

Sacred Hoop Magazine - Issues 13-16

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ISSUE 13...

DREAMS OF THE BLUE STAR

For the past nine years **Arwyn DreamWalker** has travelled to the UK to teach. Here she talks about how we need sacred connection to Grandmother Earth, and about the influence on her work from the Diné (Navajo) and Mayan people.

SHAMANIC TRANCE POSTURES

In many ancient cultures, specific physical postures are used as a means of entering shamanic trance states, and as a way of generating healing energies.

Howard G Charing and **Juni Parkhurst**

COMING HOME

Soul-loss is an ancient shamanic concept of dis-ease, where parts of the self leave the physical body. Here we explore the ancient understandings of its symptoms, its causes and its curers. **Jonathan Horwitz**

THREADS OF LIFE

The Diné people are renowned as weavers of high skill and creativity. Their weaving designs and practices reflect their journey as a people, both physically and spiritually.

WALKING ON A TRAIL OF BEAUTY

A rare interview with Diné Grandmother Elsie Wilson, daughter of the renowned holy man 'Large Whiskers' Tom Wilson. Elsie is visiting the UK during the summer to teach about the ancient Diné Beauty Way traditions. Here she explains something of a deep importance to the Diné people. **Arwyn DreamWalker**

THE CELEBRATIONS OF SUMMER

The solstice and the Festival of the Loaf. **Julie Pembridge**

LATE NIGHT CONVERSATION

And exclusive interview with Jamie Sans, co-author of the famous 'Medicine Cards,' while she was in the UK. Here Jamie speaks of some of the Seneca prophecies about this time. **Anna Gahlin**

HEALING IN THE MARTIAL ARTS

The reasons for undertaking martial arts training goes far beyond any need to claim self defence. **Dan Russell**

WEAVING BEAUTY

Learn basic weaving techniques to create meditational space, and create a 'medicine' weaving. **Faith Nolton**

ISSUE 14...

THE CALL OF THE FORGOTTEN PEOPLE

For several years **Carolyn Hillyer** and **Nigel Shaw** have lived and worked on Dartmoor. They explain how the pull of the land effects them.

THE TEACHINGS OF DON CARLOS

Don Juan taught the 'way of the warrior' to Carlos Castaneda and opened up the idea of living with impeccability on the warrior's path of power. **Victor Sanchez**

TOMORROW'S ANCESTORS

The need to break the chains of ancestry which bind us and why we need to claim back our clans and lineage. **Jennifer Lynn Cline**

MEDICINE SHIELDS

The shield is much more than a defence in warfare. Here we discuss its role and history, its medicine power, and how we can go about making one.

Nicholas Breeze Wood

SIGNS OF PERSONAL POWER

What symbols can we find which explore who we are? **Faith Nolton**

CRAFT A MEDICINE SHIELD

A simple guide to how you can work with your personal medicine power in the form of a shield. **Nicholas Breeze Wood**

MAKING A DRUM STICK

An occasional 'Craft Doctor' feature in which we answer some of readers' most common craft questions.

THE RETURN OF WALLACE BLACK ELK

It has been over eight years since Grandfather Wallace last came to this country to teach. We review his visit to the UK during the summer, and his plans to return soon. **Jean Honeyman**

IN A SACRED MANNER

Personal reflections on the sacred way to approach making medicine objects. **Nicholas Breeze Wood**

MUSEUM PROFILE

A glimpse of the new 'Explorers and Encounters' gallery in Manchester Museum. **Dr George Banks**

ISSUE 15...

WYRD: LIFE FORCE OF THE COSMOS

A thousand years ago the tribal people of the Keltic lands still held to their shamanic traditions - the 'Way of the Wyrd'. Hidden deep within our present traditions and their ancient sagas these old ways are still available to those who wish to walk in the steps of the ancestors. **Dr Brian Bates**

LORE OF THE GENTRY

Fairy sightings, encounters with the Sidh, folklore and ancient tales are impregnated with the presence of our 'neighbours' who live under the hill, beyond the veil, and maybe nearer than we think in the Everyday world!

Patrick Harpur

CELTIC ORACLE TRADITIONS

Renowned for their shamanic practices of prophecy, the Celts have handed down to us a powerful body of knowledge (Part One). **Caitlín** and **John Matthews**

POWERS OF CREATION

The sacred 'maps of reality' hold essential keys to our understanding of how we relate to the world around us. **Nicholas Breeze Wood**

CASTLE HENLLYS: IRON AGE FORT

A fascinating reconstruction, on its original site in Pembrokeshire, of an Iron Age settlement. **Phil Bennett**

DERBYSHIRE BURIAL SITE

This surprising archeological find has links with Tibetan and Native American practices.

FAERY FACTS

Worldwide dealings with the Fair Folk

SACRED PLANT SONG

'Singing' the power of plants to assist healing is a worldwide practice. We explore how this is done. **Stephen Harrod Buhner**

PRAYER DOLL

Find out how simple traditional dolls can be made and used for personal prayer work. **Nicholas Breeze Wood**

ISSUE 16...

MAKING WAVES

The dance work of 'Urban Shaman' Gabrielle Roth has become hugely popular over the past few years. Here one of the UK's leading teachers of the work explains the relevance of dance at this moment of human history. **Susannah Darling Khan**

THE PATH OF SACRED ECOLOGY

Living in the world with an attitude of respect and mindfulness, as a part of creation, could be the greatest challenge we face today. **Brooke Medicine Eagle**

FOXES DANCING

The men's group is not a new idea. The Plains peoples of North America had many men's Societies each with their different function. **Nicholas Breeze Wood**

PROPHETIC TRADITIONS OF THE CELTS

The second part of a series looking at the use of inspiration for prophecy and vision. By **Caitlín** and **John Matthews**

JOURNEY TO IQUITOS

A personal healing encounter with the ayahuasqueros, the ayahuasca healer shamans of Peru. **Lodgepole**

STORY POWER

We continually clothe reality with myth and story. What can seem objective may be coloured by our own beliefs - based on the stories we have absorbed. **Faith Nolton**

THE ACTOR AS SHAMAN

From the myth of the great hunt to the story telling of the Celts, weaving other worlds has always been part of the actor-shaman's role. **Rowan Saaille**

DRUM DANCE

Ceremonial dance for the health of the whole community has been re-awakened by contact with tribal cultures. The Drum Dance was brought to the UK by Beautiful Painted Arrow six years ago. **Lindsey Sutton**

CRAFT A MEN'S SOCIETY RATTLE

Find out how to make a unique rawhide rattle. **Richard A. Prosser**