



Shaman wars and shaman Curses : pages 13-18

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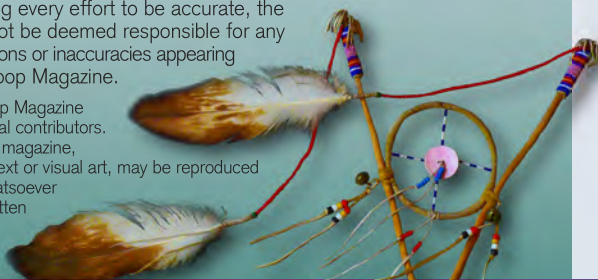
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Traditional and Core Shamanic Spirits : pages 6-12

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The passionate spirits encountered within Western Core shamanism seem often to be at odds with the spirits described in Traditional shamanism. **Mary Courtis** explores the dichotomy.

SHAMAN CURSES AND SHAMAN WARS 13-18

We may think of shamans as healers, and that is indeed a major part of their work, but it is not their only activity, as war and cursing also form a large part of the role of many shamans.

SCENT OF THE PONDEROSA 19-23

The magic of the Standing Nation. **Winter Ross** shares her love of trees, and one tree in particular, a Ponderosa pine on a trail she often walks.

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Tales from a recent trip to Mongolia that **Nicholas Breeze Wood** undertook. The first of two articles, here is an account of shamanistic and Buddhist encounters around Ulaanbaatar.

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One of the most strikingly visual aspects of Traditional shamans is their ritual clothing. **Susannah Ravenswing** describes how the spirits asked her to make her own shamanic 'armour.'

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In the Himalayas, although Buddhism is dominant, ancient shamanism can still be found, still with its many ancient healing techniques. Here are Soul Retrieval methods from Bhutan.

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Psychopomp Work and Core Shamanism : pages 40-43



Trees and the Spirit of the Ponderosa Pine : pages 19-23

A GUIDING OF SOULS 40-43

Stepping from life, across the threshold of death, is something we will all do. **Christine Mark** shares her psychopomp work for the spirits of the dead, healing and bringing spirit help.

DOLLS FOR THE SPIRITS 44-45

People across all culture and times have made idols, fetishes and spirit dolls. In shamanism this is very common, and here we look at the spirit dolls found in Mongolia and surrounding areas.

MAKING MERIT AND TRAINING THE MIND . 46-50

When he was in Mongolia, the shamans asked **Nicholas Breeze Wood** to write about 'merit' a very important concept in both shamanism and Buddhism.

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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)



Shamans, Lamas and Travels in Mongolia : pages 24-31

From the Editor



It's snowing in Ulaanbataar, and here in Wales the sky is heavy, dark and the rain is pounding upon my roof... we seem to be on the unavoidable move towards winter in the North-lands, another winter in a long series of winters that stretch back before humans were here, and which will continue long after we have passed as a species.

And with the darker skies, and shorter nights of this time of the world, we look at some of the deeper, darker aspects of shamanism in this issue of Sacred Hoop, the nature of the spirits and how many spirits are worked with for cursing and warfare

In Native American and other cultures, the darker times were the times for craftwork, and so it is fitting to have articles on the making of shamanic ritual clothes - 'armour' - and on the spirit dolls found around the Mongolian region. I have been making an ancestor doll myself in recent days, representing a direct eighth generation Grandfather, a blacksmith on the Welsh borders. Craftwork is good for the soul, so I hope the articles inspire you.

And we have articles about the majestic 'Standing Nation', trees, and how their spirits intermingle with our own in so many ways, as well as about those little members of the Creepy Crawly Nation, spiders, and how shamans of the Himalayas work with them as spirit helpers in Soul Retrieval work. Shamanism is never-endingly inventive and there are always things to explore that dazzle and surprise us.

We all move into winter in our lives too, and so we look at the nature of Psychopomp work and how it can bring closure to the souls of the dead.

And I have two articles about Mongolia as well, one about my recent travels there with traditional shaman friends, and one they asked me to write about how we can build our power by developing merit. May all our actions bring....

...Blessings to all Beings
 Nicholas Breeze Wood

