



Lodge Pouring

To preserve the integrity of this ancient ceremony we adhere to strict protocol. All participants must be present for the fire lighting. The lodge will begin approximately 90 minutes later. Silence and self-introspection are part of the process. Please be respectful and quiet. It's customary to bring small gifts for the fire tender and the lodge pourer. A pouch of tobacco, sweet grass or sage is always appreciated.

Hydration is critical, we suggest bringing a gallon jug of water with the juice of two lemons added. Do not consume alcohol/drugs for at least 48 hours prior to the lodge. A light meal several hours before the ceremony and a snack of fresh fruit is helpful. We will break our fast after the lodge with a shared meal.

Light weight loose fitting cotton clothing is optimal. A towel to sit on and a cloth for your face is a good idea. Bring a change of clothing. Give yourself time afterward to process and integrate the experience. Be prepared for both physical and emotional release, allow this to be the cleansing experience it is designed to be.