

Part One: Beginning the Journey, Meeting Old Friends and Sedona



It's funny how things work. I had just left [Doni Mandery](#) and [Tracy Yott's](#) house a couple of weeks before and here I was on my way back to go on vacation with them; we were heading to California in a car. What fun!!! Somehow I got myself invited and I was really happy and excited to go.

My first day of travel was one of the most interesting traveling experiences I have ever been on. Well it actually started a week before on my birthday. My birthday was a good day... and I was feeling a bit off. The next morning I woke up sick with some kind of respiratory virus that put me in bed for most of the week with a high fever.

The day before I was supposed to leave I felt a little better and I was able to go out and pick up the few things I needed to pack yet. The morning I left I felt well enough I thought I could travel and I set out with high spirits and optimism that this was going to be a journey of a life time.

Originally I had booked a flight down to visit [Doni](#) and Tracy for mid February but going on this trip meant I had to leave a couple of weeks earlier so I bought a one way bus ticket to Syracuse New York where my friend [Tracy](#) agreed to pick me up, about 4 hours drive away from where they lived in the Pocono Mountains in Pennsylvania.

Wayne was leaving the same day to go to Las Vegas for most of a week so he drove me the 30 minutes to the bus station I was leaving from and ran home to get ready for his own trip. I jumped on the bus and while I was still sick enough I was tired and needed to sleep, I was much too excited. Besides I was going to be on this bus for a good 8 hours so there was lots of time for that.

The first hour of the ride was uneventful and I disembarked in Niagara Falls for the hour lay over to catch the bus for the next part of my ride. The bus came in at exactly the right time and off we went to the border crossing.

I mentioned in my story about our trip to Minnesota how noticing the 'iron curtain' feel of US customs would jump up and bite me again, well here we are. I believe that my noticing that feel in the airport on our way to Minnesota set up a measure of anxiety in my vibration around crossing the border.

When it was my turn to clear customs, the guard that talk to me decided, without even listening to me, that he wasn't going to let me cross the border. As near as I could understand, his decision was based on the fact that I had crossed the border 3 times in 3 consecutive months and I was planning to stay for 5 weeks this time. There must be something missing in my understanding because their law states that I can be in the US for 6 months less a day per year.

It was time to change shifts so he passed me off to another of his colleagues to finish the denial process. It was time to set some major intentions because if I couldn't cross the border I would be missing the road trip of a life time. I took every free moment I could to visualize arriving at my friend's house that night.

This new guard questioned me for 3 hours and even called [Tracy Yott](#) to verify my story. It turns out that their concern was that I was either planning to move to the US illegally or I was going down there to work. Neither was true and since he found no evidence of my work tools (I didn't even have my laptop with me) and I did have a flight booked back to Buffalo on March 9th, he finally decided he believed me and charged me \$6 dollars for a document stating I could remain in the US until March 11th that I had to hand in at the Canadian boarder on my way home.

Whew!

Next challenge; my bus had long departed and my ride would be in Syracuse in a couple of hours. Thankfully the border guard was kind enough to call me a cab so I could get to the Buffalo bus station, and I was hoping there would be another bus soon.

Arriving at the bus station at about 4 hours behind schedule I found out that the next bus wouldn't be coming through for another 3 hours. Tracy would be in Syracuse in about an hour and a half and he didn't have enough gas to come all the way to get me. I had no idea what to do so I kept working on my visualization of arriving at their house some time tonight.

I went outside at one point to get some fresh air and I got talking to a cab driver and ended up telling him my story. After hearing what I had been through, this is what he said, 'I usually charge \$250 to drive someone to Syracuse but to be honest, it is so slow here tonight if I charged you \$100 I would make more than waiting around here.'

So I agreed to pay him \$100 to drive me to Syracuse. The Universe answered my intentions and my visualizations. I did arrive at Tracy and [Doni's](#) house that night with Tracy. The part of the intention I forgot to include was feeling well. By the time I finally got across the border I was as sick as I had been most of that week. Oh well, another learning curve.

That was Thursday night and we weren't leaving until Saturday because Doni had to work on Friday. So that left Tracy and I a whole day to catch up and hang out a bit; we went out for lunch and went back to the Planet Earth store where we had found the exact right fairy picture to become my tattoo on my last trip to visit.



Saturday morning came soon enough and we left as the sun rose for the adventure of a life time.

[Doni](#) was very happy to be on the road for this wonderful adventure. So were Tracy and I but she's the only one I have a picture of being happy in that moment.

We left early in the morning and drove through 5 states which took us the entire day. Starting on the east side of Pennsylvania, we also passed through Ohio, Indiana, and Illinois and finally stopped for a couple of days in Missouri at Tracy's friend Sheri's house.

A waitress was kind enough to take a picture of the group after dinner one night. Roger, who is Sheri's husband, is in the back on the left. The other handsome fellow is [Tracy](#) and then in the front left to right is me, Sheri and Doni.



(Sheri: It was very cool to meet you, I had a great time and thanks so much for the hospitality!)



Another early morning departure and a 4 hour trip to Wichita Kansas to have breakfast/lunch with one of my best friends [Jackie Lee](#).

