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SEDONA:
Psychic Energy
Vortexes

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CONTENTS

Chapter One: Introduction To The Vortexes	4
Chapter Two: Psychic Migration	14
Chapter Three: Sedona's History/Indian Legends	21
Chapter Four: The Sedona/Lemuria Connection	31
Chapter Five: "The Lost Continent of Mu"	44
Chapter Six: "Ley Lines Link Sedona to All Earth's Power Spots"	49
Chapter Seven: Vortex Locations and Warnings	53
Chapter Eight: Vortex Experiments	63
Chapter Nine: More Vortex Experiences	76
Chapter Ten: Vortex Energy Experiences	85
Chapter Eleven: Healing Experiences	91
Chapter Twelve: Past-Life Regressions	104
Chapter Thirteen: Automatic Writing	110
Chapter Fourteen: Other Psychic Impressions	118
Chapter Fifteen: What Happens At A Psychic Seminar?	130
Chapter Sixteen: A Preview?	149

CHAPTER ONE

INTRODUCTION TO THE VORTEXES

BY DICK SUTPHEN

Sedona, Arizona—a place of awesome beauty and an extraordinary energy that is felt by every person wandering through its red-rock canyons. The first time I saw Sedona, in 1969, I knew this was a special place, not only because of its magnificent beauty but because of an undeniable spiritual vibration emanating throughout the area. Over the years I've become convinced, through my own experiences and the experiences of others, and through extensive research and investigation, that the psychic energy here is greater than anywhere else in the country.

The explanation for this may come from a book called **The Romeo Error** by biologist Lyall Watson. The following is a quote from that book:

Navigation is bedeviled by the fact that the earth's magnetic field is riddled with local deviations and irregularities. These faults have been very carefully plotted and the most persistent of them have become quite notorious. One of these lies off the Bahama Islands (the Bermuda Triangle), another in the English county of Sussex, and a third near Prescott in Arizona.

What Watson is describing is a vortex—a positive or negative "power spot"—where a great concentration of energy emits from the earth. Positive vortexes expand and perpetuate energy; negative vortexes dissipate energy.

There are many vortexes on earth, and a good analogy might be to compare them to the acupressure points on the human body. Although there are many vortexes, there are very few **major** vortex areas; Watson's quote above pinpoints the one "near Prescott" as one of those.

Prescott and Sedona are only about 30 miles apart as the crow flies (60 miles by car over the mountains). After considerable investigation, with the assistance of many psychically oriented individuals, I have concluded that it is the Sedona vortexes of which Watson writes.

It also appears that Sedona is considered one of the major vortex areas, not because of one vortex, but because of the four powerful vortexes within a few square miles of each other. In fact, there are more vortexes concentrated in Sedona than any other area on earth. This probably explains the intense psychic vibrations in the entire area.

I first wrote about Sedona in my book **Past Lives, Future Loves**, which was published by Simon & Schuster Pocket Books in 1978. In it, I related the results of some library research that had unearthed the following information. (From *Sedona Life* magazine, "Religion of the Red Mountains" by Heather Hughes):

Indian legend tells us that there are four places in the world designated as "power spots" and that these four are broken into two plus two—two positive and two negative, or two "light" and two "dark." It is believed that the two "positive" places in the world are Kauai, an island in Hawaii and Sedona, both red-rock country. Sedona and Kauai, the Indians say, are vortexes of energy in which the Great Spirit gives birth to rainbows.

Indians tell us that the towering crimson peaks stimulate sensitivity and that here a man realizes his true dreams and ambitions. They also say that the mountains are like a great magnet and that people are drawn to them because it is the home of the Great Spirit. Amid red-rock country, it is said that man comes face to face with himself and the potentials of his nature.

And from my own observations and experiences, I believe this to be true. For that reason, in April of 1983, I conducted my first Psychic Seminar in Sedona. Because of Sedona's incredible energy and the effects which I, as well as others, had experienced here, I felt it would be the ideal place to conduct seminars in which individuals could learn to tap into and develop the psychic potentials within themselves that we all possess to one degree or another. The results were incredible! And we've been having the seminars three or four times yearly ever since.

Although Sedona was named after pioneer woman Sedona Schnebly, a Sedona Psychic Seminar participant noticed what may be a cosmic joke: the name Sedona spelled backwards is "anodes," a term relating to electrical current.

Usually, as part of my Sedona Psychic Seminars, the participants visit one or more of the energy vortexes.

Positive vortexes are charged in one of three ways, according to psychic Page Bryant:

Electric: These are "yang," charged with the male force. When you enter the vibrational field or frequency, you will become charged emotionally and physically. The energy will stimulate and elevate consciousness. It is also ideal to eliminate depression. Some people, however, consider an electrical vortex to be a strain on someone with high blood pressure or heart problems.

Magnetic: These are "yin," charged with the female force. When you enter the vibrational field or frequency, you can expect to open psychically, becoming much more perceptive, for the area primarily affects the subconscious mind.

Electromagnetic: These vortexes are a combination of electrical and magnetic, or a combination of the yin-yang forces, resulting in a perfect state of balance. When you enter the vibrational field or frequency, you can expect an expansion and elevation of consciousness. This energy is ideal to stimulate past-life memories and psychic activities. Sedona has two electric (Bell Rock and Airport Mesa), one magnetic (Courthouse Rock, also known as Cathedral Rock) and one electromagnetic (Boynton Canyon Area) vortexes.

Seminar participants have reported phenomenal experiences while meditating or using self-hypnosis in these environments. The experiences range from intense spiritual visions to impressions of what took place in these canyons long ago. Many have reported direct contact with spirit entities who remain here. One of the most common reports I've received is that automatic writing is more intensely successful here than anywhere else, and even those who are new to the technique usually have impressive results. Many of the participants have reported physical healings. For most newcomers, the entire area, not to mention the vortexes themselves, generates a physical change that virtually eliminates the need for sleep.

I have in my possession thousands of pages of reports of the experiences people have had in the vortexes. Yet what is most convincing to me is the fact that I have personally experienced these things, as have my wife and those closest to me. As a great understatement, I can only say that my own psychic ability and spiritual experiences in the vortexes have never been surpassed anywhere else. They have included vivid visions, past-life recall and physical healing.

My very first encounter with one of the vortexes took place in the mid 1970s. A woman familiar with the area took me to Airport Mesa and then left, warning me not to venture into the vortex itself or even to dangle my feet over the edge. She claimed a friend of hers who had done that ended up with severe blisters on the bottoms of his feet. After sitting and meditating a while, I walked to the edge of the rise overlooking the vortex and held my hands out over it. I could actually feel a force or a pressure pushing against my palms.

With all my work and experience in metaphysics as a guide, I decided that the area held no danger and decided to ignore the woman's warning and climb down into the vortex. What followed was an amazing afternoon of meditation, past-life experiences and a feeling of recharged aliveness.

There were no adverse physical or mental effects. In fact, as an interesting side note on this day, I was one day into a case of intestinal influenza that was hitting everyone in our area at the time. Most felt the effects for four days or more. Yet, on emerging from the vortex, all signs of the flu were gone and I experienced no more of it.

I decided the woman's friend was either a true "tenderfoot" and got the blisters from hiking to the vortex, or perhaps he was experiencing some negativity within himself or some karmic manifestation brought out by the vortex energy.

Since then I have visited the vortexes numerous times with no ill effects. That is not to say that some people do not have negative or even dangerous experiences here. I will discuss things to look out for when visiting the vortexes in the chapter on "Vortex Locations and Warnings."

Most vortex experiences are transforming, spiritual and totally renewing. The following are just a few of the thousands of reports I've received about extraordinary vortex experiences. In quoting these experiences here and throughout this book, I have, in most instances, named the individuals and the city and state in which they live. However, in some cases, individuals preferred either to remain anonymous or requested that I use only their initials and/or not mention where they lived.

Perhaps their reasons are similar to those expressed by Sedona Psychic Seminar participant **Monica Parsley** of

Virginia Beach, Virginia, who said we could use her name, but lamented, "I have only two regrets: that the seminar is over, and that I must return home and can't tell anyone about my experiences – not even the men I date. The eastern portion of the United States is not 'enlightened.' Even those who have a tendency to 'believe' are extremely skeptical, despite the fact that we have the A.R.E. [*The Association for Research and Enlightenment, based on the Edgar Cayce readings*] here."

Contrary to Monica's personal experiences and those of others, our research and the positive responses to our seminars and our catalog book/tape sales show there are indeed many "enlightened" individuals in the eastern United States. The problem seems to be that when a person has a unique and unusual psychic experience like those encountered by many in Sedona, they are often afraid to mention it to others for fear of being labeled "weird" or "crazy." Therefore, you may have among your friends and acquaintances many who have had similar experiences to your own, but who were afraid to mention them to you.

Part of creating your own reality is drawing to yourself the types of people with whom you can interact on an honest and forthright basis. If your dates or friends think you're weird because you have experienced psychic phenomena, maybe you're dating or associating with the wrong people. By opening yourself up, you may be surprised with similar revelations from friends and lovers.

Obviously, "telling all" in your business environment or "pushing" your metaphysical ideas on unaccepting people is not in your best interest. But you may often find that by being yourself, your life and your relationships become better and better.

Another thing I should mention here is that the people reporting these events are not professional psychics or others who make their living in metaphysical pursuits. They are nurses, teachers, military personnel, homemakers, and business professionals of all types. They look and act just like your neighbors, friends and relatives. Being psychic is not "weird" or unusual. Everyone is psychic to some degree. Those with an interest, like those who attend seminars or study metaphysical ideas on their own, are able to expand their abilities to see, feel and experience more than what our "normal" five senses tell us.

