

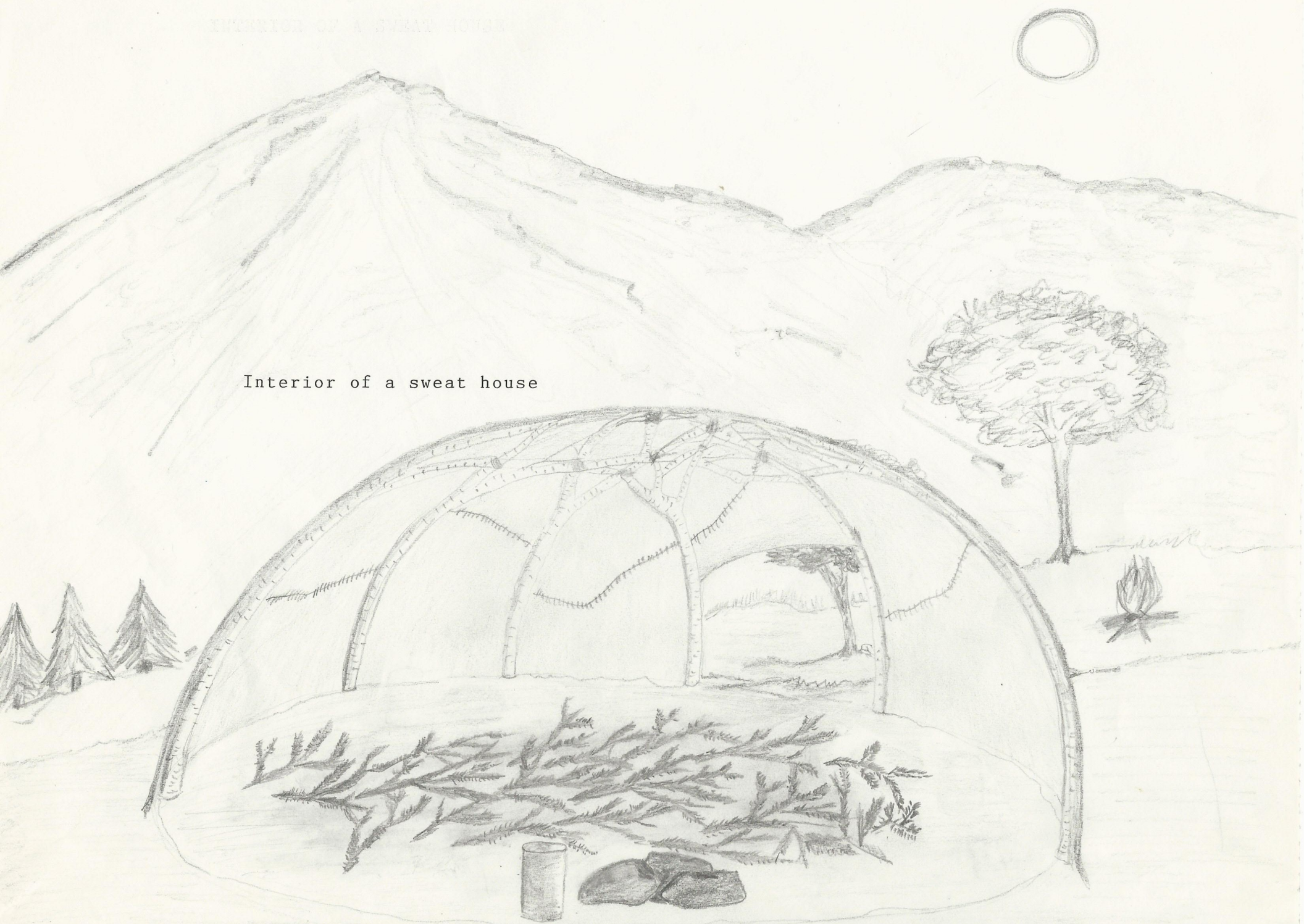
## SWEAT HOUSE

The Shusways people use the sweat on a frequent, regular basis. It can be a physical cleansing, or physical cleansing and a storytelling time, a means of passing on tradition. It can be a physical cleansing and a time to praise and thank the Great Spirit. Often before a decision-making meeting, the people will use the sweat to cleanse themselves in body, mind, and spirit. The sweat opens every pore of their bodies, frees their hearts to open in love and compassion, and enables them to see themselves and each other in their true beauty. The sweat house then, has become the "Relecture".



INTERIOR OF A SWEAT HOUSE

Interior of a sweat house



### The Making of a Sweat House

1. Choose birch branches.
2. Shape and bind the branches.
3. Cover the structure (air tight).
4. Gather wood and make a fire.
5. Find stones and put them in the fire.
6. Place the hot stones in the sweat house.
7. Place spruce branches on the floor of the sweat house.

### The Process of Rereading

Choose an experience.  
Find the objective.  
Make sure the experience is covered in autonomous energy.  
Identify the means.  
Overcome obstacles.  
  
Examine the deliberate choices.  
The fresh odour and softness.  
- Mutuality -

### STRENGTHS

- |  |   |
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| 8. The person leaves her clothing outside and enters by a small opening facing East (the Sun). | Complete willingness and openness.  |
| 9. The person closes the small opening, seats herself and remains in complete darkness.        | Perception, discernment, judgment   |
| 10. The person pours water on the hot stones.  | The steam opens the pores of the body (heat enters the body).                                       |
| 11. The person prays, reflects and continues to pour water on the stones.                      | Every pore of the person's body is opened; the skin is cleansed (heat continues to enter the body). |
| 12. The person leaves the sweat and bathes in the stream.                                      | Remembering and conserving the experience.  |

