

# Sweat Lodge



- Wear loose fitting, comfortable clothing that can hold up to steamy conditions. (You will sweat so dress accordingly).
- Participants will be sitting on the Mother Earth to reconnect; you may bring a beach towel or small mat if you feel more comfortable. (Think "Earthing").
- Drink lots of water and eat lightly prior to the ceremony.

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## Outside the Lodge

### Smudge

Participants will pass through a smudging station to prepare themselves for sacred space.

### Prayer Ties

Once we have entered the sacred space, it is time to focus on our intentions for the ceremony. We start the process by preparing prayer ties.

### Suggestions for prayers:

1. Physical - Ailments, Vitality, Addictions, Aches and Pains etc.
2. Emotional - Fear, Sorrow, Grief, Anger, Shame etc.
3. Mental - Beliefs, Limitations, Thoughtforms, Obsessions etc.
4. Spiritual - Dogmas, Karma, Generational / Ancestral, Attachments etc.

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## Preparation

### Day Before Sweat

- Refrain from recreational mind-altering substances.
- Drink plenty of water.
- Eat nutritiously and mindfully.
- Focus on your reasons for participating in the ceremony.

### Day of Sweat

- Bring a small token of appreciation for the Lodge Leader and Fire Keeper(s). This could be a thank you card, chocolate, a feather, small crystal or matches for example.

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## The Sweat Ceremony

### Opening Ceremony

We will take a moment to recognize the spirit keepers of the four directions and ask for their participation and protection during our ceremony. We will offer tobacco to the ancestors, and to the helpful spirits accordingly.

## Entering the Lodge

Symbolically the Lodge is the Earth Mother's womb. She has the power to transmute energies, give and support life and protect her children. We are entering the womb to drastically transform our lives during this time of purification and rebirth.

It is customary to ask the Lodge Leader for permission to enter the Lodge in a respectful way. Before entering the Lodge we recognize our place in the sacred hoop / web of life. We are all related (all beings including the trees, the rivers, the animals, etc!) We say "matakuye oyasin" or simply "All my relations" as we touch our forehead to the ground in a sacred bow.

The opening to the Lodge is small and the lodge has a shallow ceiling to hold the heat and energies. (You may have to crawl or creep in on all fours) The hottest location is opposite the Lodge door. Move in a clockwise direction and settle yourself in the space accordingly.

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## Inside the Lodge

Grandfather stones (Hot rocks) will be brought into the Lodge representing specific energies or archetypes from the Medicine Wheel.

Herbs and life-giving water will be poured over the stones, and it will become steamy like a sauna inside.

Water may be consumed between rounds, and you may exit the Lodge, if necessary by informing the Lodge Leader that you must "visit your relations".

## Exiting the Lodge

We will exit the Lodge in the reverse order we entered moving in a counterclockwise fashion. Upon exiting we will wait for all to gather before the closing ceremony.

Once everyone has emerged and gathered, we will request permission to offer our prayer ties to the sacred fire and give thanks to the Spirits and Ancestors for supporting us and protecting us during the ceremony.

## Sweat Lodge Etiquette

What happens in Sweat Lodge stays in Sweat Lodge. Your story is yours to tell and no other has the right to share your story.

You may offer prayers for others if they have given permission or specifically requested prayers during the ceremony. People have free will and despite our good intentions, it is never okay to impose on others' free will.

The ceremony and the land are considered sacred. Treat them and all who are participating in a respectful way. Side chatter should be kept to a minimum to reduce distractions and interruptions during the ceremony.

We ask women who are on their moon time (which is a natural purification process) to sit outside the enclosure to avoid too much of a good thing. It is also a good idea to sit outside the Lodge enclosure if you have health issues or are not capable of sitting within the hot Lodge space for any length of time. Use your best judgement (better safe than sorry is a good motto here).

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## About Awakening Your Mastery

AYM is a 501(c)(3) nonprofit organization advocating integrative and alternative therapies and holistic resources in a convenient online platform with a focus on:

- Earth-Based Spirituality / Animism
- Self-Mastery and Empowerment
- Building a supportive holistic community