

TIPS and Guidelines for Sweat Lodge

The following is meant to help shape your experience so you can get the most from these ceremonies.

Address for Lodge: 1773 E Hidden Valley Club Drive, Sandy UT 84092.
Jerry's Cell is 801 557-9203

Parking: We try to squeeze as many cars as we can in our driveway, typically that is 4-6 cars. If parking in front of our house, please ensure that cars can drive back and forth on the street. Please consider carpooling and be mindful of our neighbor's space, allowing traffic to easily flow on the street.

1. What to bring? Always bring something to sweat in; bathing suit, shorts, something that can get VERY wet and something dry to change into after the lodge. Bring two towels, perhaps one to sit on and the other to use.
2. There is a potluck feast that is part of the communal experience, so bring something yummy to share after the ceremony. Think grounding foods.
3. Prayer Ties: This is an excellent ritual to participate in prior to lodge. It's a technique in which to formulate your prayers and intentions for the ceremony. You wear these throughout the lodge and at the end of the lodge they are offered to the fire. When at my home, please ask about doing prayer ties and we will gladly show you how this is done and share what supplies we have.
4. Prior to each lodge two or three folks enter the lodge to prepare the lodge. This is an opportunity for us to offer prayers and tobacco to the Ancestors and Grandfathers (stones). It's an opportunity for us to do "our work" before holding space for the community. WHAT WE ASK OF YOU is to get dressed and ready to enter the lodge while we are in there, THEN QUIETLY sit by the fire. Contemplate your intentions and enter the lodge prepared for the work we will do together.
5. Offerings: It's customary to come to lodge with an offering. Traditionally this would be Red Cloth and Tobacco. Items like cedar, sweet grass, sage are all useful to support lodge. Other forms of offering are acceptable. It's a token of respect. An offering is typically made to the Fire keeper and Lodge Pourer.
6. There is also a donation box in the kitchen that you are encouraged to leave \$\$ that will ultimately support the lodge for wood and other supplies.
8. Please RSVP your intentions to attend lodge. This to plan accordingly. Preference for space will be given to those who RSVP. We always attempt to accommodate all that attend.
9. What if I cannot make it through the lodge?
Lodge is not easy and it takes time to develop the discipline to hold focus in the discomfort. Do your best. Pray harder, sing louder, get lower, dig deep in your heart, its all good. BUT if you cannot do it. NO judgment, let your lodge leader know by calling out GRANDFATHER and when he can, he will open the door and help you out. Sitting by the fire is a powerful way to continue with your prayers and intentions. We always encourage that folks stay near the fire after changing clothes.

Do you have additional questions?

JERRY BUIE

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