



Travelling with Shamans in Mongolia : pages 38-43

The Lakota Yuwipi Ceremony : pages 26-37

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.

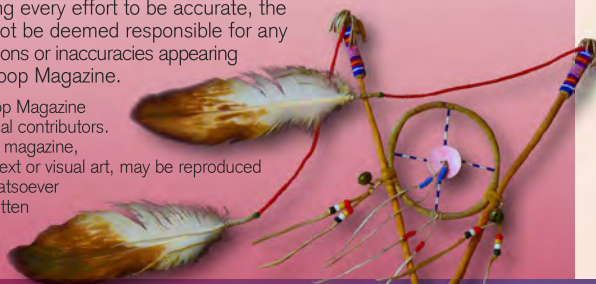
Views expressed are not necessarily those of the editor.

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.



Contents

A FEELING HAS COME 6-15

Possession by spirits is one of the key definitions of shamanism, and it is found in all traditions and lineages. **Bhola Banstola** explains the aspects of possession found in Nepali shamanism.

SPIRIT ANIMALS, PROTECTORS AND ANCESTORS . 16-20

In the second part of her article about the difference between Core and Traditional spirits in shamanism, **Mary Courtis** looks at the role of animal spirits and lineage and personal ancestors.

SEEKING THE SPIRIT OF THE LAND 21-25

Britain is an ancient land, and although 1500 years of Christianity have erased much of our knowledge of the sacred past, traces still remain, as **Jon Price** shares

IN THE DARK THEY SING 26-28

Lakota sacred traditions have spirit calling ceremonies, the Lowapi and the Yuwipi. **Daniel Garber** introduces both of these powerful ceremonies to us.

YUWIFI - LITTLE LIGHTS FROM NOWHERE . . . 29-37

The late Lakota Holy man **John Fire Lame Deer** gives an in-depth look at the Yuwipi ceremony, where the spirits are said to come powerfully into the room and miracles occur.

TRAVELLING BENEATH THE BEAR 38-43

In the second part of his travelogue about a road trip pilgrimage in Mongolia, **Nicholas Breeze Wood** describes mountain spirit ceremonies held in the Western deserts, near the Chinese border.

Website: www.sacredhoop.org ✨

Facebook: www.bit.ly/Hoop-FaceBook



Seeking Ancient British Animism : pages 21-25



Spirit Possession in Nepal : pages 6-15



Disturbing Thought Forms and Mental Illness : pages 44-48

SHAMANISM UNDER THE RADAR 44-48

Bringing some shamanistic concepts into clinical psychotherapy. **Jill Raiguel** describes treating clients in a psychiatric unit, using a mix of psychotherapy, guided visualisation and shamanism.

MINERAL, STARDUST AND ASH 49-50

A meditation on the passing of life, on death, and the entry into the Great Cosmos of 'the beyond.' **JoAnne Dodgson** shares an account of events in her life which have brought the Mystery close.

BOOK AND MUSIC REVIEWS 51-53
PEOPLE ON THE PATH EVENTS DIARY 54-56

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



The spirits are everywhere. This issue of Sacred Hoop is seemingly 'spirit heavy,' and the physical reality we walk within - and which Western cultures generally says is the only one - merges into the spirit world in so many ways.

Possession by spirits is one of these ways, and within shamanism it's a very important one, so our first article looks at this phenomenon, especially through the lens of traditions found in Nepal. And we continue to look at the nature of spirits with our second article, those spirits who take the form of spirit animals, ancestors and protectors, who are often very different from what we might expect, when we encounter them within Traditional shamanism.

And sometimes the spirits come very physically into this world too, causing little floating lights to appear, and sacred medicine rattles to fly around the room; as is the case of the two Lakota ceremonies we describe in a couple of our articles.

We have rather lost our knowledges of these things in the West, but the old traditions are still there, so we explore the sacred traditions of Yr Hen Ogledd - the old North of England.

And mountain spirits in the deserts of Mongolia make an appearance too, spirits so powerful and dangerous care has to be taken that they don't do harm to the local town...the spirits are not always very peaceable it seems and care is needed sometimes in our approach to them.

And spirits seem sometimes to be the basis of some aspects of mental illness, so we look at some interventions where elements of shamanism are brought into the treatment plan.

The spirits are everywhere, may those of them who love us bless us all and help us walk our sacred paths and deepen our connection to the 'all that is'.

Blessings to all Beings
Nicholas Breeze Wood