



“When you were your ancestors you used to go into caves. A cave like myself. You would go very deep. And in the cave you would see the universe. It would be on the walls. This is why the Mayans could do the calendars so well, because of the caves that were with them.”

The following is a visualization exercise delivered by the Spirit of Lehman Cave, Nevada, in 2003

SPIRIT OF THE CAVE:

To touch the Earth and your Oversoul*, you must go deep inside yourself. First in your heart. And your heart must be as opened as a baby’s heart, with a freshness, without being tainted, without being molded, with need, wanting to be touched, and understanding that by being adored, you are giving back by simply who you are.

Go to the place in your heart where being who you are is wonderful, not simply enough, but wonderful. Do this connected to the universe. Remember, if you cannot do this connected, you will not be able to do it at all.

Be in your heart, not in your heads, please. The heart rationalizes nothing. It defends nothing. There are no secrets to it. So it must be as open as the sky.

Now, go inside what would be your womb. The womb is in everyone. A woman it would be considered a uterus. A man it might be considered his scrotum.

Now deep in the womb, which is your cave, this is where you begin to not only see yourself, but the world around you— the world that it is and the world that it can be. This is a very important distinction.

You must now use what you would call the imagination, the ability to see what can be. And from what can be, with your heart and with your knowledge of self— how can you make it so. And always, always, be true to yourself. Being true to yourself allows you to be true to others.

I am a cave. Caves work with the planet. We work in the creation. We're the underworld of your planet and all the beauty inside it. What is the beauty inside you? If your planet has so much beauty underneath it, then you must too. It's not just all ugly. It's not all fear. It's not all unconscious. It's also beauty. And when you come into your womb with an open heart, you're coming into a cave that you have created. It is the cave you have created from all your lifetimes on this planet to this point.

It doesn't come with the message of each lifetime. It comes with the creation of the cave. It's not that you will know the lifetime that something grew, or you created beautiful opals or emeralds, or what you have created. It won't tell you when. You will just know that it's there. Because it doesn't matter when. It matters now. I am now what you see me to be and feel me to be. I am millions of years old and I am still creating. In all those millions of years, what you see today is what I am now.

Say the word: Beh-hah. Beh-hah. That is the name you must use to enter the womb. That is the original name. Beh-hah. The Mother. Beh-hah. Beh-hah. That is the sound. Always bring the original name of the Mother and it will open. It is the energy of the solar system, and all the solar systems— and you that opens the passage to the cave.

It is always within the womb that life begins. You bring your soul to the womb, for that is your light. Your soul carries the light.

Your Earth is changing radically. Even I might be gone. It's okay, I don't fear dying. I fear the living in chaos and destruction. I was molded by water, just as you are. Now that is what you must feel now. Drink water, maybe in your hands. For you are working with water and soul now.

Let the water now enter your cave. Know where the water is in your cave. And let the wind come with the water. Feel the breath of the cave. Feel the wisdom. Feel the beauty. Look at all that you have created.

You came from a womb each lifetime. You die going to a womb each lifetime. With the water, the wind, and the breath, look to see where you go when you die. Into what womb do you go to? You came from a womb. You have a womb or a cave in which you've been creating from the moment you started on this planet. So what womb do you go to when you die.

You go to the womb. The Beh-hah. And from there you are reborn again into the direction or to the birth you need to be.

*Oversoul: One's individual soul is a particle of the oversoul, or greater soul.