WELCOME TO
R.O. INDIGENOUS
EMBRACE

WHAT TO EXPECT FOR CEREMONY AND HEALING PRACTICES OFFERED BY

R.O. Indigenous Embrace

A Non-Profit Corporation

For our community members—
May you continue to grow in spirit, deepen your experiences,
release what doesn't serve you, and reciprocate the gifts you receive from Indigenous Embraces.

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WELCOME

Thank you for joining us for ceremony and healing practices at R.O. Indigenous Embrace. You could be anywhere doing any other thing, and we are honored that you're choosing to spend time with us on your healing journey. We're happy you joined us and we look forward to walking alongside your healing path.

We are here for you.

Your involvement with our sacred practices brings awareness.

The lodge opens the portal to carry your prayers near and far.

Our land is the cemetery that enables your struggles to rest and helps the seeds of your dreams to grow.

Enjoy your experience. We're grateful you're here.

—Founders, Elisa R. Nieblas and Richard Quiroga

ABOUT R.O. INDIGENOUS EMBRACE

RO Indigenous Embrace (ROIE) is a community-first non-profit corporation established in 2017 to educate, heal, and empower community members through indigenous-based culture. While preserving, protecting, and sharing Indigenous-based teachings, ROIE provides the High Desert with a safe, drug-free community focused on healing the mind, body, and spirit. Their team of diverse spiritual mentors supports the community in reconnecting with Mother Earth and providing tools for recovery and personal enrichment.

PREPARING FOR LODGE

Come for the lodge, stay for the love.

Our community includes individuals from all tribes, all races, and all walks of life. Anyone with an open heart and a willingness to respect and honor our sacred practices is welcome to join us.

One Heart, One Mind, One Spirit

We are grateful to gather, pray, and grow together. Plan to spend the day with us in preparation, prayer, and reciprocation. Following are details to answer questions and address any concerns you may have.

Arrival Time:

The prayer lodge is usually at 10:00 am, and we arrive between 8:00 to 9:00 am to set up and prepare the land for the ceremony. The men typically help by gathering firewood, cleaning the land, and preparing the lodge. The women are busy getting the kitchen ready for the feast.

After the preparation work, there may be time for socializing and/or journaling. This is a time to clarify your intentions and center yourself before experiencing the lodge.

Attire for Women:

Please wear a long skirt (not white or see-through) and ensure your shoulders are covered. If you have piercings with metal, you may want to take them out, as they can get hot.

Extra care is taken to ensure women are given privacy when they enter and exit the lodge.

Please note a woman on her moon cycle is considered to be having her own ceremony, and should not enter the lodge. She is welcome to enjoy the community and the land during the ceremony.

Attire for Men:

Men enter the lodge in shorts and bare chests.

What to Bring:

You'll want to bring a towel, a water bottle, and water to drink. We sit on the ground during the prayer lodge, which can get pretty messy. There's a private place to change if you want to bring a change of clothes for afterward.

You can bring musical instruments like a drum, rattle, or clapper. These items are placed on the altar outside the lodge and may be gathered as you enter.

Please bring food items for the community feast after the lodge. Whatever you choose to bring and share is considered your prayer and offering for the community. You'll want to be as intentional with this offering as you are with your prayers. Fruit is always welcome and should be cleaned, cut, and ready for others to enjoy. Heavier and heartier meals are great, too! Feel free to show off your culinary skills and treat the community to your favorite delights.

The Land:

The land is divided into two separate locations—the front and back of the house. The front includes the kitchen and gathering spaces, where guests are typically invited when they visit your home.

The back of the house includes the private and sacred spaces, which have more restricted access. The area surrounding the lodge is considered the bedroom, and the lodge itself is viewed as the bathroom.

No photos should be taken of the back of the house.

What not to Bring:

Please leave your cell phone in the car. Visitor photos of the lodge and community are strictly prohibited. Our team may be taking pictures of the front of the house for community promotion and documentation purposes, but we ask that you refrain from taking, sharing, or posting any photos of the back of the house.

