



These stalagmites are found in Mammoth Cave, a designated National Park in Kentucky's Green River valley. This is the longest cave system on Earth, with more than 365 miles of chambers and complex labyrinths explored.



Mammoth Cave

helps one open inner passageways to an expanded larger reality
where Intuition, Guidance & Perspective can be experienced.

The Mammoth Cave essence
asks us to go deep within the dark spaces of our being
and open a conversation
with the pain held there ~
pain that we have somehow called and attracted
out of our own fear of it.
What we will often find here
is our own fear of power ~
fear of the very power that can heal our wounds and transform our fears.
In order to find peace in utter darkness,
we must release our need to see
and instead begin to trust in the deep unseen.
The Cave essence
helps us to open to inner passageways,
to an expanded larger reality
where we can experience Intuition, Guidance and Perspective.
As we come to peace with darkness
we can more astutely observe our position
and open to the deep grounding and centering potential of this essence.
This Cave
offers a powerful medicine for self-improvement.
Rooted deep in Mother Earth,
it offers courage
to those who have shut down their powers of observation
because life has become too painful or too dark.
The Cave essence
offers us a deep and protective shelter during vulnerable times.....
a chance to be literally held within the Earth's womb.
Protected by the Cave,
we can release the negative emotions
that keep us lost in darkness.
From this place of Safety, Courage and Inner Guidance
a strong root medicine emerges,
revealing inner gems,
while strengthening us with the Stamina, Power and Assertiveness
to go the distance and find the Light.

