

What is a Vortex?

Vortexes are enhanced energy sites that facilitate prayer, meditation, mind-body healing, and creative thinking. The Vortexes are NOT electric or magnetic. Those labels were meant symbolically.

Upflow Areas (also called Masculine or Electric) – **Bell Rock & Airport Mesa**

These sites help you with reflections where soaring to a higher perspective is what you want; feeling one with the Universe or your faith's view of the Infinite, answers to problems from an expanded/outside-the-box point of view, Stress Reduction & lowering blood pressure.

Inflow Areas (also called Feminine or Magnetic) – **Red Rock Crossing & Los Abrigados Creekside**

These sites help you go inward for introspective prayer and meditation. They are also particularly useful for healing scars from the past. The flowing water at these sites helps you release old hurts and nurture new growth.

Combination Sites (also called Electromagnetic) – **Cathedral Rock & West Fork Trail**

These sites have multiple energies that allow you to do more advanced spiritual and mind/body skills. More detailed/specific information is in the *Scientific Vortex Information* Book and/or DVD available in **ALL Sedona Bookstores and the Visitor's Center (331 Forest Rd.)**

BELL ROCK ** - Pure Upflow

Take SR 89A to the "Y" (junctions 89A & SR 179). Go South out of roundabout (follow signs for I-17 to Phoenix). Stay on 179 through all Sedona roundabouts, and then go 2 miles on open stretch toward Village of Oak Creek. Cross the Bell Rock Bridge and look for a Court House Vista LEFT turn (across the median) into the North parking area for Bell Rock. Follow trails up Bell Rock to the level that feels right for you. If you get to the Bell Rock Blvd. roundabout you have gone too far. (Parking at Bell Rock Pathway requires a ½ mile hike north to the trails.)

AIRPORT MESA – Upflow

Take SR 89A West to Airport Rd. (traffic light – South turn only option). Proceed up Airport Rd. 2/3 of the way to the top and look for the small (10 – 12 spaces) recently paved parking area on the left. Park there and follow trail up to the mesa top (up to saddle area, then around to the left, and then take right fork up to the overlook top).

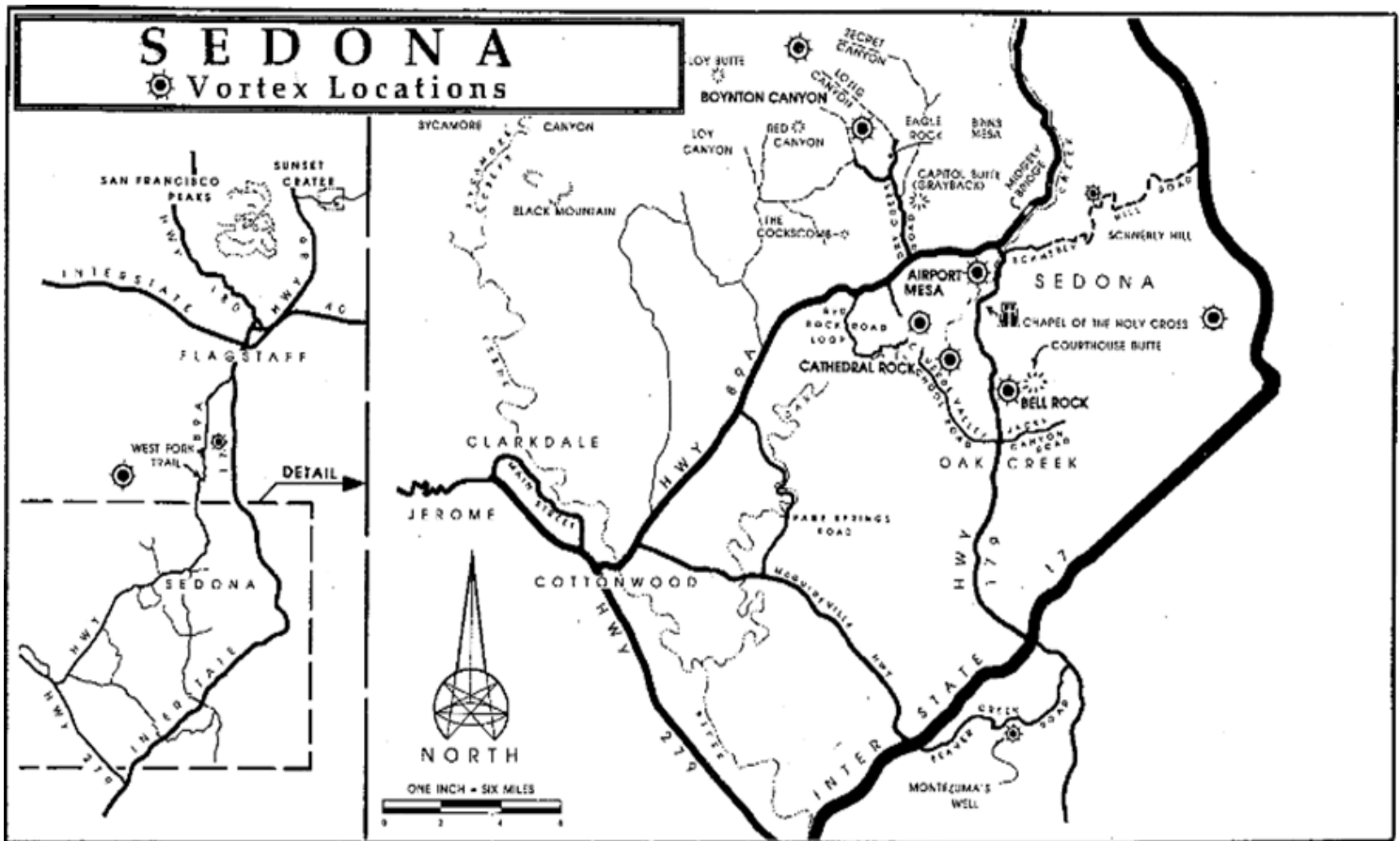
SADDLE OF CATHEDRAL ROCK ** – Upflow/Inflow Combination Area

