

Sacred Hoop Magazine - Issues 73-76

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ISSUE 73...

ON THE PATH OF QUETZALCOATL

An interview with Toltec healer **Wirikuta Maza Mau Yaze Yane** about his sacred traditions.

SINGING THE PATH OF THE SPIRITS

The Diné (Navajo) people of North America have a rich sacred tradition. **Nicholas Breeze Wood** introduces both their ways of blessing and of cursing.

IN THE SHADOW OF THE SPIRITS

While teaching children at a Diné reservation school, **Brent MacKinnon** runs into ancient tribal traditions that clash with his liberal world view.

THE HOUSE MADE OF DAWN

To the Diné their traditional hogans are more than just homes, they are living beings who get lonely and need to be fed, nurtured and blessed.

THE WAY OF COUNCIL

Clear communication is central to heartfulness. **Pippa Bondy** introduces the council process of using a talking stick and sharing deeply from your heart.

ANSWERING THE CALL OF THE SPIRITS

In Mongolia there is a flowering of new young shamans. **Javhlan Byamba** recently met Ania, who has been recognised and has worked as a shaman since she was just nine years old.

PRAYERS MADE PHYSICAL

Sacred bundles are an important part of the prayer tradition of many Native American cultures. Here we look at simple prayer bundles and describe how to make them.

ISSUE 74...

SPEAK TO YOUR ANCESTORS

Words from an Australian aborigine caused **Jez Hughes** to do some serious thinking about the Western interest in shamanism. Here he shares some of those thoughts.

SHAMANIC COSMOLOGY

The Lower, Middle and Upper worlds occur in many cultures across the planet. **Crow Swimsaway** looks at these worlds and explains how they differ across cultures, and how we need to find our own map of them.

WORKING WITH TEACHER PLANTS

There is a great fascination for many people about the use of plants with mind altering properties. **Eliot Cowan** gives some insights on their use, as both an expert in plant spirit medicine, and as an initiated elder of the Huichol people.

HOW TO SEE LITTLE PEOPLE

Most cultures know of the Little People, the fairies and have their stories about them, but they are not always to be seen. **Jim PathFinder Ewing** looks at the mechanism we use to keep our reality nice and tidy so we don't have to deal with the big picture.

THERE WAS ONCE A WOMAN

An interview with **Manda Clements** about her life, healing stories and pictures, and her work with the ancient land spirits our culture calls gnomes.

WALKING THE PATH OF THE DEAD

The Underworld is a deep part of the human psyche. **Danu Forest** looks at some of the ways different cultures have thought of the Underworld across time.

BARROW OF THE ANCESTORS

The ancient long barrow of West Kennet in England is a sacred place of ancestors. **Peter Knight** shares some of its history and mysteries.

RENEWING THE VISION

Finding re-vision in our own cultural shamanic heritage **Annie Spencer** talks to **Jürgen Kremer** about power, healing and the need to know our roots.

THE TURN OF THE YEAR

The root of the Christian Saint Bridgit is the Celtic goddess Brigid. **Sun Fyre** looks at this root and gives ways for us to connect with her at the turn of the year.

SHAMAN FROM THE STARS

In May of this year, Amazonian shaman **Ipupiara**, of the Ureú-eú-wau-wau people died. His friend, **Llyn Roberts**, remembers him and shares a healing encounter she had while working with him a few years ago.

ISSUE 75...

INTENT AND THE CIRCLE

A circle of people working towards the same intent has an energy body. **Meg Beeler** talks to **Sandra Ingerman** about how shamanic practitioners can work with this energy body so it can be nurtured and fed in order for it to grow.

CHILDREN OF THE BAOBAB

Travelling deep into the bush of northern Tanzania **Geral T Blanchard** visited the the Hadzabe Bushmen to see what this ancient society had to say about peace, society, healing and being a human being.

BLESSINGS OF THE FLAMES

In Central America the Maya work deeply with the spirit of fire. **Bob Makransky** gives us a glimpse into the traditions and mysteries of their healing fire ceremonies.

THE SHIFT OF AGES

It can't have escaped your notice that this is 2012, and there is much talk about the end of the world. **Duncan Wordley** looks at the reality behind the Mayan calendar and what the Maya themselves are saying about these times.

JOURNEY WITH PROZAC

In the shaman's worldview all things have a spirit, including medications. **Luithea K Tamaya** describes how she worked with the spirit of Prozac, and shares pointers to working with the spirits of medications, whatever they are for.

WITCH-DOCTORS OF SIBERIA

Back in 1928, explorer and travel writer **Bassett Digby** took a wander across Siberia. On his travels he came across shamans, and in this rather unpolitically correct extract from his writing he describes what he encountered.

CALMING THE UNQUIET HEARTH

Sometime a house or a piece of land is quiet, troubled, and however 'aware' we are we can all sense that. Here **Cait Branigan** looks at some of the traditions and whys and wherefores about calming such troubled places.

LEAVES OF THE FLOWERING TREE

With this, the seventy-fifth issue of Sacred Hoop Magazine **Nicholas Breeze Wood** looks back over the last 19 years of the magazine and ponders about its future role within the emerging global shamanic community.

ISSUE 76...

IN THE MORNING OF THE WORLD

The Indonesian island of Bali is home to a remarkable spiritual tradition. **Jaya Bear** introduces us to some of the sacred flavours of the island they call 'The Island of God'.

MANGKU POGOG

Bali has a long traditional of highly respected, shaman-like healers who are master manipulators of energy. **Robin Lim** was introduced to one and spent the day observing some of his dramatic healing methods.

DEMONS AND LIONS

Masks are a very important aspect of Balinese sacred traditions, they are considered to be alive and are houses for the island's powerful spirits who play out great cosmic dramas and keep the village communities safe and secure.

BEAR IS CALLING

When American **Chris Morin** recently faced major heart surgery he asked Bear for help, but Bear made a deal with him - to tell the world about the plight of bears in the wild.

CRYING WITH THE ANCESTORS

Keening, or crying is an ancient sacred tradition in many cultures. **Lisa JG Weikel** shares with us her powerful experiences of having recently attended a keening ceremony in a 'hollow hill' in Ireland.

IN RIGHT RELATION

In the shaman's world having a proper respectful relationship with all aspects of creation is essential. **Evelyn C. Rysdyk** shares how three of her traditional teachers have created in her an insight essential to honourable shamanic practice.

SHAMANIC PROTOCOL

Although the shamanic journey is a very ancient tradition, there are easy ways to enhance the experience and get more from your time in the Otherworld. **David Kowalewski** gives some down-to-earth, grounded advice and tips.