

# ***WOMEN'S SWEAT***

Friday September 22nd, 2017  
Magnetawan Health Centre  
4:30 p.m. - gather to prepare for sweat



## **Protocol for the Sweatlodge Ceremony**

An offering of tobacco is made to the Sweatlodge Conductor. You should abstain from alcohol and drugs for at least four days prior to the sweat. It is very important that you inform the sweatlodge conductor of any health problems such as asthma or high blood pressure.

## **What to wear and bring to the Sweatlodge Ceremony:**

Tobacco

Towel and small blanket

Women wear long dark collared dress-like-garments-could be a long nightgown or t-shirt and long skirt together.

Women on their moon-time (menstruation) will sit outside the lodge as they are naturally purifying.

# ***MEN'S SWEAT***

Friday September 29th, 2017  
Magnetawan Health Centre  
4:30 p.m. - gather to prepare for sweat



## **Protocol for the Sweatlodge Ceremony**

An offering of tobacco is made to the Sweatlodge Conductor. You should abstain from alcohol and drugs for at least four days prior to the sweat. It is very important that you inform the sweatlodge conductor of any health problems such as asthma or high blood pressure.

## **What to wear and bring to the Sweatlodge Ceremony:**

Tobacco

Towel and small blanket.

Men wear longer boxing style swimming trunks or shorts with metal.

# **SWEATLODGE UNDERSTANDING**

## **THE SWEATLODGE: HEALING AND REBIRTH IN MOTHER EARTH'S WOMB**

**Many Indigenous cultures on Turtle Island "North America" have traditionally used the Sweatlodge for purification, cleansing and healing of mind, body, emotions and spirit.**

**The Sweatlodge has been called "the most powerful structure in the world." Sweats vary from purification and cleansing to healing sweats.**

**It is said that the Sweatlodge ceremony "responds" to what the people need. Other types of sweats include clan sweats, such as Bear clan sweats, sweats for fasters, sundancers and sweats when you seek your spirit name.**

**The ancestors visioned the Sweatlodge as a gift from The Creator to help in healing, purification, and connection to the spirit world.**

**The Sweatlodge "Womb of Mother Earth"**

**is connected to all directional powers of the universe:**

**above, below, east, south, west and north.**

**Intent within integrity is the key to the positive outcome of the ceremony.**

**When positive and negative ions meet they become neutral herefore creating balance and builds ones immune system?**

**So what are other benefits in participating in Sweatlodge lodge?**

**The Lodge brings you closer to the true essence of nature. You will experience peace and the joy of rebirth. You will experience the love and warmth of community. It will give you more clarity and direction in your day to day life. It will help you overcome fears in a place of safety and gentleness. It will teach to hear the voice of nature. It will still your heart and help you listen to your inner voice. You will receive visions and spirit guidance. It will help you heal every aspect of your being.**

**As you approach the Sweatlodge you come first to the altar and the sacred fire where the rocks are heated for the sweat. Both the fire and the altar are in line with the door of the lodge.**

**The fire that is used to heat the rocks represents spirit energy and is the source of all life and power.**

**The cedar trail from the sacred fire to the centre of the Mother's womb represents the umbilical cord that feeds the womb to give life and healing. The water used in the Sweatlodge symbolizes the sacred water the mother provides in her womb to give life and growth to the child she cares for in her womb.**

**Inside the Sweatlodge, the participants sit in a circle around the central fire pit. The Sweatlodge conductor usually sits at one side of the door and may have other participants sit in the four directions of the lodge. The number of people attending the ceremony varies depending on the reason for the sweat. In a co-ed Sweatlodge, men sit on one side of the lodge and women sit on the other side. Outside the Sweatlodge, the Sacred Area between the Altar and Fire is Holy and should be respected. The Firekeeper oversees any activity within the Sacred Circle when ceremonies are under way.**

**Outside the Sweatlodge, the Sacred Area between the Altar and Fire is sacred and should be respected. The Fire keeper oversees any activity within the Sacred Circle when ceremonies are under way.**

**Nothing is to be placed in the Sacred Fire except by the Fire keeper, and the Sacred Fire must only be tended by the Fire keeper or a designated helper.**

**At the request of the conductor, the fire-keeper brings the Grandmothers and Grandfathers (rocks) to the lodge door.**

**Even though the fire keeper is not inside the Sweatlodge, he/she is very much a part of this ceremony and may receive teachings, cleansing and healing. In some teachings, the rocks are known as the bones of Mother Earth.**

**Women call the rocks Grandmothers and men call them Grandfathers.**

**After the Grandmothers/Grandfathers enter the lodge a pipe ceremony is performed. The helping spirits are called in for guidance through the sacred smoke of the pipe, sacred prayers are offered. Prayer songs are sung with the rattles and drums. The drum is an important gift to bring into the ceremony because the drum is made from all of Creation. The sound of the drum represents the heartbeat of Mother Earth. Songs and prayers are offered during the ceremony. Cedar Medicine is poured on the Grandmothers and Grandfathers, creating a cleansing steam that brings healing and balance.**

**~ All My Relations ~**

**Good Talking Turtle  
~ Mino Gaa Gai Kido Mikinaak ~**