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EDITOR, DESIGN AND PRODUCTION:

Nicholas Breeze Wood

FOUNDING EDITOR:

Faith Nolton

PROOF READING:

Linda Booth, Martin Wilford

CONTACT DETAILS:

Sacred Hoop Magazine
 Anghorfa, Abercych, Boncath,
 Pembrokeshire, SA37 0EZ, Wales
 Email: Nick@sacredhoop.org
 Tel: (01239) 682 029
 www.sacredhoop.org

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SACRED HOOP seeks to network those wanting to learn the spiritual teachings of indigenous peoples as a living path of knowledge. Our contents cover the integration of both old and new ways, and insights that contribute to a balanced and sustainable lifestyle in today's world.

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The American Psyche and Shamanism : pages 14-18

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AN AMERICAN SHAMANIC PRACTITIONER . . 21-21

America is often seen as rootless and confused, a mix of displaced peoples struggling to find authenticity. **Robyn Bellospirito** looks at how shamanism is developing in that cultural environment.

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Taking a group on a trek across Mongolia, his encounters with the native people there gave **Chris Lüttichau** a powerful reflection about how Western culture infantilises many people here.

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With a passion for horses and a deep understanding of the empowerment they can bring, **Dawn Morgan** and **Dawn Oakley-Smith** work to share that wisdom and healing.

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Ancestors and Making Ancestor Fetishes : pages 32-37

AN ANCESTOR FOR YOUR ALTAR 34-39

The ancestors are a crucial aspect of many sacred traditions. **Nicholas Breeze Wood** shares some thoughts about them and how to honour them by making ancestor fetishes for altars.

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In many cultures, restless ancestors - 'Hungry Ghosts' - are given offerings in order to feed and settle them. Here is a simple traditional food offering ceremony from Tibet you can practise.

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In the southwest of the USA, the Hopi have an ancient and deep sacred tradition. **Walter Collins O'Kane** writes about some of the sacred ways he learned living with them in the 1940s.

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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)



Dreamwork and Psychology to Heal the Past : pages 48-50

From the Editor



Welcome to the 112th edition of Hoop. Sadly, you will have noticed we have password protected this, and in fact all our past digital issues. I didn't like doing this, but it is a sign of the times, as we found that 'bots' - also called 'crawlers' - were putting their digital fingers into our files in a malicious way, which could have caused us costly problems. And so, reluctantly I had to place a small level of security on all our pdf files to slap away their digital fingers and stop them peeking. A simple password should be enough, so all our back and future issues will have the password *dancer*. This should stop the automated crawlers, and I hope it won't present you with too much of a problem when you read the magazine. Just remember to keep being a *dancer*.

I will add, just to reassure you if you are at all concerned, these crawlers present no threat to your security, we do not store any details about subscribers online at all, the security issue was wholly confined to our previously insecure pdf magazine files.

And so to this issue. A big theme this time is the role of ancestors. We look at the role of ancestors and 'roots' in modern U.S. culture. and how shamanism there has been affected by the displaced nature of a lot of that culture. With this in mind, we look at the nature of ancestors: blood ancestors, cultural - or lineage ancestors - and ancestors of place. We look at how to make fetish dolls in order to represent them on altars, and give a Tibetan 'Hungry Ghost offering ceremony, done to pacify and feed ancestor spirits who are wandering and troubled.

We also look at personal empowerment and about how our culture can often infantilise us; and explore ways we can find authentic empowerment, through different methods of healing work that can deal with the past.

And we look at the sacred ways of two ancient cultures of the Americas, the Q'ero and the Hopi, who despite hardships in many forms, have held their sacred understanding of the cosmos and our connection to it.

May we all find strong roots and connection.

Blessings to all Beings
 Nicholas Breeze Wood