



The Women who travel in Hell : pages 34-43

**EDITOR, DESIGN AND PRODUCTION:**

Nicholas Breeze Wood

**FOUNDING EDITOR:**

Faith Nolton

**PROOF READING:**

Rin'dzin Sér-tsal, 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.

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An ancient Ukrainian tradition of making ancestral dolls to look after and watch over members of a family and also to bring healing to children who are sick..

**ORPHEUS - SINGER-SHAMAN . . . . . 18-22**

The Ancient Greek figure of Orpheus used music to work magic on the world around him. **Paula Tait** looks at his legacy, and his roots in the shamanic peoples of Ukraine and beyond.

**ORPHEUS AND THE LAND OF THE DEAD . . . 23-25**

The sad tale of Orpheus, and his love for Eurydice; how she dies and Orpheus tries in vain to rescue her soul from the Land of the Dead. An ancient tale of a journey into the dark.

**CROSS THE RIVER AND GO INTO THE DARK . 26-33**

A psychopomp is one who guides souls from the Land of the Living to the land of the Dead, and it is a major aspect of shamanism. **Nicholas Breeze Wood** explores the tradition.

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**Motanka - Ukrainian Ancestor Dolls : pages 16-17**

**Regarding the Next Issue of Sacred Hoop**

The editor will be on an expedition to Western Mongolia in late August and early September 2022; the time issue 117 is due to be published, so that issue will either be published slightly early or slightly later than usual, depending on how things work out.



**Ancient Healers of Ukraine : pages 6-15**

**WALKERS OF THE HELL REALM . . . . . 34-39**

An ancient Himalayan tradition of women, called delom or delog, who die, sometimes for many days; travel in the afterlife, and come back to life again to bring messages to the living.

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A classic reprint from a previous Issue of Sacred Hoop. **Herman K. Haeberlin** writes about the traditional Salish 'spirit canoe' a shamanic journey' to the Land of the Dead to rescue a stolen soul.

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In Ancient Greece, there were spirits of the arts called The Muses. Now relegated to a mere cliché, who were these spirits originally, and what parallels are there to similar spirits in other cultures?

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The area around Ukraine has been a crossroads of cultures for thousands of years, and many tribes from Siberia and Central Asia have settled there, including the Tatars and their shamans.

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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)

*From the Editor*



Welcome to issue 116 of Sacred Hoop Magazine. I hope you're doing OK in a seemingly ever-increasingly insane world. Ukraine and Death are the main focuses of this issue, although I swear, as normal, I didn't plan that. Issues evolve by themselves, and the spirits bring articles and themes, although I have to admit that I find the mix this time somewhat ironic.

It has been a joy to look at some of the ancient magical healing traditions of Ukraine and include them in the issue, but despite reducing the number of pages devoted to Reviews, and our 'People on the Path' events pages too, this time, I ran out of space, so I think we may be visiting Ukraine again next time.

And psychopomp traditions - work connected to the spirits of the dead - is a big feature this time too; traditions from Tibet to Ancient Greece to the Salish of North America. For this, I also increased the number of the magazine's pages again, to allow the republishing of an article about a Salish Spirit Canoe journey to the Land of the Dead, an article from the Sacred Hoop article archive.

Republishing past articles is seemingly becoming a 'thing' in the magazine, so look out for other articles from long ago in future issues. Having now produced 116 issues, over a 29 year publishing history, Hoop has a fantastic library of interesting previous articles, which it is sometimes nice to shine the light of day on again.

And on that theme, Hoop is now producing a series of full colour paperback annuals, four issues - one whole year - all the articles - in a proper book. There are three of these annuals currently available, and a lot more - going back in time to earlier issues - in the pipeline. See the advert in this issue.

So, I hope you enjoy this issue of Sacred Hoop, and hope it gives you some good food for thought. May you be safe, may you be healthy, may you have all you need, may you be warm - or cool if you need to be - may you have food for your bellies and the bellies of your loved ones, and may you have the means to provide those things for yourself... for we live in troubled times.

Blessings to all Beings  
 Nicholas Breeze Wood