

# Mount Shasta Annotated Bibliography

## Chapter 18

### Legends: Other

This section contains a number of unrelated entries, including material about the oft-mentioned bell legends, the little people legends, and UFO legends. Some miscellaneous entries, arguably termed legends, include an entry about two Alaskan mountains named for Mt. Shasta, and an entry for the 1930s' slang phrase "From Mt. Shasta." Some of the materials exhibit a rare originality, especially Caroling's comic-book styled Mount Shasta and the Galaxy People. This section also includes a number of miscellaneous entries which in one way or another convey the mystic and spiritual expectations of some visitors to Mt. Shasta.

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The [MS number] indicates the Mount Shasta Special Collection accession numbers used by the College of the Siskiyous Library.

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[MS2156]. Avenell, Bruce K. **Mount Shasta: The Vital Essence, A Spiritual Explorers Guide**. Escondido: Eureka Society, 1999. 154 pp. Subtitle: To the Natural and Man-Made Consciousness-Enhancing Structures on Mt. Shasta The author recounts spiritual lessons and experiences from several decades of travel to Mount Shasta. Sand Flat, Grey Butte, Panther Meadows, etc, are described as special places. The author has a spiritual communication with a spiritual being named Duja, on Mt. Shasta and elsewhere. The book begins: 'A small group of very dedicated people, The Eureka Society has been coming to Mt. Shasta, California, for thirty years. They come to communicate with a spiritual being with whom many of them have had spiritual experiences while camping, hiking, and meditating on the mountain.' (p. ix). 'Although Duja, or any of the spirit beings on the mountain for that matter, may appear to be standing still she must have complete control of attitude, conscious focus, mental velocity and be monitoring the expenditure of energy necessary for you to see her. ...If you step out of your physical body, temporarily or permanently, many things will change in relation to what you know as to how to conduct yourself. I understand this may all sound like a lot of gobbledegook to you, but I want you to have a great experience the first time you go to the Temple. (p. 21). Note that the author of this book was interviewed in the mid-1970s by Emilie Frank and her account of the 'Elan Vital' group is published as Chapter Two (Dugja, Queen of the Lemurians) in her book, "Mt. Shasta: California's Mystic Mountain." 18. Legends: Other. [MS2156].

[MS2063]. Baker, Lena and Mt. Shasta, Peter. **Harmonic Convergence Options for Change : the Astrological Significance of August 16-17, 1987**. Mt. Shasta, CA : Golden Bough Books. [11] p. : ill. ;22 cm. Astrological charts for Mount Shasta, CA on August 16-17, 1987. Lena Baker -- Horary and heliocentric charts for Harmonic Convergence. Peter Mt. Shasta -- Celebrate Harmonic Convergence, sacred sites around the world. "Harmonic Convergence, Mayan Return, Armageddon Bypass, so the author of The Mayan Factor, Jose Arguelles, has dubbed the days August 16-17, 1987. At Mt. Shasta and sacred spots all over the world, hundreds of thousands of people are expected to gather on these days to celebrate the planetary initiation, an event prophesied by ancient Mayan and Hopi astronomical wisdom. How will individuals experience the immense energies poured forth onto the planet through the 'earth acupuncture points' at this time?' 18. Legends: Other. [MS2063].

[MS95]. Beckley, Timothy Green 1947. **Mount Shasta - Space Base**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 42-49. Article is from 'Strange Encounters' by the same author. Story about meeting the little fairy folk at places around Mount Shasta. 18. Legends: Other. [MS95].

