

Water has a fascinating life cycle. It begins in the bodies of water, such as oceans or lakes, but that's just the first step. As water evaporates it rises into the atmosphere, until it's high enough and in cold enough temperatures to form clouds. Under certain conditions these clouds produce rain, which is really just the same water from the ocean condensing in the cloud until it's too heavy to stay in the air, and the rain feeds the rivers, which in turn run to lakes or oceans and the process starts all over again. Or, the rain could seep into the soil, gathering mineral deposits before making it into an aquifer or cave. It's these drops of water that create cave formations. It happens over hundreds of years, sometimes, as the water leaves behind the minerals it's gathered. That's how stalactites form.

I like stalactites. I like them better than stalagmites, which are the ones on the ground, because you can trip over those if you're not careful enough. But stalactites are nice. You can't trip over them, and even if you have to watch your head every so often you get to watch the water dripping down, forming more cave formations. It's like watching history being made.

I've never found a place as safe as a cave. A cave is the culmination of hundreds or thousands of years of the tectonic plates shifting, of soil moving and sediment cementing and water dripping. A cave is something the whole earth comes together to form. There's a kind of harmony in sitting in a cave, almost like you can feel the energy of the earth all around you because you're sitting in the womb of the world. Alone, in a cave, you know the earth.