

# Sweat Lodge Ceremony

Led by Jim Thomas & David Powell

At Samara Healing Center, Taneytown, MD  
Saturday, March 26th | 4:30-11pm\*



*"The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the Universe and all its powers and when they realize that at the center of the Universe dwells the Great Spirit and that this center is really everywhere, it is within each of us."*

*—Black Elk, Oglala Sioux*

Samara Healing Center  
4148 East Diehl Rd.  
Taneytown, MD 21787

**For more information, visit:**

[www.samarahealingcenter.com](http://www.samarahealingcenter.com)

A sweat or purification lodge has been a part of many traditional cultures around the world. While the purification certainly occurs on a physical level with a release of toxins with perspiration, the lodge ritual is intended to support us in releasing mental, emotional and spiritual accumulations to make room for new inspirations, commitments and creativity. The sweat lodge ceremony at Samara is a unique combination of wisdom traditions that honor and cultivate our connection to the Earth, Spirit, and Ancestors.

In coming to a sweat at Samara, participants need to bring two towels, T-shirt and shorts to wear inside the lodge, a clean change of clothes, water bottle, drum or percussion item, and a small spiritual icon that is important to you to place outside of the lodge. After the conclusion of the lodge ceremony, there is a potluck meal in which participants are asked to bring a dish to share. \*Depending on the number of attendees, the event usually ends around 11pm. We are limited to 10 participants each sweat.

If you are new to Samara and/or have never taken part in a lodge before, please contact Jim prior to registering. If you would like to participate in the evening but prefer not to sweat at that time, you are welcome to come and support the participants and assist in tending the fire. We would ask that you stay for the entire evening and also bring a dish for the potluck.

The fee for the evening is by donation (\$50 is suggested). Unless there are severe storms that night, we hold the sweat lodge ceremony rain or shine.

**To register, contact Jim Thomas at:**

[jlthomas@qis.net](mailto:jlthomas@qis.net) | 410-756-6419