



The Power of Place

This planet of ours is truly amazing. It seems almost criminal to be in it and not explore all that it has to offer. Each place offers a unique combination of geography, culture and experience which may prove to be deeply enriching, impactful and enlightening.

What if we chose our vacations based on therapeutic value rather than just the element of pleasure? Suppose the prescription for healing our various psychoses, neuroses as well as physical ailments included not only pharmaceuticals but also time spent in particular places. Perhaps this concern already figures into our vacation planning. If so, can we do it more consciously?

Certain places are renowned for their spiritual potency. Mountains, water springs, forests, over-ground and underground rivers, churches, ruins of ancient cultures are just some of the topographical features associated with high potency places.



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The natural topography though!

Nothing speaks to my soul like a lush green moss-covered forest inhabited by ancient trees and watered by the serenely melodic river which flows through it. And what is to be said about the mystical



mountain-top get-away where the clear view of the starry heavens is secondary to the palpable sense of distance from the mundane and 'rat-racey'. Is there anything other than the power of unspoiled natural place which can evoke such deep tranquility and healing?

As a spiritual seeker my journey has taken me to into Shamanic studies. I have learnt -and participated in rituals for creating sacred space. I have prayed. I have meditated. No doubt, these are all essential tools and techniques for personal development, but I've got to tell you that nothing compares to the experience I had while living in Mississippi.

It was a genuine mystical occurrence. Much of it defies description with words and other parts just sound downright unbelievable coming out of my mouth. I usually tell people that this was the occasion my psychic centers were flung open. In any case, the place was Mississippi -deep country – and I had an experience where I was communicating with the plants and trees. More importantly I was loved by them: They spoke to me of my beauty and worth in such a convincing way. And I -enraptured -loved them right back. It was a spontaneous experience **borne of place** and without use of spiritual technology; There was no ritual, no prayer, no meditation, no mind-altering drugs. None of that!

That experience is one of the major reasons why I have now embarked on this mission of facilitating spiritual vacations.

Places of high spiritual potency can quicken and amplify our healing providing expanded awareness, enhanced vitality and emotional recharge. Urban existence can destabilize even the spiritually disciplined. Context/environment is therefore essential to health and healing.

Stay tuned to subsequent blog entries where I shall share more on the power of Place as well as other topics. We're just scratching the surface.