

# Thoughts on Sedona

Contributed by Bill  
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I'm so looking forward to meditating under the stars in Sedona, Arizona. I've heard so much about Sedona &ndash; the place seems so magical. It is the spot that all people who believe they are on a spiritual journey must visit at least once in their life.

Everyone I know who has gone to Sedona as part of their spiritual journey has told me stories of how beautiful and peaceful the area is at night, when the night sky looks like an umbrella of stars, and when you close your eyes, you truly feel one with the universe.

I'm a spiritual advisor and intuitive teacher by trade, so I'm going to make my trip to Sedona more than just a sightseeing expedition &ndash; I'm going to treat it as a walk on the path to greater self-awareness. For sure, I want to hike through Angel Valley, a 70-acre nature retreat surrounded by thousands of acres of natural forest. (I can just smell the fresh air now!) And I'll definitely visit the beautiful Red Rocks formations &ndash; I want to stroll among these ancient and colourful stone formations, and touch these stones that are billions of years old.

Angel Valley is also home to several vortexes &ndash; energy centres &ndash; I'm told. Meditating or just sitting quietly at these peaceful and loving centres is said to fill people with tranquility. What a great way to de-stress! Native Americans believed these vortexes were sacred spots that connected them to the energy of nature and used the vortexes to both soothe and uplift their spirits. I want to use these power spots to teach classes in spiritual development, self-empowerment, creative visualization and manifesting your dreams. I teach classes on these subjects in Toronto, and my students really enjoy them. Imagine how much more fun teaching these classes will be in Sedona!

I'm intrigued by the Angel Valley labyrinth that many visitors use for night meditations. (I've been told that some visitors to this area have seen coloured lights in the sky, and have experienced other phenomenon. Hmmmm.) The labyrinth consists of twelve concentric circles bordered by stone, and walking the labyrinth's path will take you to a central ring where people can stop, sit a moment and reflect on life, or begin to envision the future they would like to create. Anything is possible! Plus, the infinite stars twinkling above provide a beautiful backdrop.

And how can anyone not visit Sedona without also stopping for a day to explore the Grand Canyon? Surely one of the seven wonders of the natural world, the Grand Canyon is the most beautiful spot on Earth. Standing at the rim of the canyon and looking down, you can't help but feel overwhelmed by the universe and divine-inspired creation. Layers of coloured rock in canyon walls let you imagine what the Earth looked like during the Jurassic and Mesozoic eras. Perhaps, millions of years ago, dinosaurs walked the same areas that I have. Incredible.

I'll be visiting Sedona in mid-September, where the weather will be warm during the day and refreshingly cool at night. My goal is to engage everyone who goes with me to open their mind, while they connect with their heart and soul.

For anyone who has never visited Sedona, perhaps now is the time to begin that walk on your spiritual path. Please me at [mail@carolynmolnar.com](mailto:mail@carolynmolnar.com).