

Sacred Hoop Magazine - Issues 61-64

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ISSUE 61...

SPIRITS OF THE TAIGA

Covering vast areas of Siberia is the enormous taiga forest, and so it is no surprise that trees are sacred in the region. **Fred Hageneder** explains the shamans relationship to the trees and how they use their timber.

HEALING THE FAMILY SOUL

We all have ancestors, and there is no doubt that they have effected who we are. **Caitlín Matthews** works with the legacy the ancestors bring to the living, and explains her way of healing the family tree.

THE STRENGTH OF THE ANCESTORS

The energy and wisdom that the ancestors bring to the living is of vital importance to many tribal people. **Daan Van Kampenhout** shares some of the ways in which this support is gathered and used.

CALL OF THE CLAN

The call of the ancestors can be very strong, it made Australian **Churaig Mac Niall** travel to the remote Scottish islands of his family clan to bring resolution, in this tale of pirates, cheese makers and ancestral healing.

THE CODE IN THE SWORD

Swords hold deep symbolic place in many cultures, we only have to think of Excalibur to see their mythic power. **Andrew Jordan**, a master bladesmith, looks at the way the Anglo-Saxons understood the magic of swords.

ONGON

Power objects or 'fetishes' occur all over the world. In Siberia they are called *ongon*, and **Whitney Reese** and **Stuart Boag** explain them and share a very special example which has shamanic and Buddhist elements.

THE DANCE OF THE SENSES

People often just equate tantra with sex, but real tantra has very much in common with shamanism. **John Hawken** explores these similarities and shows what the two traditions can gain from each other.

DRUM - THE SOUL OF THE SHAMAN

Nicholas Breeze Wood introduces the shamanic drums used by Siberian shamans, and explains their construction, decoration, empowerment and use.

BEES, TEMPERA AND CONJURATIONS

There is a tradition of painting beehives, and sometimes the paintings contain hidden magical knowledge. **Polly Fox-Strangeways**, explains her work as an artist on the path of pollen.

ISSUE 62...

PYRAMID PILGRIMAGE

When the Spanish first invaded Mexico, they were both fascinated and horrified by the native people they found. **Chris Lutichau** recently visited the sacred sites there and sought the truth of the teachings of the Aztecs.

HERE BE DRAGONS

Once the landscape was sacred and mysterious, and heros strode across it - now we just drive. Storyteller **Martin Shaw** encourages us to rekindle the fires of mystery and bring the spirit of the wild back to our hearts.

CRUNCH TIME

In this time of economic melt-down, **Leo Rutherford** explains how we should develop our awareness of the cycles of nature (and the economy), because this storm has been a long time a-coming.

APPROACHING YEAR ZERO

To us we are approaching 2012, but to the Maya we are approaching year Zero - the end of one age and the start of another. **Patricia Mercier** shares some of the end-time prophecies of the Americas.

THE HOPI MESSAGE TO THE UN

In 1992 the Hopi nation delivered a message to the UN. Hopi elder **Thomas Banyanca** was the messenger, and what he said makes as much - if not more - sense now.

TATUAJES

The Shipibo people of the Amazon say that to be in healthy balance we need the right patterns inside us. **Ross Heaven** explains the use of sacred patterns and body painting employed by these people to generate healing.

ON A ROAD LESS TRAVELLED

Special diets are one of the healing methods used by the shamans of the Amazon. **Anam Gemma** travelled to Peru to begin one of these diets and finished it back in London. She explains her process and the nature of the healing.

RELEASING INTO GRACE

When a parent loses a child it is a profound loss. **Maxine Smillie** shares her way of working with parents who have gone through this trauma, as well as the way she works with childless couples desperate to conceive.

EMBRACE OF THE SNAKE

Snakes are important in many shamanic cultures. **Caroline Carey** explains her own path with this spirit of transformation, and how it effects her shamanic practice.

TOUCH OF THE ANACONDA

When **Donna Waugh** discovered a traditional Shipibo healing massage practice with its roots in female circumcision, she was amazed and horrified. So she set about finding out how the tradition is used for healing now.