[MS2120]. Bey, Hamid. **Lecture, 1973**. 1973. [Hamid Bey was the author of 'My Experiences Preceding 5,000 Burials' Third edition, 1944. Copyright 1938. Published by the Coptic Fellowship of America.]. Messianic prophecy concerning appearance of new messiah near Mt. Shasta in 1949. Transcript of portions of a lecture by Hamid Bey spoken and audio taped in 1973. Transcription done by Nick Martin of the Center for Accord in Bend, Oregon. Mr. Martin suggests that the events occurred on Mt. Shasta (see the transcription). The material concerns an alleged event of Nov. 11, 1949 near the city of Redding California. Hamid Bey says in this lecture that "In 1980, our messiah will reveal himself. He will be 31 years of age. At that time there will be a flurry, an activity, of flying saucer and many visitors from outer space will come to visit us here." Quote: "We landed in Redding, and then there somebody came to me and says, 'You Hamid Bey?' I said, 'Yes' There are three more people in the same plane. and we got into a car. I says, 'What's it all about?' I said, 'I was here, this man recommend we land in San Francisco.' Just like, as if like, I don't know why I abide by that. Then three of us and the man that took us (four) went in Redding, check in hotel. The next morning we were given a pack. We were taken in a jeep at a certain spot in the mountain. And then we had to walk. There were twenty-two of us by this time, were staying in the hotel, twenty two of us. And then we went. At a certain point, he says, ' Stop here.' And we had a pack with a tent and all this-brackets. we were placed in different places, and we waited there, and at about 10:30, a flying saucer, of which I have a picture -that I have shown to you, a picture - a flying saucer appeared, landed, and we were at a distance of about say half a mile - not quite, maybe a quarter of a mile. And you could feel the pressure, tremendous pressure, of the air. The trees kind of pushed out like this. And we were standing in a circle, a long wide circle. Then we were told that it was the sign of the birth of the new messiah. And this child, of American birth, the parents did not know. The child did not know the parents, not the parents know that he was the Christ born in this child. The child was taken away from these parents. And, at a distance, we saw the little baby, and he said 'That will be the new Messiah.' Then this was confirmed to be my own master.". 18. Legends: Other. [MS2120].

[MS1085]. Blake, Raoul. **A Review of the Shasta Celebration (Part 2)**. In: Galaxies of Light. 1957. Vol. 3. No. 1. 19-22. Imaginative article about "the fabulous Rho-Ah-Tels, Creatures of the Flames." According to the author: "...these Rhoatels constructed gigantic images within the cooling currents of melted stone and made highly detailed sculptures of the various stages in the evolution of man" (p. 19). Contains statements such as: "Because Mount Shasta is the pattern temple for this planet a great assortment of planetary peoples are to be found in a comparatively small area of northern California. The number of Elemental Races inhabiting the fields and foothills around Shasta is probably duplicated nowhere else on our globe" (p. 21). 18. Legends: Other. [MS1085].

[MS1084]. Blake, Raoul. **A Review of the Shasta Celebration (Part 1)**. In: Galaxies of Light. No date. Vol. 3. No. 1. pp. 7-10. Article about the ancient brotherhood of "Tchas-Tah-El." The author states that Mt. Shasta is not one of the twelve Cosmic Sanctuaries, and that therefore information about Shasta can be more freely given out. He states that: 'Anyone who desires to can visit Tchastel. This is possible in two ways: through the use of his astral instrument, his invisible body, or he may take his flesh form directly to the physical mountain" (p. 7). Contains a very elaborate description of inner worlds beneath Mt. Shasta, with illustrations. 18. Legends: Other. [MS1084].

[MS2214]. Bord, Janet. **Fairies: Real Encounters with Little People**. New York: Carroll and Graff Publishers, 1997. p. 74. Contains an account of little people seen on Mount Shasta: "Tiny fairies were also seen in September 1993, by Karen Maralee who was on a camping trip to the sacred site of Mount Shasta in California. She was travelling alone, and revelling in quiet contemplation of life and nature, clearly in the relaxed frame of mind which often seems to facilitate a glimpse into another world. At dusk she heard children's voices singing, and in a small clearing in the trees she saw '11 tiny blue fairies, perhaps one foot tall, and seemingly transparent...The blue color was electric, seeming to pulsate or flicker...The wings were larger than the fairie bodies themselves and appeared to be particularly delicate and lacy.' She watched without daring to breathe, but when she had to breathe out, the noise alerted the fairies who lept up and disappeared. On the ground Karen found eleven piles of blue dust she calls 'fairie dust' and collected some to take home. She feels it is magical, and has helped the people she has secretly sprinkled with it." (p. 74). 18. Legends: Other. [MS2214].

[MS109]. Caddy, Peter. **From Findhorn to Mount Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 106-108. Adapted from press releases and leaflets for the 'Gathering of the Ways'. Peter Caddy, co-founder of the celebrated Findhorn Community in northern Scotland, came to Mount Shasta in the early 1980s to begin a teaching center called "A Gathering of the Ways." 18. Legends: Other. [MS109].

[MS518]. Carey, Ken. **Return of the Bird Tribes**. San Francisco, Calif.: Harper-Collins, 1988. Contains an account of participation in Native American sweat lodge ceremonies on Mt. Shasta. 18. Legends: Other. [MS518].

