



The Corrupting Power of Ayahuasca : pages 6-10

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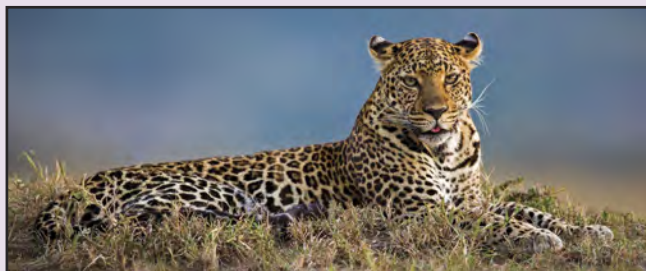
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Ayahuasca may well have profound healing qualities, but there is a cost to the cultures it came from. **Itzhak Beery** looks at the greed and corruption of the ayahuasca trade.

WISDOM OF THE PLANTS 11-15

The wisdom of the plants is all around us. **Jessica de la O** looks at their teachings and also at the legacy of the late Eliot Cowan's teaching on Plant Spirit medicine.

WORKING WITH TEACHER PLANTS 16-17

A classic reprint from Issue 74 of Sacred Hoop. **Eliot Cowan** shares some of the pitfalls and responsibilities of working with psychoactive teacher plants.

TRACKING THE LEOPARD AND THE DREAM 18-21

All humans dream, the dreaming is always with us and we track Spirit through the dream. **John Lockley** shares about both tracking dreams, and leopards and shows how both are related.

GHOST ROADS OF LADAKH 22-27

Spirit roads exist in the Himalayan country of Ladakh, roads for a type of spirit called a bTsem to travel down. **Callum Pearce** explains about these roads and why they are important.

THE MAGICAL ARROW 28-34

Bows and arrows are far more than just ancient weapons or objects of sport, they are deeply magical objects in their own right. **Nicholas Breeze Wood** looks at some of their traditions.

GIVING FLIGHT TO POWER 35-37

A simple guide to making a mda arrow, a type of special ritual arrow that is used in Himalayan shamanism and other sacred traditions, so you can make one for your own use.

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bTsem Spirits of the Himalayas : pages 22-27

THE SHOOTING OF ARROWS 38-40

A simple, hands-on practical guide to working with magical arrows in a ritual process designed to help remove obstacles that are blocking action from happening in the physical world.

A FIRE OF HOPE 41-43

Following a tragic fire in Guatemala in 2017, where 41 teenage girls were burned alive, a shrine has been set up in a city square. **Nicola Dentico** shares the story of the tragedy and the shrine.

DEEPER INTO THE DARK WORLD 44-49

Some simple, traditional ways to help us deepen and enrich our shamanic practice; a few practical pointers that we can all include to make what we do more powerful and effective.

GIVING BIRTH TO QILAUTIK 50

Many sacred traditions the world over, make and use drums. Here we share instructions from the high Arctic regions of Alaska and Siberia, about making an Inuit qilautik drum.

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)



Working with Magical Arrows : pages 28-40



Deepening Our Shamanic practice : pages 44-49

From the Editor



Issue 125 already, my goodness. In this issue we look at some practical ways to develop and deepen our practice, and we also dive deeply into traditions involving the use of magical arrows.

Magic is all around us, whether it is the magic of the plant world, or the magic of the dream world, or the magic of the animal world; we are surrounded by magic all the time, and just need to open our senses and awareness to it all.

And yet, magic has responsibilities, and we need to be aware of those too; we need to be 'grown up' and ethical in our actions. Many people, in what we could perhaps call the 'Industrialised cultures' of the world, can often be rather out of touch with the sacred aspects of things - as seen through the eyes of indigenous peoples - and therefore can be struck down with the big endemic dis-ease of the West... Greed.

Keeping ourselves in awareness and balance can be one of our greatest learning curves, whether it is the awareness of our over-consumption; or of our over-polluting; or of our insensitivity and lack of respect for other cultures; or of the nature of the magical work we do - overstepping the line where 'power with', becomes 'power over'.

And so, may we all have awareness, focus and good ethics.

Blessings to all Beings
 Nicholas Breeze Wood