Follow SR 179 South from the "Y" and cross the bridge over Oak Creek (at Tlaquepaque). Stay on 179 to 4th roundabout (Back O'Beyond Rd.). Go right (West) out of the roundabout. Go ½ miles to parking on left. First half of trail is easy to Upflow plateau. Remainder of trail to Saddle (Inflow in Upflow) is difficult.

BOYNTON CANYON - Inflow/Upflow Combination**

Take SR 89A West through Sedona to next to last light and turn right on Dry Creek Rd. Go 4 miles to the "T" intersection and make a left. Proceed several miles and turn right (follow signs for Enchantment Resort). Before entering Enchantment look for the Boynton Trail parking on the right. Walk on the trail past Enchantment and into the Canyon. Canyon floor is Inflow, ridges and peaks above are Upflow areas.

**** Requires a Red Rock Pass**



Additional Vortex Identifications & Directions

OAK CREEK CANYON OVERLOOK – Upflow & Lateral Combination

Take SR 89A north toward Flagstaff. At the top of the switchbacks (15-17 miles from Sedona) look for the entrance to the overlook on the right. Park and walk out to the vista point (1/4 mile level paved walk).

RED ROCK CROSSING – Inflow (+ lateral water energy) (Separate Fee Area - \$10 per car)

Take SR 89A Southwest out of Sedona (toward Cottonwood). At the top of the hill (after Foothills South/Sedona Medical Center) make a left at the light (Upper Red Rock Loop Rd.). Proceed past the high school and down the hill (2Mi.). At bottom, turn left, go 1/4 mi. across a small bridge and make a right (follow signs for Red Rock Crossing/Crescent Moon Day Use). At bottom turn left into parking. Walk trails along the creek.

CHAPEL OF THE HOLY CROSS – Complex Combination & View Area

Follow SR 179 South and cross the bridge over Oak Creek (at Tlaquepaque.) Stay on SR 179 to the 3rd roundabout (Chapel Rd.). Go left (east) out of the roundabout. Go 1/2 mile to the parking at the Chapel.

WEST FORK – Energy Well-Spring (Inflow + Lateral & Time Effects) (Separate Fee area - \$10 per car)

Take SR 89A north 11 miles out of Sedona (towards Flagstaff). Two miles after the Junipine Resort look for the left turn in the Call of the Canyon Day Use Area (**West Fork Trail**) at the sweeping right bend of the road. Follow trail to bridge across Oak Creek, then South along the creek, then right and across West Fork of the Oak Creek.

This information excerpted from Scientific Vortex Information by Pete A. Sanders Jr., an Honors Graduate of Massachusetts Institute of Technology, and Founder of Free Soul Mind/ Body Education (a 501c(3) Nonprofit based In Sedona since 1980) (<http://freesoul.net>) (928) 282-9425. Hear Mr. Sanders share Scientific Vortex Information every Monday from 1:00pm- 2:30pm in the Los Abridados Activity Center also at the Arabella Hotel 6:00pm-7:00pm every Friday evening. Copyright @ Pete A. Sanders Jr., 1981 & 2010