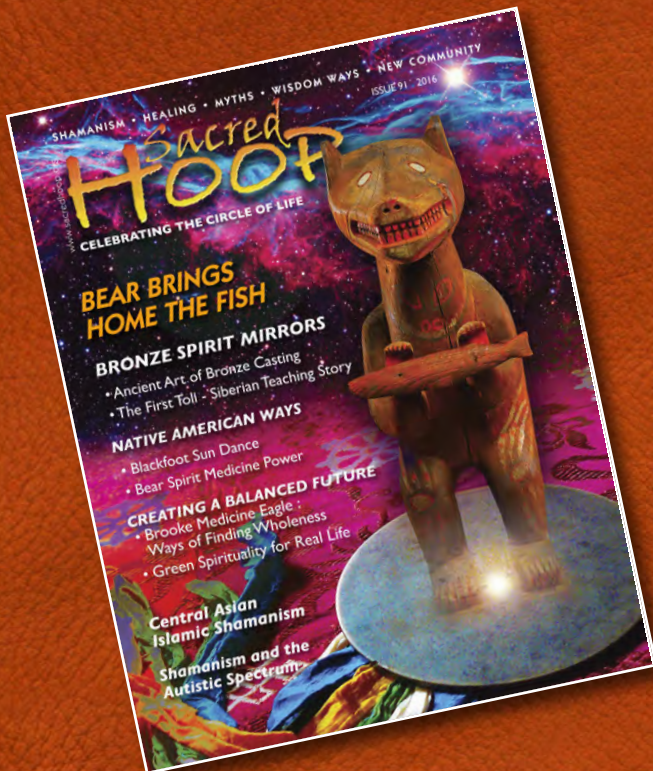


Sacred HOOP

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When his teacher's teacher told of a secret and sacred land accessed by an ancient portal high in the Andes

Raul Juan Tomaylla Lezama was very moved by the tale, and shares it here now for all to enjoy.

A Q'ERO 101 14-21

High in the Andes mountains of South America, the descendents of the Inca hold many ancient teachings

Lisa McClendon Sims introduces us to the wisdom of the Q'ero people and how they understand creation.

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A mesa is an altar, and for the Q'ero they are bundles of power which they use to bring balance and healing and connection with the sacred nature of reality.

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Substance abuse is a major problem in the West.

Geral T. Blanchard introduces us to iboga, an entheogenic healing tree from Africa, which offers hope to addicts.

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The leaving of offerings at sacred sites is as ancient as humankind, but now our offerings are often 'man-made' and will outlive us. **Michelle Easton** looks at some 'greener' alternatives we might want to use.

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The ancient tradition of Ifa comes from Central Africa.

Marsha Scarbrough visited with the Yoruba people there, and shares about their rich spiritual tradition.

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In the Amazon there is a sacred tradition of connecting with the spirits of plants by eating them - a practice known as 'la dieta' or vegetalismo. **Travis Bodick** introduces the practice and explains how it can be practiced in the West.

DREAMING WITH HORSES. 46-49

Horses have always been important to **Rachel Fairhurst** and a very powerful dream as a young teenager changed her life for ever. She tells her story and explains how the horses help her in the healing work she does.

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The Huichol people of Mexico are well known for their long pilgrimages in their desert homelands, but they recently came to Britain to do sacred pilgrimage here. **Jez Hughes** travelled with them and tells of their journeys.

A WITCH AMONG THE NAVAJO 16-24

The Diné (Navajo) people of America's South West have a great fear of witchcraft. So what happened when **Malcolm Brenner** - a self-proclaimed witch - went to live in the area?

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As an artist working closely with his spirits to produce sacred paintings, **Gabriel Tamaya** is gaining quite a reputation as a fine artist. **Faith Nolton** talks to him about his creative process.

RELINQUISHING TO THE DIVINE 32-36

Shamanism is all about trance and altered states of awareness. But what happens when trance goes wrong; in Mongolia it is said many shamans die when it does.

Amalia Rubin shares experiences of this in Mongolia.

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Mongolia is famous for its 'horse-head' fiddles. We look at the history and traditions of the instrument.

