

**The Women of the White Buffalo : pages 6-17**

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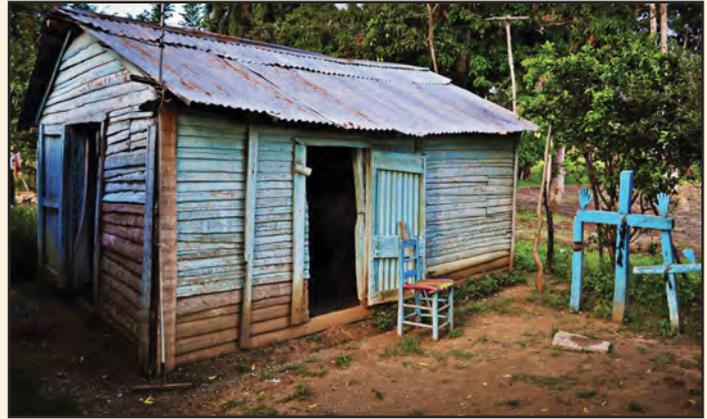
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THE FOUNDING INSPIRATION FOR SACRED HOOP MAGAZINE IN 1993  
*"Then I was standing on the highest mountain of them all, and around and about me was the whole hoop of the world... I was seeing in a sacred manner the shapes of all things in the spirit 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)



**The Sacred Ways of the Caribbean : pages 20-31**

*From the Editor*



How have you found your lock-down world? Maybe you have gone stir-crazy, or maybe it hasn't affected you very much at all. Perhaps you live somewhere where little lock-down has happened, or perhaps you are still confined to your house - as I am in Wales. But where I live is rural, so in many ways lock-down has not brought much observable change to my life. But I have sensed a greater quiet in the world, and an invitation to go deeper, and do more sacred practice.

And, I have enough food and shelter, and a decent enough place to spend my time, although for some tribal people, sidelined by the Western world and traumatised by the brutalities that have been meted out to them, that is not the case. For the Lakota, and many Native Americans, it is like that, and so we start this issue with an article about the making of a powerful new film about the Women of the Pine Ridge Reservation.

It's hard to forgive if you've been wronged, but some Lakota see a great need for it, and are working towards it. Their culture was deliberately smashed by the Euro-American invasions of their homelands, but the first people to suffer in those invasions were the native peoples of the Caribbean, who now - in the eyes of many - don't even exist at all. But they do exist, and they are growing fresh shoots of great beauty from their roots once again, so it is wonderful to be able to include stories from these people.

Cultures can suffer collective trauma, and of course individuals can too. So we come to a story told by a woman who experienced deeply manipulative emotional abuse and sorcery in a retreat centre in South America.

There are, thank goodness, many ways to help heal trauma, and many experienced people who can help in the healing. With an individual it is often difficult, but with a whole culture it is much harder, and yet still possible. So we look at how shamans use trance in order to contact the spirits, and how those spirits are often ancestors, who seek to bring strengths from the past to help the people now, and also how old ways of ritual and ethnogens can be combined with new ways of psychotherapy to bring healing.

Whether our culture will be so traumatised by Covid19 as to require great help to heal, only time will tell, but some individuals will, of that I'm sure. So, peace and blessings to them, and to you.

Blessings to all Beings  
 Nicholas Breeze Wood