



Maximòn - Powerful Mayan Spirit : pages 6-13

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

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All across Southern Siberia, Mongolia and Northern China are special landshrines called owoo. People come to them to make offerings to the spirits and prayers of need and gratitude.

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An account of a traditional Daur Mongol offering ceremony at an owoo in Northern China. **Minna Sa** shares some aspects of the culture of these Mongol people.

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All art has sacred roots, and creativity is an essential part of animistic and shamanistic practices. **Nate Long Owl** gives some tips about the sacred creative process.

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Shamans have to trust their spirits. **Christine Mark** tells the tale about how she and her partner had to trust, as the spirits led them on a merry life-dance.

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Cultural Appropriation is seen as a major problem by many people, the stealing of traditions from cultures we have no right to. **Nicholas Breeze Wood** explores this thorny subject.

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In another historical article about the Mojave people **George H. Fathauer** tells us about the people's 'dream doctors' and how they work with people to dream them to visit the Land of the Dead.

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Lucid dreaming is an ancient traditional part of Tibetan magical and spiritual practices. Generally called 'Dream Yoga' in Buddhism, we explore it from both Tibetan and Western perspectives.

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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)



Adapting Ancient Practices to fit our Culture : pages 30-38

From the Editor



Welcome to the new issue of Hoop, issue 124, I hope you enjoy the read.

The world is far less 'concrete' than we might imagine. Not only is everything that we think of as 'solid' mostly made up of empty space, but we also perceive the world, depending on how we expect the world to be - or as one well known historical Jewish misfit put it: 'as you believe so shall it be.'

If, deep-down, we expect the world to be a certain way, then reality - or at least our perception of reality - will tend to mould to our beliefs. If you expect the world to be horrible to you, it will happily oblige and be so... We 'dream' the world - and some might say that in response 'the world dreams us' back.

A shaman lives in a different world to a non shaman, different cultures live in different worlds to us, and different languages alter perception. Some cultures don't have the same colours as we do - there are tribal groups who don't have a word for 'blue,' so for them, blue does not exist as a concept. And of course modern neuroscience tells us that what I think of as 'blue' might be - in your perception, the way your brain perceives colour - a totally different colour anyway.

So, in otherworlds, merrily, merrily life is but a dream: a dream where wooden idols can smoke cigars, where if we trust the spirits they can guide us, where art made with intent can heal, where eagles bring messages from the gods, and where we can learn to 'dance our dream awake' and alter reality, in both our nighttime and day time adventures.

I wish you some good dreaming.

Blessings to all Beings
 Nicholas Breeze Wood