Often, being in a place of increased energy, such as Sedona, expands that type of higher consciousness more rapidly. Many of the people who have written to me say they never considered themselves to be psychic and were often amazed at their own experiences there. Many had unusual experiences in Sedona before ever knowing it was a psychic energy vortex area.

But because the stigma still exists, for those who would rather not have us identify them, we respect their wishes and thank them and all those mentioned in this book for allowing us to publish the fantastic results of their experiences. In fact, you may see certain individuals' names more than once, as many encountered several different types of experiences, or wrote to us after each of several Sedona visits.

Whether identified or not, the accounts are presented in the individuals' own words (grammatically correct or not). Many letters have been edited for clarity or space considerations, as some numbered twenty pages or more!

As bizarre and amazing as these incidents are, those who experienced them insist that they really happened.

* * * * *

"Holding a change pouch and watch belonging to my deceased father, I tried to contact him in Boynton Canyon. The battery in the watch had been dead for many months, yet I hadn't replaced it. I had barely begun meditation when the watch began to work. I had not set it (and still haven't) but it has been keeping correct Arizona time since then."

*Monica Parsley
Virginia Beach, Virginia*

[Note: This was written 24 days after her vortex visit.]

"I realized just how protected we were in the vortex. We were exploring a rather rugged area and I fell. I don't mean just losing my balance—I WAS FALLING! Mary made a grab for me but missed. I thought, 'Oh, well, what better place to die.' I was stopped at that moment by a very solid but gentle force and pushed up on my feet.

"At first, I thought Mary had succeeded in grabbing me, but as I was being pushed up, I turned and looked at her. She was staring in total disbelief. From my original position

to my being stopped was close to a 90-degree angle. Since then, I've always felt very protected and peaceful in the vortex."

*Nancy Hughes
Mesa, Arizona*

"I knew nothing of psychic forces, vortexes and the like when I first traveled to Sedona in 1973. I was a tourist, an avid shopper and a weaver. I came down Oak Creek Canyon from Flagstaff—a thrilling drive of hairpin turns and sheer cliffs—and entered another world.

"Even then I felt drawn to the area. I was energized and cleansed in a way I didn't understand and I said later that Sedona had an atmosphere that couldn't be defined.

"When I returned home to New Hampshire, I wove a wall hanging of a large rock formation which I thought was representative of all the wonderful bluffs and cliffs I had seen.

"A few years later, I again traveled to Arizona, and quite naturally, to Sedona. While I was there, I photographed a large rock formation to which I felt especially attracted—one I had not seen on my previous trip. I later learned that this particular rock is called 'Bell Rock' because of its distinctive domed shape. [Note: Bell Rock is visible to those traveling to Sedona from the south. Since this individual entered Sedona from the northern route on her first trip, it is quite possible that she never saw it.]

"When I again returned home and had my pictures developed, I was amazed to find that the photograph of Bell Rock matched the wall hanging I had woven almost three years before! Even the cloud formations were similar.

"This time, when I arrived in Sedona, I climbed part way up Bell Rock to meditate. I have never felt so peaceful. I was floating and couldn't feel my body at all.

"I saw Indian symbols like hieroglyphics but I couldn't tune into them. I asked what message I was to carry back to me from the energies of Bell Rock and it was simply this: 'We are here. We exist.'

"On a deeper level, I think the message is that we are all part of the same consciousness, the same life force. We can be in touch with other forms of consciousness if we listen for them and follow our own inner urges, which will guide us all on our own paths of awareness.

"Before going to Bell Rock, I had bought a crystal with blue highlights. When I finished meditating on Bell Rock, it had turned purple and is still purple to this day."

*Tina Geoffrion
Auburn, New Hampshire*

"After I had gotten permission to take some stones for myself and my family, I was told, 'If the rocks will increase spirituality, TAKE THE WHOLE CANYON!'"

*Carolyn Kuzma
Clarkston, Michigan*

[Note: Seminar participants often want to take home a small red rock, crystals, or other memento of the vortexes. All are asked to request permission from vortex spirits before removing anything – stones, twigs, etc., from these sacred areas. And, of course, removing desert plants or Indian artifacts of any kind is forbidden by law.]

"I had several interesting experiences, including becoming so 'charged up' in the Airport Mesa that I was 'flying' for two days. I worked with a pendulum in all four vortexes and noticed these interesting results: In the positive vortexes (Airport Mesa and Bell Rock), the pendulum gave its usual responses, but in the negative vortex (Cathedral or Courthouse Rock), all responses were opposite in direction.

"For example, a positive response is normally, and in the positive vortexes, clockwise for me, and a negative response is back and forth from side to side. In the negative vortex, the positive response was counterclockwise and the negative response went back and forth, forward and backward. In Boynton Canyon, the balanced vortex, the pendulum seemed confused, and gave conflicting answers if asked the same question more than once. **In all vortexes, the pendulum leaned away from the vortex from five to ten degrees.**

"At Bell Rock, the pendulum guided me to some crystals, which I was given permission to take home."

*Patricia A. Sawyer
Derby, Kansas*

"I was the woman at the seminar who came up to ask about why my palms got so hot after meditating and you told me, after asking many questions, that I was probably a

natural healer. Soon after returning home, I cut myself rather badly with a large knife. My hands were still warm each time I remembered the self-hypnosis, so I concentrated on this and the cut healed without a scar. I told my husband, a minister, about it and he merely said that there are many things God has given us that we simply don't understand.

"I began to have severe sleep problems and it turned out that my thyroid had gone hyper (called Graves Disease). Of three possible treatments, they thought burning it out with a large dose of radiation would be best. I was burned from the inside out; had a lot of pain, and then began to have terrible headaches. I finally decided that if there were to be any healing within me, I would have to get it together and help myself. These headaches would wake me bolt upright and my throat would hurt so that I wanted to tear it out my neck. So I prayed as the attack progressed that, if it were true that God had given me the power to heal, that it would be available to use on myself then. My hands got very hot. I laid them over my throat where the pain was, and the pain stopped completely.

"I was to go and have my blood tested the next day, for they are waiting for the thyroid to die from the radioactivity so they can begin a regimen of synthroid. They have tested me twice so far and the thyroid is functioning normally. With the overdose they gave me and the severity of the burn, it should be dead yet somehow it is functioning like a normal thyroid now. Strange?!

"You have my permission to use any or all of this letter; however, in order not to hurt or cause distress to anyone, please use only my initials. Thank you again for all that I learned from you and the new insights that are mine."

C.D.

"I was at the Airport Vortex. A ring I was wearing on my left hand began to vibrate, and I felt great energy in the hand. I was not in trance, just relaxed, not deep. I had my eyes open. I brought my watercolors with me and did a painting. It was the first time I had done anything creative in a long time. I was told to use my middle name to sign my painting. This has always been a question in the back of my mind, as my first name is rather plain, but I felt that my middle name is too pretentious. It was an extremely emotional experience. I'm sure I will never be the same. I

had the feeling it was telling me to be myself and not be so serious."

*Mabel Brazillia Fischer
Panguitch, Utah*

"At Boynton Canyon, I meditated in hopes of having a psychic, higher-consciousness experience with my husband, who died two-and-a-half years ago. I believe that connection was made and we were able to have a final, inclusive, closing conversation. This was very satisfying to me, as he had died instantly in a car accident. I found myself discussing all the significant moments of our marriage and how I have grown and developed in ways I wouldn't have imagined. All the anger over the 'how could you just walk out the door and never come back—you've got a lot of nerve' melted away finally.

"I believe that conversation enabled us to let our relationship go free this time around with love and understanding and a great deal of appreciation for each other that we were able to do it. I will never forget Boynton Canyon."

*Mary Hinckley
Portland, Oregon*

"It's easier to be 'open' in an accepting, feeling environment. At Sedona, during the playing of the 'Jonathan Livingston Seagull' theme, I understood in a flash the why and how of two experiences with two different persons in this life that balance my karma. On Bell Rock, the capricious spirit whom I love, who had chosen to hang himself three years ago on this day, made sure I knew that he had really arrived. He jabbed me in the ribs and brought me to my feet—flat out of meditation. We know I don't convince casually! One reason I am here is to accept what I know—that I had to NOT stop him from doing what he did."

*Leah Johnson
Rockledge, Florida*

CHAPTER TWO

PSYCHIC MIGRATION

Upon first arriving in Sedona, you cannot help but perceive a subtle but powerful force. The vortex energy expands and intensifies your own energy and the energy generated between people. If the existing energy is primarily positive, it increases the positive quality. The reverse is also true: the vortex energy will intensify negativity, which can be undesirable.

Because of these intense vibrations, when couples move to Sedona, their relationship either becomes far better than it was previously, or the intensity pulls them apart and the relationship ends. I feel the local energy expands and intensifies the existing energy between two people. If their energy is primarily positive, it increases the positive quality of their shared life. But if their relationship contains negative aspects, the local energy can be expected to intensify the negativity as well, which can cause problems. I've always felt it's a subconscious karmic decision when a couple decides to relocate here. And many do so as a result of spontaneously arrived at decisions.

* * * * *

"I first came to Sedona to attend Dick's May 1984 Sedona Psychic Seminar. When not at the seminar, all I could do was cry and say, 'I am HOME!' I called home to Riverside, California, and told my husband Larry, 'We are moving!' We arrived in Sedona to live in April 1985. Home AT LAST!"

