

A Short Guide to Visiting Mt. Shasta's Sacred Spaces

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City Park and the Head Spring of the Sacramento River

This water is decades old by the time it emerges here at the head spring. It is among the most pristine sources of the Earth's water that you will ever experience. This is an excellent place to begin your pilgrimage to Mt. Shasta with a ritual cleansing with water. The cleansing properties of this water are powerful for clearing the body and the aura. We particularly do chakra cleansing with groups. Sitting close to the stream is also a wonderful to do healing work with a group. Stay attuned also to the fairies who watch over the spring from a careful distance.

Bunny Flats

A great place for your first contact with the mountain. It is a short hike to open spaces where you can connect with nature, call in the presence of the masters, and meditate. An excellent place to set your intentions before moving into deeper relationship with the mountain.

Sand Flat and the Portal to Telos

Mt. Shasta is a home for spirits of many different kinds. The Sand Flat is a space where the nature spirits of the mountain hold their dominion. They have been known to gather and dance on the full moon. It is an easy walk from the highway. We like to gather at a place overlooking the Sand Flat to connect with these spirits who hold the natural life of the mountain. And, there is a place along the path to Sand Flat where there is an easy connection to the City of Telos deep within the mountain. Here is a place from which to bi-locate into Telos and to be amazed at what spiritual treasures the mountain holds.

Lower Panther Meadow

There used to be a number of stone labyrinths and stone circles here where visitors came to look inward, seek answers and find themselves. And even if the area is now dominated by small camping sites, it still holds that energy. Walk along the paths to the lower meadow to come into yourself. Harmony rules here and love pours out into the countryside.

Upper Panther Meadow

You can park just off the road and walk in and around to the source of the spring which nourishes both upper and lower Panther Meadows. The spring is said to be sacred to Native Americans. It is also a place where Amarah told us that she had an encounter with Jesus. This is truly a place

to experience love's blessings and to receive from the heart of the mountain.

Ascension Stone

This temple-like structure lies on the outskirts of a picnic area off the highway. This place has a very high frequency and opens as a portal to higher dimensions. It really should be approached with respect as a very sacred site. It is a deep place for individual work and also a place for sacred ceremony. The veil between the visible and invisible worlds is very thin here!

Summit of Evert Highway

From the parking area at the end of the highway, there are numerous paths that you can follow to special places located in the upper region of the mountain. It is especially powerful here to feel how clearly you are both in the physical world and the etheric world of the City of Light that is anchored in the mountain. We have gathered our circle here to follow guided meditations to bi-locate into the main square of the City of Light. In the upper reaches of the city is a temple of ascension.

Squall Valley Meadow

One of the trails from the summit of the highway leads up and over into Squall Valley with its very precious meadow. We love to visit this meadow, and close to the path and near the path's highest point is a place that is strong with the energy of St. Germaine. To us, this is where best to enter St. Germaine's etheric temple within the City of Light. And in the greater area around this side of the mountain we have connected with the ether temple of Lord Maitreya.

Castle Lake

It is another place to meditate deep within nature and close to the natural waters. We have brought our groups here for deep meditation.

Stewart Springs

A great place to bring your pilgrimage to a close. You might enjoy the fresh spring waters here or simply meditate by the lush stream that runs through the center of the facility. We particularly enjoyed being together with our groups eating a meal together here.