

How Sedona Energies and Vortexes Enhance Your Healing and Transformation.

A vortex is a place where earth's energy feels stronger, a place similar to your pulse point on your body. Notice how you feel your pulse at your wrist much more easily than you feel your pulse on your arm? The vortexes are the same way with the mother earth energy. Here in Sedona, you can feel the energy moving out of the earth and surrounding you much more easily than in other places in the world.

What can I experience in a vortex?

Most people will feel heightened sensations in their bodies. "I can feel my hands pulsing!" or "My fillings are buzzing!" are common phrases heard in the vortexes. And of course other senses are heightened as well, like extrasensory perception. The vortexes are a great place to meditate because of this. The opened expansive state that is produced by being in this energy makes it easy for people to connect their energies to their higher power, their higher selves. And to trust the process because it feels right within their heart space.

Why are these energies so prevalent in Sedona?

While we don't know for sure why the energy vortexes seem so predominantly located in this area, we can tell you that many past cultures who lived here obviously felt it also and created many ceremonies around the land to honor the energy. Which, in a way, created a more intense energy field, rather like a man-made vortex on top of a nature-made one. And as each person visits the vortexes and adds his/her energy and meditations to the area, the energy actually gets stronger and stronger.

How can I experience the vortex energies in the best way for my purpose in Sedona?

Get outside! Go for a hike, a gentle walk, a bike ride, or just sit on your balcony and really get in touch with the red rocks of Sedona. Find a place in nature where you can sit undisturbed and just be.

Open your heart. Ask your questions in the privacy of you and nature. Allow the gentle spirit of Sedona to soothe you and respond to you. Many people say their brain fog clears when they have time to meditate here, or to just be. Allow that clearing to bring your answers to you in the way that is right for you. And above all, allow yourself to relax, renew and restore. Because ultimately that is why you are here. And the energies of Sedona and its vortexes will help you if you allow them to.

Having trouble letting go of stress? Know you need something to help you release and restore? Schedule your FREE call with Sedona HeartWalk and see what kind of transformational healing session or unforgettable training will help you now!

Use this link to schedule: <https://PhoenixRisingStar.as.me/sedonaheartwalk>

Sedona HeartWalk

888-886-5449

928-204-5589

support@sedonaheartwalk.com