

inipi*

* Lakota (native tribe from North America) for: "they are sweating"

How to make a sweatlodge

In the beach in France, Peter did a workshop on sweatlodge building.

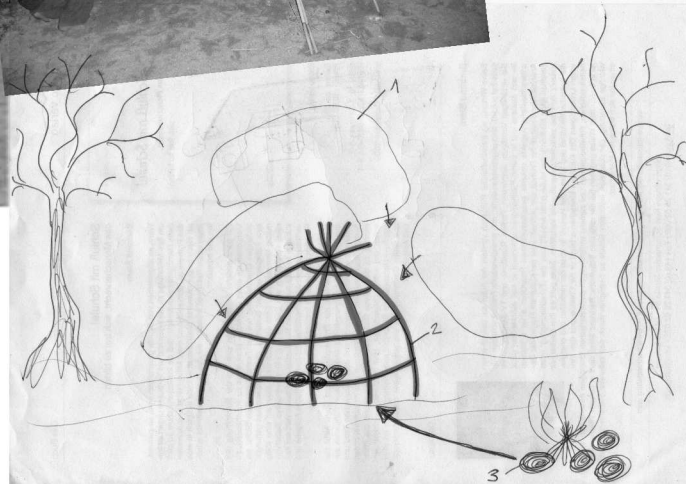
Sweatlodges are an old Naive American tradition and the more simple, „roots-style“ and ritual way to do a sauna. They are used for healing and cleaning rituals. In some cultures they also symbolise birth, and if you once did it you will understand why: as you are in this small, dark, warm and imeless space like a womans womb – until you see the light and breath fresh air (again).

Basically you just need some sticks (we used Caña) to make an iglu-like construction, which you then cover with blankets, carpets, and/or plastic foil (as much as you can find). Try to make it as insulated as possible.

Then heat up big stones in a fire, and carry them into the sweatlodge.

The one we built was big enough for about 4 people, so we did it in 2 shifts: people inside, and others on the fire providing the others with fresh hot stones.

We then jumped into the cold water of the sea and really felt like reborn!



2 NICE TRADITIONS

* Bavarian (Germany) for sth like "we are rummaging"

rama dama*

cleaning up our paradise garden!

We didn't really understand how all that trash came into the paradise we'd found. We just couldn't understand people...

Beer bottles and beer bottles, cans and cans and cans...

"They are using shampoo on this beach? In a natural reserve?" I wondered when I saw that shampoo bottle there...

I rembered a nice tradition from the village where I grew up: "Rama dama". Once a year or twice people went, all together, young and old, into the forests and cleaned them up from trash.

That was quite a big event in our place!

I proposed to do a Rama dama here, and some people joined enthusiastically :-)



... So we collected a huge pile of trash together!

