

SWEAT LODGE WITH A DIFFERENCE...IN HARTBESPOORTDAM AT BULLEN'S BUSH LODGE



Nestled in the Majestic and ancient Magaliesburg Mountains Bullen's Bush Lodge has recently completed a one-of-a-kind sweat lodge. This sweat lodge is built underground and can seat up to 19 people comfortably

The lodge is built in such a way that even those with back problems can enter with ease as you can easily stand upright in the lodge. It also has a unique medicine walk built on the principle of the Sacred Tree of Life. Showers and ablution available at the sweat lodge...

The next lodge is Saturday 23rd of January 2010

The Sweat Lodge is a Sacred Ceremony for cleansing, healing and creating anew on a physical, mental, emotional and spiritual level. It is a powerful tool for transformation. The Sweat Lodge connects us with the 4 elements: Earth, Water, Air and Fire and the 7 directions East, South, West and North, Above, Below and Within and The Wheel of Life. Through the process we connect on a very deep level with our own Sacred Space and the Divine. It is a powerful tool for release and creation, death and rebirth.

During this process we do a meditation to connect with our Sacred Space and Inner Landscape to find those parts of our lives that are working for us and those that are not. I do a reading for each person the night before, which helps to clarify each person's intention.

Part of this process includes going on a Medicine Walk into nature, where you take time to allow Mother Earth to show you signs and communicate with you. On this journey you find the rock/grandfather that has a message for you. We work with the significance of the rock as part of the preparation and then each person's rock is then heated in the Sacred Fire for the lodge.

What do we do?

Before entering the lodge we spend time in a Talking Circle and working with our intentions for the lodge. It is to really focus in on what it is about our lives, at this moment that we are choosing to work with and change.

Once everyone is clear on their intent for the lodge, we move to the Sacred Fire and prepare for the lodge. We provide you with information and history of the sweat and the procedure we follow. We make prayer ties, work with animal totems, smudge, and then we enter into the lodge.

What is the length of the lodge?

The length of the lodge depends entirely upon the group and the healing that is required for each specific group. The average time is anything from 2 to 3 hours. The whole process from start to finish, including the circle time preparation and the dinner afterwards takes approximately 7 hours. We usually start at 3pm and go through to about 10:00pm.

Can you leave the lodge?

The Sweat Lodge is NOT an endurance test, you may leave at any time, all you do is ask the lodge keeper and you will be let out. You may enter again if you wish at the beginning of the next session. The idea of the lodge is to get out of your comfort zone to push through and see what you find there, but at the same time I trust each person's own self judgement as to when they have had enough!

How many people are in the lodge?

I prefer to work with 19 people (maximum) at a time. The minimum amount of people that I require to run a lodge is 10.

What to wear in the lodge?

Most people wear swimming costumes, but it is entirely up to the individual and what you feel comfortable with. Whatever you wear in the lodge will get completely soaked. Once the doors are closed it is completely dark inside the lodge.

Who facilitates the lodge?

I (Lirschia) facilitate the lodge and I have a fire-keeper who makes the fire and hold the space outside the lodge. The lodge as a powerful tool for transformation and healing on ALL levels.

Preparation before lodge?

No alcohol for at least 1 day before lodge

Vegetarian diet 1 day before lodge

Drink loads of water 1 day before lodge, during & after lodge

Start setting your intention for the lodge

Where is the lodge held and what time?

The Sweat Lodges are held at a Bullen's Bush Lodge which is in Hartbeespoortdam. It is a 40 min drive from Johannesburg. Everyone arrives at 2pm on the Saturday, we do the lodge, have dinner and depart after dinner.

To bring list

Notebook & pen
Comfortable clothes, warm jacket/jersey, hat
Swimming costume, sarong and towel
Large bottle of drinking water
An overnight bag with toiletries etc.
Any medication that you are on permanently

Dates of next Sweat Lodges:

Saturday 23 January 2010 Saturday 20 February 2010
Saturday 27 March 2010 Saturday 24 April 2010
Saturday 22 May 2010 Saturday 26 June 2010
Saturday 24 July 2010 Saturday 21 August 2010
Saturday 25 September 2010

Arrive 2pm on the Saturday

Investment:

R 380 per person, this is what the price includes:

A distance short Rune or Card reading before the lodge
Talking Circle and Medicine Walk
Facilitation of Sweat Lodge
Water
Dinner (Normally bread and hearty soup)
Shower facilities available

BOOKINGS:

Booking is essential as I take a maximum of 19 people at a time. In order to secure your place please e-mail lirschia@gmail.com and I will send you a Booking Form and a map. Please complete the Booking Form and fax or email it back to me together with proof of payment of your 50% deposit on 086 509 7224 or lirschia@gmail.com

Please note that the deposit is non-refundable but can be carried over to the next lodge.

Overnight accommodation packages also available

For more information & booking related queries please contact:

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