

Ronald Holt

## 15 -Day Private Southwest Journey

*\* Includes hotel for the day before the SW Journey.*

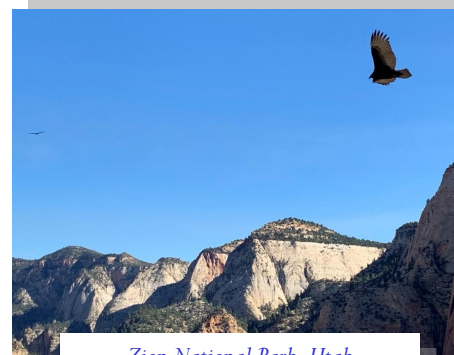
**with Ronald Holt**

**Begins Sept 2nd, - Ends Evening of Sept 17th, 2025**

Guests arrive to Phoenix on Sept 1st & fly out of Phoenix on Sept 18th

Cost: \$12,999.00 | Price based upon single occupancy.

*\*All 11 days accommodations, entrance fees and transportation included.*



Zion National Park, Utah

### Locations Visited on this Journey

Sedona | Grand Canyon | Antelope Canyon | Zion | Monument Valley |  
Chaco Canyon, NM | Bandelier | Jemez, NM | Mesa Verde

### Intention

My intention is to provide opportunities for natural healing, grounding and rebalancing via hiking and meditations within the surroundings of spectacular yet intimate geologic settings of exceptional beauty and visiting natural energy power spots. In the spirit of adventurous exploration, journey, hiking, meditation and peaceful quiet time - I wish to work with small groups of flexible open-minded and spiritually-oriented individuals within these majestic settings in nature to help facilitate reintegration with nature organically opening the opportunity for an organic, natural, & deep inner healing and rebalancing.

### Overview

This 15-day Private Southwest Journey and exploration consists of meditation-time, optional long hikes & short hikes (all hikes are optional) to ancient Native American archaeological sites as well as visiting and spending time in natural Earth vortex energy (power spots) situated amongst breathtaking geological monoliths. We will also hike in a flowing stream (depending on local conditions) and visit enchanting waterfalls. We will have many opportunities to admire a number of ancient cliff dwellings, petroglyphs, ancient pueblos as well as meditate at premium locations. This trip includes hiking to naturally occurring hot & warm-springs.

The advent of "moving the body" during the optional hiking events actually follows key Daoist Yogic principles for activating the body's 5-element energy meridians assisting greatly in releasing stored emotional & psychological blockages (naturally) and prepares the system for receiving pure organic vortex energies aiding the natural revitalization and rebalancing.

For the journey, we will drive and stay overnight in hotel/motels where we can take advantage of the many nearby Southwest sacred power spots and breathtaking geological sites.

### Vehicle Time

Some of these majestic geologic and ancient archaeological sites are spread at a distance apart necessitating some long drives. Most drives are 1-1/2 hours or less. Some drives are 2&1/2 hours long. The drive to and from Zion is about 1 & 1/2 hours. The final drive from Mesa Verde Colorado to Phoenix is about 8 hours which we will be stopping intermittently for food, shopping and possible sightseeing.



Antelope Canyon, AZ

### One of the Highlights of the Journey

Is our trip to Zion National Park. Leading up to this event, we will be gently transitioning from city-consciousness towards natural grounding, cleansing & reintegration with Mother-Earth and a closer and intimate connection to spirit-consciousness from the hikes, natural purging, meditations and integration times in between.

As we arrive at Zion, we will begin on the next day with a 2 & 1/2 mile hike to the summit called Scout's Lookout or Angels Landing (if permitting) or other available hikes as Zion has instated a Lottery System for Angel's Landing. Once at our hiking destination we will stop for lunch, meditation and/or free time at this or other breathtaking spots.

The following morning we will then explore and enjoy a river hike at the famous "Narrows Gorge" in the Virgin River (depending upon weather conditions) or hike "The Grotto." This will give us maximum advantage to not only exercise and take in nature, but to reintegrate with spirit and rebalance in deep and subtle ways which builds organically and stimulates natural psychological & emotional releases.



Angels Landing, Zion



*Grand Canyon Arizona*

**Cost: \$12,999.00 for participants**

### Price based upon single occupancy

Participants arriving by air, I will be picking up at the airport then transported to your overnight accommodations prior to the Journey, hotel is included. September is high season, so motel rooms are difficult to acquire and are also expensive. Cost includes all lodging, entrance fees, tour activities, and tour transportation once you arrive in Phoenix. Meals not included (however, some motels offer limited breakfast).

### Deposit & Holding a Reservation

**This trip is a “Go” status so you can make your airline purchases. I highly recommend when you purchase your airline ticket, to also acquire the Trip Insurance to cover any unexpected medical or other unforeseen emergencies should they arise.**

To hold a reserved spot, a deposit \$5500.00 is required. Final payment is due 30 days prior to start date of Sept 3rd (which is Monday August 4th 2025) to ensure motel reservations and logistic preparations for each participant.

