Awúsuada
Sweat Lodge

“The sweat lodge has always been used for guidance and living the good life.”
The Bilikawiia (bad water or alcohol) takes you to a different element. It takes you down the road of depression and all this stuff you are trying to get rid of. With all the sweat and steam, it purifies you.”
LIVING THE GOOD LIFE, REMEMBERING WHO WE ARE

American Indian Youth Alcohol Bilikawiia (Bad Water) Prevention

One of the ceremonies that we use to cleanse our bodies and celebrate life is the Awúsuua (sweat lodge). If people use alcohol or drugs, we do not allow them in the Awúsuua. The incentive is to be clean, so you can go into an Awúsuua for self-discovery and to celebrate life. Don’t you want to be accepted into the sweat lodge?
When we go into a sweat, we ask for help, and we ask to return to our traditional culture and spirituality.
Alcohol and substance abuse may seem like a fun idea, but all it does is destroy your body and mind. **Bilikawiiia** makes it impossible for you to care for those you love and know your sacred place in this world.
When we go into a sweat, we ask for help, and we ask to return to our traditional culture and spirituality.