



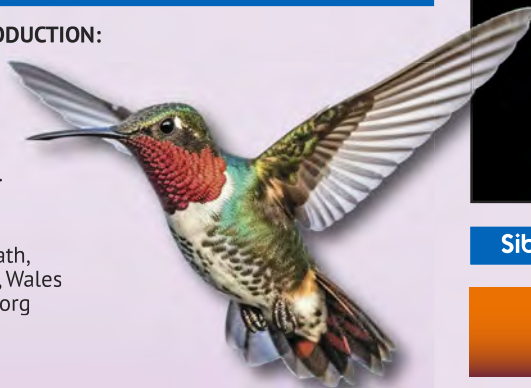
Sacred Traditions of the Andes : pages 6-28



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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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ISSN 2514-2909

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The mighty Andes mountain range of South America has a wealth of ancient sacred traditions. **Sinikka Tarvainen** looks at the revival of those from Colombia and Ecuador.

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The Andes, like mountains around the world, are said to be the home of spirits. The apu are the spirits of the Andes and we look at their nature, and the traditions around them.

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There are ceremonies in the Andes where the apu are called. **Carla Woody** writes of her encounter with these mighty spirits, in the dark of a powerful ceremony in Cusco, Peru.

COCA COLA, CHRIST AND CULTURAL RESISTANCE . 28-33

In Mexico, **Nicola Dentico** discovers that the Maya still hold their sacred traditions, but these have been adapted in modern times, bringing in both Jesus and Coca-Cola.

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Sacred craftwork is an essential discipline, an essential part of any real sacred path. **Susannah Ravenswing** shares her thoughts on the matter and brings insights from her tradition.

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COOKING WITH THE SPIRITS 42-45

Armour protects the shaman in the Dark World of the spirits. **Nicholas Breeze Wood** looks at the dudig, a type of apron worn to protect the shaman from harmful 'spirit splashes'.

BURYING THE WARRIOR 46-50

A reprint of an article from Sacred Hoop Issue 65, about a ceremony performed to help a soldier suffering with PTSD, by **Duncan Wordley**, who passed into Spirit in late 2024.

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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



To adapt a phrase; 'mountains make a landscape look more beautiful...'

Welcome to Hoop 127; there are lots of goodies inside, which I hope you enjoy; but mountains - the Andes in particular - feature quite a bit.

We also pay a tribute to a British medicine teacher Duncan Wordley, who left the world at the close of 2024, and republish an old article from him, and also republish an old article about an encounter with an apu mountain spirit too, because it fitted so well with other articles in the issue. I don't like to republish articles in general, but sometimes - with 126 previous issues, one 'pops up' and I turn a 'blind eye'.

And this issue sees our use of realistic AI voices for the first time too; you can now listen to Sacred Hoop being read to you, as one of the options. If AI is not your thing at all, that's fine, but the voices are human sounding, and many people enjoy listening to audio books nowadays, so I have added it as an option... Why don't you give it a try?

Blessings to all Beings
 Nicholas Breeze Wood