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ISSUE 85...

SACRED COVENANT

The Sky above and the Earth below, a Sacred Marriage honoured in many cultures. **B.A. Boland** looks at the Covenant between heaven and earth in the Native American and Irish Celtic cultures.

SO THE SPIRITS FEEL TREASURED

Trees are sacred in many sacred traditions, especially so in the Shamanic traditions of Southern Siberia. **Evelyn C. Rysdyk** shares a Tuvan Shaman Tree ceremony

THE ETERNAL BLUE SKY

Shamanism is not a religion, it is a job title; but there is a spiritual system behind shamanism called Tengerism. **Nicholas Breeze Wood** introduces the tradition and explains why most of you are Tengerists but don't know it.

WALKING WITH ODIN

Walking in the deserts of New Mexico **Shirl Sazynski** is not alone, she is instructed by the All-Father about the land and about the community of all who dwell there.

CONNECTING WITH BEYOND

The keeping of altars is a central part of most of the world's spiritual systems. We look at how to build and maintain altars, so they can be part of your shamanic practice.

BRINGING MAGIC

There is an art to running a good ceremony, to leading a circle so they move into a deeper sacred place. **Shauna Aura Knight** shares some pointers to help you.

MAKING PEACE WITH THE PAST

The shaman is the 'wounded healer.' **Richard Robinson** shares a story of his own healing which enabled him to better heal others.

THE 7 DIRECTIONS

Walking with beauty, 'beauty before me, beauty behind me, and beauty all around me'. **Suzi Crockford** shares a simple awareness practice that can be part of your daily life.

ISSUE 86...

REINDEER HERDERS IN MY HEART

The Dukha Reindeer People of Northern Mongolia have an ancient tradition of shamanism. **Sas Carey** has made many visits to them and eventually was moved to obtain her own drum and shaman's equipment and costume.

THE LODGES OF THE REINDEER PEOPLE

A long way from anywhere, **Rebecca Singer** visits the Dukha people to spend time with the reindeer herders and witness their changing life and culture.

A COMMON HUMAN HERITAGE

Shamanism is a part of so many cultures, in all its myriad forms it is part of the core way we as a species relate to the cosmos. **Bhola Nath Banstola** shares some of his understanding as a traditional Nepali shaman.

INTRUSIONS, PARASITES & OTHER BEASTIES

Are you home to a beastly of some sort? **Caitlin Mathews** explores intruding spirits, possession and entities.

ELDERS AS CULTURE KEEPERS

Having studied long with Native American Lakota elders **Salvatore Gencarelle** looks at the role of elders in Western culture, and explores why they are often missing.

CONVERSATIONS WITH A CAVE

That Nature informs and talks to us is a basic understanding in animism and shamanism. **Jessica Rzeszewski** describes Zen teachings she received from a cave

AYAHUASCA: TOURISM, TEACHERS & PITFALLS

With tales of unethical practice in plant spirit shamanism, and the recent tragic deaths of tourists partaking in the Amazon **Michele Costa Lukis** shares some solid advice

GROUNDING THE QUEST FOR GOD

Teacher plants are an important aspect of some shamanic traditions, but do those seeking them take their teachings into their daily lives? **Jez Hughes** looks at a grounded approach to integrating their wisdom.

SPIRIT OF THE BLACKSMITH

'The blacksmith and the shaman come from the same nest,' runs an old Siberian proverb. **Nicholas Breeze Wood** introduces Damjin Dorlig, the Mongolian-Buryat blacksmith spirit and shares how the spirit came into his life.

ISSUE 87...

WHEN WE FOCUS ON THE SIMPLE WAYS

An interview with **Sandra Ingerman** about the core qualities of shamanism and how we need to deepen our practice in order to get good results.

SHAMANISM AND PSYCHOSIS

Shamans have long been considered to exhibit a form of mental illness. **Alanna Kaivalya** looks at the parallels between diagnosable medical conditions and the medicine people of North America and other cultures.

MY MYSTERIOUS SON

When his son Franklin was diagnosed with schizophrenia, **Dick Russell** began a quest for understanding which eventually led to shamanism and the ancestors.

PATH TO THE DEEP PLACE

It has often been said that shamans and psychotherapists have much in common. **Michelle Corrigan** looks at the interface between Gestalt psychotherapy and shamanism

THE BROKEN SOU

Statistically someone kills themselves every 40 seconds. **Adele Ryan McDowell** looks at suicide from the point-of-view of shamanism, and asks how shamanic practitioners can help.

SIBERIAN SHAMAN'S DUDIG APRON

Dudigs are ritual aprons, worn by shamans from many cultures in Siberia. We look at an example in the British Museum in London

SITTING BENEATH THE AMULET TREE

Munkhbat Sodnom is a traditional shaman in Mongolia. He shares his long life story of joys and trials and times past with **BlueSky Shaman**

THE EMPTY CHAIR

One of the main methods of Gestalt psychotherapy is

'Chair Work' in which the sub personalities or ancestors of a client are called to take part in a conversation.

Nicholas Breeze Wood describes the process.

SPIRIT OF ROCKET

Most of us will talk to our cars from time to time, but **Shân Rose** took it one stage further than that in the shamanic relationship she fostered with her old car.

ISSUE 88...

BRINGING BALANCE TO THE MOON

Travelling in Northern Mongolia, **Susan Ross Grimaldi** met a traditional shaman who told her about the need to care for the Moon, and then invited her to a ceremony to bring the Moon into balance.

SITTING IN THE SILENCE

In the Sahara Desert of North Africa, when she visited the desert to take part in a vision quest, **Liselle Van Zyl** met the nomadic Tuareg people and the silence of the desert.

THE SPIRIT OF THE FREE PEOPLE

The Tuareg people of North Africa have an ancient animistic culture and hold a great lore knowledge about the djinn and other spirits of the desert.

TO DRIVE AWAY THE DJINN

The djinn spirits are to be respected and feared, so the Tuareg people have a long tradition of protection amulets.

UPON THE ROAD TO ASWAN

While travelling in the deserts of Egypt, **Hank Wesselman** had an encounter with a djinn spirit. He shares the story of how this djinn was determined to help him - come what may.

ON THE WINGS OF GARUDA

When the recent series of earthquakes happened in Nepal **Evelyn Rysdyk** realised she had to do something ceremonial for the people there, and called to Garuda to help.

THE SOARING OF THE GREAT GARUDA

The Garuda is a huge bird spirit, found from Siberia to South East Asia. **Yeshe Green** gives a brief introduction to the spirit, and explains how Garuda practitioners call up on it for help with healing and other shamanic work.

HEALING FOR AN ANGEL

When **Claudia Bonney** got asked to help a dying man she inadvertently walked into the world of the Hell's Angels. Here she shares her story.

PHOWA

In Tibet, phowa is an ancient psychopomp practice for the dying and the newly dead. **Nicholas Breeze Wood** shares a shamanic adaptation of this ancient ceremony.

SHAMAN'S SNAKES FROM SIBERIA

Shamans in Siberia often have fabric snakes hanging from their coats. We look at some of the reasons behind this.

SPIRITUAL APPROPRIATION

With the internet and books bringing the spiritual traditions of the world to us like never before, **Mary Mueller Shutan** asks if we are stealing and dishonouring these traditions with 'pick and mix' spirituality.

SHAMANTUBE

A look at a few of the better films about shamanic practice on YouTube and other video sharing sites.