



An Arizona State of Mind: Wellness Sites Along Arizona's West Coast

Sedona's vortex expert reveals top mind-body healing sites in the Lake Havasu City area

Take Off Point is a quiet, low-traffic fishing and boat launch site at the confluence of Parker Dam and the lower Colorado River. Above it is a scenic overlook with a sweeping view of Lake Havasu, the recreational reservoir behind the dam.

For scientist, author and Sedona resident Pete A. Sanders, Jr., Take Off Point's overlook offers a site for soaring to a higher perspective, or when feeling one with the universe is a personal goal. While this might sound like an aspirational New Age vision, Sanders says it's grounded in the latest in physics.

Science and enhanced meditation sites

Sanders is a Massachusetts Institute of Technology (MIT) honors graduate and the world's top Sedona vortex expert. Traveling by land and water, he worked closely with the Go Lake Havasu Tourism Bureau to discover enhanced meditation sites in the heart of Arizona's West Coast region.

Sanders refers to these sites as either upflow or inflow. Upflow sites generate uplifting feelings of expansion. They're usually mountains, mesa peaks or scenic overlooks and are useful for problem solving, spiritual ascension, stress relief and lowering blood pressure.

Inflow sites are typically canyons, caves and valleys. They're useful for turning inward for introspection, meditation and healing past hurts. According to Sanders, a single area can have both upflow and inflow sites depending on the area's topography.

Sanders theorizes that both the limbic system, also known as the emotional brain, and superstring theory in physics explain why people experience a deep sense of well-being at enhanced meditation sites.

“People in limbic distress can find sustainable wellness at a meditation site. It can last and not just be temporary relief,” he said in an interview with *Today’s News Herald* (December 24, 2019). “I encourage people to find their own ways to find peace at these sites.”

More information about the science behind these sites appears in his book [Scientific Vortex Information](#) and briefly in the section on Yonder Vortex below.

Sanders developed these concepts from his scientific background in brain science and biomedical chemistry, his studies in quantum physics, and his 40 years of discoveries as a Sedona resident and guide.

Top four sites for enhanced meditation in the Lake Havasu City area

Starting at the top of the world's deepest dam and then descending deep into the Havasu National Wildlife Refuge, here are Sanders' top four sites in the Lake Havasu City area to facilitate mind-body healing and creative thinking. All of them are open year-round with free admission to the public.

Take Off Point Recreation Area at Parker Dam, about 16 miles south of Lake Havasu City

Standing at the overlook area above Take Off Point is a landmark marker made from primitive stone, about eight feet tall. At its base is a flat stone perch on which Sanders, a large, white-bearded and bespectacled man who looks more like a veteran college professor than a thought leader in the human potential movement, stands and speaks to a video camera.

"Take Off Point has upflow energy generated from scenic views overlooking the lake and inflow energy at the lake level nearby below," Sanders tells his audience. "It's where you can 'take off' to a higher spiritual dimension or go deeper and work on healing an inner hurt." Easily accessible by car with parking at both levels, Take Off Point offers plenty of open space, solitude and serenity for boaters, anglers and meditators alike.

Yonder Vortex at Yonder Park (3884 Yonder Drive, Lake Havasu City)

Yonder Park is a small neighborhood park on a quiet street in Lake Havasu City. The park is intended primarily to serve the recreational needs of citizens living within walking distance. But the area above it, known as Yonder Vortex, has been serving the spiritual needs of locals and visitors since it was identified six years ago. It was formerly a site for a full moon drumming circle intended to help people connect with their authentic selves.

Some spiritual seekers believe that the area has unique concentrations of healing electromagnetic energy. But Sanders points out that no significant difference exists between the electric or magnetic field at this site versus any other location. This is why, as a scientist, he believes the enhanced energy that people feel at energy centers flows in dimensions deeper than electricity or magnetism. In fact, it can't be measured by today's technology.

After walking up the short walking trail leading to the Yonder Vortex site, Sanders surveys the expansive view as it spans from the rooftops below to the lake, mountains and desert in the distance. "Visitors to this upflow area have easy access to an enhanced meditation site without traveling outside the city," Sanders says. "Even distant views of bodies of water can trigger that upflow feeling." He believes that Yonder Vortex's residential setting will appeal to visitors who want to meditate while on vacation yet still feel connected to home.

