

## Stop Sweating And Start Living And No Sweat

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vols 39 214 1874 75 1921 22 have a section 2 containing other selected papers issued separately 1923 35 as the institution s selected engineering papers

for centuries a persistent and important component of lakota religious life has been the inipi the ritual of the sweat lodge the ritual held within the sweat consists of songs prayers and other actions conducted in a tightly enclosed extremely hot and stifling environment participants who sweat together experience moral purification and even physical healing this study is the first in depth look at the history and significance of the lakota sweat lodge bringing together data culled from historical sources and recent fieldwork at pine ridge reservation raymond a bucko provides a detailed discussion of changes that have occurred in the structure and function of the sweat ritual over time

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