Meditation for Life

A 2 Day Zoom Workshop
October 10th & 11th, 2026
Price $235.00
by Ronald Holt

In our busy world, the pace of our lives keeps us distracted from taking good care of ourselves. Not only are we ourselves (alone) responsible for taking care of our bodies, but we ourselves (alone) are also responsible taking care of our inner selves too. Very often though, we easily find that caring for the inner self is our last priority. If we ignore the inner self too long, we can easily begin experiencing increasing levels of anxiety, depression, exhaustion, hopelessness and apathy. This cycle can seem to continue to worsen until all that compiling unprocessed inner energy gets channeled into the body and becomes disease. Fortunately, there are very easy ways to care for the inner self through meditation.

Many people don't really understand what true meditation is, or they think it is too hard for them to do. However, meditation is actually a natural experience for humans throughout our history, and those paying acute attention while seeking relief, found many simple measures for providing that relief. Walking in nature, doing chores, and gazing at the clouds are some examples of simple and natural forms of meditation that, when applied earnestly and practiced consistently, led our ancestors to experience in an organic way, assisting them to maintain a balance while facing the many challenges of the mind and emotions engaged in life's constant changes.

In our 21st century world, we have numerous distractions that stop us from entering meditational states on a regular basis. The television, smart phones, work tasks, and city life seem to keep the mind in a constant state of agitation, which affects the nervous system.

Because of this constant state of mental agitation, it is even more essential that we take the time to care for the inner self through meditation practice. By doing meditation regularly, we can shift the nervous system away from the flight-or-flight reaction and into a calm and balanced state. It simply requires practice and discipline – which helps us to let go of old habits of mental busyness and reclaim our natural state of balanced awareness.

But what kind of meditation should one do? Do we need years of training in order to meditate effectively? In this workshop, Ron will address those and many more questions. He will present different methods of meditation, guide you through practice, answer questions, and provide wisdom to help you to see what methods work for you.

MEDITATION FOR LIFE - Day 1 – Activating Meditation Mind
This first level is open to everyone, whether you have meditation experience or not. In this level, Ron will explore:

- The mechanics of meditation & activating meditation mind
- Experiencing Several Different forms of meditation assisting in unveiling which one works for you?
- Outlining the important difference between mind and consciousness
- Finding and Utilizing the "release point" that moves attention from mind to consciousness
- Observing inner habits and patterns as reflected in your meditation experiences

- Interpreting meditation experiences as essential messages of the feedback loop from Higher Self
- Integrating the energy of meditation with the human body
- The ancient road map to awakening
- Practical exercises and meditations that you can use in daily life

What will you gain from this workshop?

- Learning how to use your inner self as the ultimate guide to your spiritual evolution
- Steps to calm the overactive nervous system assisting to heal the damage, stress, and anxiety has in the body.
- Steps to balance emotions through meditation
- Learn how to use the breath to augment and deepen meditation practice
- Opening connection to inner wisdom as you enable clarity & stillness to arise in the mental and emotional bodies
- Homework that you can do on your own in your daily life
- And so much more!

This level will include lecture, Q & A, exercises and meditation practice. Please have ready a meditation notebook for instructions and notes as well as a meditation journal notebook for journaling your meditation experiences. Since we are on Zoom and practicing at home, please be sure to wear loose, comfortable clothing. We recommend that you have available a yoga mat or towel, meditation cushion, pillows, eye mask, and anything else to make you comfortable. You will be able to use a chair or floor for the meditation practices.

Ronald Holt has been a serious meditation practitioner since the 1970s. He is a lifelong student of martial arts and was trained as an instructor in Taoist yoga and breath work. He also trained in Hatha yoga philosophy, asana, and meditation at the master 500-hour level. He has studied and practiced in the USA and in monasteries South Korea. Despite more than 40 years of practice and training, he will share with you simple, exciting, practical and valuable methods to use meditation to change your life.

MEDITATION FOR LIFE - Day 2 – Deepening Meditation Mind

Now that you have received the basics in Level 1, Level 2 will deepen your practice. In this level, Ron will explore:

- Deeper meditation practices that help to awaken consciousness
- How to use these practices practically in life, such as during stress
- Introduction to the Quantum Navigator – the guidance of your quantum self
- How the body's energy changes during meditation, and its relationship to ki.
- How to use meditation to sense and locate inner psychological & emotional blockages
- How to process blockages that may arise during meditation practice
- How to integrate the body with a meditation practice – moving meditation work
- How to build a lifelong practice of meditation based on your unique needs

What will you gain from this workshop?

- Tangibly feel the difference in your body, mind, and emotions with regular meditation practice

- Gain confidence in your ability to build a relationship with your inner self
- Very clearly begin to feel the difference between the mind and consciousness
- Collect more meditation tools for your tool box – learn new methods
- Begin to learn the language your inner self uses to communicate with you
- Learn how to deepen your meditation mind
- Homework that you can do after the workshop to continue to strengthen your meditation experience
- How to use meditation to work through inner pain
- And so much more!

This level will also include lecture, Q & A, exercises and meditation practice. Please have ready a meditation notebook for instructions and notes as well as a meditation journal notebook for journaling your meditation experiences. Since we are on Zoom and practicing at home, please be sure to wear loose, comfortable clothing. We recommend that you have available a yoga mat or towel, meditation cushion, pillows, eye mask, and anything else to make you comfortable. You will be able to use a chair or floor for the meditation practices.

To register: https://www.solischool.org/registrationform-meditationforlife-October2026.html