





# THE SWEAT LODGE



*We participate in the Sweat Lodge ceremony throughout the year to prepare ourselves for the Sun Dance, so it is an important part of the Sun Dance Religion. When a person has the proper intention and observes all of the rules, the Sweat Lodge purifies the person not only on the outside, but also throughout his inner being.*



*The Sweat Lodge is called the little brother of the big Lodge ... the Sun Dance Lodge. It is similar in construction. You cut twelve small poles from tree saplings and bend them over and tie them together. You should say a prayer before cutting each tree, because the tree has allowed us to use it for our prayer ceremony. I have already spoken about the meaning of the form of the Sun Dance Lodge, and this meaning is also true for the Sweat Lodge.*



*Above: Thomas Yellowtail building a Sweat Lodge; Below: Crow Sweat Lodge without the cover*