

Out & About with Lori Sunflower

How would you describe the energy in Crestone?



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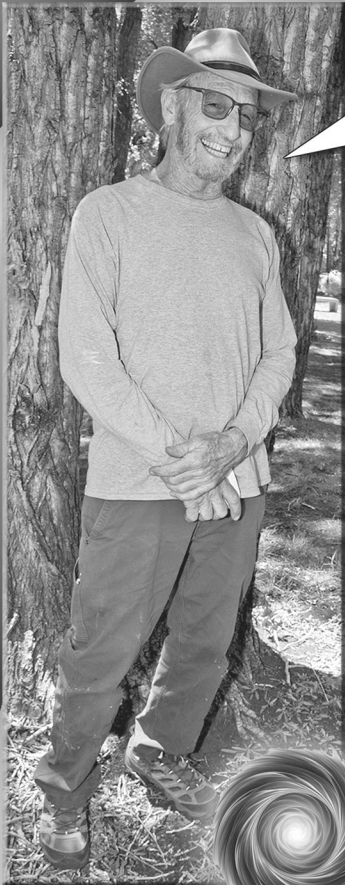
Quinn Kenney

When people ask me about Crestone, I like to say that Crestone reminds me of, if a hippie and a red neck had a kid, and the kid was just loose in the woods for their whole lives. That's what Crestone's like. That's what I'd say.



Frankie J. Meyer

I think it's very rich in creative energy. It feels to me like these songs just come rolling off the mountains. The energy inspires my pencil to write songs and poems that feel like they come rolling down the mountain.



Mary Ann Sheeran

For me, welcoming. When we came here for my son Eric's 30th birthday, I looked up at the mountains, and it was November, and they were shrouded in mist. And I said, "I have to live here." And it wasn't well received, but that's all right, by my spouse at the time. And the next year, we came out and bought land, and we moved here in 2006. And I guess the energy I feel most strongly is welcoming, I love coming on T Road and driving home, looking at the mountains and their arms are outstretched. Their arms are outstretched and saying, welcome, welcome home, welcome. And I never, ever cease to be amazed at that. Some people seem to be afraid. They drive up Tee Road, look at the mountains, and they're filled with fear or trepidation. They're concerned, worried. I have never felt that way, ever. This is home. This is home. And if this is home, and if it's heaven, I'm here.



Chelsea Taylor

The energy of Crestone is like a mirror—what you bring here is reflected back tenfold. This valley holds a rare kind of amplification: if you arrive with openness and wonder, it will greet you with beauty and synchronicity; if you carry heaviness, it will ask you to face it. Crestone is not one thing—it is many things, woven together, shifting with the winds of who we are and how we show up. It is a place that magnifies intention, thought, and spirit. In that way, the energy here is not fixed—it is alive, responsive, and deeply personal. Crestone becomes what you are, and in turn, invites you to become more fully yourself.



Shala Schremmer

The energy in Crestone is different for everyone. For me there is a beautiful stillness where the mind can rest, and the mountains have always been welcoming. Energy comes from the mountains in Crestone and the mountains are a reflection of you!



Benny Roman

I would describe it as a solar panel receiving sunlight, and it pretty much is consistently like that all year around. But in July, this time of year, it gets pretty intense. So, it's more like solar flair energy, and you don't know which way that's going to go. That's what July is like, and August, and September. Then it goes back to just normal sunlight.



Wapi Kilgore

Crestone attracts people to it and yet it also has the capacity to spit certain energies right back out. The energy here seems very intelligent and intensional. That's what the mountain vibe seems to be, but when it comes to the culture, I'm going to have to agree with my son. When we asked him what he liked about the vibes here he responded, "it's like everybody just ate one ginormous Calm Gummy."