*Randi Mabrey
Sedona, Arizona*

"My husband and I were ready for a change. We were living in Princeton, New Jersey, and felt an urge to move West. I was researching the Anazazi Indians and wanted to find a central location where I could do my work. We remembered driving through Sedona once very quickly on our way somewhere else and remembered we liked the town, but we couldn't remember anything about it. Can you imagine? We didn't 'remember' the red rocks or anything!"

But right then we decided to move there anyway and we've lived here happily now for three years."

*Kathie Dame-Glerum
Sedona, Arizona*

"As soon as we began driving down from the airport, I had the feeling of coming home. I seemed to know where everything was, although I have never been to Sedona before, plus a very calm, peaceful feeling, a feeling of finally belonging.

"At the Boynton Canyon vortex, I did a short meditation and asked whether I should move to Arizona, as I have been planning to do so for about two years. My answer, upon coming out of meditation, was a cloud in the shape of an Indian arrowhead, pointing directly at the large monolith-like rock. I took this to be a very visually affirmative answer."

*Patricia Adkiss
Council Bluffs, Iowa*

"I found, upon leaving Sedona, a feeling of leaving home. This was my first visit, but the place captured my heart and I know I will be returning to Sedona regularly."

*Name Withheld
Long Beach, California*

"In the year and a half I have lived in Sedona, it has come to me very strongly that no one is meant to live here permanently, and that no one is to own this land. It belongs to all. It is a place of Vision Quest. A place whose vortex energies intensify and accelerate whatever you have brought with you. Are you ready to know your strengths and weaknesses? To know what role you are to perform in this play called life? To truly know yourself? If so, then Sedona is the place for you.

"I first came to Sedona in May of 1985 for a brief vacation. At one point, I had an experience during an afternoon meditation. In my vision, I was on a road under the red cliffs surrounding me. At first, the road curved gently, but my mind said, 'No, no, it must be straight.' It straightened out and I heard a voice say, 'This one goes all the way to Moscow.' Then, just as suddenly as I had left, I was back in a conscious state. I had no idea what had happened to me. Two weeks after returning home, I received an article from a

friend concerning ley lines, and I realized the significance of my experience.

"Sedona began to haunt me. I had a photo of the spot where I had my experience blown up and placed in my office.

"In December of 1987, my brother and I came to Sedona to pray for World Peace at Bell Rock. It was like coming home. I had another vivid psychic experience in which I picked up on the near-death of an aunt that occurred that evening. By this time, I knew that I wanted to live in Sedona someday.

"I returned 'home' in June of 1988. My brother again came with me and we met our sister and brother-in-law in Sedona and went to the vortex areas. Even my born-again Christian sister felt the energies.

"Shortly after returning home, I went to a lecture and met some friends I hadn't seen for a while. They asked me what I was up to. I replied that I was moving to Sedona on July 15th. I had no idea I was going to say this, it just popped out. Once said, though, I followed through. I gave two weeks notice at my workplace and came to Sedona on July 16th, with no place to live, no job, and very little money. The next day, I had a place to live, and within nine days, I had a job. My family back in California, whom I love dearly, and my life there were like a distant dream. I had come to Sedona to know myself and the process was starting.

"My story is a common one here. Some consciously know why they have come here, others do not. Whatever, once we are here, our learning is made easy or difficult by our acceptance or non-acceptance of what we discover about ourselves.

"Although I have had a few down times, my own processing has been exciting and fulfilling because I have been open to it. However, I have seen others suffer much and have to leave. It is what we make of it.

"At present, I am feeling at peace and rather finished with the Sedona energies. They have worked their magic on me. It is time for me to leave Sedona and create a space for someone else who needs to be here. I will live on the periphery, going in and out as I am pulled and helping others in their processing as I am asked. I thank God for this beautiful place that is meant to be shared with all."

*Yola Kaskey
Sedona, AZ*

"As soon as we entered Sedona, I spoke to the real estate agent about property values in Sedona. I promised to get back to him but I never got the opportunity to do so.

"My friends and I stayed over one more day after the Sedona Psychic Seminar so that we could explore the vortexes at our leisure. We went to Bell Rock and I climbed to a comfortable level and settled down to say my rosary. I have been troubled and uncertain for many months now. My husband is paralyzed on his right side with a stroke, and other personal factors in my life have left me feeling as though I am in limbo. Upon completing my prayers, I put my head down on my knees and prayed that I be shown the way; that I receive confirmation of things to come; that I was on the right path, and that I be given a sign.

"Suddenly, I began slowly rocking from side to side, the tears streamed uncontrollably down my face and the rocking became stronger and stronger. As it increased in intensity, I became very frightened and called to my friends. They came and placed their hands on my shoulders and gradually the rocking stopped.

"After leaving the vortex, we made our way back to the real estate agent. He showed me a home in the Chapel Development, directly below the Chapel of the Holy Cross and in clear view of Bell Rock, where I had received my inspiration. I gave him a down payment and purchased the home. I certainly had been given a sign. It was an experience I shall never forget. I know I was guided there."

*Kitty Kelly
Stanton, California*

* * * * *

Lots of people have been heeding the call to move West since the early '70s. I wrote about this phenomenon in my book, **Past Lives, Future Loves**. It continues to be true even now.

For many years, Arizona has been a leading psychic center in the country. The psychic concentration is within a one-hundred-mile circle that includes Phoenix/Scottsdale, Sedona and Prescott. The Phoenix/Scottsdale metropolitan area, of course, is well-known. Prescott is a typical old Arizona cowboy town situated in a mountain valley and

surrounded by a national forest preserve. Like Sedona, it is rapidly becoming a haven for those wishing to escape the stress of big-city life.

People from everywhere have been, and are being, directed to relocate to the Prescott/Sedona area and they have moved their entire families thousands of miles because they felt it was important. Also, psychic practitioners, writers and those dedicated to philosophy come in increasing numbers.

Whenever I ask newcomers 'why?' the answer is always, "We were told to come." There are many psychic migration theories and none of them negates the others, so all could be valid. Most have to do with "energy." In the Bradshaw Mountain area, some say it is the mountaintop elevation and the pine trees. Pine trees are supposed to provide more live energy to the atmosphere than any other plant or tree. It is a somewhat generally accepted belief that if you stand on the north side of a pine tree and hug it, you will be "recharged." I don't know if I accept that or not, but it's an interesting idea and I've been known to hug a few myself.

In Los Angeles, an old Sioux Indian woman—a shaman who had once worked with Black Elk—told me, "I've had a great vision and in it Chief Gall came to me and told me to go to Arizona. It was here that the movement would form and spread. An Indian symbol would guide the way."

Many feel that something is supposed to happen here or from here. Sedona is supposedly situated over an ancient Lemurian city and many have experienced impressions of confirmation of this concept.

There is something about the energy source of the entire area that no one really understands. Phoenix has always been known as "the valley of healing," even by the original Indians who settled there. A "special" energy is again given as the reason. There are hundreds of metaphysically oriented churches and organizations in the Phoenix metropolitan area.

Another concept is that all great religions or spiritual philosophies have been launched from desert areas. Supposedly, desert energy is conducive to evolutionary thinking. Prescott and Sedona are surrounded by high desert and Phoenix/Scottsdale are Sonoran Desert.

Maybe it is "energy" that is pulling people together. Past-life soul grouping energy, some cosmic energy as in the

Sedona vortexes, or the mental energies of like-minded people. It doesn't matter how, only that there is evident momentum.

If these things are happening by "plan," then I feel it is your plan and only through your own acceptance will changes occur. You will certainly never be forced to develop psychic abilities or find out about your past lives and associations, or to relocate to a metaphysical geographic location. You control and create your own reality in these things as in all others.

Of all the areas of the southwest, Arizona seems to be the most mystical, the most spiritual and contains some of the most beautiful areas known anywhere in the world. Even the origin of the name "Arizona" is a mystery. Cynics might tell you it stands for "arid zone."

However, in 1877, journalist Hiram C. Hodge published a book about his travels in Arizona from 1874-76. In his book, reprinted in 1962 under the title **1877 Arizona As It Was**, Hodge related what he claims was an Aztec legend that explains the origin of the name:

Of the origin and significance of the name, Arizona, there seems to be much doubt, and a score or more of definitions have been given by different and well-informed persons. Referring back to the old Aztec traditions, the following significant item occurs, which may assist somewhat in the explanation:

"The earth is the offspring of the sky. Long prior to the present race of men, the earth was peopled by a race of giants who in time died off, leaving the earth uninhabited. After a long time, a celestial virgin, a child of one of the thirteen deities who rule all things, came down to the earth, and being well pleased, remained for a long time its sole inhabitant. Once when in a deep sleep, a drop of dew from heaven fell on her, and she conceived and bore two children, a son and daughter, from whom have sprung all the people of the earth. The name of this celestial virgin was Arizunna, the beautiful, or sun beloved maiden." The Mohave language, which is by far the most perfect and complete of any of the Indian dialects of the country, has two words of nearly the same meaning: Ari, meaning the sun, holy, good, or beautiful; and Urnia, maid or maiden; which together means the land of the beautiful or lovely maiden. This may be the

true meaning of the word Arizona. Another definition is this, Ari, from the Mohave, meaning beautiful or good, and Zona, from the Spanish, a zone, and taken together, meaning the land of the beautiful zone. Both of these definitions are well made, and are quite significant and expressive.

