



Waterfalls create a very rich sound environment. Often there is a dominant tone that varies depending on where you are standing. Notice how the dominant tone seems to stimulate a specific energy center, or chakra, in your body.

## Introduction

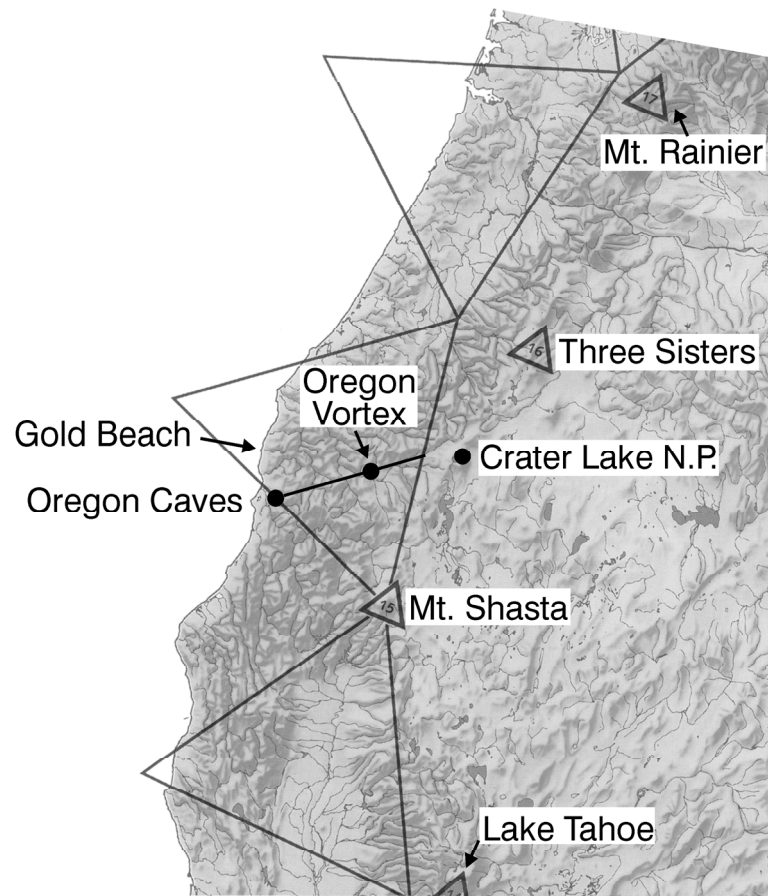
In Mount Shasta area you will encounter vortexes of every description. A vortex is a place where the Earth energies are distinct from the energies in the surrounding area. By Earth energies we mean physical forces such as magnetism, electricity, and gravity to name a few.

These Earth energies are not well understood, and the science of their influence on our body and mind is ancient, yet it seems we are just rediscovering "vortex physiology". The volcanic area around Mt. Shasta is one big vortex, since the iron in magma, when it cools and hardens to lava, aligns to the Earth's magnetic field. Mt. Shasta and nearby Medicine Lake volcano have been active for half a million years or so, and are still active today.

As you move around the volcanic landscape, a tremendous variety of Earth energies influence your energy field (aura). But the area has so much more to offer than just lava formations! Springs, glaciers, lakes, islands, peaks, caves, waterfalls and more! Each of these places offers unique nourishment for your body and soul.

As you visit the many, many vortexes around Mt. Shasta, in each place you absorb and feel the energy as well as enjoying the visual spectacles. Treat your pilgrimage -- the journey as well as the destinations -- as you would any other healing process or initiation. Get plenty of rest, drink plenty of water, and take your time. It may take a couple of days or more for you to integrate your new experiences.

This brief book mentions only a few of the highlights in the area, of course, leaving many more for you to discover on your own.



Mt. Shasta is one of 19 mountains and bodies of water that form a nearly perfect circle around the Grand Tetons, Wyoming. This detail of the EarthStar North America map shows that Crater Lake National Park is one of the half-way points between the 19 major points. The circle continues through points including Mono Lake (near Yosemite Valley), Lake Mead, and Sedona, Arizona. The Oregon Caves area and the Oregon Vortex also fit neatly in to the pattern. Mt. Ashland is on the line (not drawn) from the Oregon Vortex to Mt. Shasta.



## Activate your Chakras

Vortex points around Mt. Shasta correspond with chakras in your body. Different people sense these energies in different ways. Also, we sense these energies according to our own biological rhythms and the rhythms of the vortex energies. As you visit each vortex, sense which chakra the vortex activates.

Mt. Shasta is considered by some to be a chakra in the planetary energy system, although opinions vary as to which seven places are planetary chakras, and which chakra is Mt. Shasta.

The human energy field is not separate from the planetary energy field.