It was so very cool to finally meet one of my 'bestest' friends face to face. I've know Jackie for a few years now, talking to her on the phone pretty much daily

and yet I had never spent any time breathing the same air as her. This is me, Jackie and her adorable daughter Hanna. (Photo by [Tracy Yott](#))



Jackie has such a beautiful and sweet face. Beauty and brains, listen to the interview I recently did of [Jackie...](#) and see what this brilliant woman has to say!

The intensity in Hanna's bold blue eyes was breath taking. She is a powerhouse of a kid and I am so glad to have met her. Look out Mom!!



I think Hanna was saying goodbye. LOL isn't she adorable?



***Jackie's 2 cents:**

After spending a little time every day on the phone with Kat I felt like I had known her all my life, so it was amazing to finally get to meet her in person. Kat has helped me through many a tough spot by giving me a "long distance" hug. It was so exciting to feel a real hug, and even more interesting they felt so much the same. My "warm up" baby, Hanna, who is very discerning about who she interacts with, took to Kat right away which is virtually unheard of. It was great to spend a little time with Kat, and I am looking forward to a longer visit next time.

[Jackie Lee Column-Letting the Magic In](#)

Remember, You Are Remarkable

[Jackie Lee](#)

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After spending a few hours with Jackie we piled back in the car and continued on our way. Keeping in mind that we left the north eastern part of Pennsylvania just a few days earlier and that the temperature was in the low 20's Fahrenheit when we left, then our delight at the 70 degree day will be easy to understand.

We stopped in Oklahoma for fuel. I got out of the car wearing a pair of jeans and a tank top and I wasn't cold!! I even bought an ice cream and stood in the sun to eat it, marveling in the warmth. It was February after all. :-)

We spent the rest of the day driving through Texas and finally stopped late that night in Roswell New Mexico. The attendant of the hotel we stopped in was great and opened the pool room for us even though it was 2 am, with the agreement that we didn't need the big lights and that we would be quiet. It was nice to sit in a hot tub after being in a car all day long.



The next morning we got up and toured Roswell and the Alien Museum. Here is Tracy standing in front of the Museum.

We had breakfast in 'The Cover Up Café' before going to the museum. I ordered a BLT which came with the thickest slices of bacon I had ever seen. It was really yummy.

The entire town is dedicated to aliens. It was a really fun place. This year is [Roswell's 60th anniversary](#) as the Alien Town. [Doni](#) and I both want to recommend Roswell as a must see for all of those interested in Aliens out there. (Photo by [Tracy Yott](#))



Driving through the small towns in New Mexico really blew my mind. For the first time in my life I saw true poverty. I always knew it was there but I had no concept of what that really looked like. I still can't claim to have any intimacy with poverty however it is no longer



just a concept that I read about in the news. At one time I thought that I was living in poverty, now I know for a fact that I never did.

I want to thank New Mexico, for giving me a new perspective from which to look at my own life.

We stopped in New Mexico at a gas station that had this enormous store. I almost bought a big fuzzy purple and white hat that was just way too fun. I did think better of it though as it was so fun I would probably only wear it once or twice. (Photo by [Tracy Yott](#))



Tracy, hamming it up with his new buddy. Hehehe

Once again we arrived at our destination late at night. The last 30 minutes drive into Sedona Arizona was on what the Sedona residents call 'The Switch Back.' To quote Tracy, 'it was like a Porsche commercial on steroids.' It was a lot of fun and Tracy did a great job piloting through the twists, turns and the general downward slope. Arriving at our hotel we met the most fascinating woman named Joanie and we ended up spending quite a bit of time with her over the days we were in Sedona.

Sedona is a beautiful place and somehow the residents have built all their houses and buildings in such a way that they go well with the red cliffs that surround them.



This is Joanie. We met her for lunch the day after we arrived in Sedona.

Then we went back to her house where Tracy found a guitar. True to his nature, he just had to pick it up for a while. If you would like to explore Tracy's music, please visit him at [myspace](http://myspace.com).



This strange but alluring building seems to be built right into the rock and it is the Chapel. From the Chapel it is easy to see the areas where there are vortexes called Cathedral Rock and Bell Rock.





Doni sits relaxing and enjoying the serene beauty that surrounds the Chapel.

The location of the Airport Mesa over looks this breath taking valley.



Surrounding the Airport Mesa is lots of evidence of the vortex in the twisted tree trunks and branches.

Almost every tree, no matter what the variety, was twisted in odd patterns.



Success!! Doni climbed to the top of the Airport Mesa. It's the first time she has ever tried to do such a thing before. And she succeeded with flying colors!!



Another kind visitor took a picture of us so we could have one with all of us together.





I sit gazing at the beautiful scenery before me, breathing in the sweet clean canyon air and enjoying the high vibrations.

(Photo by [Donyale \(Doni\) Mandery](#))

We spent the night at Joanie's house and met her husband Ollie. Ollie is from Switzerland and the couple lived there for 25 years before moving to Sedona 6 years ago.



As we drove out of the canyon in the day light we finally got a good look at why the residents call it the switch back. It was a very exciting drive.



[On to Part 2 →](#)

[Email Kat](#)