



Rev. Sally Perry, Spirit Medicine

is a part Cherokee Medicine Woman, Internationally known humanitarian visionary healer, teacher and writer. She is now teaching from the Figure 8 Medicine Wheel and offers:

- Vision Quest
- World Peace & Sun Moon Dances
(continuing Joseph Rael, Beautiful Painted Arrow's visions)
- Spiritual Retreats
- East/West Bridge Long Dances
- Educational & Spiritual Journeys to India

Sally's latest book *Chronicles of a Healer* is available at bookstores through New Leaf Distributors.

For more information see
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Akhand Param Dham of America is a non-profit organization established for Swami Parmanand and 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 international teacher, healer,
humanitarian and author

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

SWEAT LODGE

Dates: June 9, July 28, August 25

Time: 3:30 pm

Donation: \$101

VISION QUEST

Dates: September 22-23, October 26-28

Call for information.

To reserve a space, please call:

1-804-749-4679

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.**

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DIRECTIONS

- Heading west on Rte 64 take Oliville Exit (167)
- Bear right onto Rte 617
- After passing Turkey Creek Road turn left onto Oliville 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

www.sallyperry.net

PLEASE BRING

- A covered dish or drinks, ie: juice, cider, for 10-12 people.
- Towel, change of clothes (if necessary)
- 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

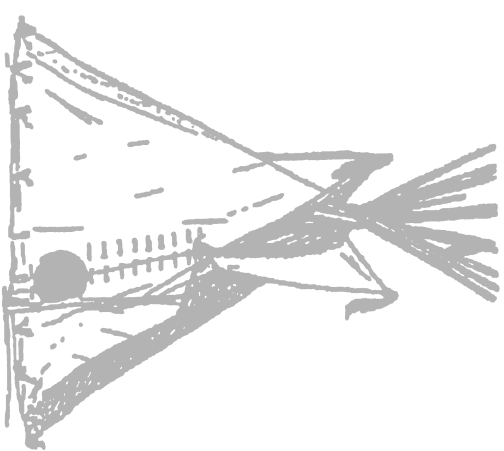
DONATIONS

- 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 shall have an activity such as drumming, discussion of the theme, making a ceremonial object
- 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

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**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