

**Maureen Sullivan** has been a student of Rev. Sally Perry, Spirit Medicine since 1995. She was in India for the Kumba Mela in 1998 with Sally and Swami Parmanand Ji. She was initiated by Spirit Medicine to pour lodges in 2002 and is a Sun-Moon dancer. On the board of Akhand Param Dham, she continues to work closely with Sally and her work. She is a healer, graphic designer and artist.

**Stephanie Vay**, a student of Spirit Medicine since 1998, has Sun-Moon danced with Beautiful Painted Arrow and also participated in the Long and Drum dances. In 2005, she traveled to India to work with Swami Ji and Babaji Ram Singh, and in 2007, she was initiated to pour lodges with Maureen Sullivan. She is a scientist actively engaged in environmental research and an avid runner, kayaker, and hiker.

**Greg Smith**, a student of Spirit Medicine since 2003, a Sun/Moon dancer, Drum dancer and Long dancer. He traveled to India with Sally in 2005. He is a devoted student of Spirit Medicine and is on the board of Akand Param Dham. Greg was initiated to pour lodges with Maureen Sullivan in 2007.



**Rev. Sally Perry, Spirit Medicine**, is a part Cherokee Medicine Woman, internationally known humanitarian, visionary healer, teacher and writer. Continuing Joseph Rael, Beautiful Painted Arrow's visions, she teaches from the Figure 8 Medicine Wheel and offers Sweat Lodge, Vision Quest, World Peace Dances, Spiritual Retreats, Educational & Spiritual Journeys to India. Sally's latest book *Chronicles of a Healer* is available at bookstores through New Leaf Distributors. She is also recently featured in Jean Rita Linder's book, *The Past Lives*, by Alma Publications. For more information: [www.sallyperry.net](http://www.sallyperry.net)

Akhand Param Dham of America is a non-profit, educational and charitable organization established for Yogi Purush Swami Parmanand Ji Maharaj and The Reverend Sally Perry's work in the U.S.



East West Bridge  
19400 Turkey Road  
Rockville, VA 23146



Join us for

## an Amazing Alternative Purification Ceremony

...and explore your visionary nature  
with

**Maureen Sullivan**  
**Stephanie Vay**  
**Greg Smith**

with the blessing of  
Rev. Sally Perry, Spirit Medicine

Healing Heart  
Wheel  
& Lodge  
Rockville, Virginia



Dear Friends,

You are invited to a Sweat Lodge at:

**EAST WEST BRIDGE  
19400 Turkey Road  
Rockville, VA 23146**

**Dates:** Aug. 25, Oct. 13, Dec. 8, 2007  
Jan. 12, Feb. 9, Mar. 8, 2008

**Time:** 3:30 pm

**Donation:** \$51

To reserve a space, please contact:

Maureen Sullivan - (804) 447-1090  
momosully@comcast.net

or Greg Smith - (757) 406-5741  
rh53mech@yahoo.com

Space is limited, so advanced reservations are required. If you have a friend that you wish to invite, please notify us when you make your reservation so we can reserve a space for them. Please inform your friends of the sacredness of the lodge so that they will understand this is a ceremony of purification. Women who are "on their moon" refrain from participation in the sweat lodge as they are already in a process of purification. Please advise us of any health problems.

- **WE ASK THAT PEOPLE ARRIVE PROMPTLY.**
- **We ask ALL to please observe the traditional dress protocol before and after the sweat: Sleeves and long sleeves, long pants and skirts. NO shorts except by the men during the lodge.**

### DIRECTIONS

- Heading west on Rte 64 take Oilville Exit (167)
- Bear right onto Rte 617
- After passing Turkey Creek Road turn left onto Oilville Road/Pinhook Road (617)
- Go about 2 miles and turn left onto Turkey Road
- Go about 1/2 mile to 19400 Turkey Road, driveway on the right

### PLEASE BRING

- A covered dish or drinks, ie: juice, cider, for 10-12 people.
- Towel, change of clothes
- Gallon of distilled water
- Any items you wish to place on the sacred mound for a blessing
- Sage, cedar, sweetgrass or tobacco
- Yellow, black, red and white cotton material; string & scissors

### WHAT TO WEAR IN THE LODGE

- Men: bathing trunks or shorts
- Women: It is traditional for women to wear a loose dress or long skirt. The skirt symbolizes the circle as does the lodge, so a woman is said to be in total alignment with the earth mother in a dress or skirt.

*\* For both men and women, shorts or revealing clothing (tank tops, etc.) not allowed before or after the lodge.*

### SUGGESTIONS

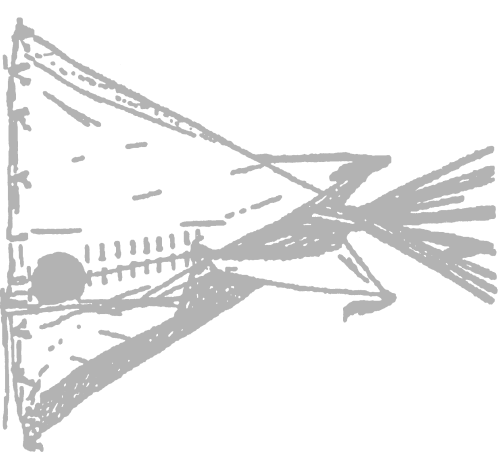
- Avoid heavy meals - eat light. Some people fast the day of the sweat
- Drink plenty of water throughout the day and avoid caffeine
- Remove metal jewelry before entering the lodge as it could become uncomfortably hot

### DONATIONS

- Non-profit, tax-exempt
- The donation is NOT for the ceremony. The money supports the non-profit, and pays for granite rocks, wood, blankets, firewood, smudge, paper goods, phone, postage, etc., for the Lodge, and if necessary, we accept any of those items in lieu of cash.
- Make checks payable to: *Akhand Param Dham*

### FORMAT

- We will be smudged when we arrive
- We will then make prayer bundles, a meditative activity done in silence, helping us to center on the ceremony which begins when we arrive on the land
- We will then sweat and conclude with a feast



## **THE SACRED STONE PEOPLE'S LODGE**

"The sweat lodge teaches a return to the womb of the Earth Mother for purification while using the four elements of air, earth, fire and water to create the connection between the Cosmos.

The sacred Stone People's Lodge has as many styles to the ritual as there are tribes. The water pourer, as the leader of the ceremony is called, should have many years of training with a medicine man or medicine woman before they undertake this ceremony.

When entering the lodge, one crawls on their hands and knees to honor the four-legged and to humble themselves as they move into the warmth and darkness of the lodge.

The granite or lava stones are heated for several hours with ceremony and prayer to prepare the stone people to carry the sickness of the mind and emotion to the creator where the physical is cleared to make way for spiritual healing."

Sally Perry

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