

Sacred Hoop Magazine - Issues 53-56

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ISSUE 53...

BRINGING THE RAINS TO TUVA

The forests are burning. Can the shamans of this tiny Central Asian country come together to perform ceremony to bring the rain in time to save the trees? **Bill Pfeiffer**

LAND OF THE ETERNAL BLUE SKY

A trip to Ulaanbaatar to work with the shaman Sarangerel gives **Macca McCabe** a chance to experience Mongolian shamanism first hand, as he helps the shamans in their ceremonies.

PABLO AMARINGO

A rare interview with the extraordinary world famous artist who works in South America painting the Ayahuasca visions that bring healing and insight. **Howard G. Charing** and **Peter Cloudsley**

ISABEL'S CHOICE

The story of one woman's experience of the letting go of her need to be a mother in the face of cultural pressure. **Alice Friend**

CONSCIOUS CROSSROADS

The *despacho* is a traditional Andean ceremony that is at the heart of Inca shamanic traditions. Here **Evelyn Rysdyk** shares the tradition, and gives instruction about how you can perform this ceremony of blessings and abundance for yourself.

JUST OPEN TO THE MYSTERY

Arbolita Pashak, a traditional Mayan shaman talks to **Daniel Stone** about some of the aspects of her healing tradition.

WIND POWER

Prayer flags and a type of shrine to the spirits called an *oboo* are found all over Central Asia, from Tibet to Siberia. **Nicholas Breeze Wood** explores these traditions, the reasons behind them, and to create your own ceremony to bring blessings to the land and all beings.

HOME IS WHERE THE GER IS

The ger or yurt is the nomad's home. This round felt tent has been central to their life for thousands of years and is now becoming increasingly popular in the West. We find out why.

WAKING THE DRUM

The drum is the steed of the shaman, the most quintessential part of a shaman's equipment. Here, Mongolian shaman **Sarangerel Odigon** shares a simple way of empowering the drum that comes from the traditions of her people.

ISSUE 54...

THE HUNGRY LAND

To the native peoples of Northeast Australia the land needs to be approached with care and respect as **Hilary Bond** discovered when she was adopted by the traditional Kunhanhaa people.

THE RAPE OF THE SOUL

Soul retrieval is becoming quite widely practiced in Western culture, but as **Mary Courtis** explains, sometimes we have to 'kick out' squatters who have moved into the body before we can make room for the real soul parts to return.

IN A CLEAR SPACE

Removing lingering energy that might affect the health of those who live there is a part of most sacred traditions. **Lucy Harmer** shares ways she has learnt from the Balinese and other traditions.

EMPOWERMENT AND WAR

Living in a military state during war erodes personal power and leaves a state of helplessness. **Ishtar Levy-Beck** shares how she had to face the war in herself before she could reclaim inner peace.

TALES OF POWER

Two women share their personal tales of self empowerment through the shamanic journey.

THE POET AND THE SHAMAN

The way a poet sees the world has many things in common with how shaman might see it. Poet **Brian Lee** explores how each seeks to comprehend a wholeness instead of dividing reality into its component parts.

SYMPATHY WITH ALL CREATURES

The Japanese tradition of Shinto is an ancient animistic path that sees life and sacred power in all the forces of the universe. Shinto student **Aidan Rankin** introduces us to some of the steps in this sacred path.

BECOMING THE BREATH

The Japanese Shakuhachi flute is an ancient instrument used in Zen meditation. **Faith Nolton** looks at its colourful history and how it is made.

MIRACLE'S SECOND CHANCE

Miracle, the white buffalo calf, born a few years ago, died recently. Now another calf has been born and Lakota spiritual leader **David Swallow** calls us to pray for the world as **Stephanie M. Schwartz** explains.

UK CONFERENCE REPORT

Elsa Malpas describes the recent conference held in Glastonbury by the Society for Shamanic Practitioners.

ISSUE 55...

KALAHARI SAN

Often known as the Bushmen, the ancient culture of the San people of the deserts of Southern Africa have practiced their healing ways for tens of thousands of years. **Greg Laws** recently took a small group of Western shamanic practitioners to work with them.

SAN ROCK ART

San culture has a long history of sacred rock art. These ancient images are considered by some to be doors to the spirit world.

THE GAME OF LIFE

Leo Rutherford was one of the first people to bring shamanism and the Medicine Wheel to people in the UK. **Faith Nolton** talks to Leo about his life path.

BEAR'S PLAYTHING

One of the major tools of the shaman in many cultures, often as important as the drum, is the jaw harp. **Jonathan Cope** shares its history, explains how it is played and talks about its role in shamanism.

KAYAK AND THE EMPTY MIND

The silent glide of a kayak through the still waters of a lake helps us get close to nature and find the quiet place inside ourselves that is the key to deeper awareness. Shamanic practitioner and Kayak enthusiast **Chris Lutichau** shares his passion.

THE DEEP FEMININE

An energy beyond words, this still, deep, ancient, creative power of connection is available to enrich the lives of both women and men. **Dawn Russell** and **Lorraine Graystone** talk about their work.

THE DOORS OF THE SOUL

In the second of her articles on de-possession, and soul loss, **Mary Courtis** introduces us to the kind of psychic pitfalls that some sexual relationships can pose for the unwary.

ISSUE 56...

BUTTER, BONES AND SILENCE

Mysterious Tibet is now more open for travel than ever in the past, but **Fosco Maraini** went there in 1937, before the Chinese and the back packers.

TURNING THE DHARMA

The prayer wheel is not just a quaint folk custom, **H.H. Jigdal Dagchen Sakya** tells us about their use as powerful 'blessings machines' to help all beings.

BEADS OF INTENT

Beads have long been used for prayer and shamanic divination. **Nicholas Breeze Wood** explains the use of Tibetan Buddhist mala beads.

POWER BEADS

Jan Morgan Wood shares a simple way to connect with your own inner spiritual landscape.

CEREMONY OF THE MITOTE

Dreaming your life the way it should be. **Susan Gregg** explains an ancient Toltec practice.

THE SQUIRREL APACHETA

When a rodent helps **Jenny Felder** to make a traditional Inca Earth Shrine, it brings many teachings and new insights with it.

THE MAKING OF A SANGOMA

When he was asked to witness his friend take a final initiation, **Steve Taylor** had to travel to South Africa to watch the making of a traditional healer and diviner.

BRIDGE OF RECONCILIATION

White South African **John Lockley** became ill and his life was changed for ever as his illness led to an initiation into an ancient South African shamanic healing tradition.

FIRING THE GRID

When **Shelly Yates** and her son had a near death experience, she received a mission to organise a world-wide healing event to bring life back to the Earth 'Grid'.

TED

Humanitarian and international speaker **Bo Lozoff** remembers some real-life, 'down to earth' wisdom that an ex-convict red-neck friend gave him in the 1960's.

FROM THE CHILDREN

In 1992, **Severn Cullis-Suzuki** a 12-year-old Canadian school girl gave a moving speech to the UN. This reprint of that speech is to remind us to take care of the Earth and all Her children.

THE DELICATE LODGE

What is it like to be responsible for passing on teachings? **WhiteEagle** talks to **Carlos Glover** about her role as a Keeper.