



**Sacred Festivals in Guatamala : pages 18-24**



**The Sacred Language of Nature : pages 25-29**



**White Quartz, Stone of the Ancestors : pages 30-33**

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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.

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**SHAMANIC P.P.E. . . . . 16-17**

We might be attracted to wearing ritual clothes for our sacred practice, but how can we go about it. We share some simple tips about asking the spirits and creating appropriate armour.

**MAKING THE ANCESTORS DANCE . . . . . 18-24**

While visiting Guatamala, to take part in a ritual festival there, **Nicola Dentico** found himself caught up in it all and reflecting on the flotillas of boats heading for the Amazon and Gaza.

**THE PRIMAL LANGUAGE OF NATURE . . . . . 25-29**

Nature is alive, and seeks to communicate; indigenous people have always known this, but we have mostly lost the knack of listening. **Geral Blanchard** shares tales of wild encounters.

**STONES OF THE ANCESTORS . . . . . 30-33**

Across Western Europe, from the Neolithic to more recent times, white quartz has held a special sacred, protective quality for people. We look at the history and use of this white wonder.

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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)



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**The Importance of the Voice : pages 42-54**

*From the Editor*

The first issue of the Fire Horse year, and I hope you enjoy it.



The human world seems to be growing more and more insane and dysfunctional, and yet Nature and the spirits are there, just as they have been and will be, even if our culture has lost, or damaged its connection with them.

So, in this issue, we focus upon ways of connecting; from sacred clothing that is alive, to festivals that 'dance the ancestors'; from listening to Nature, to honouring and working with quartz stones; from learning how to take care and be tidy when we encounter spirits, to examples of the powerful and dangerous spirits of Greenland's harsh landscape; from exploring the nature of the soul, why we lose it and how to get it back, and why singing is good for the soul and our ability to heal ourselves and others...

It's a mad world out there ... look after yourselves and keep body and soul together in a good way.

Blessings to all Beings  
 Nicholas Breeze Wood