[MS738]. Caroling. **Mount Shasta and the Galaxy People**. Menlo Park, Calif.: Wholeo Books, 1979. Comic book. A self-published comic book: part underground comic, part back to the land movement, and part New Age. First panel states: "Heading for the south slope of Mt. Shasta on the first full moon past the summer solstice, Funicula (a seeker) leaves the San Francisco Bay area. She drives straight north up the central valley of California. Her goal, the mystic mountain, is hidden by the atmosphere" (p. 1).

As a whole this is one of the most unique and philosophical works in the Mt. Shasta literature. The author critically presents a graphic mix of spiritual techniques, group dynamics, camping hardships, and the free feeling of tuning into one's self. Although some of the material is adult in nature, and although the strength of the author's self-criticism and self-acceptance may offend some readers, there is nonetheless a mature attitude guiding the art and text. For example, at the end of the book, Funicula hears her spiritual teacher say "Think less, feel more." But the narration then states: "Then Funicula knows that for her, thinking is necessary. His books are too vague and general." She says "how do you know?" She rejects the easy acceptance of the followers of Gurus and Ascended Masters. Still, Funicula gets beyond even these problems with her teacher, and arrives at a spirituality not in conflict with her need for honest answers. 18. Legends: Other. [MS738].

[MS481]. Cooke, William Bridge 1908-1991. **Lights on Mount Shasta**. In: Mount Shasta Herald. Mt. Shasta, Calif.: June 27, 1940. Through a detailed mathematical analysis, with the help of Professor Hans Lewy of the University of California, W. B. Cooke debunks the idea presented in Lemuria: the Lost Continent...that Edgar Lucian Larkin (see Cerve 1974 ) could have seen Lemurians on Mt. Shasta from a telescope housed 806 miles distant at the Mt. Lowe observatory. Note, however, that on close reading CervŽ's book inferred but does not actually say "Mt. Lowe," but rather said "some California observatory," and that therefore the myth cannot be so easily disproved. 18. Legends: Other. [MS481].

[MS295]. Corelli, Marie 1855-1924. **Romance of Two Worlds**. Chicago, Ill.: Rand McNally and Company, 1900? First published in 1886. This copy inscribed in 1900. Marie Corelli was the pseudonym of Mary Mackay. This book, although not about Mount Shasta, is nonetheless recommended reading for persons interested in the spiritual lore of Mount Shasta (see Eichorn 1971, p. 74). Corelli's book was sensationally popular in her time. The earliest edition listed is one published in 1886 in 2 volumes by Robert Bently and Son in London. By 1887 the book was in print from at least five different U.S. publishers.

There are many strong similarities between A Romance of Two Worlds and two well-known books about Mount Shasta: the circa 1899 A Dweller on Two Planets by Frederick S. Oliver, and the 1934 Unveiled Mysteries by GodfrŽ Ray King.

Corelli's novel of spiritual fiction is about a woman who experiences a mystical religious relationship with angels and airy beings. The characters have names like Azul and Zara, and a spiritual drink offered by a friend enables one character to have spiritual perceptions. The use of interdimensional travel is part of the story. 18. Legends: Other. [MS295].

[MS513]. Devereaux, Paul, Steele, John, and Kubrin, David. **Earthmind - Tuning in to Gaya Theory With New Age Methods for Saving Our Planet**. New York: Harper and Row, 1989. p. 200. Makes only one mention of Mt. Shasta: "...many of the holy hills and mountains around the world--Mount Shasta in California, for instance, and Glastonbury Tor in England--produce strange lights." As a whole the book is a well-researched and documented contribution to the idea that the earth itself is a living entity; the reference to Mt. Shasta, however, may have been based more on legend than on fact. 18. Legends: Other. [MS513].

[MS104]. Farish, Lucius. **Secret of the Old Ones: Contact on Mt. Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 87-89. Article first appeared in Ancient Astronauts Magazine, May, 1977. Consists of stories told in the 1930s by an old sailing boat skipper named "Harmonious." The stories concern Harmonious and his "astral" friends who would meet atop Mount Shasta. The "domain of the Old Ones" was accessible from caverns on Mount Shasta. 18. Legends: Other. [MS104].

[MS110]. Frank, Emilie A. **Mount Shasta is Science-Fictionalized?** In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 109-110. Article first appeared in the Siskiyou County Scene, Fall, 1984. This is a review of "Lost Legacy," Robert Heinlein's 1941 short story about Mount Shasta. The author of the review, Emilie Frank, mentions that she has written a book about the subject of conspiracy theories and

governmental control, theories similar to those presented by Heinlein in his Mount Shasta story. 18. Legends: Other. [MS110].

