

5 TH ANNUAL

LEAN INTO THE LAND

# 2026 FASTING CEREMONY

“Indigenous Teachings are about a way of Life.”

Hosted at Talon Point Camp ~  
1010 - Lynx Place, Burns Lake BC



## What is Fasting?

Thousands of years old, this practice uses a tsezul (sweat lodge) and being put out on the land for several days. Indigenous people across Turtle Island have done this to build relationship with self and the land, to understand our interconnectedness, the Ancestors, and the Creator with guidance from experienced Elders.



## Why Attend a Fast Ceremony?

To traditional practice if the Creator brings you to it as a spiritual journey of your own, to decolonize and re-awaken the ancestral spirit in all of us creating a supportive sacred space for all.



## What are the Protocols?

Women should always wear a long dress (in the tsezul -sweat lodge too). No black dresses or skirts. Fasters should take in all orientation activities and have some experience in a tsezul - sweat lodge. All camp attendees will be smudged upon arrival and always be respectful and helpful.

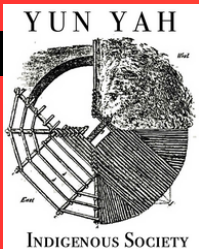


## How can I take part?

Participation as a faster you can work to fulfill your commitment as well as all orientation sessions. As a helper or visitor by coming to the Mai - Berry ceremony to drum or help with cooking, cleaning and wood preparation. Helpers are welcome anytime and are welcome to stay at the camp for the entire event as limited accommodations will be available or be provided space for a tent. There are showers and washrooms available. Our intentions are to uplift and to use respect always.

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# FAST

## Tsezul - Camp

**MAY 27 - JUNE 1, 2026**

**ITINERARY**

### **DAY 1**

**WEDNESDAY**

### **MAY 27 - ARRIVAL AT CAMP**

10 AM SET UP ACCOMODATIONS

- REVIEW SUPPLIES CHECKLIST WITH ELDERS - GET ACQUAINTED WITH THE NATURAL SURROUNDINGS

5:30 NULDI'LH DINNER

- EVENING CAMPFIRE ORIENTATION CIRCLE TIME 1

### **DAY 2**

**THURSDAY**

### **MAY 28 - SITE PREP & TSEZUL BUILD**

10 AM SELECT AND PREP FASTING SITES & BUILD HOGANS  
BUILD NEW TSEZUL - SWEAT LODGE

5:30 NULDI'LH- DINNER

- ORIENTATION CIRCLE TIME 2

### **DAY 3**

**FRIDAY**

### **MAY 29 - BECOMING SPIRIT**

FINAL PREP OF FASTING SITES

- 2 PM TSEZUL - SWEAT LODGE  
5:30 NULDI'LH - DINNER

MAI - BERRY CEREMONY (AT DUSK)

- FASTERS COMMENCE FAST IN COLLECTIVE SLEEPING AREA

### **DAY 4**

**SATURDAY**

### **MAY 30 - FAST DAY 2**

7:30 AM TSEZUL - SWEAT LODGE

- FASTERS LEAVE TO THEIR SITES

5:30 NULDI'LH - DINNER

- MAI - BERRY CEREMONY (AT DUSK)



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# FAST

## Tsezul -Camp

**MAY 27 - JUNE 1, 2026**  
**ITINERARY**

### **DAY 5**

**SUNDAY**

### **MAY 31 - FAST DAY 3**

- MORNING CIRCLE TIME
- 12 PM NULDI'LH - LUNCH
- 2 PM TSEZUL - SWEAT LODGE
- 5:30 NULDI'LH - DINNER
- MAI - BERRY CEREMONY (AT DUSK)

### **DAY 6**

**MONDAY**

### **JUNE 1 - FAST DAY 4**

- MORNING CIRCLE TIME
- 12 PM NULDI'LH LUNCH
- 2 PM TSEZUL - SWEAT LODGE
- 5:30 NULDI'LH - DINNER
- MAI - BERRY CEREMONY (AT DUSK)