It is a well-established fact that in the time when Hodge was writing about Arizona, the white man was abysmally ignorant of the Indian tribes of the area. Therefore, we cannot be sure this legend is indeed from the Aztec. Referring to his mention of perfection of the Mohave language, it is interesting to note that the Mohave are one of many tribes that speak a language that is related to the language of the Yavapai. These languages are known as Yuman languages. Also, the Yavapai were often mistakenly called "Mohave-Apache." Even today, the government agency in charge of setting up the reservation named it Fort McDowell Mohave-Apache Reservation, even though they are Yavapai.

The Mohave referred to the Yavapai as the "People of the Sun" (*enyaeva* = sun; *pai* = the people). This information becomes increasingly interesting when compared to the Indian legends surrounding Sedona, which we will relate in the next chapter.

CHAPTER THREE

SEDONA'S HISTORY/ INDIAN LEGENDS

Sedona is located 120 miles north of Phoenix in the central Arizona mountains at a 4,300-foot elevation. The area is known as "red-rock country" because the magnificent red-rock formations are unique in the state and cover only a few square miles. Sedona's beautiful terrain is often featured in national publications and as the background in many television commercials. More than 75 major motion pictures have been filmed there, especially the big-budget, epic Westerns.

Modern Sedona is an art colony with outstanding galleries and is the home of many well-known artists and writers. The village of Tlaquepaque has become world-famous as an architectural showpiece of Spanish Colonial design. It houses major galleries and shops and is a highlight to the millions of annual visitors.

Sedona was founded June 26, 1902, when the post office was established. According to Albert E. Thompson in "The Story of Sedona," from the book **Those Early Days ...**, a collection of old-timers' memoirs published by the Sedona Westerners—before 1902 the place was known as Camp Garden. It was named Sedona after the Post Office Department rejected the name Schnebly Station as being too long for postmarks. Sedona Schnebly and her husband, Theodore C. Schnebly, had settled there a year before. Schnebly became the first postmaster.

But where did Sedona Schnebly get her unusual name? According to her son, Ellsworth M. Schnebly, who wrote "How Sedona Was Named" in **Those Early Days ...**, it was a product of her mother's inspiration:

Numerous uninformed, and perhaps, well-intentioned people have speculated on how Sedona got its name and what the name means. Sedona is not an Indian nor a Mexican name. One omnipotent individual explained it this way: When T. C. was courting Sedona, he said, "This weekend I am going over to see Dona."

Note: According to this same account, Sedona became known affectionately by her neighbors as "Aunt Dona."]

My mother's parents were Pennsylvania Dutch and did not even know any Mexicans or Indians back there. ... they reared twelve children including my mother. Grandmother said that she did not know why, but that she liked Sedona as a name and gave it to my mother. She had never heard of the name and after all, there is a first time that any word or name is used.

The Indians hold the Sedona red-rock area as sacred. Legends passed down through generations tell of an Indian goddess with supernatural powers who lived here and passed the ancient knowledge to the Yavapais through her grandson, The First Man.

Before she died in 1966 at the age of 88, Yavapai Chieftess Viola Jimulla related her remembrance of the legend to Franklin Barnett, who published it in his biography of her:
Viola Jimulla: The Indian Chieftess:

The legend about the creation of the Yavapai Indians is based upon the belief that there were, or are, four different cycles or worlds. The first people emerged from underground and were terminated by the flood; the second was the time of the Goddess Komwida Pokwee (Old Woman Rock) and her grandson Skata-amcha (Skadkama); the third ended by world fire; and we are living in the fourth today. The story is that they, the Yavapais, came from underground and that they climbed through a large hole made by a huge pine tree with vines hanging from the tree into the hole. They used the vine to pull themselves to the surface of the earth.

"Komwida Pokwee, as a girl, came from the flood (first cycle of Yavapai creation) and settled in the Red Rock country near what is now Sedona. She came when the earth was still wet (second cycle of creation). Komwida Pokwee is the Goddess of the supernatural and medicine powers, and is beautiful and as pure as a downy white feather. Skata-amcha is her grandson and all of the songs, supernatural powers, and medicine power and knowledge were given to him by his grandmother, and were passed on to the Yavapai medicine men and their people. The medicine men, or anyone believing in the religion, may see her yet in a vision or dream and receive instructions, comfort and

encouragement. These two, together, Komwida Pokwee and Skata-amcha, always set a good example for our Yavapai people to follow."

Unfortunately, like the Yavapai people themselves, these legends have become scattered and lost.

Comparison of Viola's version to that of Mike Harrison, born in 1886, oldest man of the Fort McDowell Yavapai community, and John Williams, born 1904, shows similar concepts but different details. Notice in particular the spelling of the names. These could possibly be phonetic or just mistranslations.

This account was taken from the book, **The Yavapai of Fort McDowell** by Sigrid Khera:

We come out at Sedona, the middle of the world. This is our home. ... We call Sedona 'Wipuk.' We call it after the rocks in the mountains there. Some of my people, they call themselves Wipukpa. That's the ones who live up there around Sedona. All Yavapai come from Sedona. But in time they spread out.

North of Camp Verde there is Montezuma Well. We call it Ahagaskiaywa. The lake has no bottom and underneath the water spread out wide. That's where the people come out first.

... That first chief from down the Well, we see him on the sky early in the morning. He is up there, the morning star. ... Lots of people come up from there, quail, rabbits, jackrabbits. And at the time when they are up, they all speak Yavapai. They get up on top and when they look back the water is coming. ... the flood is in the Well. But the water doesn't come out. Just stays level in there.

... After some time there comes another flood. The people put a girl in a hollow log. Put food in that log for her. The woodpecker made a small hole for her in the log. Then they tell her: "The flood will raise you. You will hit the sky. But just lay still. If you lay still, you will get out in the end." Then the people glued the log together with pitch, with ahpihl.

The girl lay still in there all the time. After some time the water went down. The girl had a dove with her and she sent that dove out. She sent her out and the dove come back with a little seed. So the water was gone. There at Sedona there is a high place. It is the highest place all around. And when the water went down, the

log hit that high place. It stopped right there. And the girl came out from the log.

We call that girl Kamalapukwia. That means "Old Lady White Stone." She had a white stone. And that white stone is the one which protects the women. Her name means she got that kind of stone. She is the first woman on earth and she got that stone. She is the first woman and we come from her. She came out at Sedona and that's where all Indians come from.

Kamalapukwia lived in a cave in Sedona. Kamalapukwia was all alone. One morning she ran over to Mingus Mountain. Lay down there before the sun came up. The sun comes up and hits her inside. After that she went to that Cave where the water drips down all the time. She lay down and the water came down and hit her. Made her a baby. A little girl.

When that girl came to age, Kamalapukwia said to her, "Daughter, they did that and you come up. You go over there and do like I did. So we have another people." They were the only two people. So they were lonely and wanted another human. The girl said, "All right." ... She got pregnant and then got the little baby, it was a boy: Sakara-kaamche.

When that boy was still a baby, a bald eagle killed his mother. ... Now there were only two people: the old lady Kamalapukwia and the little boy Sakarakaamche. The old lady raised the little boy.

... The old lady, she told Sakarakaamche everything. Teach him everything. And he learned from his father, the Cloud. Sakarakaamche knew everything about the weeds which cure all sicknesses (from his grandmother). We don't know where she learned it, but Sakarakaamche learned it from her. And he is the one who is teaching the humans who come up.

... He gave us four sacred things: he gave us the Blackroot, the yellow powder, the blue stone and the white stone.

Blackroot is a very great medicine. We call it isamaganyach. It helps against pains and sores. It makes you feel good again.

The yellow powder, we call it achitawsa. It is the pollen from the cattail. The medicine man, when he heals somebody, he puts yellow powder on him. Yellow

powder stands for the light. It helps you think and talk right.

The blue stone and white stone, that's what protects us from bad things. The blue stone stands for men, the white stone for the women. When you have these stones and think well, bad things can't hit you. The blue stone that people wear on a ring, that's not the one that protects them. It is like a toy. But when it is blessed by a medicine man, then it will help.

We can't be certain, but from the story of the Yavapai men, we would assume that the blue stone and the white stone they are referring to are turquoise, so prominent in jewelry of all Southwestern Indian tribes, and white quartz crystal, which is found embedded in the red rocks of Sedona.

One thing that has always interested me is the number of people who, after experiencing the vortexes at Sedona, relate having experiences with Indian spirits. These experiences seem to correlate with these very obscure Indian legends, of which I have not previously written or talked about to seminar participants. The extent of our knowledge before researching this book was the story we had heard that Boynton Canyon near Sedona was home of the "Great Mother."

These legends are not widely known, even in local areas, as little is written about the Yavapai. Because in the late 1800s, white soldiers moved the Yavapai to many different areas in Arizona, they were often mistaken for members of other tribes. They were even thought to be a branch of the Apache tribe, to which they are not at all related, even by language. We had to do quite a bit of searching in local Arizona libraries to find these somewhat rare books about the Yavapai.

Even though we are, for the first time, publishing anything about these Indian legends, it is amazing that experiences of participants of past Sedona Psychic Seminars relate specific details that correspond to these ancient tales. For instance, many claim to see Indian spirits or guides, a not too unlikely situation since, being in the West, one might relate his or her experiences to Western concepts of "cowboys and Indians." However, rarely does anyone ever claim to see pioneers, covered wagons, cowboys or gold miners, all of which were also very prevalent in the area—only Indians.

