



Ulchi Shamanism and Jan Van Yssleystyne : pages 24-31

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

PUBLISHING POLICY:

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.

We honour all paths and peoples and do not include material from, or give support to, any individual or group which seeks to oppress or discriminate on grounds of race, lineage, age, gender, class or belief. Nor do we knowingly publish any material that is inaccurate.

Views expressed are not necessarily those of the editor.

ISSN 2514-2909

DISCLAIMER:

Whilst making every effort to be accurate, the editors will not be deemed responsible for any errors, omissions or inaccuracies appearing in Sacred Hoop Magazine.

© Sacred Hoop Magazine and-or individual contributors. No part of this magazine, either written text or visual art, may be reproduced in any way whatsoever without the written permission of the Editor.



The Power of Mount Kailash : pages 6-15 and 42-49



Soul Erosion and Trauma : pages 30-35

Contents

MOUNTAIN AT THE CENTRE OF THE UNIVERSE . 6-15

Mount Kailash in Western Tibet has been a place of power and Pilgrimage for thousands of years. Traditional Nepalese shaman **Bhola Banstola**, a seasoned traveller shares about it.

ZUYA - A JOURNEY TO THE SUN DANCE . . . 16-23

The Sun Dance of the Lakota and other Native Plains cultures is an extraordinary ceremony. **Dan Garber** shares his own personal story of dancing to the sacred tree and being pierced.

LOOKING AT THE SUN - THEY DANCE . . . 24-29

Traditional Lakota Holy Man **John Fire Lame Deer** explains the history, and ceremonial and cultural aspects of the powerful Sun Dance, the most sacred of Lakota ceremonies.

WEARING AWAY THE GOLD 30-35

Soul Loss is well known within shamanism and often happens because of a shock. **David Kowalewski** develops upon this, and introduces 'Soul Erosion' - the slow effect of constant trauma.



The Sun Dance : pages 16-29



Children, Transgenderism and Rites of Passage : pages 36-41

TRANSGENDER CHILDREN AND INITIATION . 36-41

There are a huge number of children with gender dysphoria. **Imelda Armqvist** explores this phenomena and looks at the need for initiation and rites of passage for our young.

A WINTER'S DREAMING 42-49

In a New Year dreaming ceremony **Jane Embleton** and **Mandy Pullen** were led to go to Tibet to visit Mount Kailash and also to visit the Living Goddess of Kathmandu in Nepal.

GENEROSITY AND HOSPITALITY. 50-53

The shamanic researcher **Jan Van Ysslestyne** very sadly passed into spirit recently. This is an extra article, a reprint of one from Issue 90, republished as a tribute to her work.

STEPPING INTO THE CENTRE 54

Many teachings - such as the 'Medicine Wheel' - have one of the four elements in each direction of the compass. But the sacred centre is also highly important. **Nicholas Breeze Wood.**

BOOK AND MUSIC REVIEWS 55-57

PEOPLE ON THE PATH EVENTS DIARY 58-60

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)

From the Editor



Greetings All, I hope you are well and flourishing. Welcome to our 113th Issue.

We seem to have a bit of a theme of extreme physicality in this one, a pushing out of the comfort zone - or at least vicariously reading about others who push themselves out. It often seems far easier to read about other people doing it, than us doing it ourselves: spiritual development, and the gaining of personal power and wisdom, by osmosis - in much the way wisdom from unread books on a bookcase seeps out to enter us.

And so, we have two articles about Mount Kailash in Tibet, a footpath around a deeply sacred mountain, venerated by people of many sacred traditions, the highest point of which is at an altitude of 5,630 meters, or 18,470 feet - the height a jet airliner flies at. That is pretty extreme, but people do it to gain power, to ask for blessings, as a give-away for their loved ones and their community and for many other reasons. Our author of the first article, traditional Nepalese shaman **Bhola Banstola** has done it five times now, and is currently planning his sixth.

And then we zoom off across the world to the Great Plains of North America and the Lakota and other Plains cultures and look at the sun dance. Dancing backwards and forwards towards a sacred tree for four days, while fasting, and on the end day being pierced and attached to the tree by ropes from which one needs to break free. Again this is done to ask for blessings, as a give-away for loved ones and the community and for many other reasons.

Both the sacred tree of the sun dance and Mount Kailash are seen as the 'centre of the universe' the sacred centre of all things, and although they look vastly different on the surface, they share a very similar deep structure: give-away, gratitude, healing, personal power seeking and renewal - death and rebirth.

Seeking, and connecting to the centre is the goal of all sacred activity. We step into the sacred centre of the Universe every time we pray, or perform a ceremony. To do so consciously is an act of power and intent.

We are also four pages larger this time, as we honour the passing of shamanologist **Jan Van Ysslestyne** by reprinting an old article by her.

I hope you enjoy reading all our articles this time.

Blessings to all Beings
Nicholas Breeze Wood