

Eagle Feathers Healing Arts Garden

SWEAT LODGE



Eagle Feathers Sweat Lodge

Preparation for the sweat lodge varies upon the type of sweat your intension is. Common to many styles of sweating is the idea of spiritual cleanliness and healing. We will assist you on what to do pending your arrival.

We welcome you to the opportunity to participate and pray in the traditional ways of the Native American Sweat Lodge. They are very sacred ceremonies and we ask that you observe basic etiquette when participating.

Lava rocks, gathered from holy places for the pure life in them from Mother Earth's belly, are heating in the grandfather pit by the firekeeper. Your lodge leader will share the ancient teachings of the particular sweat to be done with everyone before beginning the sweat ceremony. Then the sacredness of smudging and entering the lodge for your journey begins.

One can never adequately describe the experience of a sweat or what transformation occurs during and after this life changing ceremony. True tradition teaches that the sweat lodge is a healing ceremony for all peoples of the world regardless of their race, color, or creed. Despite our color and cultural differences we are to invite all humans to this precious gift of healing with Mother Earth's womb.

Many styles are practiced all over Mother Earth and no tribal ceremony is more sacred than the other as long as honor, and respect for the highest good of all life is practiced during the preparation and sweat ceremony.



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At the present time Eagle Feathers Healing Arts Garden only teaches our tradition with womyn, although we can refer men to other male sweats around the area. No womyn should come to the lodge while they are bleeding on their “Sacred Monthly Time”. The reason being is that you are in another state of sacredness and wisdom for the clan elders and tribe. We cannot be in two ceremonies at the same time. You can, however, sweat with elders when you are not on your “Sacred Monthly Time”

We also provide another ceremony for the Moon Lodge womyn, and for the younger womyn who are celebrating their first bleeding. This is a wonderful ritual ceremony for your first bleeding, or for womyn who never got to bless this cycle of life and celebrates you becoming a womyn. We also celebrate the ending time of bleeding with our Crone Ceremony. Depending on the group we may or may not use the sweat lodge during these ceremonies.

We hope that you will join us within the womb of Mother Earth during our next sweat lodge ceremony. May you always walk upon Mother Earth with respect and may you share your honorable kindness with others along the path of the Good Red Road. Blessings upon your life, may you create your own sacred journey along the way. Blessed Be, So Be It, Ah Ho.



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