In fact. I have had only **two** reports regarding such experiences in Sedona seminars—one from a man who says he saw himself as a cowboy in a past life who was rejected by his contemporaries because he defended the plight of the Indians. He eventually went to live with his Indian brothers. A woman who experienced being a pioneer woman in a past life gave this account: "While in meditation, listening to the joyous laughter of the children on your 'sounds' tape and viewing a scene of me in an early settler's home on the prairie, for some unexplained reason, the laughter made me, a pioneer woman, want to cry. What had happened back then?"

Many possibilities, either from a present life situation or a past life, may have triggered this woman's tears. It is known that empathetic individuals often are able to pick up the vibrations of past events in an area. With this in mind, it is interesting to note that the pioneer woman for whom Sedona was named, suffered a tragedy with one of her children. Because of it, she had to leave the area and spent several years in emotional recovery before returning to Sedona.

Ellsworth M. Schnebly, son of Sedona, relates this tragic tale in **Those Early Days ...** :

Pearl and I each had a gentle pony on which we rode all around the area, happily and fearlessly, until June 12th, 1905, when Pearl was dragged to death by her pony. Mother, Baby Sister (Genevieve), Pearl and I were driving the cattle home from the unfenced range that evening when one cow darted from the herd. Pearl's trained pony instinctively started after the cow, throwing Pearl and scaring itself. The pony raced across Oak Creek, dragging the lifeless, mangled body to the corral gate where we found it when we caught up. Mother had been in excellent health but this tragedy upset her tremendously and she began to weaken from grief and worry. Not long after, the doctor advised Dad to sell and move away or risk losing his wife. Seemingly there was no alternative, so they sold the place to my Uncle Ellsworth and returned to Gorin, Missouri.

... In 1929, they returned to the beautiful red rock area where they had become deep-rooted long ago to join their pioneering neighbors and the community that bore the name of my mother.

Was this woman tuning in to the death of Sedona Schnebly's daughter? Who knows?

However, because of the sacredness of this area to the Indians, it seems that most of the vibrations picked up by those in Sedona have to do with Indians. Another statement from the two Yavapai men might explain why this is, and why it may not be just participants' imaginations. The Indians believe that spirits that look like Indians do inhabit the sacred places, especially the mountainous areas. They even claim that under certain conditions, these spirits are visible:

... The Kakaka are just like Indians, but little people. Maybe three or four feet high. They live in the mountains, Four Peak, Red Mountain, Superstition, Granite Mountain near Prescott. They can get in and out the mountain. They are just like the wind, like air. You can hear them hollering at night and sometimes some people can see them. The Kakaka never die. They were around this country before the people. ... They keep watching over us all the time.

Others experience the visitation of an Indian woman or women, and I suppose, because we have talked about the concept of the "Great Mother," some may relate what they see to that idea. But there are a greater than average number of visions and experiences that relate directly to the story of the Goddess and her daughter. Even the details of many individuals' experiences seem similar. Also, notice how birds play a role in the perceptions. Remember that the Goddess sent a dove out of the log — an eagle at the mother of The First Man. The color white is also prevalent. Chieftess Viola described the Goddess as "beautiful and pure as a downy white feather."

The following are some of the experiences related by seminar participants.

* * * * *

"Overlooking Boynton Canyon in meditation, I saw an old Indian woman, then a young, beautiful Indian maiden."

*Jeanne Arnew
Prescott, Arizona*

"At Airport Mesa, I had a strong feeling of peace and perceived a gentle female presence. Then I saw the Great

Mother weep. She is a very tall, slender woman who wears a white dress. The crows play in her hair. The sparrow and the eagle became symbols of the Great Mother."

*Pat Campbell
Pacifica, California*

"We visited Boynton Canyon and found a spot in the dry creek bed where we laid our crystals out to charge in the sun. Right before we decided to leave, I felt a shaking of my soul as I perceived a huge Indian woman rise from the center of the canyon. She stood about 200 feet tall and was dressed in white buckskin. She was beautiful. I sat there in awe. She looked at me and smiled, then turned slowly, motioning to all of the area as if to say, "'This is my land. I am guardian here.' She was slowly enveloped by the canyon floor once again. It wasn't until we returned to the seminar that Dick explained about the great Mother. I know I saw her."

*Randi Mabrey
Sedona, Arizona*

"Cathedral Rock: A smiling young woman dressed in white—apparently mestizo (Spanish/Indian mix). 'The serious search for spiritual development must be balanced with joy and happiness—and will be.' Her name: Neena (Nina?)."

*Frank H. Small III
Gaithersburg, Maryland*

"At Cathedral or Courthouse Rock, one of the resident birds swooped at me and yelled just as I was calling the vortex spirit. As we were leaving, I was given a feather from the wing tip of an eagle. This has a special significance, since the name of the vortex spirit who worked with me and whom I have a past-life tie is Eagle Feather. Also, in that past life, I was a leader and medicine man of the Eagle Clan."

*Patricia A. Sawyer
Derby, Kansas*

"I did have a very brief flash of two images. One was that of an Indian Eagle God (I don't even know if such a god exists in mythology). He was suspended with arms spread out, in front of the cliffs across the valley, and had eagle

feathers on his arms and body. The second image was right behind the Eagle God and was of cliff dwellings."

R.H.W.

Woodland Hills, California

"With my eyes open, I studied the face of the rock formations, seeing the faces of Indians and animals."

E. Kay Hood

Birmingham, Michigan

"In Boynton Canyon, I became very aware of Indian presence. It was peaceful and loving, but I also sensed it was their ground. We were to absorb and learn from the vibrations offered for the advancement of humankind."

Sandy Tofflemire

Lawndale, California

* * * * *

As Yavapai Chieftess Viola Jimulla stated, "... anyone believing in the religion, may see her [*the Goddess*] yet in a vision or dream and receive instructions, comfort and encouragement."

Recall that the Yavapai men said, "That first chief from down the Well, we see him on the sky early in the morning. He is up there, the morning star."

Although she seems to be referring to a woman, relate these details to what a seminar participant wrote: "We hiked into Boynton Canyon. After going into trance, I did some automatic writing. Here is what I wrote: 1058, a village of Pueblo-type Indians lived here in the area 2,500 years. There was a great flood in the canyon, many people died. I was saved. Morning Star is my name. You saw me dancing in your dream last night. I am one of your guides."

"My one son became Chief Towatchapee when his father died. My son died young in a battle with other Indians, there was much grief and wailing. My father was the tribal medicine man. After the flood, we moved to the village where Sedona is now. I lived to be 60 years old."

A. Jean Jensen

Pleasanton, California

"On Saturday, after the vortex orientation, my companions and I headed for Boynton Canyon. From what

we had heard and read, this seemed to be the place for us. While driving, when we were about two miles from the vortex, someone remarked that they were feeling very calm and peaceful. The words that suddenly came out of my mouth were: "I don't. I feel like laughing." And that is exactly what I did! I laughed, and the laughter grew until my sides hurt and tears were streaming down my face. I had difficulty catching my breath enough to stop. I felt as if I had been laughing a very long time, although the incident only lasted a few seconds. When the laughter stopped, the ache in my side went away.

"The laugh was not my laugh ... it sounded like a young woman. Since I am not known for uncontrollable emotions, including laughter—my own being far more raucous when it can be heard, with the sound frequently catching in my throat—I knew that this was not my laughter. This was totally different: joyous, uninhibited, youthful, playful, almost tingling.

"As we were hiking out, talking and sharing vortex experiences after having spent several hours in the vortex, the uncontrollable laughter began again. I tried to pay attention to the sound and how I felt, but I was overcome with the joyful laughter. I shared the information at the evening session and afterwards was told by two women who are doing research on the area, that they'd had a similar experience. They said their giggles had lasted for most of a weekend. They told me that, so far, they had only discovered one female spirit in the area; her name is Running Deer.

"Before the seminar, I dreamed about Indians, which is odd because I couldn't recall dreaming about Indians before. The Indian woman in the dream was named 'Running Deer'."

Delores Saint

"It took some time for me to relax and go into a meditation. Then my guide came and took me to join Indians and I danced with them in their 'Friendship Dance.'

"I was given permission to take three small stones: one for my husband, one for me to use at home, and a tiny one to carry with me. I know the Spirits are in the stones. When I hold them in my hand, I feel so calm, warm and loving."

Polly Carter

CHAPTER FOUR

THE SEDONA/LEMURIA CONNECTION

Another interesting correlation I have found in the experiences of seminar participants is the number of people who seem to tap into the idea that an ancient city existed (some say it still exists underground) in the area that is now Sedona. Many people have related visions of energy fields generated by crystals, advanced civilizations or extraterrestrial beings, and some kind of cataclysmic event—most often a terrible flood. We have read in preceding chapters how the Indian legends describe great floods and god-like beings who escaped the destruction. Does it all relate?

Since I first began spending time in Sedona, I've had metaphysically oriented people tell me there is an ancient Lemurian city buried beneath the great red-rock formations and canyons that now comprise the terrain, or that Sedona somehow relates to Lemuria. Close friends, whom I respect for their psychic abilities, have related visions of unusual, ancient structures that appear in various areas. Some have seen visions of these structures in the sky above Sedona. In re-examining regressions I have conducted with individuals over the years and comparing them with the trance communications of Edgar Cayce, Ruth Montgomery and Lemuria's primary historian, Colonel James Churchward, I find general agreement about many facts regarding Lemurian history.

According to Churchward, Lemuria was a huge Pacific continent unconnected to what is now the North American continent. He relates four great cataclysms; the third, and worst, transpired 80,000 years ago. The final cataclysm took place 12,000 years ago, and sent Mu and millions of her inhabitants to the depths of the sea in a "vortex of fire and water."