Buoyed Swim Area at Rotary Community Park (1400 Smoketree Ave, Lake Havasu City)

Rotary Community Park is located centrally in Lake Havasu City. With its lush green grass and tree-shaded walkways, this lakeside oasis invites its guests to wind down and relax. One of the park's features is a safe, buoyed swim area in a no-wake zone.

At MIT, the Pentagon and the Department of Veterans Affairs, Sanders has taught his mind-body methods for easing stress, depression and Post Traumatic Stress Disorder (PTSD). "People go on vacation looking for relief, often by participating in the kind of adrenaline activities that Lake Havasu offers. But relief obtained from the wellness of water is what Lake Havasu offers in abundance," Sanders says. "Plus there's no rental charge."

With no street lamps in any of the residential areas, Lake Havasu City has one of the last pristine night skies in America today. "Lake Havasu is like a giant float tank under the night sky," Sanders says.

"Floating at night in this swim area's gently rocking waters offers the deep stress-relieving benefits of a sensory deprivation tank--but at no cost or risk of negative side effects. As an inflow site, it offers relief for PTSD sufferers and families traveling with children on the autism spectrum."

From mid-May to early October, Lake Havasu's waters are the warmest for floating and swimming.

Topock Gorge section of the Havasu National Wildlife Refuge

The Havasu National Wildlife Refuge protects 30 river miles of shoreline from Needles, California to areas south near Lake Havasu City. Accessible only by boat, it preserves habitat for desert bighorn sheep, endangered birds and other animals.

The refuge's scenic Topock Gorge section, also known as "The Mini Grand Canyon," is a water paradise. With its lush greenery and ruggedly beautiful red rock formations, Topock Gorge offers Sedona-like inspiration with the added benefit of renewal by water. As one of the last remaining undeveloped stretches of the lower Colorado River, its palm tree-lined beaches and secluded coves offer an oasis for relaxation and rejuvenation.

"When red and green are seen together, you have the most neurochemically stimulating of all color combinations, which is why stop signs are red to get your attention. The greenery, the red rocks, the clear green waters--it's all there at Topock Gorge," Sanders says about this upflow area.

When cruising the water at slower speeds, it takes about four to five hours--time well-spent--to get from the boat launch ramp at Lake Havasu City's London Bridge to Topock Gorge and back. If you don't own or want to rent a boat, [Sunset Charter & Tour Co.](#) offers both a private boat charter service and the Topock Gorge Experience group tour aboard *Serenity Now*.

A region steeped deep in native spiritual traditions

Beginning with small bands of nomadic hunter-gatherers, Native Americans have inhabited the Colorado River basin for at least 8,000 years. Carobeth Laird, an author of ethnographic studies of the Chemehuevi people, writes that the Chemehuevis had a tradition of enhanced meditation on their sacred lands: "The acquisition of a familiar [animal spirit] came about through persistent dreaming and lonely meditation, or through visiting a sacred cave" (Carobeth 1974, 22).

According to Sanders, "The southern Indian tribes had a stronger spiritual focus on going within to meet and confront their inner demons. . . . Usually, valleys, canyons, and caves would be used for that inner journey" (Sanders 2005, 44).

Unique wellness experiences

Lake Havasu City's many quiet spaces, scenic vistas, pristine shorelines and calming waters offer the ideal setting for renewal, relaxation, inspiration and healing.

Sanders offers this final advice to visitors: "Consider the experiences that add to your quality of life, rather than focus on the quantity of activities offered here. You're more than just the physical being. Consider what will most renew a feeling of wellness, so you can be excited about life instead of being exhausted in life."

Lake Havasu City is located on the Colorado River in western Arizona and attracts 835,000 visitors per year with its London Bridge, pristine lake, friendly community, abundance of

sunshine, and ideal weather. The region is also host to extensive off-road trails and undeveloped stretches of river. For more information: golakehavas.com.

Bibliography

Carobeth, Laird. "Chemehuevi Religious Beliefs and Practices", July 1, 1974.
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