LOCATION AND LOGISTICS

Sacred Land:

Someone once referred to our land as a cemetery. At first, I was offended, but the more I thought about it, the more I could see the beauty in that sentiment. A cemetery is a place where living things go to rest. Pain, heartache, dreams, and deep love are planted when people and animals die. And that definitely resonates with what we do here.

Often, we're walking around with living things like trauma, wounds, heartbreak, losses, and chronic illnesses that we'd like to put to rest. Other times, we have huge aspirations, lucky breaks, abundant futures, and new love we want to grow.

In either case, the prayer lodge is a place of support, restoration, and amplification.

The land will also bless the seeds you plant and intend to grow. In community, your prayers are expanded and carried further than they would've gone on their own.

This is our home:

The lodge is located on the same property as our home at:

8719 Hickory Ave
Hesperia, CA 92345

Please do not share this address with anyone outside of our community.

All lodge activities take place in the outdoor space, and our home is reserved for our family.

A portable restroom is available for anyone needing it during their stay.

The front gate helps keep our dogs safe and protected. While the dogs are large and may look intimidating, they're very docile and chill around people with even energy. They keep to themselves, although always looking out for treats while wandering about the property. (Please don't feed them.)

Parking:

When you pull onto the grounds, please park on the left side of the property in line following the other cars.

PRAYER LODGE

Ceremony:

The actual ceremony is about two hours long. There are four rounds, with breaks between each round. The heat is created from grandfather stones heated up in the fire and doused with water. (It's similar to the wet sauna at the spa.) The leader (typically Richard) pours the water onto the stones. He sits just inside and to the right and directs the entire ceremony.

Before entering the lodge, ask the leader "Permission to enter" and wait for his response before finding your place. Once in the lodge, the women sit on the north side (next to Richard and beyond), and the men sit on the south side, with an open space to the west. Depending on the number of people in attendance, it may be necessary to have two rows of attendees sitting "cheek to cheek."

There is no talking during the rounds in the lodge. The leader will ask individuals to contribute between one and four songs. After the singing is complete, there is often discussion among the participants. This discussion allows the energy to dissipate and the members to gather themselves before the next round begins. Before speaking, always ask for "Permission to speak" and wait for the affirmation before sharing. Please ensure there's not to talk while others are speaking.

Individuals are expected to stay throughout the entire four rounds of the ceremony. Because the ceremony is a prayer, it's essential not to break the prayer. That said, if you are having difficulty and don't feel like you can make it through the entire ceremony, it's ok to ask for "Permission to leave" during one of the breaks between rounds.

Other important leaders in the lodge are the person pulling stones and seated just to the left inside the door and the firekeeper who ensures the grandfather stones are hot, ready, and transported to the lodge. The firekeeper also opens the doors to create airflow during the breaks.

When the ceremony is completed, the men will turn their backs so the women can exit gracefully and without the male gaze. A circle is formed outside, and as each person exits the lodge, they acknowledge the other ceremony members, sometimes offering a hug or handshake.

From there, it's off to the feast.

THE FEAST

Once everyone has exited the lodge, changed, and refreshed, we will enjoy a meal together as a community. The table is set with the prayers/offerings/foods community members contributed. Before anyone eats, a Spirit Plate with a sampling of each prayer is offered to the fire.

Once the offering has been made to the fire, the community can serve themselves. (Please don't eat before this has occurred.)

Mealtime is a great time to connect and socialize with your new community and check out the merchandise available. Announcements about upcoming events and volunteer opportunities may be shared at this time.

RECIPROCATION

You know how when you visit or stay at someone's house or borrow their car, you intend to restore it to its original state or upgrade it by cleaning it and filling it up with gas? That's the same premise here. Community members are expected to help clean up and return the property to its normal state before heading home.

DONATION

One of the most common questions from people who want to attend the lodge for the first time is, “How much does it cost?”

We proudly say there is no fee to participate in a ceremony and visit our community.

It is our gift to you and those you associate with.

While we are delighted to serve in this way, maintaining the land and offering healing ceremonies are costly.

Financial donations are always welcomed and appreciated. We also welcome in-kind donations of time and materials.

R.O. Indigenous Embrace Merchandise:

We also sell merchandise, and the proceeds from sales fund expenses for ceremonies and community events. Our seasonal journals can enhance your experience of the prayer lodge. They’re meant to help you process and release the emotions you’re challenged with so you may leave the negative emotion and its effects in the lodge.