### **DAY 7**

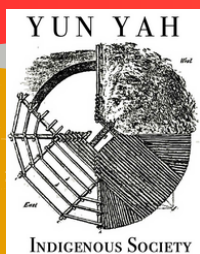
**TUESDAY**

### **JUNE 2 - RETURNING FROM SPIRIT**

- 7 AM TSEZUL - SWEAT WITH FASTERS
- MAI - BERRY CEREMONY TO FOLLOW
- BREAK-FAST FEAST FOR ALL
- ACKNOWLEDGEMENT CIRCLE
- CLOSING CEREMONY
- CAMP CLEAN UP
- HOME TIME

#### **NOTE**

- \* ALL HEALTH ISSUES OR CONCERNS MUST BE COMMUNICATED TO THE ELDERS AT THE FAST CAMP PRIOR TO TAKING PART
- \*ALL VISITORS MUST TAKE A COVID TEST
- \*ZERO SUBSTANCE OR ALCOHOL USE PERMITTED IN CAMP
- \*PLEASE LEAVE YOUR PETS AT HOME, WE ALREADY HAVE SEVERAL :)



## **FASTING CEREMONY**

*“Indigenous Teachings are about a way of Life.”*

### **FASTING**

Fasting is one of the many ceremonies that has been practiced in Indigenous communities for thousands of years. In the past, the Elders of a community would take the young people out to fast to help them find their direction in life. Today, as our cultural traditions and ways of healing are being revived in our communities, more Indigenous people are seeking answers through the ceremony of fasting and committing to being out on the land, alone, without food and water for 4 days.

### **REASONS FOR GOING ON A FAST**

When you choose to go on a fast, it is with a purpose in mind. You may go out to seek direction in your life or you may go out to learn more about our ways and about Creation. You may fast for your spirit name and colours. Healers may fast to find and gain permission to use a certain plant medicine. You may fast for many other reasons. Whatever the reason for your fast, you prepare yourself beforehand through prayer and tobacco. It is said that when you fast you are sacrificing yourself for all, for your family and for your community, by denying yourself the basic comforts of shelter, water, nourishment, and companionship.

### **DIFFERENT PLACES AND WAYS FASTS ARE CONDUCTED**

Fasts are conducted in many ways and in many different places. You may be put out to fast deep in the woods, in a field, on an island or a mountain. Fasters may stay in a fasting lodge that they themselves have constructed of saplings and tarps, they may sit on a platform in a tree with a tarpaulin to keep them dry if it rains, or they may stay in a fasting hut. Wherever they spend their one, two, three or more days of fasting, they will bring with them the medicines - tobacco, cedar, sage, sweetgrass or other plant medicines that may be used in their region and their sacred items such as a drum, pipe, smudge bowl, feathers and ribbons of their colours. Spring and fall are generally the times for fasting. Some teachings say that you fast in the fall to take away negative energy and you fast in the spring to replenish yourself with new energy.

Healers and Elders say that fasting has a cleansing and healing effect. Fasting has also been described as a healing way where the first person we face when we fast is ourselves. People may fast either in the spring or fall each year. Offerings are made before the fast. This may be food offerings as well as tobacco. Very often, fasters will go into the sweat lodge before they are taken out to their fasting spot and later, when they are brought in from their fast. The fasting conductor lets the fasters know the duration of their fast through the connection he or she has with the spirit world. Firekeepers tend the sacred fire at the base camp for the duration of your fast. The person who has put you out on your fast looks after you while you are out. Your fasting site might be encircled with spruce or cedar and with tobacco ties. You might build a sacred fire at your site where you offer your tobacco. However your fasting site is set up, you are in the care of Mother Earth and our First Family.