This seems to relate quite closely with the Edgar Cayce trance readings. Both agree that the Lemurians had ample warning of the impending catastrophe; for centuries, people

left the motherland to establish colonies in areas such as Egypt, Peru, Central America and Mexico.

All the metaphysical writers and researchers seem to agree that the Lemurians were a spiritual, peaceful people. They developed a very just and fair governmental system; one of their great rulers was a woman. The populace was composed of highly skilled artisans and craftsmen. They enjoyed a very advanced form of civilization, with great cities and impressive temples, and many Lemurians attained a Universal perspective.

There is little scientific argument that a great land mass once existed above water in the Pacific, where only Lemurian mountaintops remain today as islands. In the Mexican temple of Uxmal, an inscription declares that the structure was dedicated to the memory of Mu, "the lands to the west, that land of Kui, the birthplace of our sacred mysteries." The temple faces west, the direction of the lost continent.

In her book, **The World Before**, Ruth Montgomery, through automatic writing controlled by her guides, relates that the huge heads on Easter Island in the Pacific mark the site of a great Lemurian ceremonial center.

In Edgar Cayce's reading #812-1, the "sleeping prophet" talked about a woman named 'A-mel-elias,' a priestess in the 'Temple of Light,' who was an overseer of communications between various lands. The reading mentions Mu and a "particular portion of Arizona and Nevada that are as a portion of the Brotherhood of those people from Mu."

According to Churchward, Lemuria was known as the "Land of the Sun" and "Empire of the Sun." In his book, **The Sacred Symbols of Mu**, Churchward also claims that the cliff-dwelling Indians of Arizona and New Mexico were once residents of Lemuria. The cliff dwellings of Montezuma's Castle are now maintained for public visitation by the U.S. Park Service, only a few miles from Sedona.

The Hopi Indian reservation and mesas are also very close to Sedona. Hopi legend claims that the tribe came to their current area from the West after their world was destroyed. They traveled on bamboo rafts until coming to a wall of steep mountains which they climbed; as they looked back, they could see islands sinking behind them.

Another interesting fact, that may or may not relate to Lemuria, was pointed out to me by author/scientist Dr. Patrick Flanagan. Pat was studying United States air pollution maps attained via satellite. Only two places in this country indicated perfect clear air: a tiny spot around the top of Mount Shasta in California, and the area around Sedona, Arizona.

Sedona is higher than Phoenix and lower than nearby Prescott, so why should this be? Possible explanations could be in the intense energy emitting from the vortexes in Sedona, or as the Indians believe, the area is a sacred, spiritual ground and is thus protected. And maybe, as several of my seminar participants perceived, there is a great Lemurian crystal buried beneath Sedona that is emitting the intense energy.

During the May 1984 Sedona Psychic Seminar, which I conducted with psychic Alan Vaughan, I decided to run an experiment. After little prior discussion, I hypnotized the participants and asked them to perceive any information they could attain regarding the Sedona/Lemuria connection. I left it open as to how they would attain the knowledge: ESP, remote viewing, general regressions, or simply tapping into the collective unconscious.

When the session was complete, we discussed the results as a group and attained a general consensus about the connection. I asked those who were willing to share their experiences to write them down. A distillation of their individual communications reveals that 23 people received the "essence" of ancient, highly evolved people who relate to Lemuria. Seven sensed that a large crystal lies buried somewhere beneath the red earth of the area. Several felt that the name Lemuria was incorrect.

Here, in their own words, are the experiences of some of the participants:

* * * * *

"People of Mu colonized the Sedona area after the great disaster of the motherland. Their original colony was leveled by a glacier which carved the canyons and is now beneath the earth. A large geometric-shaped crystal is beneath this area. This crystal is the real source of the vortex power."

*Tiena-Kay Halm
Glendale, California*

"There is an ancient city beneath Sedona, but Lemuria does not sound right to me. There is a crystal temple here, as in Atlantis, hence the energy vortex. It is my feeling that souls are congregating together in places like Sedona. It's like a reward for a 'good incarnation'—after a few lives, the reward is getting to come back to your source. Sounds far-fetched, right? But there is a definite purpose and plan for this. Sedona is a place of departure and arrival; it feels like an airport terminal. The energy is of such a high vibration that it attracts those traveling on different places and dimensions, as well as those already here. So here are different dimensional souls now merging with the souls that have been here a long time. Each is exploring and learning from the others. It is very exciting, intellectual, learning and sharing. Like a conference of all the Nobel Prize winners."

*Sharon L. Petek
Pueblo, Colorado*

"The name Lemuria is incorrect. I think it might be a 'chanted' sound, something like 'La-Mu.' I visualized a giant monolith expressing tremendous energy. It is time to establish the latent powers within; that is why we have returned to our former home for reunion and recreation."

*Vicki Heller
Long Beach, New York*

"A large crystal is buried beneath Sedona. Where Sedona is now, there was a city before. The name was not Lemuria; it was destroyed by another power, but not completely. The city still exists, but on a different frequency."

*Marianne Brijer
Renton, Washington*

"There is a crystal in Boynton Canyon where the land folds into itself; solstices, equinoxes and planetary alignments give energy to the other vortexes. There is great rejuvenation here as there has always been.

"I perceived a 'Temple of Learning' or 'Temple of Healing.' I don't get a sense of any buildings at all. The lifeforms of high light and high vibration didn't seem to need any. The Tenders of the Crystal, who were lower in vibration and lesser evolved, needed the shelter, however,

and lived in the caves surrounding the area. The highly evolved forms transmitted knowledge wordlessly, through the use of the crystal.

"The Tenders of the caves were not people to emulate. Knowledge of them will not serve any purpose; they were animalistic, keepers only, and not of the Knowledge. When the crystal was destroyed (covered?) during the earth changes, many of the Knowledgeable Ones chose simply to leave their bodies so that they could return to teach when the crystal was again found. And it was the ignorance of the unknowledgeable ones that kept the crystal hidden after the earth changes—hidden from those who would destroy it as well as those who would harness the power.

"In an altered state, I can picture the crystal quite clearly as a large, disc-shaped convex. It is now lying upside down. "P.S.: I have a sense that great power could be had by charging a large crystal, placed in a circle of stone—each one gathered from the other vortex areas and laid in the sun—above the main crystal in Boynton Canyon."

*Kathie Dame-Glerum
Sedona, Arizona*

"I didn't have any experiences at the vortex on my first trip Saturday afternoon, but I sure could feel the power. Saturday night, in the regression, was a different story.

"I perceived that I was working on the support structure for a crystal. I knew that this was to throw a beam of energy, something like a laser beam. I headed a group that was devising a crystal to expand the power of the 'great crystal' to the farthest reaches of the earth. And I knew that there were people who worked at the 'great crystal' who were not happy with me for doing this because they were going to lose some control.

"When I responded to your next suggestion, Dick, I saw myself in a balloon basket—that doesn't seem to make sense, but I was looking down into a valley, and it seemed to be in this area, in the Sedona area. And there were two high gate posts with a gate going through it; beyond that, a huge concrete slab, or something flat, like a landing area. And to the right were the buildings where we were working on the crystal.

"I know that was here because the vortex was here. I also know that we were meeting with highly evolved beings who

were giving us the plans on how to build this 'sending station.'

"My next impression was of a great explosion, and I knew the great crystal had been destroyed. I think some people attempted to manipulate the energy in an attempt to destroy us, but it must have backfired or something. I don't understand it; the experience has left me very shaken."

*Name Withheld
Phoenix, Arizona*

"I perceived a large buried crystal, or maybe a special stone, generating powerful energy, like a buried transmitter, in the Boynton Canyon area. My most intense impressions were of the great sense of love and harmony in this area."

*Charlotte Reeves
Fremont, California*

"In the Lemurian regression, I was an old man with long, white hair and beard, shiny metallic dress and shoes. And I was in what appeared to be a cave-like room ablaze with light. The light came from crystals arranged in a pentagram. People would come to me, down escalator-like stairs, to be healed—or rather, to stay well. They would sit in the pentagram; it was as if everyone came to do this. It was just a part of the lifestyle and was necessary in order to stay well.

"The Sedona area was a healing center, and the healing was always conducted in the cave, which was definitely below the ground, deep in the earth. I was really impressed by the brightness of the crystals in the cave."

*Marlys Cates
Del Mar, California*

"My guide took me to a cave that he said was the entrance to the Inner City. It is in Boynton Canyon. The cave was dark, but crystals lit the way. The deeper we went into the cave, the lighter it became. We came around a curve, and the crystals were so brilliant that I thought it should hurt my eyes, but it didn't. There was a man waiting for us, and he showed us around. This was a great center for healing."

*Helen Fredericks
Alhambra, California*

"First of all, this was the clearest clairvoyant experience I have had since I first became interested in psychic abilities. It was the type of clear-seeing that I had always dreamed of and programmed for. I saw a type of stone arched bridge with large columns on each side. I wondered what that was, and then the stone bridge turned into a modern bridge, like in San Francisco, and then back into the ancient bridge. On the bridge were several men in long white robes walking in line. I wondered who they were and a voice told me that they were high priests from Lemuria crossing over (to the area now known as Sedona) to pray and raise their consciousness. And, in turn, Sedona's consciousness (energy) would be raised by their presence. Next, I saw the priests sitting in an area praying within a special design imprinted in the red earth. In asking about the source of the energy, I perceived large crystals beneath or inside the rock formations."