Community members are encouraged to represent the organization with branded apparel and utilize the journals for additional support.

One-time and monthly donations can be made using the QR code below or by visiting https://donorbox.org/donate-to-RO-indigenous-embrace

LIABILITY WAIVER

Because safety and sustainability are imperative to support this community, all members are asked to complete an annual waiver of liability and release.

RELEASE OF LIABILITY AND INFORMED CONSENT AGREEMENT

READ CAREFULLY – THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in activities organized by R.O. Indigenous Embrace ("ROIE"), including but not limited to prayer lodge ceremonies, workshops, or related events ("Activities"), I agree, for myself and (if applicable) for members of my family or group, to the following:

1. AGREEMENT TO FOLLOW DIRECTIONS:
I agree to observe and obey all posted rules, warnings, and further agree to follow any oral or written instructions provided by ROIE, its employees, representatives, or agents.

2. ASSUMPTION OF RISKS AND RELEASE:
I recognize that participation in ROIE Activities involves certain inherent risks, including but not limited to physical injury, emotional distress, proximity to fire, and other hazards, some of which may be caused by environmental factors, other participants, or negligence. I assume full responsibility for any personal injury, harm, or property damage to myself or (if applicable) my family members. I release and discharge ROIE, its staff, agents, affiliates, volunteers, and event hosts from any liability or claims arising out of participation in its Activities, whether caused by the fault of myself, my family, ROIE, or other third parties.

3. INDEMNIFICATION:
I agree to indemnify and defend ROIE against all claims, causes of action, damages, judgments, costs, or expenses, including attorney fees, arising from my or my family's participation or presence at ROIE events.

4. CONTRAINDICATIONS – REASONS YOU SHOULD NOT ENTER THE LODGE:
For your safety and the well-being of others, participation in ROIE sweat lodge is not recommended if you:

- Are currently menstruating.
- Are under the influence of alcohol or drugs.
- Have a medical condition, such as a heart problem, epilepsy, or uncontrolled high blood pressure, which could be aggravated by physical activity, heat exposure, or emotional stress.
- Are pregnant and have not consulted with a healthcare provider.
- Have a history of severe psychological conditions, such as untreated PTSD or severe anxiety, that could be triggered by group or outdoor activities.
- Have any communicable illnesses or symptoms such as fever, cough, or rash that could pose a risk to others.

By signing this release, I confirm that none of the contraindications apply to me or my group members. I agree to disclose any relevant medical or psychological concerns to ROIE before participating.

5. MEDICAL CONSENT:
In the event of an emergency, I authorize ROIE to provide or seek necessary medical assistance, understanding that I am responsible for all associated costs.

6. PARTICIPANT'S RESPONSIBILITIES:
I acknowledge that Activities may include physical proximity to fire, combustible materials, uneven terrain, and other hazardous objects or conditions. I understand that ROIE makes no representations or warranties regarding the safety of facilities or medical care availability. I am solely responsible for ensuring my own safety during all Activities.

7. VOLUNTARY PARTICIPATION AND NO DURESS:
I acknowledge that my participation is entirely voluntary and that I am under no pressure or duress to sign this agreement. I have been given sufficient time and opportunity to review this document before signing.

8. MEDIA RELEASE (OPTIONAL):
I consent to the use of photographs, videos, or other media taken during ROIE Activities for promotional purposes. **(Initial here if you do not consent: _____)**

9. ACKNOWLEDGMENT AND UNDERSTANDING:
I have read and understand this document. By signing below, I voluntarily surrender certain legal rights. I confirm I am at least 18 years of age or am signing as a legal guardian for participants under 18.

SIGNATURE: _____

PRINTED NAME: _____

DATE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE: _____

FOR PARTICIPANTS UNDER 18:

As the parent or legal guardian of the named minor, I give my approval for their participation in ROIE Activities. I acknowledge and assume all risks on their behalf and agree to the terms outlined above.

PARENT/GUARDIAN NAME (PRINT):_____

PARENT/GUARDIAN SIGNATURE:_____

DATE: _____