

Weaving Unity Retreat Center

Spiritual Sauna: Our Healing Ceremony

Ceremony Schedule (what to expect): This schedule is an overview of the day.

Every Ceremony is different depending on how many people are here, the types of rounds Spirit calls for, and group participation. So sometimes the timing is different from what you read below and we move into ceremonial time which allows us to be fully in our bodies and release the demands of daily living. We welcome your participation in all that we offer for the whole day. It is recommended that you stay for the meal after the Ceremony so that you are fully grounded before driving our mountain roads.

*** Arrival for Fire Ceremony**

Center in
Introductions
Prepare to go to ceremonial site

*** Fire Ceremony**

9am (winter, spring, fall months)
3pm (summer months)
Not mandatory, yet creates a full ceremony experience
Set intentions
Choose stones for ceremony
Call in directions
Build and start the fire
Everyone can participate in all aspects

*** Dress our Spiritual Sauna**

We 'dress' our sauna in rainbow fabric representing the gift of color from Spirit and all that the rainbow symbolizes to each of us

*** Arrival for the Sauna Ceremony**

Noon (winter, spring, fall months)
5:30pm (summer months)
ALL PEOPLE ARRIVE BY THIS TIME!!

*** Prepare for the Sauna Ceremony.**

Special teachings depending on ceremony intention
Change into ceremony clothes

*** Spiritual Sauna entry**

1pm (winter, spring, summer months)
6pm (summer months)
If you created prayer ties bring them with you as you enter the lodge
We pause/kneel at the door realizing we enter a sacred space
We move clockwise to find our place to sit as this builds energy
Each color and direction holds a different energy, sit in spot that resonates with you
Hang your prayer ties above you
We are here to connect with Source through prayer, song, or silence
Our intent is to purify/heal our bodies (physical, mental, emotional, and spiritual)

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* **Ceremony sequence:** There are usually four rounds, sometimes five

Bring in the hot stones (honor them with silence or a greeting, no personal chatting at this time)

Close the door

A prayer is offered and the intention for the round

Plant leaves, sap, or oils are placed upon the heated stones for their healing benefits

No hallucinogens are used in our ceremony

Follow the intention:

 Please stay focused on the round intention

 There are prayer rounds where you can offer your prayers with words or silence

 Please stay focused (please no preaching or long personal stories)

 When complete say "ho", to let others know you are done or when passing the heart stone

Each round holds a different intention and aspect to healing

We ask that you try to complete all four rounds and yet we honor when you are complete

If it gets too hot, lie down and get near the earth

If you need to leave during a round, respectfully ask for the door. Please stay in place until the door is opened for your safety

If you are feeling ill please let the leader know

After the round is complete the door is opened

Drinking water is brought in to re-hydrate

You may go outside, please return quickly

Silence is asked for near the lodge for those still in prayer

You are welcome to sit out a round and return for the next one

* **Ceremony Completion:** is after the final round

After your final round is your time of conscious rebirth

You have prayed, purified and released, now rebirth yourself anew into the world

Take time at the doorway, giving thanks, and enter the world consciously

Honor your prayer ties to the fire ("let go and let God")

Wrap Up:

Change into clean, dry, warm clothes

There is a warm shower available

Remove the rugs and hang on fence

Take all your belongings with you, leaving a clean site

Retire to the house for our nutritious meal

Please help to clean up your dishes and with the kitchen after the meal

If you are concerned with claustrophobia or total darkness please let Charlynn know.