

## **Moon Cycle Protocol Regarding Traditional Indigenous Sweat Lodges**

This can be a sensitive issue to discuss and it is difficult to explain. We are speaking of a traditional cultural ceremony that is thousands of years old.

As Indigenous people the moon cycle is seen as a positive uplifting time for a female, and we have come from societies which were traditionally governed by women's council

This perspective is at times somewhat contrary as to the Western view. In European/Western culture women have sometimes been segregated, not able to vote, not in positions of decision making, etc. and the menstrual cycle often viewed as a negative time.

It is a universal teaching for all Indigenous traditional ceremonies- shaking tent- Sundance - Sweat lodge -

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All life comes from the planet and that the Earth is a female energy. The Earth is seen as a living breathing entity.

When a woman is on her moon cycle (menstrual cycle) the understanding is, she is at her highest spiritual power. That energy can potentially overwhelm and harm the lodge keeper and the participants.

It is a personal time for her, and her body is naturally cleansing and does not need to be and should not be in a Sweat Lodge during this powerful time for her.

We hope that all participants will understand and respect this cultural perspective of the Moon Cycle and the Sweat Lodge.