[MS108]. Gale, Gladys. **Mount Shasta - Home of Ancient Lemurians**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 100-105. Contains conversations with four local residents who came to Mount Shasta because of the mountain's spiritual reputation. 18. Legends: Other. [MS108].

[MS2220]. Howard, Dana. **Diane: She Came from Venus**. London: Regency Press, 1956. Written at the height of the UFO era craze, the author (who in a previous book purports to have visited Venus, states: "All of this poses another question...were these strange-appearing men so often seen below the cliffs of Mount Shasta actually Venusians? Has Mount Shasta been one of their bases for more years than we know anything about??" (p. 19). Contains a few pages of speculation about the myths of Mount Shasta. 18. Legends: Other. [MS2220].

[MS113]. Howard, Dana. **Mt. Shasta and the Morning Star**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 116-118. Article first appeared in 'Diane-She Came from Venus,' by the same author. Speculation about space ships from Venus, the garden of Eden, and Lemurians. 18. Legends: Other. [MS113].

[MS132]. Kaufmann, Glenn Arthur. **The Future of Mount Shasta**. Los Altos, Calif. PSI-KEY Publication, 1990. Transcript of a lecture given on March 20, 1990. Contains three astrological charts and extensive discussion of the charts' meanings for the future of Mount Shasta and for the people who live around it. The first chart is based on the date of Peter Skene Ogden's sighting of "Shastice" (p. 5) on Feb. 14, 1827. Note that many scholars feel certain that Peter Skene Ogden was really describing present-day Mt. McLoughlin and not Mt. Shasta (see LaLande 1987). This pamphlet describes many relationships between the emotional state of the community on the one side and the physical world on the other. Also discussed are coming planet configurations which will bring earth's pollution to a major crisis. Pamphlet contains a postscript which mentions earthquakes on Mt. Shasta which took place during the month after the lecture. 18. Legends: Other. [MS132].

[MS2066]. Maccabee, Jordan ben 1943. **God's Last message by Jordan ben Maccabee, Jesus Christ's Girlfriend and 25 other Residents of Mt. Shasta, California, a Small Town by a Holy Mountain in the Middle of Nowhere**. Edmonton, AB: Commonwealth Publications, 1996, c1995. 193 p.; 17 cm. "Jordan ben Maccabee, author and self-proclaimed 'girlfriend' of Jesus Christ, has been given a message and a mission. Through a series of interviews with herself and twenty-five other residents of Mt. Shasta, California... this message of hope and responsibility, of love and respect, speaks to all of us as we hurtle toward the conclusion of a tumultuous millennium." (Book jacket) 18. Legends: Other. [MS2066].

[MS1020]. Maier, Mary Mother Mary. **The Great White Chief**. Hollywood, Calif.: 1960. Source of Citation: Stuhl bibliography #1228. Not seen. Note that Mary Maier, also known as "Mother Mary, Guardian of the Mountain" (see Emilie Frank "California's Sacred Mountain," p. 7) was the founder of the Mt. Shasta-based Sree Sree Provo sect. Also, an article by Lynn Ludlow (in the San Francisco Sunday Examiner and Chronicle, July 16, 1967, p. 12, Sec. A.) names Mary Maier as proprietor of the "Inn" and says: "Mother M. Mary Maier, Last Director of the Order of Directive Biblical Philosophy and Interpretation of the Order of the Azariah Group of the Masters of the Sanctum at Mt. Shasta, asserts her belief that supernatural beings are found atop the mountain." 18. Legends: Other/40. Find List. [MS1020].

[MS1082]. [Morrison, Frederick. **California Bell Legends: A Survey**. In: California Folklore Quarterly. 1945. Vol. 4. No. 1. pp. 27-28. First known printing of the legend of the two great cities, "Iletheleme" and "Yaktayvia," which lie inside of Mt. Shasta. Note that this is not a scholarly study presented by the California Folklore Quarterly, but rather is a letter to that journal from what the editors call their "zealous Los Angeles Correspondent Frederick Morrison." The editors reprint part of the letter, but add a cautionary note that: "...the bell lore is in the main canonical, and the extravagant use of it only proves the more what a strong imagination can do with material already at hand."

