



Reclaiming The Sacred in Modern Colombia : pages 14-19

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Great Depth of Traditional Shamanism : pages 6-13

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There is a growing movement in Colombia to take back the ancient spirituality from the colonialism of recent centuries. **Sinikka Tarvainen** shares about this growing movement.

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When **Susannah Ravenswing** and her husband found a piece of land, they wanted to live with it with respect, and so, over time, built a deep animistic relationship with it.

COLOURS FROM THE EARTH 28-35

The first paint pigments that humans ever developed came from the living Earth. **Ann Winn** shares tips and techniques about making earth-based paints for sacred work.

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Colour has a spirit, and colour is the language of the sacred in every culture on earth. We look at some of the ways that peoples have used colour in their sacred work.

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One hundred years ago, **Henning Haslund-Christensen**, travelling in Mongolia and Southern Siberia, witnessed a shaman perform a healing. A classic reprint

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How do we live in a such a way that means we have respect for all our relations? **Robyn Bellospirito** shares about an encounter with an insect that gave her cause for much reflection.

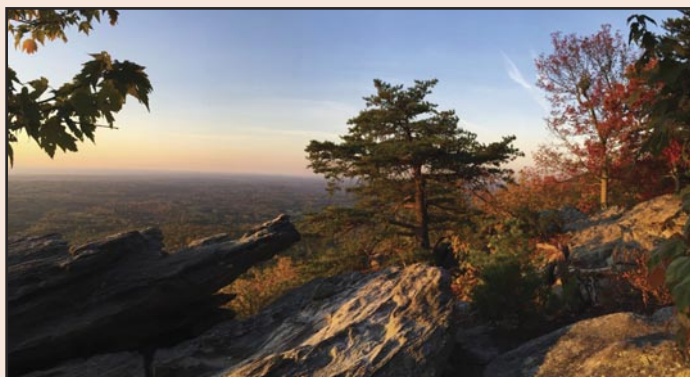
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The phurba is an ancient ritual tool from the Himalayas. **Nicholas Breeze Wood** looks at what we know of its very long history, and shares about some of its ritual uses.

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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)



A Sacred Relationship with the Land : pages 20-24



Phurba - Sacred Demon Dagger : pages 48-54

From the Editor

I sit in my new office, in my garden, in West Wales, looking out on the light covering of snow on my earth altar, just outside my window; the place I make offerings to the land spirits.

The land is sacred, we - as humans - often forget that. All we have comes from the land, our bodies, food, clothes, technology, ritual objects... Every single thing we have is a gift of Grandmother Earth.

Our ancestors lived in close connection with Her - in far deeper ways than most of us can imagine - and built up understandings about that sacred connection, which we in our modern, insulated and out of touch lives, have forgotten.

So, just take a moment to remember, and thank Her, for all that she gives to us, and gives to all our relations ...



Blessings to all Beings
 Nicholas Breeze Wood