## **FASTING EXPERIENCES**

Everything you see on a fast is important, even the little bugs around your fasting area. You may find yourself feeling closer to the sky world than you have ever felt before when the sacred light from the moon and stars brightens the night sky. You may gain an increased awareness of the beauty of the natural world, our First Family. Your dreams and visions are all part of the journey. It is said that fasting brings you closer to the spirit world and that your spirit wakes up when you are on a fast. You may feel that the questions you were asking have been answered. When you are on your fast, you have your sacred items with you - your drum so that you can sing the traditional songs you have learned and the sacred medicines to help you in your prayers. It is said that when you call on the spirits with a song, they will hear it and come to help you.

## **ENDING A FAST**

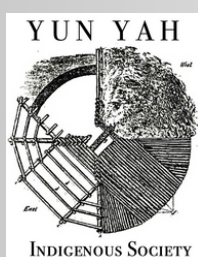
At the end of a fast, when the person who has taken you out to fast comes to get you, you may be taken into a sweat lodge where you have the opportunity to talk about your fasting experience. Your fast may be ended by drinking water and berries. A Traditional Feast is prepared for the fasters in celebration of the spiritual journey the fasters have experienced.

## **FASTING CONDUCTORS**

The conductor of fasts has been trained and has earned the right to take people out on a fast. The conductor does this in a certain way, in the way that he or she has been taught. The conductor of a fast is able to tell you the Traditional teachings of the fast they are taking people out on. The fasting conductor should be informed of any health condition you have before you go out on a fast. The conductor of a fast watches over the physical and spiritual well-being of the fasters whom he or she takes out to fast. The conductor of a fast should be able to help to interpret the dreams, visions and gifts that have come to you and to offer guidance about your fasting experience.

As our awareness and knowledge of our traditions and culture increases, so does our honour and respect for these ways. This has not always been the case in our communities. There are always those who present themselves as Healers, Elders or Medicine People who have not earned that title and may use the teachings and medicines in the wrong way. It is important for everyone, especially young people, to be aware of this and to exercise caution when they seek healing, teachings, or advice. It is advisable to consult with people whom you trust to get referrals to respected and recognized Traditional Elders, Healers or Medicine People.

-Wording courtesy of Anishinaabe Health Authority



## Fasters Supplies

Depends on how tall you are pick one of the following if you can afford it. You can find these prices at Princess Auto.

\* 1 Canvas Tarp 10 X 16 - \$149 or 1 Canvas Tarp 10 X 12 - \$109

(These tarps can be reused once you are done and by choice can be given away at the Ceremonial Feast Give away at the end of the fast to rebuild next years sweat lodge).

If it is too expensive you can get the blue plastic tarps which are much cheaper again at princess auto or anywhere else.

\* 1 Ground blue tarp 6-10 feet

\* 1 hatchet

\* Twine (to tie your hogan up)

\* 12- 20 foot rope

\* 1 Tub of Tobacco

\* 2 meters of Red Broad cloth

\* 2 meters of Yellow broad cloth

\* 2 meters of Green broad cloth

\* 2 meters of White broad cloth

\* 2 meters of Grandmother prints one with purple flowers

\*2 meters of 2nd Grandmother prints one with pink flowers

\* Gear for you to sleep in. Like how you would a tent

\* Your Prayer Bundle anything you would use for your spiritual journey

\* 2 sets of Sweat lodge clothes to sweat in

\* Change of new clothes to come in and out of

\* Matches

\* Hatchet

\* Knife

\*Towels for sweat

## Fasting Donations Ideas:

\* Any type of Food, Water, Wood, Axes, Matches, Toilet Paper, Water, Drinks

\* Berries of all sorts: Strawberries, Raspberries, Soap Berries, Huckle Berries and so on.

\*Your time , If you don't have time. Money Donations can be given at the end of the Fast

## Fasting Helpers Needed For:

\*Fire Keepers, Workers / Clean Up, Lodge Builders, Cooks, Supporters, Drummers, Sweat Lodge Holders & Pipe Carriers

## Gift Give Aways:

Whatever you feel in your heart to give away at the end of the feast.

Examples: Bear Grease, Donations, Blankets, Towels, Medicines and so on.

