

# Sacred Hoop Magazine - Issues 49-52

## Contents

### ISSUE 49...

#### APPROACHING DEATH

We all die, it is part of what we have in common as human beings; but how can we prepare for it, and what is the shaman's role in the process? **Jonathan Horwitz** shares his understandings with **Karen Kelly**.

#### GOING MY WAY

Helping a friend's spirit cross over brought up issues of closed-mindedness for one shamanic practitioner. **Brid Bidell**

#### ON THE TRAIL OF THE DEER

Deer is a sacred animal, found in myth and legend in many of the world's cultures.

#### MERIBEN

Life and death and the road of light and shadows are seen as being two sides of the same coin by traditional Romani culture. **Patrick Jasper Lee**

#### SOUL FOOD

The aroma of baking bread and hot chocolate, what could be more mouth-watering! To the Mayans and Aztecs these were sacred foods of the gods.

#### DARTING PAST THE EAGLE

The Central American tradition of the curandera blends ancient and modern healing traditions together. **Elena Avila** is one such healer and her way of working is described by **Jennie Kneale**.

#### THE DAY OF THE DEAD

Every November in Mexico the spirits of the dead are invited out of the grave to celebrate life, death and the beauty of Creation with the living. **Faith Nolton**

#### THE ART OF SACRIFICE

If we practice traditional rituals from another culture, we may find our ethics challenged. Here the question of animal sacrifice is reflected on in a Huichol Peyote ceremony **Daniel Stone**

#### STUDYING WITH SHAMANS

Other cultures often seem more exotic and attractive, but how can we tell if the exotic is just different plumage or if it has spiritual substance to it. **John Ketarkus**

#### WORKSHOPPING AROUND

How to not be a 'workshop' casualty - a guide to ethics and good practice. **Keith Harrison** and **Rosi Beech**

### ISSUE 50...

#### CLOSE ENCOUNTERS WITH SPIRIT

When we set our feet on a particular path of spirit, we are likely to get some reminders of our quest. For James Endredy the reminders got rather extreme. **James Endredy**

#### CHANTING THE LAND

A chance to learn step-by-step a shamanic form of singing what we experience based on Huichol traditional chanting. This powerful process connects us deeply with our sacred ecosystem. **James Endredy**

#### SHAMANS IN THE REAL WORLD

We should beware the label 'shaman' - it is certainly not a Western-style job description. But can shamanic methods teach us about a new and necessary sense of spiritual perspective for today's reality? **Victor Sanchez**

#### ON THE GAINING OF POWER

It is one thing to be told from an early age that you are to be a healer - quite another when your first patient turns up unexpectedly and there is no-one else around! **Peter Kilbryde** talks to **Don Francisco Shuna**

#### LIVING ON THE EDGE

The Shuar of southeast Ecuador live in complete harmony with their jungle home; but their Amazon jungle is shrinking rapidly due to oil prospecting and now the Shuar way of life is under threat. **Patsy Freeman**

#### WELCOMING OUR CHILDREN TO OUR WORLD

In Sobonfu Somé's community, the moment of childbirth is just one event in a continuum of preparation and celebration to welcome new life and discover its purpose. Everyone, including the ancestors, are involved. **Debora Collister** on the work of **Sobonfu Somé**

#### SACRED BIRTH MATTERS

Life enters and exits through a sacred gateway, and circumstances of birthing need careful preparation for all eventualities. Druid and Pagan rituals can offer help. **Emma Restall Orr**

#### DREAMING THE DARK

How can we celebrate the 'return of the light' at Winter Solstice when there are still months of dark and gloom ahead? One solution is to befriend and celebrate the Dark. **Lenore Knorrsgard**

### ISSUE 51...

#### A PLACE FOR GROWING

In a magical valley in the mythical heartland of Wales a dream of wilderness and community has been going on for years. Find out about Pennant and how you can help save its future Interview with **Shivam O'Brien**

#### DREAMING WITH THE DEPARTED

Our departed meet us naturally in our dreams, but we find out how we can improve these dreaming lines of communication. **Robert Moss**

#### HOUSE FOR A SPIRIT

A funeral meditation becomes a race against time to help the spirit of a relative. **Gordon Murray**

#### REMOVING THE SEEDS OF DEATH

When we are stressed or suffer trauma we may unwittingly plant a wish seed in our physical being that could cause trouble later on. But they can be easily removed. **Cornelia Davies**

#### TALES OF THE DJINN

Were the djinn an ancient race predating humankind? And are they still around? Find out more ... **Nicholas Breeze Wood**

#### MOVEMENT MEDICINE

The dance work of urban shaman Gabriell Roth has provided an inspiring and fun path of healing through movement **Ya'Acov Darling Khan**

#### BIRTH OF THE BREEMIE STONES

Creating a new sacred site in Aberdeenshire has proved an exercise in persistence and trust. But then the stones wanted to meet the people again. **Jason Shroeder**

#### SEEKING YOUR LIFE

When traditional Romanians need advice and guidance in life, they perform the hinte, an ancient rite of connection with the land and the Otherworldly spirits. **Patrick Jasper Lee**

#### TIME WITH THE DINEH

Dineh (Navajo) elder Paul 'Crane' Tohlakai uses old remedies for the modern problems his people face as he helps them remember their culture and find hoozon - wholeness and balance in their lives. **Mark Halliday**

#### HEALING IN PRACTICE

Healers often come reluctantly to their vocation, but David Radke's spirit helpers told him to get on with it - after all, they would be doing the work! **Sarah Stewart**

### ISSUE 52...

#### DREAMING WITH THE ANCIENTS

The Iroquoian peoples of North America have a very ancient tradition of listening to their dreams and honouring them, for the benefit and well-being of the whole community. **Robert Moss**

#### PATH WITH HEART

What are the myths of your life? We all have scripts or life plans that we unconsciously follow, so how can we step away from these old patterns and gain the 'warrior's freedom'? **Ross Heaven**

#### SPIRIT OF HEARING

The tribal peoples of Brazil make sense of the world through the sounds around them - they make sense of the world 'in the ear'. Anthropologist and musician **Marlui Miranda** has studied the music of these people and now brings it to a wider audience in the West with fellow musician **Ravi**.

#### INTO THE WINTERLANDS

A journey into the spirit of Sámi shamanism - a group of women 'travellers of the soul' experience the frozen lands of Arctic Sweden. **Carolyn Hillyer**

#### DAUGHTERS OF THE SUN

The Sámi people of Northern Scandinavia are an ancient shamanic culture who are regaining their traditions after losing them through Christianisation. **Carolyn Hillyer** talks to Sámi shaman **Greta Huuva** about her work

#### THE WOMAN AND THE BEAR

A traditional Sámi creation story.

#### BEELZEBUB'S FLIES

Drums are at the very heart of Sámi shamanic traditions and are used for healing and divination. The maps of the Otherworlds painted on them, guide the shamans on their flights of the spirit. **Nicholas Breeze Wood**

#### SOUND CREATION

Bathing in sound, letting the waves wash over you, is a way of healing that makes use of gongs, bells, drums and other instruments of the soul.

**Roz Crampton**

#### THE TUNING OF THE SOUL

For the Degara people of Africa, the drum 'tunes the soul'. The drum beat profoundly affects the whole human system, both physical and energetic, and so can heal and harmonise. This wisdom is now being brought to the West.

**Toby Christensen**