

DESCRIPTION OF CEREMONIES

Talking Circle

Individuals come together in a circle to pray to Creator in order to balance the mind, body, emotions, and/or spirit. What is shared inside the sacred circle is confidential.

All sit on Mother Earth (exception to the elder and ill), in a clockwise direction, the patient introduce themselves and speaks directly to Creator. After one is done, the next person follows. The beginning and closing of ceremony is done by the Medicine Healer.

Healing Ceremony

Is done through a request to the traditional healer for a specific situation. Through prayer, hands-on healing and/or using various elements, the patient can continue on the path of life.

Sweat lodge Ceremony

The ceremony takes place in a lodge that is covered to hold the heat and steam; as well as darkness. This is done to represent our Mother's womb. The number of rocks entering into the lodge depends on the healer pouring the water. Through song, prayer, and various elements; our body, mind and spirit are cleansed and renewed.



F I R S T N A T I O N S
C O M M U N I T Y
H E A L T H S O U R C E

First Nations Community HealthSource
5608 Zuni Road SE
Albuquerque, NM 87108

Phone: 505-262-6533
Fax: 505-262-0781
Email: karen.waconda-lewis@ihs.gov

First Nations
Community
HealthSource

Native
Traditional
Healing
Program

*Healing the
Mind, Body*

Tel: 505-262-2481



Traditional Native Healing

All living beings are created equal and

all live in balance

with our universe.

Living in balance

when all elements

come together

allows us to prac-

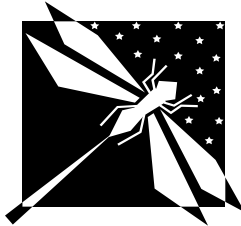
tice love, compassion, honor, and faith
in our Creator, ourselves and others.

As a result, our own experiences be-
come our teacher that can strengthen
our mind, body and inner spirit. If we

are not in balance, our daily life ex-
periences can weaken our surround-
ings or inner energy system that may

cause illness. The traditional healing
program aims to provide Native

American's and others in the Albu-
querque area a safe place to gain their
inner strength and rebalance the mind,
body and spirit.



INFORMATION NEEDED FOR CEREMONY

Being in ceremony means being present to
Creator and all the Spirits around us. Please
be respectful and keep in mind the following.

- Drink plenty of water especially before a
sweat lodge ceremony
- Due to the powerful energy and sacred-
ness, women are asked not to attend
ceremony if on her Moon cycle
(menstruation cycle)
- Respect and honor one another. One may
assist in cleanup after ceremony.
- Donations and offerings are greatly appre-
ciated
- No alcohol or drugs will be permitted on or
near the sacred grounds.
- All Sweat lodge ceremonies will be sepa-
rate for men and women. Bring a towel
for own use. Women must wear a dress
or skirt
- Remember you are made of the physical
body, mental, emotional and spiritual.
Please take responsibility for your physical
body. Sweat lodges may have intense
heat.

Location of Ceremonies (Please call for dates and times)

**Sweat lodge,
Men, Women's and Elder's Talking
Circle and Healing Ceremony and
Women's Relationship gathering:**
First Nations, 5608 Zuni SE, Albu-
querque

**Talking Circle and Healing Cere-
mony for the homeless:**
Health Care for the Homeless
1217 1st Street NW, Albuquerque

Home, Hospital, Nursing Home visit
On request, a medicine healer can pro-
vide healing or prayer ceremony for
the individual who is home bound or
in a medical institution. Call in ad-
vance if interested.

Medicine Healers

Ceremonies are open to all. There will
be a Dine, and/or Pueblo Medicine
Healer available at ceremony. Please
be respectful and honor one another
traditions. We will not exclude but
include all traditions.

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