

Caldera

helpful to those who have lost their innate sense of trust...
often unable to feel truly safe on Earth

The Valles Caldera in New Mexico's volcanic Jemez Mountain Range is an 89,000 acre property situated inside a collapsed crater. Formed during two separate eruptions over 1 million years ago, it is one of three active super calderas in the U.S. When the volcano last erupted it expelled an enormous amount of ash and lava that covered the surrounding Jemez Mountains, piling up 150 cubic miles of rock, and blasting ash as far away as Iowa, while the landscape above the volcano sank back on itself to form the vast bowl of the Valles Caldera. Its eruption was equivalent to 2000 Mt. St. Helens and may have something to do with how the western U.S. portion of the North American tectonic plate is being pulled apart.



The essence of the Caldera was made on a cold April morning.
Driving up the mountain,
the sun glistened on the thin, fresh layer of icy, white snow.
The flat Caldera seemed an anomaly on the mountain top...
a vast, soft meadowland spreading wide to form an enormous circle.
The elementals immediately began playing with me,
as the bright sun warmed my back,
and I was asked to lay on my belly in the cold, melting snow
to take photographs.



The Caldera essence

vibrationally strengthens and stabilizes the root chakra,
offering assistance to those who have lost their innate sense of trust
due to a deeply scarring, negative experience
that has ruptured their confidence
in the safety and stability of their situation or the world.
Radical relationship upheaval, violence or attack,
being cheated or taken advantage of
can leave bitter wounds
that penetrate the heart with feelings of vulnerability or anger.
Collectively and individually as humans,
we have all experienced injury, injustice, deception and betrayal,
challenging our sense of safety and our ability to hold faith.

The trust of an infant is 100% until she experiences her first belly cramp,
head bump or night of endless crying without rescue.

Slowly and naturally this sense of external reliance and trust
is balanced with internal resilience and self-confidence
to endure and overcome challenge or pain.

The human will is strengthened and made durable,
able to buoyantly withstand the duress of stress, attack or misfortune.

Our security lies in our ability to learn to trust nature
and to work to transform our own issues,
thus learning to take care of ourselves.

The Caldera essence

helps to cleanse the emotional wounding in the heart,
strengthening this power center to trust once again.

As one regains one's sense of faith,
one becomes more sensitive and receptive in the heart center,
and this awareness increases one's own self-protective impulses
in an appropriate way.

This essence can be an excellent first essence choice
to open one's heart and perceptions
to the healing power of flower essences,
restoring to jaded, paranoid, untrusting or vulnerable feelings
a sense of foundational trust.

Working to bring healing energy to the original trauma
and the unconscious or subterranean volcano of emotions and feelings,
the essence supports one in coming to peace
with the inner churning of personal soul development.

It increases your ability to "be in" your physical body
and to trust your physical experience by helping you reconnect
with the physical areas that have been traumatized,
while cleansing the emotional wounds of the heart.

This is an excellent flower essence to take after surgery or an accident,
as it can encourage the physical body to stabilize and heal on all levels.

As the Caldera essence

allows light energy and protective power to permeate,
one begins to feel an inner stability,
while regaining a sense of personal power and integrity.

The once volcano that shaped

the mountains, valleys and canyons of the United States Southwest
is now peacefully covered in soft, sweet meadow grasses.

Its essence offers us, too, a recovery from anger, instability and fear,
helping to promote self-healing and restoring original trust.