*J.S.
Chicago, Illinois*

Not one to have my curiosity satisfied easily, I decided to conduct the same experiment at each successive Sedona Psychic Seminar to see whether the experiences related by those in different groups would parallel those of the initial experiment. The results were utterly amazing! Not only did participants in each group describe the same kinds of experiences, but the events and images they perceived were nearly the same as the groups who attended other seminars. Each seminar group consisted of more than 150 people, so we now had the results of several hundred participants, all describing more or less the same types of images and situations. What caused all these people to perceive the same things?

As you read through the following reports, notice how they compare to the reports from the first experiment. Also notice how certain elements—crystals, unusual energy sources, floods, healing—seem to come up again and again. Not only are these themes repeated, but some participants even describe similar details, such as crystals aligned in certain patterns or underground waterways and rivers.

* * * * *

"I was shown that the Sedona area was a 'staging area' for the voluntary evacuation of the people of Lemuria after the catastrophe that destroyed their homeland on earth. I was shown a large round flat spaceship (some might call it a flying saucer) hovering over a flat-topped mesa, and being loaded with supplies for a long journey. I received the message, 'We came from space, and we are going home.'

"The Lemurians were given a choice to go or to stay here. Some chose to stay here; they eventually became the Hopi tribe. The crystals served as navigational aids as well as a power source for the airship. Many of them (crystals) were inside the mesa over which the airship hovered, and many others were scattered around in a planned pattern."

*Patricia A. Sawyer
Derby, Kansas*

"I saw two beams of light shooting out of the universe in a cross formation into the Sedona area. I felt entities of non-physical form arrive via these light beams. The energies adopted a physical form on the earth plane. Their purpose was to teach a small group of humans living in the area. They failed in that they overstepped the boundaries of their mission and instead dominated the Sedona natives. The beings who came to Sedona had a certain aggressiveness to their personalities and yet I saw no overt acts of aggression. It was more that the natives, being a passive culture, more or less allowed the newly arrived entities to take command."

*Melissa L. Applegate
Clearwater, Florida*

"My first impressions were of drowning, of huge waves cascading over the red rocks with a thunderous noise. However, I quickly rose above this to an overview where I immediately noticed a sky full of rainbows arching from one mesa to another all around me. 'How beautiful,' I thought. A voice answered, 'Yes, but ships do not fly on rainbows. Look, they have had to force land all over in valleys flooded with water. The energy flow has been disrupted.' And suddenly I could see the wreckage, the turmoil, the destruction.

"The cave dwellers climbed out of the rocks and called themselves 'blessed.' The cave dwellers did not have a high spiritual or mental nature. I have been warned repeatedly

not to search them out, that there was nothing in their contribution to this culture to emulate. They were simply 'what was left after the good souls departed.'"

*Kathie Dame-Glerum
Sedona, Arizona*

"I had been away from the Sedona area, perhaps off the earth, since the flooding surprised me. As I saw the canyon flooded about halfway to the top, I was convulsed with anguish for the lives that had been lost."

Adria Betty Elkins

"A Lemurian 'city' was here. It felt more like an information center. A large power pyramid made of energy was visible and rainbow-colored in the air over the airport vortex area. A wall, several hundred feet high and made of a smooth gray material, ran for miles on the east and north sides of the Sedona area. There were two runways that ran from a common point to the west. They seemed miles long. In the central part of the 'city' was a large wooded park with herds of animals.

"Under Bell Rock is a large crystal that sits upright. It is about or slightly below ground level, or where the base flares into the surrounding area. There is also a group of crystals buried under this whole area. They are in a distinct pattern but the crystals are pointing in random directions. This pattern covers hundreds of acres in each direction. Under the area—I've lost the location—is a metal container, like a time capsule, with information from then to now, from them to us. When I asked again about the connection, it still said a passing on or continuation of information."

Robert Spriggs

"The first image I got was of a lake with Indians in canoes; also a feeling of rather extensive submerged waterways used for communication/transportation of some kind. I also got an image/feeling of a huge time machine used for time travel or astronomical research. This was underground. In another underground area was one or more rooms used for magic."

*R.H.W.
Woodland Hills, California*

"This was more ancient than Lemuria, which was situated nearer the Pacific Ocean. This is the most ancient place for entities from other planets to come to this earth. They are still coming. This energy is from time immemorial. You are here for you have all been a part of the growth of this planet, from this area as well as other places on the earth. Those who can stand in the light will remain, the others will become nothing. Acknowledge your inheritance and give thanks."

*Diana Kruse
Aptos, California*

"The Inner Temple was like a crystal cave. When the high priests were to enter a state of exteriorization [*sic*] the higher realms they would visit would give them more insight and knowledge on how to handle the problems they encountered in the earth's dimension. The crystal cave seemed to impart a knowledge and healing effect. When the high priests would leave their earth bodies, they became as a light. The sounds inside the cave were like a finger stroking a thin crystal. The subdued sounds blended into the crystal vibration and created an atmosphere almost equal to the upper dimension."

*Maxine Parker
Escondido, California*

"I `saw' the area's inhabitants actually enter into crystal spires to recharge themselves as one would recharge a battery. This was how they renewed energy, not by sleep."

*Name Withheld
Burbank, California*

"This crystal is like India's ruby, for it is located in a cave. Many know about the ruby, yet few venture to see it because, as the story goes, those with impure hearts who gaze upon the ruby lose their hearts. There are guardians at the entrance whose job is to repel those of lower consciousness.

"The crystal illuminates so light isn't needed, though at this moment, the crystal is on its right side instead of upright. Water is provided on the third and lowest level. The small river flows from north to south. That which appears as

a large stone is truly the door. Do not strike it, it will not open."

*Rev. Dr. J. E. Arndt
Miami, Arizona*

"In Boynton Canyon Vortex, I found a place where I could see no one, hear no one; it was as if I were totally alone in the world, yet I knew I was surrounded by an infinite number of souls. I meditated, as you taught us, for an hour. I was awash with peace. Not once did an insect bother me, though I had no netting nor had I used insect repellent.

"As I was coming out of meditation, viewing the mysterious and wonderful sight in front of me, everything seemed to shimmer and glow. I saw a brief but moving view: to the left, a brilliant, unearthly flash of light; to the right, I saw long, long boats filled with people. The boats were moving quickly. I felt a sense of urgency."

*Name Withheld
Columbia, Missouri*

"I went into trance at Bell Rock and saw many beautiful light beings 'popping' through an amazingly blue sky, each transporting a crystal. Each came to rest on a grassy meadow which was located in the Sedona area. I was one of the light beings and a crystal was in my keeping. I looked up and saw others 'popping' through and finally a giant crystal 'popped' through and I knew the task was at once finished and just begun. We were now waiting for the people to come in the boats from across the sea to begin our task.

"My vision changed to a scene of building. Dark-haired, dark-skinned people were working along with the light beings to prepare a home, a place of safety, for the crystals beneath the Earth. The surface of the Earth was not to be disturbed, or at least as little as possible. Loving care was being exercised in this building. The dark-haired people had found homes in natural caves. Some of the light beings came to love the new land and the people so much they allowed themselves to be born into material existence, becoming caught in the cycle of karma. I was one of those."

*Name Withheld
Topeka, Kansas*

The following are excerpts of a three-page, single-spaced, typewritten letter I received from **Helen C. Fredericks of Alhambra, California**. She transcribed this extensively detailed message through automatic writing while in Boynton Canyon:

"Boynton Canyon is the center of the Inner City. Here is the purification center. Many beings from other planets return to earth to merge with us to help, to center and to teach.

"When Lemuria sank into the Pacific, many had relocated. The Healing Center was transformed here. Caves were dug by use of crystals.

"This was a center for Healing and Rejuvenation. People of Lemuria traveled for years to attain the secrets of the crystals and the healers. Many beings, human and extraterrestrial who were once residents of Mu, are now being drawn back to the area for healing, rejuvenation and guidance.

"This will be the center of the coming age. Once again the people of Mu will switch frequency and lead the populace to peace, harmony and a high spirituality. The guidance is being received in many ways.

"What most beings, especially earth beings, do is restrict the growth process. The people of Mu learned to expand those lessons with Freedom, the process of allowing each spirit to grow in any and all directions. Each must find his own center of his heart, of his spirit, and then follow it, while allowing everyone around him to follow his own heart.

"What happened since Mu was destroyed was the process of everyone having to conform, to believe the same, to follow someone else's spirit. How can someone believe or follow when they have no heart or spirit in the matter? There is a beauty in difference and this should be expanded, not controlled.

"Many do not know how to handle Freedom. This must be taught, for Freedom without responsibility is not Freedom, but a worse jail of the soul than restriction. The beauty of Freedom is the ability to Love unconditionally.

"Don't mourn the end of a civilization; celebrate the beginning of a new age, an age that not only allows change and difference, but encourages it.

"You ask of peace ... peace is everywhere, for it is contained in the soul of each of us. Most look for the

physical peace of the outside world, like the peace and serenity of Boynton Canyon. But the same peace and serenity is within each being. One must start from the heart.

"The Inner City is now used as a monitoring center of earth. The large crystal controls all activity. The red earth carries the healing energies of the crystal to all who seek it. Each is drawn to the spot of frequency closest to their own.

"The maze of tunnels covers the whole area. The whole valley is a vortex, for the crystals are moved and worked in all areas. The works of the Inner City use the crystals to heal the earth and those upon it. As the crystals are used, so they in turn are energized ... sort of a mutual exchange.

