



**Working with the Spirit of the Horse Goddess : pages 13-17**

**EDITOR, DESIGN AND PRODUCTION:**

Nicholas Breeze Wood

**FOUNDING EDITOR:**

Faith Nolton

**PROOF READING:**

Rin'dzin Sér-tsal, Martin Wilford.

**CONTACT DETAILS:**

Sacred Hoop Magazine  
Anghorfa, Abercych, Boncath,  
Pembrokeshire, SA37 0EZ, Wales  
Email: Nick@sacredhoop.org  
Tel: (01239) 682 029  
www.sacredhoop.org

**PUBLISHING POLICY:**

SACRED HOOP seeks to network those wanting to learn the spiritual teachings of indigenous peoples as a living path of knowledge. Our contents cover the integration of both old and new ways, and insights that contribute to a balanced and sustainable lifestyle in today's world.

We honour all paths and peoples and do not include material from, or give support to, any individual or group which seeks to oppress or discriminate on grounds of race, lineage, age, gender, class or belief. Nor do we knowingly publish any material that is inaccurate.

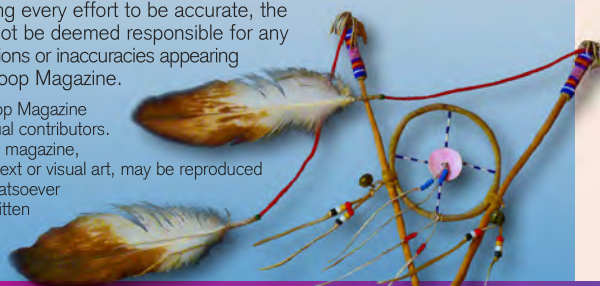
Views expressed are not necessarily those of the editor.

**ISSN 2514-2909**

**DISCLAIMER:**

Whilst making every effort to be accurate, the editors will not be deemed responsible for any errors, omissions or inaccuracies appearing in Sacred Hoop Magazine.

© Sacred Hoop Magazine  
and/or individual contributors.  
No part of this magazine,  
either written text or visual art, may be reproduced  
in any way whatsoever  
without the written  
permission of  
the Editor.



**Making Offerings to the Nagas : pages 42-46**

# Contents

**THE SACRED PATH OF UNLEARNING . . . . . 6-12**

Making the journey from psychologist to shaman, **Frances Ulman** found herself travelling through different perceptions of reality as she sought to unlearn her innate Western worldview.

**THE BLESSINGS OF RHIANNON . . . . . 13-17**

The horse is sacred. **Catriona Macdonald** looks at the ancient Pembrokeshire tale of Rhiannon the Horse Goddess, and explains how working with the horse gives wisdom, power and connection.

**PRINCE PWYLL AND ARAWN OF ANNWN . . . 18-24**

Another ancient tale from Pembrokeshire in West Wales, about how Rhiannon's husband Pwyll swaps places with Arawn, the king of the Spirit World, for a year and a day.

**GO SAFELY WITH THE SPIRITS . . . . . 25-29**

In the last of her three articles about the differences between Core and Traditional shamanic spirit beings, **Mary Courtis** gives advice about forming safe relationship with the spirits.

**TRAVELLING BENEATH THE BEAR . . . . . 30-37**

In the final part of an account of a pilgrimage in Mongolia, **Nicholas Breeze Wood** describes the high altitude wilderness of the Altai Mountains and the arid deserts of the far North West.

**WORKING WITH THE SPIRIT OF PLACE . . . 38-41**

All sacred traditions have an awareness of the spirits dwelling where we live, both those out in nature and those of our home. **Christine Mark** describes ways of working with them respectfully.

**Website: [www.sacredhoop.org](http://www.sacredhoop.org) ★**

**Facebook: [www.bit.ly/Hoop-FaceBook](http://www.bit.ly/Hoop-FaceBook)**





Travel and Ceremony in Mongolia : pages 30-37



Dark Age tales from Wales : pages 18-24

### GIVING A GIFT TO THE NAGAS . . . . . 42-46

Nagas are an important spirit found worldwide under many different names. We disrespect them at our peril, and yet honouring them and making offerings can bring many benefits.

### THE DANCE OF THE CONDOR . . . . . 47-50

In 2009, **Andy Wood** travelled from England to the SW of the USA, to attend a ceremonial meeting between the Diné [Navaho] and Q'ero ceremonialists, who had travelled there from Peru.

### BOOK AND MUSIC REVIEWS . . . . . 51-53 PEOPLE ON THE PATH EVENTS DIARY . . . . 54-56

THE FOUNDING INSPIRATION FOR SACRED HOOP MAGAZINE IN 1993

*"Then I was standing on the highest mountain of them all, and around and about me was the whole hoop of the world... I was seeing in a sacred manner the shapes of all things in the spirit and the shapes of all shapes as they must live together like one being. And I saw that the Sacred Hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight and in the centre grew one almighty flowering tree to shelter all the children of one Mother and one Father, and I saw that it was holy."*

(From the vision of Nicholas Black Elk Lakota Holy Man: 1863 - 1950)



Spirits of Places and Houses : pages 38-41

## From the Editor



Thirty years ago, Faith Nolton - or as she was known back then, Jan Morgan Wood - and I formed Sacred Hoop Magazine.

At the time, I thought we might well run out of things to publish by issue ten, but here is issue 120. So, a big thank you, to all of you, all our readers who have been with us on this journey, whether you have been there from the very start, back in 1993, or climbed aboard the 'Good Ship Hoop' a little way into her voyage.

We have tales of shamans and psychologists, house spirits and land spirits, condor dances and mountain ceremonies, and two tales - or really two parts of one tale - from West Wales, where Sacred Hoop is produced. These are from the Mabinogi, a collection of Dark Age or early medieval tales from various places in Wales.

As I write this, I can look out of my window into the green of Cwm Cych - the valley of Afon Cych, a small river which flows through the mythic landscape of some of the tales. My near neighbour Catriona has written about the tale of Rhiannon the Horse Goddess - who had her court just a few miles south of us - so I thought it might be nice to invite you further into this ancient, mysterious, sacred and deeply beautiful landscape, where Sacred Hoop has her home. So I am bringing you the tale of Prince Pwyll, which is set in this valley, and also in the Spirit World that he travelled to, after he passed through a magical portal within the depths of the valley

There are spirits wherever we live. Some will be calm and easy going, some troubled; some peaceful and some aggressive. Building a respectful relationship with them and knowing how to keep safe with them are cornerstones of a shaman or medicine person's life. So, I hope this issue brings you delight and good guidance, and once again thank you for being part of the merry pilgrim band who all sit in circle upon the Sacred Hoop, 'as wide as daylight, and as starlight'

Blessings to all Beings  
Nicholas Breeze Wood

