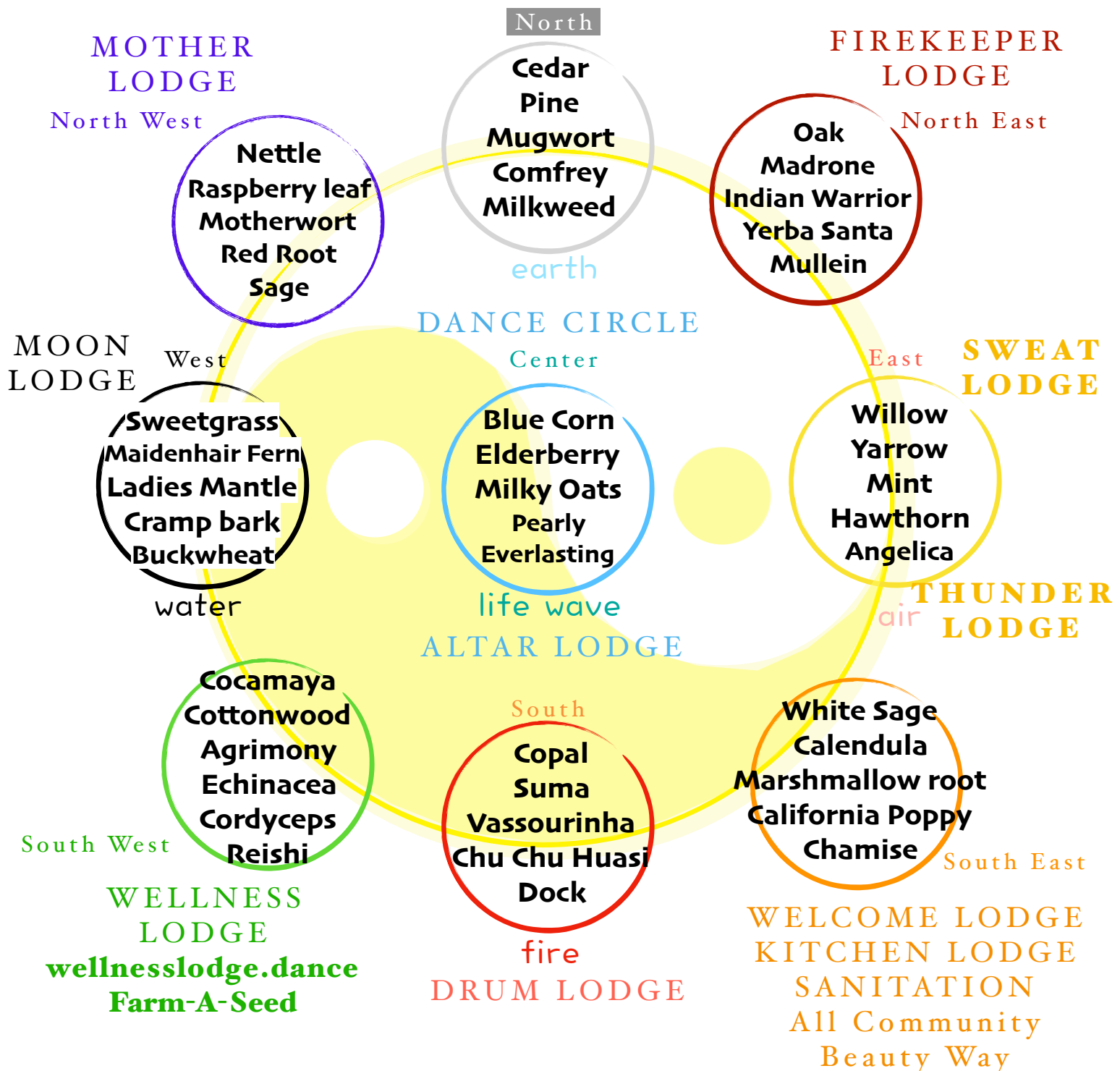


Lodges and Herbs of Empowerment for the Long Dance at Suma Sil

GRANDMOTHER LODGE



SWEAT LODGE

Willow (local) - flexible and strong for our lodge and standards; bark for pain relief

Yarrow - all around blood circulation aid, promote sweating for clearing fever, relieves moon cramps

Mint - cooling digestive helper, delicious

Hawthorn - heart and circulation tonic, calming nervine

Angelica - all around digestive, lung and skin healer, stamina

COMMUNITY

White Sage (local) - our wonderful spirit cleaner; anti-microbial

Calendula - all mucus membranes and skin - wounds, burns, ulcers; edible flower petals

Marshmallow root - soothing demulcent for all mucus membranes

California poppy (local) - calming - safe enough for children

Chamise (local) - stomach, intestine pain; wash swollen hot feet

DRUM LODGE

Copal - South and Central American (as are next 3 herbs) sacred blood of the trees for purity and calm

Suma - adaptogen for endurance, restorative, antimicrobial, anti-inflammatory, analgesic, balance blood sugar

Vassourinha - antispasmodic and everything else from heart to mind to body

Chu Chu Huasi - pain relieving, anti-spasm

Dock (local) - blood and lymph purifier, liver stimulant, all skin ailments, diarrhea

WELLNESS LODGE

Cocamaya - warm, delicious, energizing and strengthening drink for dancing all night

Cottonwood (local) - the buds make Balm of Gilead, a pain-relieving balm

Agrimony - from sore throat to diarrhea, anti-inflammatory, blood purifier, digestive, UTI

Echinacea - all around immune support; snake bite healer

Corcyceps & Reishi - adaptogens for calm energy, clarity, endurance, immune, lung, kidney, long life

MOON LODGE

Sweetgrass - brings sweetness and joy to life

Ladies Mantle - regulates moon time

Maidenhair Fern (local) - shiny hair; eases and moves moon time, sensitive to smoke

Cramp bark - relieves cramps of all kinds

Buckwheat (local) - remedy for spotting, excess bleeding, late pregnancy joint pain, headache

MOTHER LODGE

Nettle - high mineral electrolyte tonic, diuretic, hemostatic, joint support, allergies

Raspberry leaf - relaxes uterus, with Nettle, safe during pregnancy

Motherwort - blood stagnation, moon pause hot flashes, sedative, heart tonic, high blood pressure

Red Root (local) - structural blood and lymph support, cysts, headache

Sage, black, hummingbird (local) - antiseptic, digestive, sedative, pain relief, mother's milk

GRANDMOTHER LODGE

Cedar - releases our loved ones as they move on; anti-microbial, high blood pressure, diuretic

Pine (local) - pitch for pain, tasty nuts for food and beads

Mugwort - "crone wort", digestive, nervine, anti-microbial, brings on moon time

Comfrey - "knit bone" cellular proliferator for closed wounds and bones

Milkweed (local) - topical anti-inflammatory - eczema, rashes

FIREKEEPER LODGE

Oak (local) - Excellent firewood; traditional food - acorn; twig is astringent for the gums

Madrone - Supreme firewood; sore throat, stomach ache, cramps, wound wash

Indian Warrior - muscle relaxant

Yerba Santa (local) - all around lung support

Mullein - all lung ailments, smoke inhalation, poultice eases swollen breast, wounds, earache (flower)

DANCE CIRCLE

Blue Corn - answers the prayer we carry most abundantly in heart

Elderberry (local) - begin taking at Autumn Equinox to maintain immune health thru the Winter

Milky Oats (local) - nutritive resilient nerve energy and stamina

Pearly Everlasting (local) - lung, digestive & joint help, astringent, leaf poultice for sunburn