

Tripping in Sedona!

Sedona is a magical and mystical place, located in the desert of Northern Arizona, two days drive from my home in Dallas. Sedona tugged at my heart strings, it had been 10 years since my last visit. But I was not alone, not for a minute. Angels and guides were with me all the way, making sure I was alert and did not get into any trouble. Though trouble for me is usually in a bookstore. Also I had my Ty-bear, Pecan. (See footnote) The first day I was on the road at 7:00 am and made it Albuquerque by about 6:00 pm, the journey was windy, at times we raced the trains in the nearby tracks, but most of the time it was 65-70 mph, with many pit stops in the rest areas and tourist information booths. As usual I had a food cache with me, so I could munch and listen to the radio or tapes. With itchy feet (Pisces) I was feeling great.

The reason for my trip was the Reiki and Sound Healing Conference (See footnote). One of the presenters, Jonathan Goldman had been on my radar screen for years and he was unveiling the new CD, Reiki Chants. (Yes, I bought a copy, and yes more books). If you have heard “Medicine Buddha” or read “Shifting Frequencies” or “Healing Sounds”, then you know I was in for a treat. One of the presenters, Dr. Noel Carrasco, discussed frequency and color and we all experienced a color immersion exercise as colors were displayed on the screen for a period of time. For me it was a warm and exciting approach to familiar topics, and it was great to see integrative medicine techniques being taught. Then the musicians played for our hearts and souls throughout the conference, an awesome experience. Lifting our voices as we chanted the Reiki Chants was a particularly reverent time. Can you imagine over 110 people focused on healing of the planet and raising the collective vibration. New ideas were learned from Jessica Miller, a Reiki historian – she has traveled to Mt. Kurama 80 times researching for a new book. The hosts Laurelle Gaia and Michael Baird provided a great venue and informed us about Reiki drumming, Reiki and the Angelic Realm. Learning how to drum using two different styles of drums was incredible. Mind you, 100 drums at the same time was incredible too. Michael patiently led us in our drumming lessons. Of course, visiting with kindred spirits added to my convention highlights – people came from Florida, England, Scotland, Indiana, etc.



Jonathan and Michael preparing the stage before the Reiki chanting with over 110 people in the conference room.

As significant as the Conference was, it was a hook from upstairs (the spiritual realm) to get me out of my comfort zone and experience a relaxing retreat, to meet my old friend Mason Rumney, explore the Sedona area and have a vacation. A book could be written about Mason. Not only does he “walk the walk” and “talk the talk”, he has been a visionary for the past 30 years. In 1984 Mason invited me to a Reiki class, he assisted Beth Gray in teaching Reiki, and she was one of Takata’s 22 Masters. I did not go, I didn’t really know what Reiki was, I was not ready. Whatever the excuses, it was a missed opportunity. On this trip we talked about Reiki for hours - how it was being taught, how attunements are given, and how many of today’s classes include add-ons or extras to the way Reiki was first presented to the Western world. These discussions imbedded in my mind the importance of daily practice. Reiki will actually teach you. One day there were four of us sharing Reiki and in just a few minutes we were all energized and grateful for the experience. Mason is an energy consultant, not just Reiki energy, but energy period. He lives in a modern solar-powered dome in Boynton Canyon, 9 miles out of Sedona along a very bumpy dirt road. If you ever go to visit, make sure Mason is home, you do not want to do the rocky road twice for no reason. As you enter Mason’s property, you will see “No Cell Phone” and “Turn Off Cell Phone” signs. When you understand the reasons for this (see footnote) you may want to turn them off more frequently. The physical damage is just one reason whether or not you are sensitive to this phenomenon. Mason is just as careful about the food and supplements he ingests. It’s all energy and the higher the vibration, the better for our bodies. In fact, I experienced a detoxification period and became very aware of what I ate and drank.

One of the reasons people flock to visit or live in Sedona is the vortex energy. (See footnote). You can see me standing or sitting on the vortex in the middle of the circle of stones. There are several vortexes around Mason’s dome house. Considering the dimensions of the dome itself and the sacred geometry that is included in the design, I was on an energy “high”. I mentioned that this was a time of retreat – redefining if you will – so my nutrition needs were upgraded, I had a wonderful chiropractic adjustment, and my Reiki ideas were being enhanced – what more could I want. What a trip!

