

Sacred Hoop Magazine - Issues 45-48

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ISSUE 45...

A PROMISE TO KALI

Aama Bombo, a remarkable Tamang shaman, promised to make a pilgrimage to the shrine of her goddess, Kali; it nearly cost her her life. **Larry G. Peters**

PIERCING THE DARKNESS

When a client's father sunk into depression and denial at his failing health, an acupuncturist and shamanic healer was asked to step in. **John Myerson** and **Robert Greenbaum**

THE SIN EATER

Following an ancient tradition of Old Europe, the sin eater performed a vital community role in cleansing the souls of the departed. **Ross Heaven**

BEE MEDICINE

Busy, industrious, bringers of happiness and models of community - bees are small creatures with a big role in our world.

PATH OF POLLEN

Knowledge extends from ancient Egyptian wisdom to today, as the Bee Master and Bee Mistress continue to initiate and guide apprentices. **Simon Buxton**

THE ART OF SHAPESHIFTING

Humans have long practised ways to shift their perspective to see through the eyes of other creatures, and share their experience of the world. **Dawn Baumann Brunke**

THE MESA NORTENA

Juan Navarro, lineage keeper, healer and shaman explains the use of traditional altars and san pedro, hallucinogenic cactus from Peru. **Howard G. Charing** and **Peter Cloudsley**

THE REAL SHAMAN

As we search for teachers and spiritual mentors - how do we know which ones are the real thing? **Daniel Stone**

ESPIRITU NATURA

Between the reasoning of the mind and the knowing of the heart, lies a balance that we all need. **Manolo Cetina**

ISSUE 46...

SPIRITS OF THE BONES

Fate stepped into Kay's life in the shape of traditional Andean teachers who showed her how to find her song within and - after a long apprenticeship - how to 'Throw the Bones' - an ancient oracle system. **Kay Cordell Whitaker**

GLADDENING THE CIRCLE

If we are to find balance and happiness in today's fragmented world we need to turn to the ancestors for help on a daily basis. They hold great wisdom and are waiting to connect with us. **Caitlin Matthews**

PATH OF SACRED ANARCHY

Anarchy questions everything: when we apply it to spiritual life, it requires of us the deepest levels of personal commitment and responsibility. **Emma Restall Orr**

HONOURING THE SNAKES.

If Kerala (South India) is to remain habitable - according to ancient Hindu myth - the people must continually do ceremony and dance for the snake spirits who protect and preserve the land. **Agatha Rodgers**

ROBES OF MANY COLOURS

Trade blankets of North America are colourful and prized items of domestic and ceremonial value. Explore their history, symbolism and rainbow beauty. **Nicholas Breeze Wood**

FLOWERS FOR THE SOUL

A shamanic healer tells how she was led to use the essential perfume and spirit of plants and flowers to help balance living spaces and even regain lost soul parts. **Laureen Rama**

GHOST RIVER EXPERIENCE

A centre in Canada re-connects young people with the wilderness, and shows them how they fit into the natural world - their true home. **Marina Lewis**

ISSUE 47...

SEIZED BY THE SPIRIT

To become the Nechung's Medium is not an ordinary duty - predicting the future is not for the faint-hearted when you are the Tibetan State Oracle. The present Oracle **Venerable Thupten Ngodup**, tells **Lotsawa Tsepa Rinzin** and **Tsering Tashi** how he realised his calling

SHAMAN OF THE GLORIOUS COPPER-COLOURED MOUNTAIN

Padmasambhava, legendary hero-god from the Himalayas, had an epic earthly life and is now living guide of compassion and tantric wisdom for Tibetan Buddhists

SHAMAN OF CREATIVITY

Hal Zina Bennett, writer, poet and artist invites those around him to see, touch and feel the invisible world of Creation, through the visible world. **Hal Zina Bennett** in conversation with **Carolyn Dell'uomo**

THE POETRY OF THINGS

The process of making drums, rattles and ceremonial items is a journey of spiritual discovery for this maker, each item a unique blending of energies. **Janey Verney** asks **Nicholas Breeze Wood** about his work

SACRED GARDENS

Pamela Woods, one of today's foremost garden designers explains how she tunes in to the needs of the land. she works with and incorporates symbols and ancient garden forms to bring harmony and connection to her tranquil gardens. **Pamela Woods** talks to **Faith Nolton**

COMMUNION WITH THE INFINITE

The Shipibo people of Peru harmonise their energies and evoke healing with complex geometric patterns, which represent musical sound. This 'visual music' forms a complex interface with their magical everyday world. **Howard G. Charing**

MARTHA'S STORY

A growing number of shamanic practitioners are working in many settings within the Western cultures. Here is just one story - the case study of a severely ntraumatized young woman. **Nick Levitt**

ISSUE 48...

SPIRIT OF AYAHUASCA

South American shamans work with this powerful teacher-plant to purge illness from every level of the patient's system, and to bring new learnings. **Hamilton Souther**

RAINFOREST RETREAT

During ceremony, one man was called to set up a healing centre in the Amazon jungle. **Hamilton Souther** talks to **Faith Nolton**

BARISAA - THE TREE OF PEACE

A Mongolian ceremony that brings harmony to those who perform it, and creates a gift of peace for the future. **Sarangerel Odigan**

HEALING WATER

Since ancient times water has been known to absorb energy. How to imbue water with positive energy to help heal the waters of our planet.

SKY MAIDEN FALLS TO EARTH

A precious daughter falls sick - a solution is attempted - then disaster strikes! A magical Iroquois story of creation.

A COMING TOGETHER

As shamanic practice spreads across cultures and professions, there is a growing need to connect mainstream medical and traditional shamanic ways. **Bonnie Horrigan**

DANCING THE PATH OF ECSTASY

When a dancer crosses the line into shamanism she rediscovers her Korean shamanic lineage. **Hi-ah Park**

THE ENDURING SANSHIN

Despite huge cultural changes over many centuries, the benevolent Sanshin mountain deity continues to unite the spiritual practices of South Korea.

OUR ANIMAL HELPERS

What do the animals teach you? Throughout history they have brought lessons in myth, magic and everyday life. **Scott Alexander King** talks to **Lucy Cavendish**

MIRRORS OF THE SOUL

Explore the use of Ancient bronze mirrors in the shamanic traditions of Mongolia, Tibet and Siberia. **Nicholas Breeze Wood**