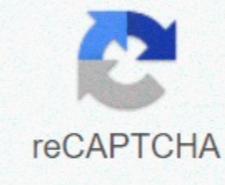




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Native american sweat lodge near me

We offer family Sweat Lodge experiences based on the Native American traditional methods. Sweat Lodge is a purification ceremony common to many Native American and other cultures and spiritual life. The Sweat Lodge is a place of prayer, spiritual, mental, and physical healing. It is also a place to seek answers and spiritual guidance for the needed wisdom and power. It may also be a place to regroup or connect with Mother Earth and All that is around us. Buckeye lodges are held on the first Saturdays of each month with Jose Gonzalez as lodge pourer, Jeanne Lane as firekeeper. You can join the circle around the fire at any time between 4 and 6. Pay attention as you travel down our narrow road to follow the speed limit. Please prepare mentally, spiritually, emotionally and physically for this ceremony. Note as you approach the lodge; If the prayer flags are in place on the directional poles and the fire is burning, it means that the ceremony has begun and the circle around the fire is a sacred space. We ask that once inside the ceremony space as you participate with us in keeping a sacred consciousness before the lodge. Personal prayer ribbons can be created during this time if desired. The yurt area is available for community activities and socializing until you feel ready to join the circle by the fire. The Lodge is generally open for entry around 6pm or as soon as the stones are ready. Participants who have entered the circle of the ceremony will be invited to attend the covered lodge. We will then call in and prepare to enter. Any questions or questions you may have can be answered in this circle. The elders of Buckeye believe that the safety of all participants is the ultimate importance for each lodge. We ask that you prayerfully prepare yourself in advance and come to the ceremony well hydrated. Water will also be made available in the community circle and throughout the lodge. Feel free to ask if you have a personal need at any time during the ceremony. Pot turn celebration begins immediately after the lodge. Please plan to attend the feast as it is an essential part of completing the lodge ceremony. To include: - Clothes such as swimming trunks or shorts for men and a skirt / top or dress for ladies We have changing areas.- Two towels. One to take in the lodge and one to wipe off afterwards. A bandana is also a good thing to have too.- A dish to share for party after lodge.- a gift for your Lodge Pourer and Fire Keeper set and exchange of services to set the intent of appreciation for their service. Suggested gifts are tobacco, cornmeal, stones, sage, copal, sweetgrass, etc.- A donation or love offer to ONAC Buckeye is appreciated. A forester love offer is \$10-\$20 but we're turning none away due to lack of funds. These donations enable us to maintain the plant, hold firewood, and continue to services to the Buckeye community. The love-offering basket is made available during the party after the lodge. - Stones from the surrounding area to be used during the lodge are always welcome. More information: Buckeye provides what we call a Family Sweat Lodge experience. This means that we welcome people of all ages and traditions of faith to participate. Anyone under the age of 18 must be accompanied by a parent or guardian. You can pray according to your own personal method and no spoken prayers are required inside the lodge, although we encourage it. There is power in the spoken word. We also know that all prayers are answered, spoken or unspoken. Our lodges are influenced by Native American traditional methods and serve as a purification ceremony similar to many indigenous cultures. The Lodge is a sacred place of prayer as well as spiritual, mental, physical, and emotional healing. We provide a safe and nurturing place to open up to each other and to Spirit's wisdom. It is a place to seek answers and spiritual guidance for needed wisdom and personal power. This is also a time and place to connect with Mother Earth and All that is around us. Interesting article to share about the benefits of sweat therapy . This firekeeper is preparing for the lodge. If you have ever built a large fire you know what kind of heat can be produced. The fire guard knows intimately the intensity of the heat and yet this is only a small part of the fire tending experience. The fireguard must have the utmost respect for this sacred fire and be willing to go beyond his own comfort level to attend to the fire, prepare the stones, keep the sacred space and serve the people. There are physical, mental, and spiritual aspects of running the holy fire. And in these there are challenges and lessons available only to those who tend to fire. The fireguard must face these challenges with gratitude and joy while asking to show the lessons most needed for their path in life. Our yurt is a 24 foot diameter around space that acts as a sound chamber that