After a week, it was time to head back to Texas, a winter storm was coming in. I had witnessed snowflakes earlier in the week and did not want to drive in snow or heavy rain. Needless to say, I did welcome the wet weather, the area being stricken with drought and not getting the water it needs from Mother Nature. So I headed for the Southern route via Phoenix and El Paso. As I drove through the Arizona desert, I wondered if I was one of the earlier pioneers. After a long day, I reached El Paso and decided that was not the place for me to stay, and ended up in Van Horn at a pleasant hotel. I was in Texas, so it could not be too far, right? Just look at the map and you will see I had a few hours ahead of me. Bright sunshine and a good road. And then I was home.

Of course, I have my souvenir t-shirts, but most of all I have a renewed respect for Reiki and Sound healers or practitioners. The change of scenery was good for my spirit. Sedona sung to my soul. I will return soon.



Looking back towards West Sedona as I head towards Cottonwood.



Sitting in the middle of a vortex.

FOOTNOTES:

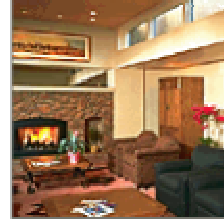
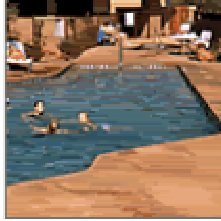
Pecan, the Ty-bear originated in an elementary school in Rochester, Minnesota. Every day I sent a postcard from Pecan explaining my travels, then in Sedona he was passed on to someone from Taiwan. In May the bears are sent home and the children review all the places they traveled. Great idea!



Dedicated and internationally known speakers and visionaries in the world of Reiki, and Sound Healing presented experiential workshops and lectures comparing and blending the healing nature of sound and Reiki. Presentations included:

- The Tantra of Sound - Jonathan & Andi Goldman
- Voice, the Signature of Your Soul - Ani Williams
- Reiki Chants - Jonathan Goldman
- Tara Trance Dance - Jonathan & Andi Goldman
- Reiki Drumming and Middle Eastern Drumming Lessons-Michael Baird
- Healing with Sacred Sounds of Reiki Symbols-Laurelle Gaia
- Aligning with the Angelic Realm-Laurelle Gaia
- Acoustic Music to Soothe Your Soul-Pam & Don McMahon

The conference was located at the Inn of Sedona.



Radio Frequency Radiation – Cell Phone Scare – Fact or Fiction?

New technology on both human health and the planet's operating system of our new energetic factors may well prove to be the environmental story of the 21st century. This leading economic cell phone technology has been reported to cause or contribute to a number of negative health effects. Both EMF (Electromagnetic Fields) and RF (Radio Frequency Radiation) have become strong concerns in our lifestyle. These effects are being reported in studies from around the world, which have been used in stories about associated risks:

1. Headaches, heating behind the ears, fatigue and memory loss.
2. Increase free-radical production increasing toxicity.
3. Impairing the immune system by slowing the repair of DNA.
4. Increase the permeability of the blood & brain barriers resulting in toxic chemical reaching the brain.
5. Reduced sex drive by reducing testosterone production.
6. Premature aging and wrinkling on the face.
7. Increase stress levels.
8. Creating DNA breaks, which are slowing their repair leading to cell mutation.
9. Sleeplessness, confusion, circulation, rhythms effecting sleep patterns.

For more information please write or call: Mason Rumney, 320 Bear Mountain Road, Sedona, AZ 86336 or 928-300-7352.

What Is A Vortex?

A vortex is the funnel shape created by a whirling fluid or by the motion of spiraling energy. Familiar examples of vortex shapes are whirlwinds, tornadoes, and water going down a drain. A vortex can be made up of anything that flows, such as wind, water, or electricity.

Sedona has long been known as a spiritual power center because of the vortexes of subtle energy located in the area. These vortexes are swirling centers of subtle energy coming out from the surface of the earth. This energy is not exactly electricity or magnetism, although it does leave a slight measurable residual magnetism in the places where it is strongest.

There are four main energy vortexes in Sedona. The subtle energy that exists at these locations interacts with who a person is inside. It resonates with and strengthens the Inner Being of each person that comes within about a quarter to a half mile of it. This resonance occurs because the vortex energy is very similar to the subtle energy operating in the energy centers inside each person. If someone is at all a sensitive person, it is easy to feel the energy at these vortexes, and it can be an uplifting experience. The energy absorbed in this way can have a positive effect for days afterwards. People come from all over the world to experience this.

Compliments of Crystal Magic, 2978 Hwy. 89A, Sedona. For more info, visit www.lovesedona.com.