"Zealous" Frederick Morrison writes: "According to the initiated the greatest bells in the world are the bells of the Secret Commonwealth and the great cities of Iletheleme and Yaktayvia that lie beneath the vast mass of Mt. Shasta. The Yaktayvians are reputed to be the greatest bell makers in the world, and for tone and musical sound their bells can't be surpassed. In fact, the whole Secret Commonwealth was built on bells. It was by the sound of bells and mighty chimes that the Yaktayvians were able to move the vast amounts of rock within Mt. Shasta and hollow out their city. It's the continuous sound of bells within the City of Yaktayvia that illumines the corridors and galleries and tunnels of the Secret

Commonwealth. This is done by vibrating the atoms of ether in such a way as to produce light. There is a part of the slope of Mt. Shasta on the northwest side that is always covered with snow and on which no ordinary man's foot has trod. On this portion of the mountain is a great bell made of a transparent substance that reflects no light -- that is, it is invisible until you get within eighteen inches of it. The wind striking the lip of this bell causes a sound so high pitched and of such peculiar vibration that it repels any curious would-be trespassers on the holy ground that surrounds the entrance to the Secret Commonwealth. The Yaktayvians are the makers of the bells that far surpass any that the ordinary mankind living on top of the earth's crust ever made. All you have to do is to take a trip to Mt. Shasta, and on various stretches of the highway you can hear a great booming bell-like sound; sometimes it's a rumbling, clashing sound like many chimes. Weird lights are also seen playing on the snow-covered slopes, and any person traveling by auto will find that for no apparent reason his engine will stop dead and he will be unable to start it again while the bells are ringing and sometimes for as long as half an hour after they cease. People are sometimes lost on Mt. Shasta, but after a while they begin to hear the bells, and by following them, and in going in the direction from which they come, they finally arrive safely home." 18. Legends: Other. [MS1082].

[MS102]. Morrison, Frederick. **The Secret Commonwealth of Mount Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 77-78. Article first appeared in The California Folklore Quarterly, Volume 4, No.1 (1945). Stories about the great bells of the Yaktayvians (who live inside Mount Shasta). 18. Legends: Other. [MS102].

[MS1299]. [Mount Shasta: City of Light]. Mount Shasta: City of Light. Feb./March 1987. Vol. 1. No. 2. Published by the City of Light Foundation. A public-forum magazine consisting of poetry, drawings, essays, news, etc, submitted by persons from the Mt. Shasta region, with an editorial emphasis on 'New Age' concepts. For example, an article entitled 'Addressing the Larger Purpose' states that: "A City of Light Newspaper originating from Mount Shasta has real significance beyond the immediate spiritual community it serves....For many years an inner network of light has been consciously constructed girding the planet and linking the light workers, wherever they are to be found...." (p. 3). 18. Legends: Other. [MS1299].

[MS93]. Noble, Johnny and Wilson, L. **The Mysterious Circles of Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 34-37. Article first published in Fate Magazine, Nov.-Dec., 1951. Also published in Westways, Jan. 1951, Vol. 43, No. 1, pp. 18-19; and also published in Out of Time and Place, edited by Terry O'Neill, Llewellyn Publications, 1999, pp. 55-59. An account of the stone circles found at places in the Shasta valley. Note that the most accepted theory is not mentioned in the article; i.e., that the rings are caused by 'frost heaving.' 18. Legends: Other. [MS93].

[MS750]. Orth, Donald J. **Dictionary of Alaska Place Names**. 1971? p. 467, p. 861. First published 1967. (no title page was available for confirmation of edition date.) Lists two Mount Shastas in Alaska. The author states: 'Shasta, Mount: mountain, 4,100 ft., 1.7 mi NE of head of Shoup Bay and 11 miles NW of Valdez, Chugach Mts.; 61°10'05' N, 146°33'55'; (map 68). Prospectors name derived from Mount Shasta, in California; reported in 1911 by C.E. Giffin, USGS (p. 861).

A second Alaskan mountain by the name of Mount Shasta is listed as a synonym of Jackknife Mountain. Jackknife Mountain is 2,200 ft. tall and located 1 mile N of Lake Aleknagik. The author says of this second mountain that 'Mount Shasta' seems to have been predominant local usage around 1930, and was so called because of the resemblance of the mountain to California's Mount Shasta' (p. 467). 18. Legends: Other. [MS750].