is complete with wooden floors. Yurt is the perfect space for energy work, massage, music, dance, meditation, small workshops and small gatherings. The space is available by appointment by calling 865-679-0209. Jeanne Lane, owner of Buckeye Farm, has been teaching yoga for over 30 years. What started as a hobby for her is now an integral part of her life. She constructed a 24 foot yurt on the property in order to share yoga with the local community. Jeanne was originally certified through the American Aerobic Association International/International Sports Medicine Association in the early 1990s. In 2000, see the need to improve their yoga educational skills, better proper movement and proper adaptation and providing instruction for the use of supportive props, she became a dedicated student of Iyengar method of yoga. Since then, she has attended over 18 weekend intensive workshops with listed names in the Iyengar tradition including George Purvis, Dean Lerner, Laurie Blakeney, and Jan Campbell. See the event calendar for scheduled yoga classes. We are located in the Central Coast of California Sweat Lodge Teaching Hua Anwa has been pouring water for almost 30 years. Hua is fully qualified to lead a safe, beautiful sweat and she creates a dynamic space of sacred prayer and transformation with her seasoned, experienced insight into the mysteries and wonders of the Sweat Lodge ceremony. If you have any questions, suggestions, or special requests please contact us! (805) 481-0892 BACKGROUND: Sweat Lodges were given to the people all over the world, thousands of years ago to help improve their lives. The Sweat Lodge is a sacred place to explore, develop and improve our relationship to All That Is and it serves as an accelerator to spiritual growth. The ceremony is a powerful way to pray, and it cleanses us, heals us and helps us grow. There are several types of Sweat Lodge possible: Family Lodge (for men, women & children), Women's Lodge & Men's Lodge. Guests are always welcome, and Sweat Lodge ceremonies are also available on request for private groups and for individuals on special request. PREPARATION: Hydration is the best thing to do two or three days before ceremony; make sure to ingest more water when you know you will be attending a Sweat Lodge. There are other ways to become more receptive and to increase the benefits of your sweat experience. Refrain from intoxicants (at least 24 hours before) and avoid heavy foods. The cleaning works first on the body and anything that blocks the process can be more difficult to clean, thus fasting is ideal or at minimum, easy eating is recommended. Throughout your day, before the sweat, count your blessings many times. Think about your intentions for your life, what you want for your life and for others. Take these intentions in your heart and fuel them with love. Empty yourself. Try to forget everything you think you know. Become like a child and see wonder in all creation. Bless yourself for everything you have been through and for what you want to give to the world. ARRIVAL: It is important that the ceremony begins as close in time as possible. For orientation before sweating (especially for first timers), or to ground yourself after the device, please plan to arrive at least 30 minutes early. It's always okay to come three hours early to help. If you're late, come anyway. You will be allowed in, between rounds. CANCELLATIONS: If a sweat is interrupted due to rain, we may have a sacred pipe ceremony or drumming circle Check your email before you leave home, especially if we have questionable weather. I can't return calls after prayers have begun (an hour before sweat time). MOON TIME :Almost all Native Sweat Lodges prohibit women from attending any ceremonies on their moon time. This isn't my teaching. The sweat and moon time ceremonies are both powerful cleansing ceremonies. Combining the two can intensify the cleanup for everyone involved. Cleaning is not always comfortable but it is always healing, and with loving intentions and specific prayers, this mix of ceremonies is a powerful good thing. If you're uncomfortable with this, it's okay. You will find the lodge that is right for you. Note to women at your Moon Time: The Sweat and Moon Time ceremonies both release large amounts of water from your body. Your moon time can be accelerated. Ask your body. If you decide to sweat, fill up with large amounts of water and electrolytes. ABOUT SWEAT LODGES: If you attend Native American Sweat Lodges, here's what you need to know: Bring wood, tobacco and donations for fire watch, sweat leader and rock runner. No drugs, no alcohol, no cameras. Do not attend ceremonies during your moon time without asking first. Never assume. Be respectful. Keep a place of quiet respect all the time, because there are prayers going on around the fire and lodge. Don't approach Fire or Lodge without asking first. This ceremony is not a place of small talk. It is a place of introspection and prayer. You are welcome to pray all the time