



Shamanism and the Spirit Mate : pages 43-45

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A DREAMING OF FREYJA 22-31

Freyja has been central in Northern European traditions for a very long time. **Valgerður H. Bjarnadóttir** shares a little about who the great goddess is and her history.

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Since her grandmother first told her stories about them, the ancient runes have been important to **Anja Normann**. Here she shares a little of their history and use.

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Iceland is a wild land, full of myths, magic, spirits and elves. **Nicholas Breeze Wood** explores some of the island's rich folklore and its old traditions of sorcery.

SHAMANISM AND THE SPIRIT MATE 43-45

In many traditional shamanic cultures a shaman actually marries their spirit helper. **Shana and Dana Robinson** look at some of these traditions, and how they can benefit practice.

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When a challenging client came to work with her, **Cheryl Bearman Maddick** had to look deeply into her ways of working and she found the encounter enriched her skills.

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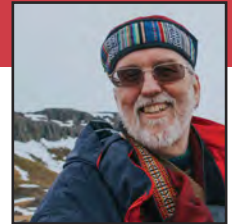
Some people, through their life experiences, develop a hypervigilance which can be a challenge to live with. **Mara Bishop** looks at this situation and some remedies.

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From the Editor



I feel a certain degree of pride with this, our 100th issue of Sacred Hoop. These past 25 years have not always been easy, and sometimes have required quite desperate scrambles up steep learning curves, resulting in tattered jeans, broken and chewed fingernails and bruised knees. But we've made it, and for those of you who have come along for the ride, thank you so much for all your encouragement and support throughout the years.

In this issue we have articles about shamanism in a medical setting, about sacred art, about the ancient traditions of the North of Europe, bonding with the spirits and about soul loss and soul retrieval. But I'm not going to go on about them, or anything else, I'm just going to say a sincere "Thank you for being there dear readers."

And I'm going to post again our first ever front cover image - a Y stick on a hill, and the words of our founding vision - our 'mission statement' so to speak - from the worlds of Lakota Holy Man Nicholas Black Elk - because it's just as important today as it was 25 years ago when Faith Nolton founded the magazine.

Blessings to all Beings
Nicholas Breeze Wood

"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."