[MS143]. Oswanta, Yashah. **The Harmonic Convergence : Seven Days at Mt. Shasta**. Salmon Arm, B. C.: Alahoy Publications, 1987. Interesting 1980s' account of personal feelings of synchronicity and rapport with other visitors to Mount Shasta. This book is in the form of a diary kept for a seven-day period during a well-publicized gathering of pilgrims to the August, 1987 "Harmonic Convergence" at Mount Shasta. The book is valuable as an example of the imperturbable attitudes that the world, and especially Mount Shasta, is a cosmic place, a place where, for example, the author experienced great peace by watching an angel appear on the screen of a broken down T.V. (pp. 34-37), a place where he saw four U.F.Os on the very first night on Mount Shasta (p. 12), and a place where interdimensional travel can take place in deep meditation with the right people sitting inside of a van (p. 61). Also contains poems by the author. The Harmonic Convergence of 1987 centered at various places world-wide and was organized by writer-researcher Jose Arguelles. 18. Legends: Other. [MS143].

[MS130]. Paulsen, Norman D. 1929. **Sunburst: Return of the Ancients, An Autobiography by Norman Paulsen.** Goleta, Calif. Sunburst Farms Publishing Company, 1980. pp. 184-185. Contains a brief reminiscence of a 1949 conversation with "Mother Mary," founder of a Mount Shasta City spiritual school which was active in the 1950s and '60s. The account mentions "Mother Mary" packing up to move to Mount Shasta, where she was going to buy a small hotel and open a school. This is one of the few published references to this important person of the Mount Shasta region. Norman Paulsen was the founder of a large and prosperous spiritual community, called Sunburst based in Santa Barbara county in the 1970s and 1980s. 18. Legends: Other. [MS130].

[MS2004]. Robbins, Dianne. **We Are Not Alone : Messages from the Hollow Earth and the Subterranean City of Telos.** Mt. Shasta, CA: Mt. Shasta Light Publishing, 2000. 98 p. : 28 cm. Spirit messages of Adama, Ascended Master and High Priest of Telos, Ashtar, a commander of the Confederation of Planets, and other Cosmic Masters and Lightworkers are channelled by Dianne Robbins and Aurelia Louise Jones. "Telos, a Lemurian colony under Mt. Shasta in California, is a city of Light governed by a council of 12 Ascended Masters and its High Priest, Adama. The name Telos means, 'Communication with Spirit.' The citizens of Telos, formerly of Lemuria, are working toward the Ascension."(Preface) 18. Legends: Other. [MS2004].

[MS519]. Roman, Sanaya and Packer, Duane. **Opening to Channel: How to Connect with Your Guide.** Tiburon, Calif.: H. J. Kramer Inc., 1987. The authors give thanks to "the wonderful people of Mt. Shasta, including Dorothy Kingsland, for their support and encouragement" (Acknowledgements). Only two other communities are so thanked by the authors: Maui, Hawaii and Dallas, Texas. 18. Legends: Other. [MS519].

[MS512]. Rosa, Jose Alberto and Altman, Nathaniel. **Finding Your Personal Power Spots.** Wellingborough, England: The Aquarian Press, 1986. The author extends the spiritual tradition of "Candomblé" to various outer "power spots" around the world. Candomblé was brought by African slaves to Brazil in the 16th century. The author writes: "Planetary power spots are places on earth with extremely powerful concentrations of energy. They can be related to only one orisha, or they can be connected with several. Mount Shasta in California, for example, is one such power spot. It not only receives the vibrations of Oshala (the orisha of mountain tops) but also Shang— (who resonates with thunder, rocks, and caves) and Yansan (the orisha of wind and lightning)" (p. 71). Note that most of this book consists of instruction in finding "inner power spots" in one's own body through different exercises. Illustrated with photographs of two models. 18. Legends: Other. [MS512].

[MS949]. Rosborough, Alex J. **A Happy Christmas: Do Elves Still Live on Mt. Shasta?** In: The Siskiyou Pioneer in Folklore, Fact and Fiction and Yearbook. Siskiyou County Historical Society. Fall 1953. Vol. 2. No. 4. pp. 48-49. One of the earliest stories of Mt. Shasta's little people (see Eichorn 1987, p. 21). This story is about a Christmas eve miracle cure of a young girl's infantile paralysis. The cure is effected by a small stone doll apparently found by a trapper in a cave, a cave first described to the trapper by an old, old Indian who had seen very small human footprints nearby. 18. Legends: Other. [MS949].