**Payments**—A PayPal invoice will be e-mailed to you or payment can be made via check, Visa, MasterCard, wire transfer or American Express.

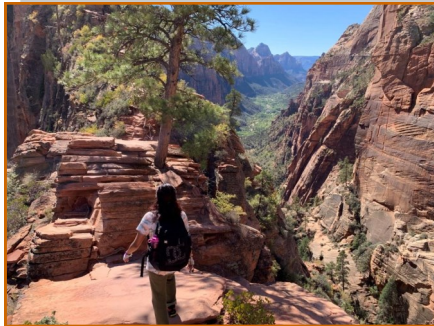
**For Checks** — Make payments out to “Seed of Life Institute” and mail to: Seed of Life Institute - PO Box 30973 Phoenix, Arizona 85046

**For PayPal** — Please inquire at: [ronaldholt@hotmail.com](mailto:ronaldholt@hotmail.com). An invoice will be sent with easy to follow instructions.

### Cancellations

Holding hotel reservations is done by credit card deposit, thus some monthly charges are accrued. This means a charge will be debited for each reservation. Cancellations made two months (60 days) in advance will receive an 95% refund. Cancellations made between 31 to 60 days will receive 90% refund.

**There are no refunds for cancellations made 30 days (or less) before the start date. If the tour is cancelled by us, a full refund of the deposit will be made.**



*The Chains, Angels Landing — Zion*



*The Narrows River Hike — Zion*



*San Antonio Hot Springs — Jemez, NM*



### About Ronald Holt

Ron completed his training at the master 500-hour level in Hatha Yoga in 2007. Prior to that he was certified as a Taoist yoga teacher in 2001 and excelled in Daoist hard training for 9 years. He was in charge of Flower of Life Research, a worldwide spiritual organization dedicated to Sacred Geometry, from 1997 to 2013 and excelled in the higher principles of Sacred Geometry. In the late 1970s, as a young man in his early 20s, he began his practice of meditation and a serious study of esoteric spirituality, studying under a teacher and ascended-master channel outside of Albuquerque. Ron has traveled extensively to sacred sites across the American southwest, Hawaii and the world. At power spots Ron frequented around the globe, he experienced deep sensitivity, reverence and com-

munications relating to nature and inner inspirations which taught him what he needed to know and how to communicate with nature and spirit, time and again. Ron has worked as a marine and field archaeologist for the prestigious Bishop Museum of Honolulu – with projects that took him to all of the Hawaiian Islands and the Marianas Islands (Rota, Guam, Saipan, and Tinian). In this work, he had the great opportunity to work with the Hawaiian medicine people called Kahunas, which furthered his education and practice of indigenous spirituality. Living in Arizona, Ron develops programs, and continues teaching his original workshops that uniquely combine meditation, Daoist principles, sacred geometry, and the wisdom of the Earth into profound experiential seminars that are life-changing for participants. With 30+ years of work in inner arts, he is able to combine his experience with his unique methods to work with opening the human heart. See website: <http://www.quantumnavigation.net/>



## Dates, Arrival and Departure

Please make arrangements to arrive in Phoenix on **Tuesday Sept. 2nd, 2025** and to depart Phoenix on **Thursday, Sept 18th 2025**. Your hotel is covered. Journey begins **Wednesday Sept 3rd at 8:00-8:30 am**, and ends the evening of **Wednesday, Sept 17th**. I will be picking you up at the Phoenix airport and dropping you off at your accommodation. For the departure, the Hotel will have a Airport Shuttle. As you arrive and check in, please go to the Concierge to schedule your pick up time.



*Desert Tower area, Grand Canyon*

## Varying Conditions and Activities

Weather conditions, driving times and driving conditions, hiking, sight-seeing and meditational activities - are all subject (at times) to unforeseeable and unexpected conditions or challenges. I will do my best to provide you with the opportunities to maximize your enjoyment of the natural beauty and sacred opportunities to deeply interact and engage these locations. On these adventures, we are invariably opening to what "nature" or Great Spirit aligns for us to encounter. Sometimes that includes unanticipated challenges which work to expose or balance out personal issues.

I invite your patience and trust for meeting unexpected challenges together with me (should any arise) in order to help foster the quickest and best resolutions in meeting the unknown and unexpected.

