



Ronald Holt

## 14 -Day Southwest Power Spot Journey

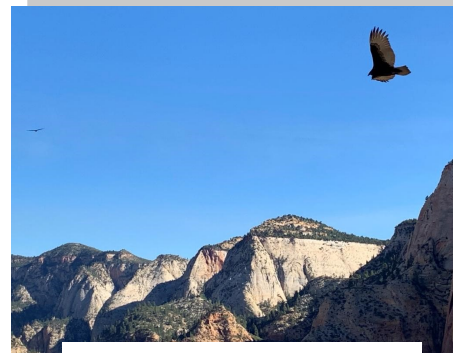
*\* This includes hotels for the day before and after the SW Journey  
with Ronald Holt*

**Begins Sept 11th, - Ends Evening of Sept 24th, 2023**

Guests arrive to Phoenix on Sept 10th & fly out of Phoenix on Sept 25th

Cost: \$5860.00 | Price set for single occupancy.

*\*All 16 days accommodations, entrance fees and transportation included.*



Zion National Park, Utah

### Locations Visited on this Journey

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

### 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 in natural energy power spots across the southwest. 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 natural settings to help facilitate reintegration with nature while stimulating a natural & deep inner healing, processing and rebalancing.

### Overview

This 14-day southwest journey is meant to be an organic “self-check” that can reveal negative habits, patterns, and thought processes. If allowed, it can reset the participant’s connection to their inner wisdom through yogic breath practices and spiritual discipline. It will give the participant an opportunity to observe their mind-body-spirit balance and make the changes necessary that can affect day-to-day life after the journey is completed. Using exploration, short and long vertical hikes, meditation time, and inner processing in settings of ancient Native American archaeological sites and natural Earth vortex power spots that are surrounded by breathtaking geological monoliths, each site is an opportunity to encounter one’s inner self. This is a once-in-a-lifetime opportunity to immerse oneself in an experience that can reveal countless treasures and opportunities.

Just as a pool filter needs cleaning in backwash and forward-wash modes for maintaining optimum clarity, so do our own mental, emotional, and spiritual filters. This purification in a natural environment is essential for peak maintenance, balance, and self-nurturing.

These vertical hikes and experiences inside flowing streams, waterfalls, hot springs, ancient cliff dwellings and pueblos, petroglyphs, along with being in the heart space of a traditional Navajo sweat lodge, will assist the participant not only in cleansing, but rebalancing to a state in which they can begin to allow the natural peace and silence within to arise and permeate daily consciousness. By moving the body (even beyond what one may think of as their limits) follows key Taoist principles for activating the body’s 5-element meridians, which assists greatly in releasing stored emotion and psychological blockage and baggage. This kind of work prepares the physical and energetic systems to receive pure organic vortex energy (Earth Chi) to aid in natural revitalization and rebalancing.



Antelope Canyon, AZ

### One of the Highlights of the Journey

Is our 3 nights stay in Zion National Park. Leading up to this event, we will be gently transitioning from city-consciousness towards natural grounding, cleansing & reintegration with Mother-Earth, our body and a closer and intimate connection to consciousness from the hikes, meditations and processing/integration times in between.

As we arrive at Zion, we will begin with a 2 mile round trip to the Canyon Overlook Trail. The next day we hike a vertical 2 & 1/2 miles to the Scout’s Lookout on the Angels Landing trail. 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



## Cost: \$5860.00 for fly-in participants Price based upon single occupancy

Participants arriving by air will be picked up at the airport then transported to your overnight accommodations prior to the Journey, hotel is included. - Participants **not needing** - fly-in/fly-out pick up, transportation and accommodations - can ask for a **modified price**.

Cost includes all lodging, entrance fees, tour activities, and tour transportation once you arrive in Phoenix. Meals not included (however, many motels offer limited breakfast).

## Deposit & Holding a Reservation

**Please wait to make your airline purchases until the journey is guaranteed to proceed. You will be notified in advance (by August 10th or earlier) if the trip is guaranteed to go.**

To hold a reserved spot, a deposit \$1500.00 is required. Final payment is due 30 days prior to start date of Sept 10th (which is Monday August 10th) to ensure motel reservations and logistic preparations for each participant.

**Payments** can be made via check, PayPal, Visa, MasterCard, 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

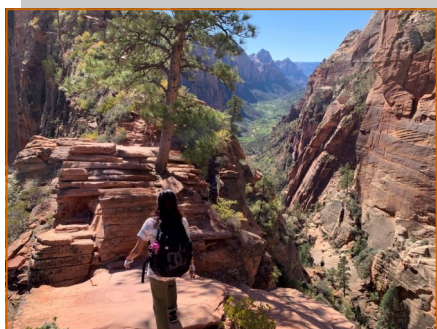
**For PayPal** – Please inquire at: [ronaldholt@hotmail.com](mailto:ronaldholt@hotmail.com). An invoice will be sent with easy to follow instructions.

To Register online: <http://www.solischool.org/regs-swjourney-Sept2023.html>

## 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 29 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 communications 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 Sunday Sept 10th, 2023 after 1:00pm and to depart Phoenix on Monday, Sept 25th 2023. Your hotel is covered. **Journey begins Monday Sept 11th at 8:30 am, and ends the evening of Sunday Sept 24th.** Ron will be picking you up at the Phoenix airport and dropping you off at your accommodation. At the conclusion of the journey on the evening of Sunday Sept 24th. Ron will drop you off at your accommodation in Phoenix or your vehicle.



*Desert Tower, Grand Canyon*

## Varying Conditions and Activities

Weather conditions, driving times (and conditions), hiking, sightseeing 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.

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

## Temperatures

During the month of Sept, temps may range between 60F/15.5C and 98F/36.6C degrees during the day, and 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.



*Cathedral Rock Vortex*



## 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.

## 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 Quantum Navigation Enterprises, 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*