



## What is a Vortex?

It is a question heard often in these parts... The term “*vortex*” was first used in 1980 by psychic and writer Page Bryant to describe Sedona’s four popular meditation sites – Bell Rock, Cathedral Rock, Airport Mesa, and Boynton Canyon.

According to the **scientific** point of view, a vortex is an “*area of enhanced linear energy flow.*” The energy of the vortex, says the local scientific community, is either “*flowing upward out of the earth*” or “*flowing inward toward the earth.*” The scientific perspective proposed that “*upflow vortices boost spiritual energy and expansion of consciousness*” while “*inflow vortices help one turn inward and enhance introspection.*”

The **New Age** community considers the vortices to be “*energy centers*” with “*remarkable spiritual powers.*” The energy at the vortices they claim, can either “*be enhancing the masculine, the feminine or both aspects of individual.*” This energy “*resonates within a person,*” and may offer “*spiritual awareness as well as healing experiences.*”

The local **Native American** tribes may not refer to these apparently power spots as “vortices,” but consider them as well as the entire Sedona area to be “*sacred ground.*” Some Native American groups continue to hold their rituals at these and other sacred spots.

Other sources also refer to the vortices as having “*positive or negative*” energy. It is said that countless individuals are attracted to the vortices since it is one way to connect with the planet’s spiritual nature. Vortices are also believed to be one of the reasons those seeking growth and renewal find a welcome home in Sedona.

Whatever you choose to be true, allow the experience of their mystical beauty to be unique for you.

1. **BELL ROCK VORTEX** is located 5.4 miles south of the traffic circle at the “Y,” the junction of Hwy 179 and 89A. Located one block from Hwy 179, it is very easy to find and can be seen for miles. Sudden energy boosts and emotional uplifting are common experiences. Many people are drawn to climb to its heights both physically and spiritually.

**Scientific: Upflow Energy**

**New Age: Masculine Energy**

2. **CATHEDRAL ROCK VORTEX** can be approached from three directions:
  - a. Traveling 3.4 miles on Hwy 179 (from the “Y,” the junction of Hwy 179 and 89A), turn right on “Back O’ Beyond” road and continue 0.7 mile until you see the parking area at the base of Cathedral Rock on you left. Park your vehicle in this area and pass through the open gate area; you will cross a dry creek bed. Take the path on the opposite side of the creek bed and follow it to a second dry creek bed – turning right into it and continuing to climb all the way up. The creek bed turns into solid rock and looks like a staircase in some areas. This is the easiest way to climb Cathedral Rock and offers a fantastic view. Experience this magical site from its heights, and you will reconnect with your spiritual roots.

- b. Traveling 7.4 miles south on Hwy 179 (from the “Y,” the junction of Hwy 179 and 89A), turn right on Verde Valley School Road – stay on this road approximately 5.1 miles to a fenced dirt pulloff / parking area on the left side of the road. Walk north on the road approximately 0.3 mile until you see Oak Creek and pass through the gate area on the right. Proceed at the base of the ridge toward Cathedral Rock. Passing behind the trees you will see a trail. Follow it until you come to a large open meadow. Pass through the fenced open gate area on your right into a dry creek bed at the base of Cathedral Rock.
- c. Traveling 4.3 miles west on 89A (from the “Y,” the junction of Hwy 179 and 89A), turn left on Upper Red Rock Loop Road. Proceed 1.8 miles south on Upper Red Rock Loop Road to Chavez Ranch Road and turn left, proceeding 0.4 mile until the road veers to the right. Follow 0.5 mile to Red Rock Crossing / Crescent Moon Ranch (road ends at Oak Creek). There is a trail east of the parking area which parallels the creek and approaches Cathedral Rock. It is necessary to walk ACROSS THE CREEK to get to the Cathedral Rock from the park side. This site is perfect for those needing to relax completely, such as those who have high stress jobs and lifestyles. It is also considered to be a site conducive to introspection.

**Scientific: Combination of Upflow/Inflow Energy**  
**New Age: Feminine Energy**

3. **AIRPORT MESA VORTEX** is located 0.5 mile south of Hwy 89A on Airport Road. To reach Airport Road, travel 1.1 mile west on Hwy 89A (from the “Y,” the junction of Hwy 179 and 89A). You may park your vehicle on the left side of the road in the dirt pulloff area. A trail is located on the east side of the road and leads you on short walk over a hill. The vortex encompasses the three hills located on the east side of Airport Road. This vortex, like Bell Rock Vortex, is said to be quite inspiring and uplifting.

**Scientific: Upflow Energy**  
**New Age: Masculine Energy**

4. **BOYNTON CANYON VORTEX** can be accessed by traveling 3.2 miles west on Hwy 89A (from the “Y,” the junction of Hwy 179 and 89A) to Dry Creek Road. Turn right and continue 2.9 miles to a “T” intersection. Turn left and continue approximately 1.7 miles to another “T” intersection. Turn right and continue 300 feet to the parking area on your right. Boynton Canyon Trail begins from this parking area (going north). Ancient Indian ruins and awe-inspiring sights can be found on this trail. The fire road (going east from the parking area) can be followed in the Canyon area or can be pursued for several miles into Long Canyon (canyon behind Boynton). Boynton Canyon is believed to be about emotional, spiritual and physical balance.

**Scientific: Combination of Upflow/Inflow Energy**  
**New Age: Combination of Masculine/Feminine Energy**

A variety of tours is available to Sedona’s vortex sites. Maps, books, and brochures are available for those who want to learn more on the subject, or who wish to explore on their own.

