



# CAVING IN MT. SHASTA

## ANGELA MATTOX

Peace Babes. How ya'll be? Me? I'm just making peace with all the channeled messages comin through the ether and into me. Mt. Shasta has been communicating with my sub conscious since I joined Evolution Travel, back in February 2019. The question I was askin myself was, how do I link my life mission with travel. I was just beginning to read "Chakras: A Beginner's Guide to Healing" by Heidi E. Spear. Of course, my mind began to wonder about the chakras of the Earth.

Chakras are energy centers that spin at an unbelievably fast pace, integrating the light from the vortex, which exists beneath the chakras themselves. In the human-being body, the chakras can't live their best life till the cells are clear. Since over 95% of the major food group is acid, most cells are too clogged to function properly. The 1st chakra is called the root chakra and it holds the feeling fear. Mount Shasta is the Earth's root chakra. Located in California. Thinking that there are specific places on the Earth to explore to clear the residue of such overwhelming feelings to co-exist with excites me. Today, we're exploring the caves within Mount Shasta. #YaaaY

## Local Caves

It's noted that there are numerous caves north of Mount Shasta that can be explored on a solo tip. Bringing a flashlight, water and sturdy shoes are heavily suggested. We should bring backup batteries and/or lights, and never explore caves alone. Following the pre-existing trials and treating the cave as we would a sacred home is a key idea. Barnum Cave and Pluto's Cave are 2 popular suggestions.

## Lake Shasta Caverns

In the mood for some underground majic? Look no more! Begin your journey with a colorful catamaran cruise across the lake, for about 15 minutes. 30 passenger bus takes us high up a mountain side 800+ ft above the surface. Look forward to a comfortable temperature of about 58 degrees constantly. These caverns are about 42 miles south of Mt. Shasta on Interstate 5. About 20 minutes north of Riddig. Guiding tours depart hourly April, May and September. Summer is considered between Memorial and Labor Day; tours depart every 30 minutes. Winter tours are 10am, noon and 2pm. Adults \$26, children (4-12) \$15, babies 3 and under are free.

## Lava Beds!

Huuunii! I am referring to the Lava Beds National Monument, which is about an hour and 41 minutes away from Mount Shasta! Prepare to experience a land of both geological and historic turmoil. Due to volcanic eruptions on the Medicine Lake. There are more than 700 caves, Aboriginal rock art sites, historic battlefields and campsites. There are more than 20 developed caves. Suggestions of wearing appropriate safety gear (including long sleeves, long pants, closed toe shoes, boots, gloves, knee-pads, helmets, gloves and flashlights). Flashlights can be checked out for free at the visitor center. Not all roads outside the park are open during the Winter and early Spring.

Ok, that sets the scene for the environment we can expect. There are 3 different levels to explore these caves. Which we will cover in the next blog.

I don't know about you guys, but I am getting mighty excited! The details for this trip are coming together beautifully. How wonderful is it to heal with Mama Gaia herself?

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