## Temperatures

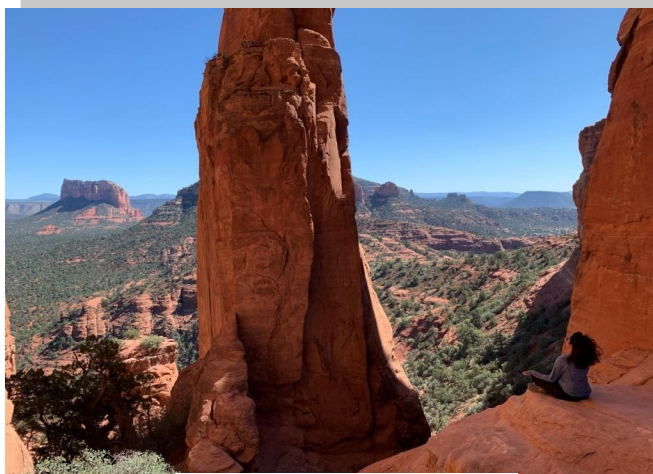
During the month of September, temps may range between 65F/18.3C and 105F/40.5C degrees during the day, and can fall dramatically lower at night to near freezing. Rain may spring up unpredictably and may infrequently arise as hail. Please bring a coat that will keep you warm at 50F/10C degree temperatures and preferably rain resistant.

## Shoes

**Hiking Shoes** - Comfortable and breathable for possible hot temps **with rugged but flexible rubber tread (not foam sole)**...as we will be climbing upon on rocks and boulders and foam soles offer no traction despite how rugged they look.

**Tennis Shoes** - or equivalent for light activity

**Sandals** – For Shower use / hot springs use / and to air out feet in car.



*Chamber of the Goddesses Cathedral Rock*

## Clothing

- **Hiking Pants** – To protect from trail brush, possible insects and cool temps.
- **Short Pants** - for possible higher temps
- **Swimming Attire** – For possible hot springs, pools, rivers and sweat lodge etc.
- **Hiking Socks**
- **Assortment of T-Shirts** – Long Sleeve and Short Sleeve
- **Windbreaker/** Rain Protection
- **Light Zip up Sweater**
- **Medium Duty** (34F/1C degree capable) & Rain Proof Coat for the cooler nights & sitting around any nighttime campfire.



*Monument Valley*

## Equipment

- **Hat** for sun shade/ **Rain Block**
- **Small Backpack / Waist Pack with Water-bottles**
- **Small Compact Umbrella**
- **Poncho**
- **Small Lightweight Camera**
- **iPhone** (or Similar) with ear phones for Meditation

## Misc. Items

- **Sun Block**
- **Chap Stick**
- **Dry Skin Lotion**
- **Personal Specialty Snacks**
- **Sunglasses**



*Please note that at Chaco Canyon there are no restaurants or food - so we have to order and bring in our own lunch & snack food ahead of arrival.*



*Pueblo Bonito, Chaco Canyon N.M.*

### Full Itinerary

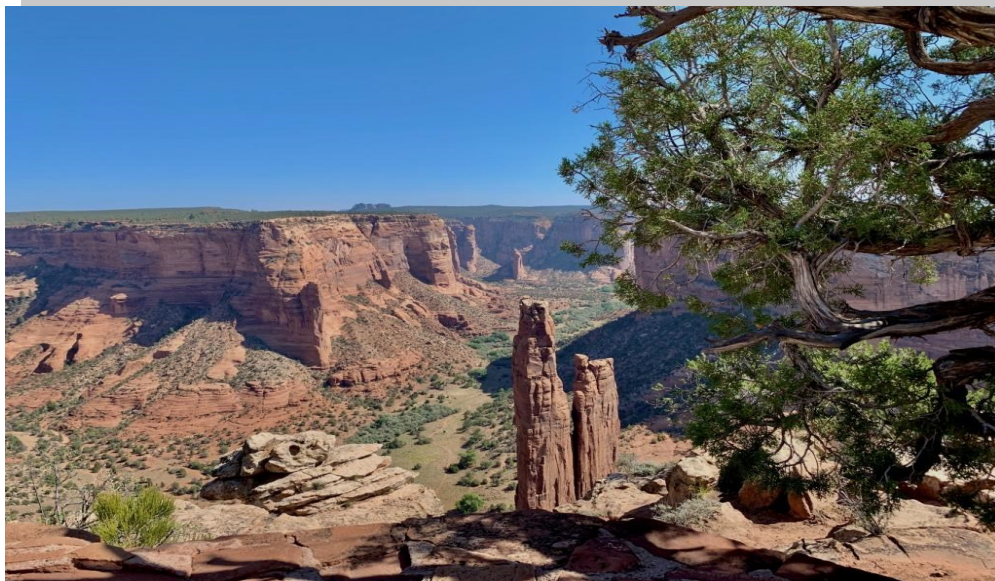
To receive the full itinerary or for more information, contact Ronald Holt at [ronaldholt@hotmail.com](mailto:ronaldholt@hotmail.com)

### Agreement

By registering for this journey, participants agree to take full responsibility for their safety, behavior, and experiences. Participants agree that they are fully responsible for interpreting and applying the information and techniques they receive and will not hold Seed of Life Institute, LLC, or Ronald Holt responsible or liable for events that may arise that are directly or indirectly related to the advice given, acts of God, or unexpected situations that may arise. Should participants have special needs, it is their responsibility to communicate their needs and either request assistance or take the necessary precautions to care for themselves.



*Zion National Monument, Utah*



*Canyon DeChelly, Arizona*