies of the ancient Mayan calendar for over 25 years, gives his interpretation of the Earth changes to come. **Steven McFadden**

WAKING UP THE FOREST

The haunting and sophisticated music of the Baka tribe of Cameroon interweaves daily life, conjures spirit helpers, and soothes and heals the community and their caring parent, the forest. **Martin Cradick**

WHEN SPIRIT CALLS

Invaluable advice on integrating spiritual work in our everyday lives.

Sheila Alexander Alich

PATH MAPPING

Ideas for keeping a record of your spiritual discoveries. **Faith Nolton**

RETURN TO TUVA

A personal journey into shamanism working with Ai-Churek, foremost Tuvan woman shaman. **Debra Varner**

ISSUE 44...

THE REAL MIDDLE-EARTH

First millennium England held a culture where elves, dragons and wizard-shamans were commonplace - the real land of Tolkien's 'Lord of the Rings'. **Brian Bates**

THORNBOROUGH - THE LOST STONEHENGE

A vast sacred landscape in the UK lies largely forgotten, where once thousands of pilgrims trod sacred roads; now under threat, it once more witnesses sacred ceremonies.

LAND OF THE SACRED HORSE

Horse images are imprinted on the British landscape.

PALE MARY

Ancient Welsh horse New Year traditions still alive today.

RETURN OF THE SCHUVAN

Through taking on a four-legged patient, a healer re-discovers her own Bohemian Gypsy lineage of wisdom. **Denice 'Sacredhand' Garrou**

CALLING THE SPIRIT HERD

When an animal healer asks for assistance from her spirits, she finds more than one helper answers her call and gathers strange stories to tell. **Carla Person**

THE REAL HEART

Deep in the traditions of the Andes there is a profound understanding of life that comes not from the intellect, but the heart. **Dr. Oakley Gordon**

CHILDREN OF THE SUN

Where is our undomesticated 'salka' energy - our wild response to living that is gentle beyond words? **Don Americo Yabar** reveals this energy in his workshops. **Marina Lewis**

WALLACE BLACK ELK

A tribute to the traditional Lakota spiritual teacher who passed into spirit in January of this year.

SHAMANISM IN CHILDHOOD

Why does the shamanic view of life seem so natural and familiar? Perhaps we all knew it, before we learned to forget. **Rosi Beech**

MENOPAUSE - THE GREAT INITIATION

A natural rite of passage and a time of claiming power both personally and in the wider community. **Annie Spencer**