[MS2003]. Rose, Sharon Introduction. **Sacred Sites Pocket Directory : Mt. Shasta Area.** Mount Shasta, CA : Sacred Sites Directory, 2000 . 21 p. : ill., maps ; 23 cm. Introduction -- Basic prayer when entering a sacred site -- Burney Falls -- Castle Crags State Park -- Castle Lake -- Heart Lake -- McCloud Falls -- Map of sacred sites -- Medicine Lake -- Panther Meadows -- Pluto Caves -- Sacramento River headwaters -- Stewart Mineral Springs. "Mt. Shasta is known as one of the homes of the Ascended Masters. Saints, Masters, and angelic beings all have made their presence known here in one way or another to the prayerful of heart. These are blessed and sacred grounds. Visiting the mountain is like a pilgrimage to a great outdoor cathedral." (Introduction) 18. Legends: Other. [MS2003].

[MS459]. [San Francisco Examiner]. **Giant Footprint Found On Mount Shasta.** In: San Francisco Examiner. San Francisco, Calif.: Oct. 30, 1955. Source: Walton 'reprint from the Siskiyou News, Yreka' 40. Find List/18. Legends: Other. [MS459].

[MS892]. Schleyer, Michael Blair. **Gurus in the Parking Lot: Living On and Within Mt. Shasta.** [Mt. Shasta, Calif?]: The author, 1992. First person account of activities during the summer of 1991 at Mt. Shasta's upper Panther Meadows parking lot: "Such a strange and wonderful place, the Mt. Shasta Ski Bowl parking lot: gathering place of incredible people from all over the world, all seemingly in their higher states of consciousness ...Gurus, shamans, well-known and lesser-known metaphysical teachers, healers, light workers, religious people from all backgrounds, and spiritual seekers came to the parking lot and the adjacent Panther meadows area....Each time I would experience

loneliness, fear, sickness, or depression, one of these delightful beings would arrive in my campsight[site] to help, unasked. It was as if the mountain, or those who lived within, watched over me....Such an incredible place, Mt. Shasta--so focused on Spirit, yet so unpretentious" (pp. 7-8). The festive, light-hearted and anything-goes lifestyle of the visitors is recorded. The author is taught and later himself leads out-of-the-body group journeys into the mountain, not in a physical sense but in a sense beyond imagination. Instructions and testimonials are given. A very open mind is a prerequisite for the teachings outlined in this book. Includes photographs of Panther Meadows. 18. Legends: Other. [MS892].

[MS2006]. Solara. **The Star-Borne : a Remembrance for the Awakened Ones**. Charlottesville, VA: Star-Borne Unlimited, 1991, c1989. 313 p. ill., port., 22 cm. Illustrations by Mimi Kamp & Marie St. Marie. Partial contents: Inside Mount Shasta (p. 28-32) -- The angel on the television (Harmonic Convergence, Mount Shasta, Calif., 1987) (p. 93-96) -- Harmonic Convergence (Mount Shasta, Calif., 1987) (p. 196-198). 18. Legends: Other. [MS2006].

[MS92]. Spitzer, Hanna. **'Now I Can See!' - Miracle on Mt. Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 28-33. Article first published in UFO Review, Issue #15. An account of a 1983 visit to Mt. Shasta by a couple who are interested in the lore of the mountain. Well-written account in which the author uses her literary skills to convey the sense of being drawn into the magical atmosphere of Mount Shasta. After a UFO experience on Mount Shasta, the author's sight dramatically improved. 18. Legends: Other. [MS92].

[MS736]. Stuhl, Edward 1887-1984. **An Ascent of Mount McLoughlin**. In: Mazama: A Record of Mountaineering in the Pacific Northwest. Dec., 1931. Vol. 13. No. 12. pp. 37-41. Edward Stuhl reports meeting a fascinating, non-conformist, long-haired vegetarian Frenchman living as the lookout man on the summit of Mt. McLoughlin, in 1931. This was the ninth season that the Frenchman had been the lookout on that mountain. A photograph taken by Stuhl of the mystic accompanies the article (p. 39). Note that judging by the photograph, the Frenchman was the original and timeless 'hippie.'

Mount McLoughlin is the next main volcanic mountain peak north of Mt. Shasta. Edward Stuhl was a noted Mount Shasta mountaineer, artist, and historian who climbed Mt. McLoughlin after having repeatedly seen Mt. McLoughlin from the Shasta Valley.

