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**Living Close to the Earth - pages 6-11**



**Backwoods Bear Healing - pages 37-39**



**Gumtree Dreaming in the Outback - pages 18-22**

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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)



*From the Editor*

The rowan tree I planted in my front garden has a crop of bright red berries on it; autumn is fast approaching these Northern lands, and with it arrives, albeit slightly late, the 81<sup>st</sup> issue of Sacred Hoop. I hope you enjoy reading it. This is our largest ever issue of Sacred Hoop, a death in the family (my last Apple

Mac) has given me the chance to find time to add a couple of articles, and maybe the extra pages will make up for the delay.

By producing Sacred Hoop, I live far too much in a digital landscape, and I both hate and love it. Clint Ober, a former American TV entrepreneur knows all about that digital landscape, but as he explains to GERAL BLANCHARD, we need to get out into a real one and get close to the Earth so she can heal us.

The ancient peoples of Europe knew all about that close bond to the earth and they used it as a way to seek divine wisdom - divination - as Danu Forest explains.

These ancient ones had a deep connection to trees too; when we think of Druids we think of oak groves. The same tree bond is true of the Aboriginal people of Australia, only for them it was the Eucalyptus gum. Hilary Bond, of Aboriginal Darug-Dawhal descent, shares some of this wisdom and her own experiences of the spirits of the trees.

Australia is a powerful land. I spent a year there in my teens, and experiencing the ancient energies of desert, rock and trees was an important turning point on my own path of spiritual awareness. For the Aboriginal people, who have lived there for perhaps as long as 65,000 years, the land has a deep connection. In their art and culture and sacred traditions they talk about the 'Dreaming,' and Aboriginal painters still produce works of art of great beauty, drawing on this deep well of ancient tradition. Darlene Devery is one of these artists, and I am delighted to introduce her stunning work to you, hoping you will enjoy it as much as I have. And to set her paintings into context a little, we follow her feature with a short article about the Dreamtime traditions and the way the ancestral spirits shape the dramatic landscape of the red continent.

And from the deserts of Australia we move across to the deserts of New Mexico. There the Cuyamungue Institute has been established to practice, develop the shamanic Trance Posture researched by the late Felicitas D. Goodman.

Felicitas deeply studied statues and other representations of people from ancient shamanic cultures, and realised the postures they depicted actually had spiritual power. She developed these into a system of postures which induce trance and bring people into contact with the spirit world. Laura Lee, from the centre, and visiting posture student Duane Marcus, talk about the work of the centre and their own experiences there, on the edge of two realities in the stillness of the desert.

Meanwhile, back in the woods... an article by Cedar Raphaela Collins, about a healing encounter with a bear, both in the sleeping dream and also in this physical dream in which we live while awake. And to close, at this time of ecological crises, we have a call to action from spirit worker Steve Niner.

Autumn... dreaming... I feel the urge to get away from my Apple Mac (even a shiny new one). We all need to be in touch with our dreaming, our medicine, our sacred centre; it is the heart of us and so I wish you a strong connection to your own deep well of strength and power.

Blessings to all Beings:  
 Nicholas Breeze Wood