

BeautyWay 22

Checklist

- 2 yards of material, any color but red. Any patterned prints, solid color etc is fine. Fabric stores, Walmart fabric dept etc can provide.
- Tobacco offering(s) for sweat and tipi ceremony. American spirit loose or in packs is good. I will also have my special blend (mountain tobacco from Rez, lavender from Oklahoma, wild mint, tobacco) in individual packs if needed.
- Men-swimming trunks/sarongs, women loose fitting long dresses, dance pants, sarong wraps.
- Dine' wedding basket. Prices can vary from \$75-200 for these, if you want to purchase your own. However, baskets can be shared in this way. One person purchases the basket (or several go in to purchase one together). Then each person can rent the basket for their ceremonial use, and then the next person rent the same basket. Suggested rental price \$50. When all have used the same basket, that basket is passed along to the hataʔii (singer or Medicine Man). Colleagues are checking out sources in Grand Junction and on Rez. Currently on Rez Red Rock Trading Post. <https://www.bigrocktradingpost.com/native-american-merchandise/> I will have an extra basket that others can go in with me, to also rent as described above. So no worries, no-one will be left out. These baskets will be used to create herbal medicines, customized for each of you, based on what the diagnostics reveal is what your system, soul is calling for. We as facilitators will speak to this more in our Zoom pre-retreat gathering, regarding how to prepare and conduct yourselves after ceremonial doctoring. It's a beautiful thing that encompasses timeless swaths of generations.
- 2 towels. One for sweat and one for personal use throughout retreat.
- Food - potluck style. We hope to have the outdoor kitchen up and running by then, as an addition to the indoor facilities. We are lining out a sheep and other ingredients for traditional mutton stew to be shared with everyone.
- Any other offerings you are led to either give to Anderson or Harrison or
- to add to the sweat alter (you can keep those items). Also (for example), if you have photos or sacred objects that you might want blessed in tipi ceremony, then bring those items. Since you are paying for the retreat up

front, the vast majority of payment to Anderson and Harrison will be covered. However, an additional monetary payment (could be \$10-\$50) is suggested. Whenever I receive help on the Rez, I pay what I think it is worth to me. The old school traditions I was trained in were, paying whatever you can afford in money, food, belongings or a combination. I typically take a sack of potatoes, flour, fruit, corn in season, or maybe a whole sheep, clothing, and cash. I then visit various healers especially when doing well, and stock them up with all of the above in order to honor my wellness. Some of you have paid an additional donation for those who may be short of cash, so thank you from all of us. I will be discussing proper ways to greet these ceremonial people, and proper boundaries when in their presence. For some, you familiar with this

- Camping: bring your own gear. Tents, pads, sleeping bags. The tipi should be available to sleep in too. This Marie Luna's lodge so it's customary to ask her for permission. BTW: The way I conduct ceremonies, all ceremonies come from the Divine Feminine, and I simply borrow them, and return them upon completion. We as facilitators will be following this protocol in Paonia.
- Many of you are gifted healers in your own right. Bring essential oils, massage oils, Reiki skills etc. We'll round up a massage table and space for giving and receiving healing if so inclined.
- Women, buy Yellow corn meal, Men, buy White corn meal. You all can share, but yellow for women, white for men. This will be used as offerings during the retreat and post ceremony. All will be explained.
- Harrison and Anderson are creating smudge packets for each of you. They will explain how you can use them in traditional manner at home after the retreat etc.
- Each of you, please fill out/return asap the following form for me, and I will pass along them to Anderson and Harrison. This information will assist us to better serve you, prepare for your specific needs. https://www.kenttompkins.com/uploads/6/5/3/9/65392683/food_wellness_life_ldscape.pdf