Stuhl writes paragraph after paragraph about the remarkable Frenchman Mr. L. F. G. Conž: "I had just mounted the last steep rocks..when there appeared a strange being on the rock above me. To be sure, by his long beard I recognized him at once to be a male of our species. His dark chestnut hair he also wore in long natural tresses, reaching way down over his shoulders to his chest, divided and bounded by ribbons to both sides....Mr. Conž is a Frenchman by birth, from somewhere in the Alps along the Swiss border. He has sailed the seas before the mast; he has climbed in the Himalaya and Andes, and his mind seems as broad as his travels. I take him to be a universal genius whose quick, keen mind see and picks up much....He does fine embroidery work....At that time he was working on a mystic design composed of the symbols of all races and all ages from the Swastika to the Flaming Cross, and the Cross he placed conspicuously above it all. I did not pry into the meaning of all that, nor into his possible religious sentiments....About 4 o'clock I had to tell Mr. Conž and his mountain adieu; but I also said au revoir. I cannot say enough about that interesting man, but will have to leave him, for in his company hours pass like minutes"

Note that one wonders if this remarkable French mountaineer, Mr. L. F. G. Conž, ever visited Mt. Shasta during his nine seasons on Mt. McLoughlin in the late 1920s and early 1930s, and whether or not his presence in some way engendered the idea of the spiritual "Masters" on the slopes of Mt. Shasta. 18. Legends: Other. [MS736].

[MS107]. Tessman, Dianne. **Mystery Mountains of California**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 98-99. First appeared in UFO Review, issue No.19. Hollow mountain theories are presented. 18. Legends: Other. [MS107].

[MS184]. Thomas and Marie. **Contact with the Space Brothers**. Fort Wayne, Ind.: Portals of Light, Inc., 1986. Contains a story about the Space Brothers meeting the authors at Mount Shasta (pp. 12-28). The Captain, Enedo, uses 'telethought' to explain the lessons of oneness. Written as if a work of non-fiction. 18. Legends: Other. [MS184].

[MS260]. Towbin, Laura Newman. **The Significance of the Harmonic Convergence**. Mount Shasta, Calif.: Shastasing Publications, July, 1987. Seven page typewritten publication. Written the month before the 1987 Harmonic Convergence gathering at Mount Shasta. Useful as a document of beliefs about individual "self - empowerment" and opening oneself to new experiences: "There is no need to fear or revere Space Visitors or Lemurians or the Angelic

Presences of the Nature Elementals, for we all do this dance together" (p. 4). "During the Harmonic Convergence, some of you will sit alone and connect with the rest of the world in your heart" (p. 6). 18. Legends: Other. [MS260].

[MS129]. Walton, Bruce. **A Guide to The Inner Earth**. Mokelumne Hill, Calif. Health Research, 1985. First published in 1983. This is an annotated bibliography of books and articles about 'hollow earth' theories. Some of the books listed are relevant to the legends of Mount Shasta. Note that the compiler has also edited an anthology of stories entitled 'Mount Shasta: Home of the Ancients.' 18. Legends: Other. [MS129].

[MS96]. Walton, Bruce. **The Fate of the Lizard People**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 50-54. Based on an article by Stanford M. Cleland, titled 'Quest for the Lost City,' in *Amazing Stories Magazine*, July, 1947. Story about a supposed labyrinth below Los Angeles. Somehow this labyrinth relates to two reports of lizard-like people seen near Mt. Shasta. 18. Legends: Other. [MS96].

[MS112]. **UFO'S over Mount Shasta**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 114-115. Article first appeared in *Saucers Magazine*, Winter, 1956-7. Speculation that fourteen lights and a UFO came to Mount Shasta in 1956. 18. Legends: Other. [MS112].

[MS94]. Walton, Bruce and Rosborough, Alex J. **Mount Shasta's Little People**. In: Walton, Bruce. **Mount Shasta: Home of the Ancients**. Mokelumne Hill, Calif. Health Research, 1986. pp. 38-41. Rosborough's contribution to this article appeared as 'A Happy Christmas', in the *Siskiyou Pioneer*, Vol. 2, No.4. An account of different types of little people reportedly seen near Mount Shasta. 18. Legends: Other. [MS94].

[MS293]. Wentworth, Harold and Flexner, Stuart Berg. **American Slang Phrase: 'from Mount Shasta'**. In: Wentworth, Harold and Flexner, Stuart Berg. **Dictionary of American Slang**. New York: Thomas Y. Crowell, 1960. p. 202. First edition, 3rd printing. The phrase "from Mount Shasta" is defined as: "Addicted to drugs. 1933: drug addict use. Maurer. Not common. From 'high' and 'snow.'" 18. Legends: Other. [MS293].