



Spirits Manifesting : pages 40-44



The Life of Ross Heaven : pages 14-23



Mayan Ways to Balance : pages 24-29

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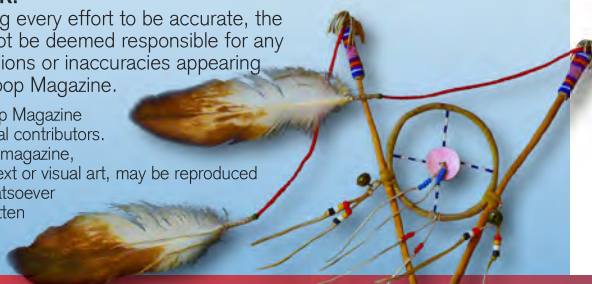
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**Ross Heaven**, who died earlier this year, was well known for his books and teachings. **Brett Lothian** interviewed him, before his death, about his life and views on shamanism.

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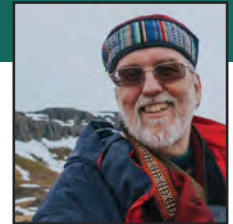
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Making stone Medicine Wheels on the land is a lovely and simple thing to do, for our own learning and as a sacred act in its own right. **Shima Maria Yraceburu** explains.

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*From the Editor*



Issue 101. The term is often used for a beginner's guide - an introduction to something - and of course it's also the infamous torture chamber where Winston is finally taken in George Orwell's dystopian novel 'Nineteen Eighty-Four' - a place of ordeal.

I had crazy thoughts of making this a 101-style introduction issue to shamanism, but life (and the vagaries of what articles appear out of the ether) thought otherwise.

But all new experiences are a '101' of sorts, so we start with an account of one man's experience in the wilds of Northern Mongolia, and follow it with the 101 experiences of the late Ross Heaven, as he followed the path which led him to his life's work.

We have a 101 on the use of ritual dolls and effigies in healing work, and articles about the need for stories - which are always good 101 experience, as they often given people traveller's tales of adventures new.

And then we turn towards the other meaning of 101, the place of ordeal, with an article about how we need to face things and toughen up, because it is only through that, that we reach the centre - which of course brings us to the final article of this issue, the making of medicine wheels, in which the centre is essential.

On the medicine walk of our lives, our own serendipitous life journey of new experiences and ordeals, the centre of all things is the place all of life orbits.

To quote from GERAL BLANCHARD's article about Mayan traditions in this issue, the centre of everything is the: '*axis mundi*, the Maya cosmic centre. From here, the ancestors are summoned, intentions are presented, petitions are offered, and a transformative fire is ignited for those who are in discomfort, and desiring of blessings, or a life renewal.'

So blessings on your individual lifewalk, our lives are always a 101 - in both senses of the word - and all we can do is travel down the road before us and seize the adventure.

Blessings to all Beings  
Nicholas Breeze Wood