

EXPERIENCE A SWEAT LODGE



Enjoy the spiritual experience of a sweat lodge. This shamanic lodge is a blend of Native American and Mesoamerican songs and traditions. It includes singing bowls, drumming, stories, and prayers.

The lodge lasts for 1-2 hours. It is no hotter than a sauna at a gym. You can do it!!

A \$75 donation is requested. This covers everything, and select proceeds go to those in need who cannot afford to pay, but still need healing.

Please visit the website for upcoming dates and more information.

www.sweatlodge.love

Please contact Matthew with any questions
matthew@sweatlodge.love

Located in Woodstock, Illinois

I have had the honor of being in a sweat lodge ceremony lead by Matthew, a man who earned the right and privilege to run one. The lodge was conducted in respect for the sacred traditions. The process of honoring self within the spiritual environment of the lodge, connecting with the creator, respecting the connection to the earth itself, was one of the most powerful experiences of my life. These are spiritual events; a perfect place to let go of your negative baggage so you can go within yourself and connect on a deeper level.

- John

THE SACRED SWEAT LODGE CEREMONY

www.sweatlodge.love

ABOUT THE SWEAT LODGE

The Sweat Lodge is a purification ceremony that utilizes prayers, songs, meditation and stories. They are used around the world from Celtic tribes to the more commonly known, Mesoamerican sweats.

These lodges utilize many Native American and Mesoamerican aspects, but are not purely Indigenous. For instance, these sweats incorporate singing bowls in the lodge when traditional western Indigenous People's did not have access to these instruments.

The lodge itself consists of a round, domed structure about ten feet in diameter, made with flexible branches tied together. It is covered with blankets and tarps to insure that there is complete blackness once inside. Although it is sealed from light, the cloth is still breathable and air freely flows.

The participants sit on the ground around a shallow pit used to hold the stones. Outside of the lodge, these stones are heated in a fire. When they are brought into the lodge, the Guide will place copal, cedar and sweet grass on the stones to bless and clear the space. The door flaps are drawn and the Guide then pours water on the heated stones, creating steam and heating up the interior. It never gets hotter than a sauna. You can handle it! It's not only physically, but also spiritually cleansing.

The ceremony consists of four "rounds," each lasting approximately 20+ minutes. The door is opened for a few minutes between each round, so that more stones may be brought in. The sacred pipe or Chanunpa, is always smoked before the 3rd round and it only contains tobacco. Participants who choose not to inhale will be instructed on the appropriate way to engage with the sacred pipe.

You do not have to speak or sing if you do not wish. If you want to sing or say prayers, during the lodge, the Guide will indicate when it is the appropriate time. Everything said in the sweat lodge is kept private and confidential and nothing is ever repeated outside of the lodge.

The lodge is a form of "medicine" in its own right. It may bring insight and internal guidance, calmness and clarity. For some, it is a fantastic form of meditation. We make no claims and pass no judgment here. The event is for you and what you wish to get out of it. Sacred medicine, ritual events, are all just a means to help you heal yourself.

WHAT TO WEAR IN THE SWEAT LODGE

Modesty and comfort are the main considerations for the Sweat Lodge. It is respectful for men to wear bathing trunks. Women can wear bathing suits with a towel wrapped around their waist and a loose-fit tank top. Traditionally, some women just wear long skirts and loose-fitting tops. Shoes are not worn in the Sweat Lodge. It helps to bring flip flops etc., so that they can be easily taken on and off as you enter and exit. It is also recommended that you take a large towel into the lodge to sit on or cover yourself and have a spare clean one for when you get out.



THINGS TO CONSIDER WHEN PARTICIPATING IN A SWEAT LODGE

- ⌘ Please do not consume alcohol 24 hours prior to the ceremony.
- ⌘ Intoxicants should never be taken during the day of ceremony, this includes alcohol and marijuana. Again, do not smoke marijuana before a lodge.
- ⌘ Anyone with high blood pressure, heart problems or other serious health problems should consult a doctor before attending the Sweat Lodge ceremony. This is very important.
- ⌘ Be sure to drink plenty of water during the day of the ceremony, especially afterwards.
- ⌘ Do not wear jewelry or glasses into the lodge. They can cause burns. Do not wear contacts.
- ⌘ If you feel too hot, put your head down. If that doesn't help, then cover your head and shoulders with your towel. If it is still too hot, lie down - given there is room. If that is still too hot, then you may ask to leave.
- ⌘ Try your best to relax and conquer your fears. If you feel you must leave, wait for the ending of a song, or prayer and then ask to be let out. The Guide will encourage you to stay in an effort to help you overcome your fears. He will, however, let you out. If you exit the lodge you may ask to reenter only when the door is open and between the rounds. If you exit the Lodge, know that you are still part of the ceremony, so stay near the Lodge and continue your prayers at the altar or the fire.



Everything the Power of the World does is done in a circle. The sky is round and the earth is round like a ball and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing and always come back where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves.