THE EARTHLODGE'S 2021 GUIDE TO
Sacred Wellness and Wholeness

Boost Your Immunity, De-stress, and Heal Holistically

FROM THE EARTHLODGE STEWARDS

The Earth Pit, 2018, photo credit Earthlodge Center
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*Queen, 2016, photo credit Earthlodge Center*
We welcome you to
the Earthlodge.
You are a blessing
to us! Thank you
for being here.

We feel a strong call from our extended community for tips on how to take care of ourselves holistically during this challenging, unprecedented and sacred time. As Stewards of the Earthlodge we believe in our inherent right to healing, health and deep wells of happiness for all of us.

**What is the Earthlodge?**
The Earthlodge Is Home to One of the Most Potent Urban Ritual & Ceremony Healing and Trauma Transformation Earthwomb Pits in LA County.

The Earthlodge Center for Transformation is a spiritual sanctuary for hurting people to transform their trauma into healing and justice. We service queer people, transgender people, people of color, womyn, children & men who support the rise of the feminine.

www.earthlodgecenter.org

Find us on Instagram @earthlodgecenter

Biweekly Youtube Videos
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SPIRITUAL TOOLS

Remember who we are **beyond** this physical form

Use **full moon energy** to fill your inner strength regardless of what is happening around us

Find space in nature, connect with nature's **integrity**, let go of our fear, **compost** it in nature

Connect with **planetary** and **ancestral** energies

Connect with our **abundance** in nature, connect with our **medicine** in nature

**Recalibrate** and **rejuvenate**, be renewed so we can rise above frequencies that no longer serve us

Remember we have the **capacity** and the **responsibility** to raise our vibration to a place where we cannot be infected or affected

Step into the **avatar**, the **Nubian**, the **god**, the **goddess**, the **priest**, the **priestess**, the **shaman**, whatever you want to call it

Study **A Course in Miracles**
Physical Tools

- Rest
- Connect with nature
- Stay hydrated
- Drink and eat plants
- Exercise
- Meditation and stillness – relax the nervous system
- Wear a mask – standing clearly in masking practice calls in others to do the same.

In Defense of Black Lives at the Beach ceremony, 2020, photo credit Earthlodge Center
COMMUNITY TOOLS

- Honor stay-at-home practice while staying in connection with our community to combat isolation and drops in our immune system
- Recognize caring for ourselves a collective effort, not just an individual one
- Do volunteer work and be of service to our community
  - Groundskeeping at the Earthlodge: email earthlodgecenter@gmail.com to volunteer
  - Work with transgender youth at The Laurel Foundation
- Acknowledge grief and fear as a community: participate in online ceremony and express ourselves artistically

Altar for Patrisse Cullors-Brignac Juneteenth Celebration, 2020, photo credit Aleah Daniels
From Iyatunde: Working with the Orisha, Oshun, the Yoruba goddess of the rivers, and deity of femininity, beauty and love, has been one of the special joys of my life. It was at the Earthlodge Center that I learned there are sacred spiritual and medicinal herbs assigned to Oshun. I chose to foreground five of her herbs that address a few of the symptoms of COVID: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

**Oshun’s 5 Herbal Remedies**

Star Anise can boost the immune system and fight off bacteria and viruses. This beautiful seed and the oil it produces can be used to treat upper respiratory conditions. Drops of aniseed oil may be used in a vaporizer to clear congestion and soothe coughing. As a lozenge aniseed helps to loosen up and thin out mucus. Gargling with a tea made of the seeds can also provide relief for sore throat, laryngitis or pharyngitis. Anise improves digestion and reduces nausea. Contains vitamin A, vitamin C, calcium, iron, copper, potassium, manganese, zinc and magnesium.
OSHUN'S 5 HERBAL REMEDIES

Basil

This common kitchen herb is great for fighting bronchitis and coughs because it is an expectorant (loosens mucus). Basil may help with lung ailments, colds, and immunity. Basil is anti-inflammatory, antibacterial, and contains antioxidants. Contains vitamin K, manganese, iron, vitamin A, and vitamin C, calcium, magnesium, and omega-3 fatty acids.

Raspberry Leaf

This leaf, packed with vitamin C, is an immune booster and great for expecting persons. Raspberry leaf can regulate hormones, soothe upset stomachs, prevent nausea, relieve constipation, and reduce inflammation. Raspberry leaves have been used as a gargle to treat tonsillitis, sore throat, and mouth inflammations. To keep your lungs healthy, especially if you have a sore throat, respiratory infection, cold, or phlegm, take a few cups of raspberry leaf tea. Contains vitamin B, vitamin C, potassium, magnesium, zinc, phosphorus, and iron.

Chamomile

Chamomile tea is known to soothe sore throats, reduce inflammation, and reduce fevers. Chamomile tea may help prevent vomiting and diarrhea. As a vapor, chamomile can be used to soothe the respiratory system. As an oil, chamomile has a calming effect on people, and can help induce sleep. Chamomile oil can be blended with other oils, like sesame or mineral, for massaging aching muscles and joints. Contains vitamin B12, D, E, magnesium, copper, selenium & zinc.
Please do your own research and study the benefits and side effects of these herbs before administering. **Oshun would encourage you to rest, laugh, and enjoy the sweetness life has to offer, bask in your own self-reflection, dance, sing, eat healthily and heartily... and love on yourself and somebody else!**

Wishing you a happy, joyous and healthy life!  
**Iyatunde Oshunade Folayan**  
Gatekeeper and Board Member of the Earthlodge  
email: iyatunde@earthlodgecenter.org
Emotional Tools

Call on community for connection and listening

Barter time for unloading feelings of stress and anxiety

Watch guided relaxation meditations on Youtube

Step into frequency of bravery and resilience through prayer and journaling
Green Juice Recipe

This power drink strengthens the immune system, is gentle on digestion, increases energy, and heals the body.

- 1/4 cup fresh ginger
- 1/4 cup fresh turmeric
- 1 large lemon
- 1 green apple
- 1 red apple
- 2 bunches of kale or spinach
- Celery, cucumbers, and/or romaine lettuce
- 2 tablespoons of apple cider vinegar
- 1 teaspoon of black seed oil

**Process:** Juice the ginger, turmeric, lemon, apples, and greens in a juicer, or blend them and run through a strainer. Stir in the apple cider vinegar and black seed oil. Enjoy!

*Mortar and pestle in rosemary bush, Los Angeles, 2021, photo credit Axel Angel*
SUPPLEMENTS

Even as spirit beings of the universe there are many things we can do to support the immune systems of our earthly bodies. Below are some supplement recommendations to boost our immune systems. Now is the time to relentlessly pay attention to and strengthen our immune systems.

**Vitamin C**

Get a Vitamin C that is from a holistic source or that include bioflavonoids or rose hips for better absorption. An adult can take up to 10,000mg a day. If you are symptomatic or want a boost you can take 2,000mg - 3,000mg every 2-3 hours depending on how your stomach tolerates it.

**Vitamin D**

Vitamin D is best absorbed from the sun on direct skin in the upper chest area. Oral supplementation can be 2,000mg - 5,000mg per day for adults. A liquid preparation will be the easiest to absorb.

**Beta Glucan**

Beta Glucan is a naturally occurring polysaccharide that is found in the cell walls of cereals, fungi, and yeasts. When taken supplementally they are a potent anti-viral.
Helpful tip: consider buying supplements in bulk to get discounts. Sign up for e-mails to receive coupons at online retailers such as Vitacost.com and iHerb.com.

**Magnesium**

Magnesium is calming for the nervous system, promotes restful sleep and helps with muscle tension and recovery. Adults can take 600mg - 800mg every evening before bed. Magnesium is no longer found in high levels in soil due to industrialized farming, so most adults are some level of magnesium deficient!

**Colloidal Silver**

Colloidal Silver works against bacteria & viruses by disrupting the cellular walls of the pathogens, without any known side effects or drug interactions. It can be used topically or taken orally. Check out these helpful guidelines for dosage recommendations.

**Zinc**

Zinc is a powerful anti-viral and anti-inflammatory supplement. It may reduce the length of viral infection. Do not take on an empty stomach or it can cause nausea. There are many different forms of zinc, so check the label for correct dosage.
PLANT MEDICINE

Plant medicine is extremely potent on a physical and spiritual level. We give thanks for the medicines that come directly from the Earth. With herbal remedies listen to your body and spirit to learn which plants will work best for you.

Wishgarden Herbs offers many herbal formulas that support the immune, respiratory, and lymphatic systems. We recommend Kick Ass Immune and Serious V-Fighter. Visit them here: https://www.wishgardenherbs.com/

Oregano comes in the form of oil and capsules. It is a powerful antioxidant, antibacterial, antiviral, and anti-fungal. It helps reduce inflammation and ease respiratory symptoms. It can also help with herpes outbreaks.

Reishi mushrooms help boost the immune system and can help alleviate symptoms of depression and anxiety. It is available in capsule, powder, and tincture form.
Indigenous Medicine and Ancient Wisdom are used to support those on a healing journey in holistic ways. The fundamental principles of this energy medicine are based in balancing the “qi” (or energy) on various levels including the body, mind, and spirit. Nature, the emotions, and the 5 Elements also play a significant role in facilitating healing and transformation.

Complimentary Consultations

- With me, Dr. Ayofemí, Empowered Integrative Medicine™ (EIM) and Wellness Empowerment Coach at https://www.empoweredintegrativemedicine.com/
- Emotion Code and Holistic Practitioner Tara Delgado-Vicedo at https://www.holistictara.com/
The Tapping Solution App is a free app with specific protocols for COVID, anxiety, fear, stress, immunity, and many more meditations.

An alternative healing modality that gets to the root of emotional/physical/spiritual imbalances and is focused on releasing trapped emotions and shifting them to more positive ones like peace, love, and joy.

Helps to "release stuck energy and emotions like anxiety, depression, PTSD, in addition to physical pain, chronic fatigue, feeling stuck in life, lack of success, relationship difficulties, and so much more."
Lots of Self Care!

I invite you to create a self care practice for yourself if you don’t have one or revamp the regimen you do have.

Acupuncture & TCM, African dance, singing, yoga, massage, spending time in nature, maintaining a spiritual practice, meditating, journaling, reading, slowing down, resting, listening to my body and honoring what it needs, creating a safe space/sanctuary in my home (aka “my cocoon”)

Limiting time on social media and exposure to the media in general, maintaining healthy boundaries regarding negative or toxic people, energy, conversations, & environments

Eating well (eg. plant-based, gluten-free, organic when possible), staying hydrated, drinking herbal teas, taking the appropriate supplements/herbal remedies

Receiving Spiritual coaching and guidance sessions, Emotion Code/Body Code energy healing sessions, EFT (aka Tapping)

Connecting with family, friends, loved ones, and community in creative ways
FLOWER MEDICINE

To heal historical trauma, work with rightful rage, and tap into your inner abundance.

Flowers heal us in our emotional and etheric realms. Let them guide you to deeper healing within yourself.

The beautiful magic about earth medicine is that it is accessible because the EARTH is all around us! Here are a few of my favorite ways of inviting flower medicine into my life.

Working with our rightful Rage:

Rage is a feeling that many of us are working with as we move through the pandemics of Covid, anti-Black racism, deportation and the continued separation of families. Our human world is sick and for those of us directly impacted by heteropatriarchy, transphobia, homophobia, ableism, and mass incarceration, rightful rage is something that we learn to work with in our bodies. As with all other emotions it is recommended we show ourselves compassion while working with rightful rage.
I look to rose flower medicine to support my own emotional balance and alignment with my spiritual path. I experience the rose as a plant version of the ocean – teaching me to expand towards my capacities, breathe & exhale deeply, and connect to compassion. The rose reminds us of the grand power to be vulnerable with ourselves. I believe this is where healing begins for many of us.

The rose opens petal by petal with no rush towards its stunning fullness. She affirms our unique pace while holding us accountable to our own openings as if nudging us not to remain in stagnant emotions, whispering, you deserve to trust your own worthiness. A worthiness that is not based on productivity or efficiency as imposed by the unsustainable system of capitalism and all the isms that serve as pillars.

Rose invites us to come home to ourselves and from this sacred space connect with others in ways that feel uplifting and nurturing, and most importantly reciprocal.
Recipe 1: Rose + Lemon Balm Tea

**Drink Rose + Lemon Balm tea for 7 days, 2-3 times a day.** Start your morning with a cup of this tea, journal your intentions for the day, and choose oracle cards to understand the energy of rage within you and how you will encounter this energy throughout your day. This tea blend serves as a gentle balm for your aching heart & your raging body, while warming your physical body and aiding in blood circulation.

In the afternoon, I recommend you utilize your tea time by honoring the importance of taking a break to recharge and check-in with yourself. How is your day going thus far? Are you doing what you intended to do? What, if anything, needs to shift for you to have the day you would like to have? Where in your bodies are you feeling rage? Where can you invite rose and lemon balm to heal you on a deeper level when it comes to rage?

**As an evening drink, enjoy before bedtime to assist you in sleeping sweetly.** Be sure to shut technology off an hour before bedtime, continue your journaling, or meditate with your tea. How are these plants landing in your bodies? What is resonating with you about their care? How does rage feel when you drink rose + lemon balm?
Recipe 2: Plant bundles

Gather flowers and plants most accessible to you. Before harvesting make your offerings at the base of the plant, never take more than what you need from the plant, and never take more than a 2/3 of a plant. **Offer the feelings of rage as part of your gift to the plants.**

As you bundle your plants together, imagine you are gathering friends to accompany you through your journey. **Love on your plant ally friends and they will love on you.** Set your intentions for healing, love, releasing grief, coming back into your body after a traumatic event, transmuting rage. The flowers will absorb what no longer serves you while filling your Spirit with the peace you deserve.

**Thank the plants and place your bundle at your altar, bedside, or wear it!** Wearing plants is a powerful way of inviting the plants to heal you throughout the day. Wearing them also helps you stay grounded in the intentions you set for yourself for that day, including being with rage, healing the wounds rage is protecting, and loving on your whole self.

Flower bundle featuring feverfew, rose, datura, peppermint, rue, fennel, wormwood, Mexican purple sage, lavender, and rosemary, Spring 2018
Recipe 3: Meditate with Larkspur

Keeps you connected to your visions. Don’t let anyone or anything stop you or deter you from receiving abundance, healing, and fully realizing your deepest desires for yourself and your community. Stability, reciprocal honest love, joy, self forgiveness. Call it forth meditating with this beauty. Channel rage to serve your visions. Ask Larkspur to utilize the fire of rage to transform stagnation in your bodies. Your visions are worthy of your wholeness.

Larkspur growing tips: loves to grow with other flowers, especially nasturtium, lavender, feverfew, and geranium. Spreads throughout out the years in your garden plot and returns on its own, enjoy!

Closing

As a lifelong student of flowers and plants I have learned that the flowers and plants near us call our names with messages and sweet songs. I encourage you to lean into your inner flower allies. Meditate on the flowers that were around you when you were a child, teenager, young adult, what flowers did your family community grow? What flowers grow around you now? These are your allies, listen to their songs, they are here for you!
When we experience essential oils we’re reconnecting to Nature. When exploring the actual essential oil, we stimulate our olfactory nerve which is the nerve that allows us to smell. This internal connection stimulates our memory, our desire, and ultimately our need to connect with nature on a regular basis.

Plant-based essential oils help us on many different levels: our physical, mental, emotional, and spiritual well-being. The essence of their existence is rooted deeply in the Earth and that connection comes through in the form of essential oils.

We are so busy in our everyday lives and so consumed by technology that we severely compromise our connection to Nature. We spend our time inside four walls sitting and watching TV. This compromises our health and our mental, emotional, and spiritual well-being.

We’re experiencing a growing pandemic of mental imbalances that are treated with Pharmaceuticals. These have many side effects and may end up creating additional physical imbalances.

I restore your connection to Nature!

When we experience essential oils we’re reconnecting to Nature.
Essential oils have been used since the beginning of time.

They are used:
- on the skin as antimicrobials
- as a topical treatment for wounds and infections
- internally as an antibiotic
- for healthy teeth and gum care
- for emotional imbalances and depression
- to treat insomnia
- as mood enhancers and aromatherapy
- to make a therapeutic bath
- to treat cold and flu symptoms
- to treat depression and anxiety

Be mindful, use caution, and read the instructions on the essential oil before using them. Because they are highly concentrated, beware of developing an allergic reaction to them. Also be mindful that some essential oils are mixed with other ingredients and contain residual pesticides. Be sure to read the labels. We work with 100% organic essential oils.

Please share these spritzers with your family and community. Guide children in using them safely.
Materials

- GLASS SPRAY BOTTLE
- PURE ESSENTIAL OIL (PREFERABLY ORGANIC)
- DISTILLED WATER
- LABELS WITH STICKY BACK (OR PAPER AND TAPE)

Step by Step Instructions

- To begin:
  - Arrange your items on a clean space
  - Make sure your atmosphere is quiet and you will not be disturbed
  - Decide what oils you are going to use
  - Set your intention for making the oils

- Write the names of the oils you use on the label and **if you feel inspired write your intention on the label as well**
- Remove the tops to the oils you are using and remove the top to the water you are using
  - **While they are open, speak your intention over them as many times as you feel lead to**
  - This may look like a prayer, affirmation, chant, or song
- Use around 30 drops of oil to every ounce of distilled water
  - Maximum 40 drops per ounce of water
- Slowly add your water and place the tops back on your essential oil bottles
- Place your completed label on the bottle
- Shake the bottle before each use as the oil and water separate when sitting
- Take a few minutes after you spray to see how you are feeling and notice the difference

- **Use as needed: spray yourself, cleanse a room, your car, your office or any space you need to clear energy**
Fear is stored in the lungs. The lung sound transforms fear into courage.

**Position**: Sit on the edge of your chair with feet shoulder length apart. Place hands palms-up on your thighs. Raise both hands above your head, palms-up, with fingertips of each hand touching the tip of the other. Look up.

**Lung sound**: Place your tongue behind your closed teeth and, with a long slow exhalation, made the lung sound "SSSSSSSSSSSS" (like the sound of steam from a radiator).

**Visualization**: Return your hands to the palms-up position on your lap and smile to your lungs. Imagine a white light shining upon your lungs, surrounding them. Concentrate on feeling the virtue (power) of courage.
HEART GROUNDING

- The heart sound transforms the emotional energy inside the heart into love, joy and happiness.
- **Position:** Sit on the edge of your chair with feet shoulder length apart. Place hands palms-up on your thighs. Raise your hands palms-up over your head and interlock your fingers. Lean slightly to the right. Look up.
- **Heart sound:** With the mouth wide open, exhale a deep breath slowly and produce the sound "HAWWWWWWWW."
- **Visualization:** Return your hands to the palms-up position on your lap and smile to your heart. Imagine a red light shining upon and inside your heart, surrounding it. Concentrate on feeling the virtue (power) of love, joy and/or happiness. Know that the red light is burning away and transmuting any hatred emotion or self-pity into virtue emotions.
altar creation
from mirrored fatality

please prepare with the best of your ability:

- water to drink
- a journal or means of writing / recording
- art supplies
- enough space for gentle stretching and physical movement

altar supplies:

- an altar cloth
- a bowl with water (to represent the ocean, feel free to add sea salt if that feels good for you)
- herbs, medicine, incense, and crystals
- spices or other ancestrally / culturally connected food item an object / item from or picture that you feel connected to
- something that represents the land that you are on (i.e. a stone from the ground, some dirt, a part of a tree, etc.)
- objects that have held you through hardship and are connected to people, creatures, and things that you love
An altar is a spiritual container that holds spirits, guides, loved ones, and a space to ground and reset. Creating an altar can include having a cloth to set objects on, objects of resilience that can charge up with the energy of the space, and other items, photos, crystals, medicine, food, herbs, incense, and the 4 elements to guide you through each day.

After creating your altar, in your journal or a piece of paper, write out a spell you want to put out to ward off COVID-19, fear, doubt, dread, and hopelessness.

For example it could start out as, "I set a bubble of protection around me to..." or "I call upon my guides, loved ones, and creatures to..." or "I manifest and dream for..."

How will you allow your full potential and highest self to be in alignment with what you are leaving behind in 2020?

What will you release, practice, or embody in order to do your part in making the spell come to fruition?
physical embodiment of offering to your altar

How do you want to release what you are moving with into your sacred container?

You are welcome to create a physical movement to center how your body is releasing and putting that energy into your altar.

You can also reflect verbally, on paper, draw, or utilize any other form of release that feels right for you.

sonic scream exercise

On the count of 3, take a moment to release any feelings and heaviness that may be sitting in your body: feel free to yell, say a word, whisper, do a physical movement, or anything that will be supportive for you to release.

1... 2... 3!!!!!
Connecting with nature is one of the most powerful things that we can do. **Nature is in absolute alignment.**

When spring comes plants sprout. When summer comes plants bloom and we enjoy their bounty. When fall comes we harvest the last of this abundance. **What is left over turns into compost and falls to the earth.** When winter comes we have sustainable adequate abundance from the harvesting, pickling, canning and jarring that we would do over the fall. Winter is a time to hibernate and heal and rebirth for the coming spring.

Now more than ever we need to understand and remember our connection to all living things, especially nature. **We must remember the relationship between humans and trees.**

Trees give us oxygen and we give the trees carbon. Carbon shows up in us as fear, sadness, depression, anger, and anything that would keep our bodies and minds out of balance. The tree is a living, breathing entity. **When we form bonds and relationships with trees, we have a healing partner for life.**
Thank you for taking the time to enjoy the gifts from The Gatekeepers at the Earthlodge and Friends.

We are grateful to provide a service that will help all of us stay in Balance: Mind, Body, and Spirit.

**Blessings, Good Health, Joy, Ease, and Flow into the unfolding of our next journey together on planet Earth.**

In solidarity and sovereignty,

Queen
Thank You-s

Thank you so much for sharing this medicine with us. This ebook is a totally collaborative effort from the Stewards and Gatekeepers at the Earthlodge Center for Transformation.

I want to thank Queen, our fearless founder, advisor, elder, and so much more for inviting us to create this work. Thank you Dean for your constant coordination and online expertise. May this work open doors to healing and wholeness that are beyond our imaginations.

With love,
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