



**Drum Making in a Sacred Manner : pages 20-27**



**Ancient Sacred Objects from Turkey : pages 35-39**



**Tibetan Ngakpa Magic: pages 6-16**

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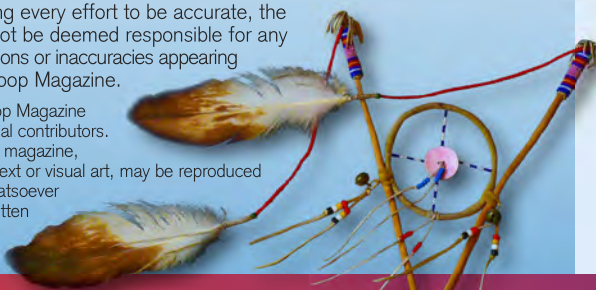
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**ISSN 2514-2909**

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Tibet has a rich tradition of powerful practitioners who are like magicians and shamans. **Ngak'chang Rinpoche** shares some stories from one of his traditional teachers.

**WHEN CORPSES RISE . . . . . 17-19**

Tales of Ro-langs - Tibetan zombies - are common in the Himalayas. **Nicholas Breeze Wood** gives a glimpse into the fascinating folklore of these tales of risen corpses.

**PREGNANT WITH THE DRUM . . . . . 20-27**

Drums and shamans go together like 'bread and butter.' Tuvan trained shaman **Christiana Harle** explains the sacred drum making process she has worked with for many years

**THE VOICE OF THE DRUM . . . . . 28-33**

Drums can have a powerful spirit and be powerful tools to reach inner awareness. **Pete Bengry** talks about his own life-path with the drum, from rock musician to healer.

**ÇATALHOYÜK . . . . . 35-39**

The discovery of this ancient, 9,000 year old neolithic city in Turkey has made us rewrite the history books. **Hannah Spencer** introduces the site and the finds.





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*From the Editor*



We all like to hear stories... stories make the world go around and are as old as the hills - so they say. I saw an academic article recently which suggested some of the roots of our fairy stories stretch back many, many thousands of years, and of course the great religious books of the world recount ancient events very often, passed down in story form - such as the Black Sea deluge about 8,000 years ago, which we remember in the stories of Noah's Flood and the Epic of Gilgamesh

Tibet is a land of stories, tales of magicians, of zombies, of miracles, of portals into other worlds. Our first two articles recount some of these.

Story telling is close to shamanism, shamans have always told stories, and storytellers - and shamans - have often used drums to help them in their work. So in our next two articles, we look at traditions around drums, of making them and of playing them.

What stories did our deepest ancestors tell? What stories were told in the ancient city of Çatalhöyük, how did those stories of the gods and goddesses go on to affect the development of later gods and goddesses? We look at clues in the ruins of the city.

Landscape inspires story, the mountains, moors, forests and lakes are filled with spirits, and stories about them. We need stories - humans have been called the 'Story-telling Ape' - and stories help us to respect the landscape, if we have a good - and ideally ancient - story about a place, we tend to care for it because the story helps us connect. And so our last article is about a sacred mountain on the tundra, a landscape full of stories.

In these times of major change and chaos, what stories will you choose to hold on to, and pass on by their telling?

Blessings to all Beings  
Nicholas Breeze Wood

**THE MOUNTAIN AND THE SONG . . . . . 40-45**

Connecting with a sacred mountain in the arctic tundra of Northern Norway. **Torstein Simonsen** describes his experiences in such a remote location, full of spirits.

**ROPES OF HAIR . . . . . 46-49**

Many cultures, all over the world and across time have allowed or encouraged their hair to form into matted ropes - dreadlocks. **Finndyror Silverstars** gives an overview.

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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)