SCENTS AND SENSIBILITY

Vivienne Tuffnell shares with us her passion for the ancient resins and

gums of antiquity that have been used by shamans as ritual incense and smudge for millenia.

PLANTING THE SACRED TREE

The 2008 UK residential shamanism conference.

ISSUE 63...

SHAMANS DON'T BELIEVE IN SPIRITS

Shamanic pioneer and well-known author **Michael Harner** talks to **Bonnie Horrigan** about some of the basics of shamanism.

WHEN THE WITCHASKS

When her life began to come apart at the seams, **Polly O'Keefe** found the threads of a new story with the help of the Spirit Horse in an ancient valley in Wales.

THE SOUND OF THE SUN

Tuvan shamans use the powerful sounds of over-tone singing or *khoomi* for healing. **Nikolay Oorzhak** and **Vladislav Matrenitsky** share some of its uses and techniques.

THE CARETAKER SOUL

Howard and **Elsa Malpas** explore the concept of 'soul regeneration' - a way to heal and restore soul parts in conjunction with the soul retrieval process.

WALKING WITH THE WORLD TREE

Shamans use sacred staffs in many cultures across the world. **Evelyn C. Rysdyk** explores some of these traditions, and gives advice on the use of staffs.

THE IMMORTAL YEW

The yew tree is an ancient sacred tree in the magical traditions of Europe. **Michael Dunning** tell us how the yew tree changed his life and acted as a healer for him during a period of major crisis.

A JOURNEY TO THE BLOGOSPHERE

The internet is within easy reach of most people in Western culture, and offers a chance to widen knowledge of all kinds. **Zoë Brân** writes a regular blog about shamanism and shares some of her adventures.

REMAKING THE FOREST

The Hero's journey is an important concept in story-telling and myth. **Huw Wyn** invites us, especially at this time in our culture, to undertake the path of the Hero in order to rebuild the world.

RITUAL AND CEREMONY

Ceremony is fundamentally hard-wired into the human psyche. **Eliana Harvey** shares a checklist on how to create meaningful ceremony for ourselves and our community.

ISSUE 64...

RIDING WITH THE HORSE BOY

When his son, Rowan, was diagnosed as autistic, **Rupert Isaacson** decided to travel across Mongolia on horseback to look for a shaman to cure him.

OUR SHAMANIC INHERITANCE

The spirits make shamanism real - it is not just the learning of techniques. **Jonathan Horwitz** explains why, if there are no spirits, there is no shaman.

CONTINUING THE JOURNEY

On a workshop in, an empowered space, it is easier to feel connected to the spirits. But how do you maintain connection when you come back to 'normal' life? **Faith Nolton** gives a few pointers.

SONGS TO A FAR AWAY SKY

In traditional societies, one of the roles of the shaman is to perform blessings. **Christiana Harle** shares her experiences of shamanic blessings in Tuva.

THE LORD OF THE LAKE

In Central America, the Catholic Church did its best to wipe out traditional shamanism, but sometimes strange hybrids occur. **Omar W. Rosales** shares the story of the Mayan spirit called Maximon.

RIDING THE HORSE

Spirit possession features in many shamanic traditions. **Raven Kaldera** explains the phenomenon, and shares what it is like to be ridden as a 'horse of the spirits.'

POWER IN THE HAND

The Celtic coins of Europe were often symbols of magical power as well as having monetary value. **Simon Lilly** deciphers some of their hidden meanings.

ON THE FLIP OF A COIN

The oldest coins come from China, where they have a long tradition as magical charms and aids in divination. **Nicholas Breeze Wood** introduces some of their uses.

POWER PARTNERSHIP

The horse was domesticated around 6,000 years ago, and is a major character in folklore the world over. **Leanna Milward** explains what we can all learn from these gentle giants.

GOLDEN RIDERS OF THE GRASS LANDS

Sweeping across the steppes, 2,800 years ago rode the Scythians - a warlike shamanic culture, whose frozen Siberian tombs often contain wonderful golden artefacts.