"Most rituals of healing are done in the Boynton Canyon area. Communications are most successful at Bell Rock. Any of the vortexes may be used for assistance, but results are stronger in certain areas. One can ask for assistance from the Beings of the Inner City.

"Remember to always acknowledge the healing or communications came from God, or from the God-essence of oneself."

CHAPTER FIVE

"THE LOST CONTINENT OF MU"

BY GREGORY FRAZIER

The Garden of Eden was not in Asia but on a now sunken continent in the Pacific Ocean. The Biblical story of creation—the epic of the seven days and the seven nights—came first not from the peoples of the Nile or of the Euphrates Valley but from this now submerged continent, Mu—the Motherland of Man."

Thus Colonel James Churchward (1852-1936) began the first in a series of five books about the ancient and mysterious sunken land of the Pacific, **The Lost Continent of Mu**.

In these books, Churchward claimed to have not only found the keys to unlock the mystery of the origin of man, but to have traced his ancient migrations to the four corners of the earth. Today there are those who believe that the Lemurian migrations eventually led to the American Southwest and the beautiful red-rock country surrounding present-day Sedona.

The name "Lemuria" was coined by scientists to describe the sunken mid-Pacific continent which was the original habitat of a far-ranging species of ape-like quadrupeds called lemurs. All ancient writings, however, refer to the lost continent as "Mu."

Churchward also pointed out some fascinating parallels connecting the inhabitants of Mu and certain Southwest Indian tribes. According to Churchward, these tribes are direct descendants of ancient Lemurians.

"I am not a professional archaeologist," Churchward wrote, "but I love the ancient, and for over fifty years, have been diligent in the study of it."

Born into an aristocratic Devonshire family, Churchward was educated at Oxford and served in India as a colonel of a regiment of Bengal Lancers. At various times during his adventurous career, the tall, dashing Englishman was an explorer, big-game hunter, angler, inventor, tea planter, painter, civil engineer and raconteur. He was also a Mason

and reincarnationist who practiced telepathy and trance-travel to former incarnations. Eventually, he settled in the United States, where he made—and later lost—a fortune in the steel business.

As a young man serving in India as a double agent for British Intelligence, he had occasion to visit a monastery. There he met an old rishi, whom he described as a "great master, the last surviving member of the ancient Naacal priesthood."

The rishi eventually led Churchward to a hidden cave and a cache of ages-old clay tablets. The tablets were written in Naacal, the rishi explained, the oldest language of man. They told of the geology, history and religion of Mu the Motherland, and its cataclysmic destruction over 12,000 years earlier.

"He taught me how to learn to read ancient writings and inscriptions," Churchward wrote in **The Children of Mu**. "It was a hobby of his and mine also."

Churchward wrote the first edition of **The Lost Continent of Mu** based on his interpretation of the Naacal tablets. He later revised the book after interpreting another series of 12,000-year-old tablets discovered, beginning in 1921 by mineralogist William Niven in the Valley of Mexico. Together, the Naacal and Niven tablets provided the foundation of Churchward's hypothesis.

According to Churchward and other Mu historians, Mu comprised an area of some 180,000 square miles. The Pacific islands are believed to be Lemurian mountain tops. When devastating earthquakes sunk Lemuria on Friday the 13th Day of Zac, 64 million souls were drowned, an end to 200 millennia of development.

Wishar S. Cervé, in his book, **Lemuria—The Lost Continent of the Pacific**, described the typical Lemurian as a tall, well-muscled vegetarian who was far advanced mentally and spiritually. In the center of a high forehead was a growth about the size of a walnut. This "third eye" was actually the Lemurian's sixth sense organ. Through it, he could see, hear, feel and communicate over long distances. He was also capable of communicating with animals, and could "see" into the fourth dimension.

The Lemurians possessed powerful magnetic stones or crystals, found in volcanic areas, which radiated energy and light. These crystals had the strange ability to repel water

and were used to power the boats which ultimately brought the Lemurians to North America.

Lemurian religion was based on fact, as opposed to faith, containing no sects, theologies or dogma. All Lemurians were attuned to the Cosmic Mind or Consciousness, which permeates the universe.

Reincarnation, an established fact to the Lemurians, was the crux of their religion. "In the Sacred Writings of Mu," Churchward wrote, "we are told man's soul lives on until finally it reaches the source of its origin."

About 70,000 years before the destruction of Mu, a colonial movement began sending groups of migrations westward to Asia and eastward to South, Central and North America. The first of these eastern migrations led to approximately the present state of Nevada at a time preceding the rising of our western mountain ranges.

As evidence of the Lemurian presence in the Southwest, Churchward offers geographic, linguistic, symbolic and religious data gathered from various Indian tribes: the Nootka of British Columbia, the Mound Builders of the Southeast, the Pueblo Indians (Hopi and Zuni), and the Cliff Dwellers of the Southwest. The Cliff Dwellers were the last to arrive.

"Working inland from the Colorado River's mouth, they would first pass through Arizona, which state is full of their remains," Churchward explained. "Their old homes and remains show that they worked out on the Gila, Little Colorado and Grand Rivers."

Montezuma Castle National Monument, an Arizona cliff dwelling, is located just a few miles from Sedona. Also nearby is the Tuzigoot National Monument, a stone pueblo where hundreds of Indians lived between 1100-1400 A.D. Were the inhabitants of these dwellings Lemurians or descendants of the Lemurians?

According to Churchward, there were at least four civilizations occupying Arizona and the Southwest **before** the cliff dwellers and the present-day Indians. "It is quite possible that the actual Cliff Dwellers and the red Indians may be races that have descended from remnants that were saved during the raising of the mountains," he theorized. He points to their writings on boulders and cliffs which contain symbols similar to those found on the Naacal and Niven tablets.

"That the Cliff Dwellers came from Mu is certain," Churchward wrote, "for every one of their pictures that are used for guideposts contains a reference to Mu. In fact, the rock writings and pictures of the cliff Dwellers, except those drawn for artistic effects, are permeated with references to Mu, both before and after her submersion. In addition to this, they invariably used the symbols that were in vogue in the Motherland."

Churchward investigated several interesting parallels between the Hopi and Zuni cultures and that of Lemuria. He believed that these Indian tribes were highly developed and enlightened people at the time of their arrival in the Southwest.

"Various Pueblo traditions, their language, their sacred symbols and other evidences *prove that the Pueblo Indians originally came to America from Mu.*" [Note: The italics are Churchward's.]

Particularly fascinating is Quetzalcoatl, the bearded serpent, symbol of Creation, which is common to the Pueblos, Mayas, Aztecs—and Lemurians. One of the Niven tablets, discovered at a grave site in Guerrero, Mexico, was interpreted by Churchward as follows: "Quetzalcoatl ... called him, and his soul passed on to the region of darkness (submerged Mu) there to await the call from the great serpent for reincarnation." And this: "When Quetzalcoatl ... calls—the eyes of those closed in sleep are opened, the time of their reincarnation has arrived. They answer the call of the Great Serpent and come forth into a new day."

Could Mu be the limbo of dead souls waiting for their moment of reincarnation?

Hopi Indian legend would seem to support Churchward's hypothesis. The Hopis believe they originally came out of the west on bamboo rafts. Arriving at a wall of steep mountains, they climbed to the top and looked back; in the distance, they could see islands sinking. The continent of Mu consisted of one large and two smaller islands.

The Hopis are a deeply religious culture with many magic-oriented beliefs—as were the Lemurians. Beneath their dwellings, the Hopis dig *kivas*, underground rooms used for religious ceremonies. The Lemurians also used underground rooms for religious rites.

The Indians consider the Sedona red-rock country to be sacred ground; the home of the Great Spirit. Perhaps this is

why so many people in search of enlightenment and inner peace come to this area, attracted, as it were, by some invisible force. Visitors from the ethereal plane are also said to linger here.

Amazing psychic occurrences have been reported as well: visions, telepathy, past-life regressions, precognitions, UFO sightings, poltergeist activity, enhanced automatic writing, spiritual healings, and other psychic phenomena.

An ancient Lemurian city is said to be buried beneath the Cococino sandstone. Powerful talisman-like crystals are thought to be hidden underground. (Coincidentally, the Navajo Indians believe that they emerged from underground.)

This testimony isn't surprising, considering that Sedona is one of the world's three most powerful energy centers. Surrounding Sedona are four energy vortexes—two electric, one magnetic, and one electromagnetic—more than any other single spot on earth!

Unseen forces are constantly at work all around us. Every physical object on earth—organic and inorganic—gives off electromagnetic radiation. The effects of these unseen forces are little understood. What is understood, however, is that electromagnetic fields **do affect** living organisms. Metabolism, heart rate, body temperature, blood pressure, as well as the visual, aural and tactile senses are affected by electromagnetism. Experiments with monkeys have shown, for example, that when the monkey's head is placed in an electromagnetic field tuned to alpha, its brain waves will begin to pulse in synchronization with the alpha rate.

In other words, truth and reality exist on many different levels. The parallels between ancient Lemuria and modern Sedona certainly deserve further investigation—on all levels. Given the awesome natural beauty of the Sedona red-rock country, perhaps we should heed the rishi's parting words to the young Churchward:

"Go forth into the world, my son, and learn that which is written by nature. Nature is the great schoolhouse provided for man in which to learn. Nature does not theorize. Nature does not lie. Nature is truth personified. ... Every rock has a tale written on its wrinkled and weathered face, and the tales are true. Every blade of grass, every leaf on tree and shrub has a whisper for listening ears"