you are in the dressing room. When it's your turn to pray loudly put your most forward prayers to voice. Listening to your lodge family provides and strengthens these prayers. The Sweat Lodge Ceremony is not a contest about how hot we can take it and stay in the longest. We have considerations about the ability of others. We are a Rainbow community and the most important thing is that we stay in and pray. If you have to leave, then wait respectfully and ask when the door opens, as it is after each round. IT'S YOUR SWEAT: Open sweats are a community effort and it's important for everyone to contribute. What it takes for a sweat ceremony to take place is a place to do it, lots of firewood, time, work and people committed to purification, growth and love. If you want to participate in the preparations, come early. A donation helps maintain a good relationship between your sweat community and the plant. Fill the wood used for your ceremony, which helps ensure future sweating. The amount of wood used for a sweat is difficult to convey: A large fire must burn for 5 to 6 hours and consume 75 to 100 logs, at a cost of about \$90 per sweat. We only use natural wood, primarily Eucalyptus and Oak (No treated wood, paint or nails, please.) WHAT TO BRING: Offers - Tobacco Offers, Gifts, and/or donations to show appreciation to the fire keepers for their time and work and to take care of you, to the door person (rock receiver), and donations for sweat leaders are never required, but they do keep them going. Bring a towel to sit on, bottled water (not in the lodge itself), food to share, warm comfortable clothes for after the sweat. What to wear: When the lodge is mixed, we demand modesty, thank you. Natural cotton is most comfortable. Recommended: Women – non-revealing sweat dresses, or sarongs in any woman's lodge are great. Men – trunks or shorts, as well as tank or t-shirt. No pay to ask: If you are cash-poor. Please don't stay home because of it. Your sponsor donations will be taken care of. Wood can be found. Perhaps at another point reciprocity can be balanced. A tour might be arranged if you let us know. Handshakes, smiles and hugs are great gifts to show your appreciation. If so, please let us know so that contributions and donations can be handled properly. Fire guards: Tending fire is a powerful way to pray and to serve the people. Women and men are welcome to learn. If you are interested, let us know or come 4 hours early. Limits: We are always just guests on the ground. No dogs. Please park safely and tightly in the parking area and allow front-end parking for the elderly. Be quiet in the parking lot. Respect for the land is required. What you take in, you take it out and always leave it better than you found it. Potluck: Please bring a dish that you would feed your most beloved. Good nutritious food, full of love. Soups are always welcome at Sweat Lodge Ceremony for their moisturizing effects. Bring a gallon or more of good drinking water. We're at a well that's not drinkable. The kitchen will be clean before the ceremony and should be cleaned after the ceremony. LEAVE IT BETTER THAN YOU FOUND IT. GUESTS: You are responsible for guests you bring with you. Make sure they are fully informed. In order to have a harmonious, highest possible experience, it is important for everyone involved to know what is expected of them. Help by teaching your guests in a gentle and loving way. REQUESTED SWEATS: All contributions are based on the ability to support. The main reason why this lodge is here is for those in crisis. When you request a sweat, you are responsible for wood, for an offer for the plant, and if possible, for an appreciation gift for the officers. Firewood costs \$250-\$300 per cord (plus delivery). It takes 1/3 cord for a sweat, so \$150.00 is requested. Give from the heart, given how fortunate we are to have a place to pray in this way. These costs are not donations, but contributions are needed to make your sweat happen. Anything beyond your contribution is a donation and will be deeply appreciated. Be generous - the more you give, the more you are Any kind of offer for the fire keepers is appropriate. There is no minimum or maximum number of people required. Select a date (or two). I'll check the schedule. Everything else is the same as for open sweats. A tobacco offer (ask) is appropriate. In conclusion: When the day comes, when we all do every day a ceremony, all mother earth's children will live in harmony and we will not need sweat lodge anymore, or yoga, or hurricanes, or earthquakes... and isn't that whole point anyway? – Eaglebear Every sweat is perfect AHO! If you have any questions, suggestions, or requests please contact ust (805) 481-0892 Please note that it is allowed to photograph Sweat Lodge only when it is revealed, but never when it is covered. A covered Sweat Lodge is sacred place - it's our church. Thank you for helping us maintain this holiness, teaching others as well. Well.

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