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The Uchi people live in Eastern Siberia and their last shaman **Grandmother Nadia Duvan** is now ill and in need of our help. **Jan Van Ysslestyne** introduces us to the healing traditions of Nadia's people.

NAGA OF THE LOW FIELDS 42-45

Knowledge of water spirits is a world wide tradition.

J. Julia shares her encounters with these spirits in the South of England, and introduces her work reclaiming and renovating the area's sacred wells and springs.

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With a history of use stretching back some 4000 years, bronze mirrors are one of shamanism's oldest ritual objects. Modern day mirror smith **Marco Hadjidakis** shares the art and the mystery.

THE TALE OF THE TOLI 14-15

There are many teachings about the use of the toli - the bronze shaman's mirror. **Heidi Abgey** shares an ancient teaching story from her Siberian shaman ancestors.

A DANCE SWEET AND FLUID 16-19

The sun dance is an ancient Native American Plains People's renewal ceremony. **David Thomson** has danced at Blackfoot dances and shares the story of his first dance

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In many animistic and shamanic cultures the Bear is highly regarded and honoured as a bringer of teachings and a powerful healer. **Geral Blanchard** looks at some Native American traditions about this mighty relative.

GREENING UP 25-31

We live at a time of great change and crisis - an interesting time to be alive. **Mary Courtis** looks at why we need to connect with earth spirits rather than intergalactic beings, in order to be rooted and connected to our mother, the earth.

WHITE BUFFALO WOMAN'S WAY. 32-34

In Lakota traditions, White Buffalo Calf Woman brought the sacred pipe and medicine teachings to the people.

Brooke Medicine Eagle shares how her teachings lead to a sacred relationship with all beings and a deep inclusivity.

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Every mother retrieves a spirit from the spirit world to this world. **Christine Nightingale** looks at why we choose our parents, and why parents choose their children.

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Most of Central Asia is now Islamic, but in the past the area had animistic and shamanic traditions, and these often continue under a veneer of Islam. **Nicholas Breeze Wood** introduces the ancient traditions of the region.

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Shamanism and the Autistic Spectrum, **Forest** shares her story. about how shamanism dramatically changed her life and helped her come to terms with her autistic neurology.

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Urban shamanism is not just a Western thing, now that mass migration from the steppes to the city has occurred in Mongolia. **Kevin Turner** talks with shamans in Ulaanbaatar.

ON BEING A SHAMAN 15-17

With the increase of popular 'are you a shaman?' type websites online, **Mary Mueller Shutan** looks at the reality of being a shaman and how the word has become devalued.

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Birds have held a sacred fascination for humans as far back as we can go. **Brian Taylor** looks at some of the ways birds featured in the mythic lives of our ancestors.

HEALING THE MOTHER WOUND 23-27

There is, an often un-noticed patriarchal worldview which effects both men and women across the world.

Bethany Webster encourages us to look at this pattern and shows how it is transmitted from mother to daughter.

CULTURAL APPROPRIATION - THE 'S' WORD . . . 28-32

Are we stealing sacred traditions from Native people?

Daniel Molar was accused of this, and explores if it is true.

DURING DIFFICULT TIMES 33-35

When an illness or an injury interferes with your life how do we maintain our sacred connections and practices.

Michelle Easton shares some ways that have helped her.

BOGUS INDIGENOUS 36

Are we perpetuating the myth we are acting like 'real shamans' whenever we do our shamanic practice?.

Barry Goddard questions our way of thinking.

ON BEING FLUFFY 37

Shamanism has become a sexy word, and is now used to 'sex-up' lots of new-age products. **Nicholas Breeze Wood** makes a plea for looking at 'old-time' shamanism, so we know what the real thing is, during these days of the sham-manic.

TUNDRA HUNTER AND SHAMAN 38-41

When Arctic explorer **Jon Turk** met choreographer and dancer **Jody Weber**, little did he know that a dance exploring the role of shaman and the sacred within Siberian culture would emerge from the meeting.

BALANCING THE SUN AND MOON 42-44

The sacred life of the hedgehog. **Claudia Bonney** shares some amazing world folk traditions about this little creature.

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