

# Sacred Hoop Magazine - Issues 69-72

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### ISSUE 69...

#### THE MUSHROOMS OF SONG

Fly agaric mushrooms are an important aspect in some Siberian shamanism. **Emanuel, Jason** and **Joanne Salzman**, and **Gary Lincoff** risk a rickety old Soviet helicopter, and fly around Kamchatka to talk to the old people about the mushrooms.

#### RAVENS, WOLVES AND REINDEER

Travelling in Kamchatka in search of the spirit of the raven, **Jon Turk** meets up with Koryak people and a 100-year-old shaman, who teaches him about the wolves and the reindeer too.

#### KUTCHA'S CHILDREN

The Koryak people live in a landscape alive with spirits, where Kutcha the raven helps the shamans travel to the powerful sky beings to bring healing and balance to the people and the land.

#### THE BEAT OF CAPTIVE DRUMS

In museums the old drums are there, sacred objects imprisoned in glass cases - quietly singing still. **Carolyn Hillyer** speaks for the stolen drums, whose voices long to sound out loud and clear.

#### THE SHAMANISM OF THE ANCIENTS

What can archaeology tell us about the shamanic practices of our forebears? **Mike Williams** shows that they can tell us a great deal in surprising ways.

#### POWER OF PLACE

The ancient ones left sacred sites scattered all over the land - wherever you live. **Danu Forest** introduces us to the simple ways to respectfully approach and work with the spirits of these powerful places.

#### JHANKRI ENCOUNTER

As a long term sufferer from asthma, while walking in the mountain air of the Himalayas, **David Charles Manners** chanced upon a Nepalese shaman who cured him of the affliction most unexpectedly.

#### THE KILLING OF DEMONS

Nepalese and Tibetan shamanic and Buddhist traditions work with a ritual demon-killing dagger called a phurba. **Nicholas Breeze Wood** shares a healing ceremony that makes use of them.

### ISSUE 70...

#### DREAMING BOUDICA

Novelist and shamanic practitioner **Manda Scott** explains how she used dreaming to write her series of novels about the Iron Age British war leader Boudica.

#### OF RABBITS AND HARES

Across the world rabbits and hares hold a powerful place in the mythology of many cultures. **Terri Windling** shares some of this mythology and explains why these animals are special.

#### DREAMING - SECRET WISHES OF THE SOUL

We all dream - even if we don't remember our dreams. **Robert Moss** explains why dreams are important to our health, creativity and our connection to the sacred.

#### DREAMING THE WILDMAN

While living in New Zealand, **Cat Hooley-Jones** had a powerful haunting dream, but it was only upon arrival in the UK that the deeper meanings of it fell into place.

#### THE SPIRIT OF THE PLANTS

Many shamans across the world, work with plant spirits. **Eliot Cowan** shares the story of how he began to work with them, and why working with them is so beneficial.

#### WHEN THE SPIRITS WALK AMONG US

When we look at the exotic shamanic rituals of distant lands, we often forget that in our own culture the spirits still walk, often remaining in folk traditions. **Caitlín Matthews** tells us about some of these ancient traditions and shares her personal story of being with the spirits.

#### TO THE EDGE OF THE WORLD

The Nenets people live on the tundra in North Western Siberia. **Carolyn Hillyer** describes her recent visit to these ancient shamanic people who live following the reindeer.

#### KEEPERS OF THE CLEAN BEASTS

The Nenets people's relationship with the reindeer forms the centre of their way of life and is a major part of the shamanic culture of this isolated people.

### ISSUE 71...

#### THE POWER TO TRANSFORM

On a trip to South Africa, American psychotherapist **Geral Blanchard** met the local sangoma shamans and somehow his life was turned upside down.

#### TOGETHER WE ARE STRONG

Being a sangoma in South Africa is not easy, as adopted member of the Xhosa people, and trained sangoma **John Lockley** explains.

#### DEALING WITH DISTRESS

In tribal societies, being diagnosed with what we in the West call a 'mental illness' is often considered to a sign of a connection with the spirit world. **Stephanie Marohn** explores Malidoma Patrice Somé's attitude to care for the psychiatrically distressed.

#### THE POWER OF BLESSING

Blessing is a major part of a shaman's role in many societies. **Johnathan Horwitz** and **Zara Waldeback** talk to Faith Nolton about the art of passing on these gifts from the spirits.

#### THE WILD EYES OF THE SHAMAN

'When spirit knocks on your door, a wise man runs' goes an old saying. **Maria Czapliska** explains why this can be true about becoming a shaman in traditional Siberian cultures.

#### INTO OTHER WORLDS

There seem to be similarities between the shamanic journey experience and reported UFO abduction experiences. **Sue Jamieson** and **John E. Mack** have talked to both shamans and abductees about their experiences.

#### THE VISIONS OF PABLO AMARINGO

**Pablo Amaringo** who died recently, was a Peruvian painter of ayahuasca visions. Now with a major new book on the artist's life, one of the authors, **Howard G. Charing**, talks about the great legacy of Pablo's work.

### ISSUE 72...

#### THE WORDS OF THE GRANDMOTHERS

Meeting the Council Circle of the 13 Grandmothers was something that **Suzanne Duce** just knew she had to do.

#### BLESSINGS OF THE SACRED CHILDREN

Mazatec shaman **Doña Julia Julieta Casimiro**, member of the 13 Grandmothers, talks of her life as a healer.

#### NIÑOS SANTOS

One of the 'teacher plants' the Mazatec shamans use in their healing tradition are psilocybin (magic) mushrooms, which they call Niños Santos - their 'Sacred Children.'

#### EMBODYING VISION

Across many cultures there seem to be figurines which represent physical postures which enhance shamanic trance. **Robinette Kennedy** shares examples from Crete.

#### THE UNIVERSAL HEART

Attending a South American ceremony using the cactus san pedro, **Daniel Moler** found powerful healing for his heart despite his fear of being in the ceremony.

#### DANCING THE DREAM

Each year in Glastonbury, England, there is a ceremonial dance to raise money for charity and to say a big thank you to Life. **Ya'Acov Darling Khan** introduces the event.

#### WALKING WITH BEAR

When **Churaig Mac Niall** met a bear spirit many years ago, little did he know that the meeting would change his life, as he learned to follow Bear wherever he led.

#### MEETING THE SHEPHERDESS

Mexican Mazatec shamans have worked with diviners sage for hundreds of years, and recently the plant has become known in the West with people seeking a 'legal high'. **Ross Heaven** explores the plant and its sacred use.

#### FACE OF THE GODDESS

Images of the Great Mother are found in many cultures and across many times. Here we share some.

#### OATMEAL FOR THE SOUL

**Steven Farmer** introduces a self-healing form of soul retrieval, and shares what happened to him when he tried it on himself.