



Working with Hostile Pulsaria Energy : pages 36-41



Tuning Your Life to a New Reality : pages 6-14



The Reality of Shamanism : pages 28-35

EDITOR, DESIGN AND PRODUCTION:
Nicholas Breeze Wood

DESIGN AND EDITORIAL CONSULTANT:
Faith Nolton

PROOF READING:
Linda Booth, Faith Nolton, 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, sex, 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.



Contents

WHAT IS ON YOUR TELEVISION 6-14

We each watch the world as if it was our own personal television channel, selecting what we see, what programmes we choose to be tuned to. **Chris Lüttichau** looks at some of the ways we can retune our reality.

THE SPIRIT CARVER 15-21

Chris Brosnan talks with his friend, the traditional Salish woodcarver **Xwalacktun**, about the Salish people's approach to art, spirit and the nature of sacred carvings.

A DANCE OF MOVEMENT AND STILLNESS . 22-27

Ya'Acov Darling Khan has been on a shamanic path since the mid 1980s and has just written an autobiography about. **Nicholas Breeze Wood** talks with him about his work and about how he sees shamanism in the West.

SO, WHAT EXACTLY IS SHAMANISM THEN . 28-35

Shamanism is a sexy word, and people use it to add spice to all sorts of things which are not actually shamanism. **Nicholas Breeze Wood** reflects on this, and looks at the reality of what shamanism actually is.

A FIELD GUIDE TO PULSARIAS. 36-41

Pulsarias are malignant balls of energy which we can carry with us, due to a trauma or other events. **Ruth Emsley** looks at how South American Curanderos view these energy balls, and how they remove them from their patients

Website: www.sacredhoop.org ✨

Facebook: www.bit.ly/Hoop-FaceBook



Shamanism and Power : pages 45-47



Life with the Spirits of Trees : pages 42-44



Sacred Salish Wood Carving : pages 15-21

WITH THE SPIRITS OF THE TREES. 42-44

Trees are well known for being home to a huge range of other animals and plants, but according to Romani lore they are also home to many spirit beings as well.

Patrick Jasper Lee shares some Romani wisdom.

CORE SHAMANISM AND POWER. 45-47

Power has become somewhat of a dirty word in today's world, but **Susan Mokolke** explores the nature of it and reflects on why it is important in shamanism and for those who offer shamanic healing.

BOOK AND MUSIC REVIEWS 48-50

PEOPLE ON THE PATH EVENTS DIARY 51-54

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



Welcome to this, the 96th issue of Sacred Hoop Magazine. This issue seems to be about various aspects of power, how we dance it, and how it dances us. I hope you enjoy the read.

We start with an article from Chris Lüttichau about where we invest our own power - how we build our own individual reality, our lives - and how we choose to see reality through our own windows - or television screens - of perception.

But spirit power - to a traditional person, well, that's a whole other thing. And so, in our next article we look at the spirit power of North West Coast Salish cedarwood carving, and especially the work of the renowned carver Xwalacktun.

But, shamanism - which deals a lot with spirit power - has become such a fuzzy word, applied to so many things nowadays. So what actually is shamanism anyway, can we define it?

The seeds of the revival of shamanism came into the West during the late 1970s and early 1980s, and some of us have walked that path of power since those days. Ya'Acov Darling Khan is one of those, and I interview him about his life, and about how he sees shamanism in the West at this point in time.

But power - or energy - has been there in the spirit world since the year dot, and not all of it is healthy to come up against. The medicine people of Central and South American have the concept of pulsarias, balls of malignant energy which people often carry. Ruth Emsley looks at these - and look at how to remove them from people too.

Spirits are all around us, and many people especially sense them in our beautiful forests, woods and individual trees. The Romani people have ancient knowledge about them, and Patrick Jasper Lee shares some of this wisdom.

Power has become somewhat of a dirty word in today's world, but Susan Mokolke explores the nature of it and reflects on why it is important in shamanism and for those who offer shamanic work to people.

How you use and give away your power is up to you - developing our awareness of power is the key, because without that awareness we are powerless - whatever we do.

Blessings to all Beings
 Nicholas Breeze Wood