

# Sacred Stone Peoples Lodge

**The Stone Peoples Lodge** is a Sacred ceremony used by the indigenous peoples and the earth-centered peoples of today, as a purification rite for the body, mind, heart, and spirit. The Lodge is built in a ceremonial and respectful way, from the saplings, and is covered for the ceremony by blankets or tarps. The rocks are heated in a Fire ceremony and brought into the Lodge to generate heat.

The Lodge is built with an altar and the fire pit in the front, to create a Sacred pathway through which the rocks are brought into the Lodge. This Sacred pathway represents the connection between Mother Earth and the Creation. The Lodge is the womb of the Earth Mother build in a shape of the turtle, representing the Turtle Island. The pathway leading to the altar is the neck of the Turtle and the Altar is the head. We go into the Womb of the Earth Mother and bring the rocks as seeds of Creation to be cleansed, healed, and reborn again.



This Sacred ceremony is focused on the honoring of the forces that guide and support us, on prayers, and on respect to the traditions of the Lodge. This is profound physical, mental, emotional, and spiritual experience, that is **transformational and life altering for all**.

## Prayer Ties

Before entering the Lodge, participants create the **Prayer Ties**, bundles made of cloth filled with tobacco or corn meal with tobacco. These medicine herbs are the Sacred medicine. Tobacco absorbs the prayers, and corn meal brings the

feminine energy to balance them. Our prayers are blown into the herbs and the bundle is tied with a string. There are often multiple ties made in a series of 7 to represent the Seven Sacred

Directions on one string holding our prayers. They can be offered to Great Spirit in Gratitude and for Blessings by burning them in Grandfather Fire, burying them into Mother Earth, placing them into the Waters, or hanging them for the winds and the element of the Air for transmutation.



**A single Tobacco Tie** is a square piece of cloth, usually red, folded into a tiny present containing tobacco or other Sacred herbs. A single Tobacco Tie is a nice gift for an Elder, Teacher, Fire Keeper, Ceremony Leader at a Sweat Lodge, Fire or Pipe Ceremony in gratitude for their service, medicine, and teachings.



## What to Expect?

Sacred Stone Peoples Lodge Ceremony or a Sweat Lodge Ceremony starts days, or even months in advance. The Spirits call to us, inviting us to the ceremony. The Keeper of the Lodge prepares the ground, cleans the Fire Pit, the altar, and the stone pit, gathers the wood, the covering materials, and prepares the stones to be heated on the day of the ceremony. If the Lodge is to be built, the Water Pourer collects the saplings (young wood) for the Lodge frame, in a respectful and loving ceremonial way, inviting them to collaborate in this Sacred ceremony.

Often, people choose to fast or cleanse in other ways to prepare physically, mentally, emotionally, and energetically for the ceremony. On the day of the ceremony, it is a good practice to eat little to nothing but drink a lot of water and electrolytes to stay hydrated.

**THIS IS A WHOLE DAY EVENT, so prepare accordingly.**



The day starts with a building of the Lodge. Before the building starts, we enter ceremony to be ready to listen to the Tall Standing People and be gentle as we sing them into bending to create the Sacred hoops of the Lodge. We offer Tobacco and Corn Meal to Earth Mother every time we pierce a hole in her soil to place a sapling in.



After the Lodge is in place, the Sacred Fire is prepared and the stones are placed into the Fire in a beautiful ceremony that honors the Grandfather Fire, the stones, and all the participants, seen and unseen. A Fire Keeper comes forward to maintain the Fire while Grandfather Stones are "cooking". We then share the Community Pipe and then put our prayers in the Prayer ties.

At this time, people change into the sweat clothes, drink more water and tend to their needs. When the time is right, we start the cleansing ceremony with Grandfather Fire and then enter the Sacred Stone Peoples Lodge.

The ceremony has four rounds. We start in the East, by inviting Wabun, Great Golden eagle to work us in the first round. In the second round, we invite Shawnodese, Coyote, to the South, to help us visit the places of our emotions. In the West, we invite Grandmother and Grandfather Bear, Mudjekeewis, to guide our prayers for the leaders in the

world. And, in the last round, we turn to the North, and invite Waboose, Great White Buffalo, to help with healing of Mother Earth and all our relations. This is not a contest of strength or endurance. You are free to leave if you need to. After the ceremonies, participants change into dry clothes, we make a Spirit plate offering, come into prayer before we start to eat and then enjoy the meal and festivities.

## Support

The Sacred Stone Peoples Lodge ceremonies are community events. People of all ages are welcome. All the participants are supported by the Water Pourer, the leader of the ceremonies, the Fire keeper, Door keeper, by the organizers, and other members of the community. Every step of the ceremonies is explained and guided, and conversations are held on the steps of the ceremonies, and on safety and support as we build the Lodge and go through the events of the day. These events are community oriented and ensure that all the participants are safe, loved, heard, and supported at all times!

All the participants are also supported by the invisible forces that have invited us to the ceremonies, and that we invite during Smudging ceremony, and creating of the Sacred space, the Creator, Earth Mother, Guardians and Keepers of the Directions, their personal guides, and guardians, and by the medicine people, Grandmothers and Grandfathers, keepers of this medicine.



## What to bring on the day of the Lodge?

Towel or two are useful in a Lodge to sit on and to wipe off sweat. Sisters usually wear a long (cotton is great) dress to be comfortable and brothers sweat in the shorts. This is a Sacred ceremony, focused on gratitude, prayer, and honoring, therefore we sweat in our clothes, to avoid distractions. Traditionally, women use dresses that cover their shoulders and legs, and men wear either shorts or sarongs that cover their private parts.

You are welcome to bring any of your ceremonial objects to either put outside on the altar or to bring into the Lodge with you.

We will provide some red cloth and tobacco to make prayer ties that can be brought into the Lodge and then burned in the Sacred Fire after the ceremony. If you would like to help, please bring some of your own red cloth and tobacco.



Please bring at least one blanket, so that we have enough to cover the Lodge. Dark and thick blankets work best. They can have designs or not. It is beautiful to have blankets with animal Spirits cover the Lodge, but this is not a requirement. We honor 7 Sacred directions. Sky, Sun, Grandmother Moon, Star Nations above, Earth Mother and her Turtle and Frog Clans below. The Eagle, Condor, and other winged family of the air in the East. Coyote, Great Serpent, Wolf, Rabbit, in the South, Bear, Whale, elk, family in the West, and Buffalo, Dolphin, otter, racoon, cougar in the North.

If you can offer a donation, please bring cash, and create a single Tobacco tie to gift it to the Water Pourer, the Leader of the ceremony on the day of the event. If you can, please bring a dish to pass because we will share a meal after the Ceremonies. Please be mindful that we have a vegetarian, a vegan, a "gluten free" family and we might not be able to store much of the food in the fridge.

If you have a portable cooler that would be really appreciated!!!

Thank you all. In gratitude and love to all our relatives. Mitákuye Oyás'iy

