

11-Day Southwest Power Spot Journey

Begins Sept 15th - Ends Evening of Sept 25th, 2018

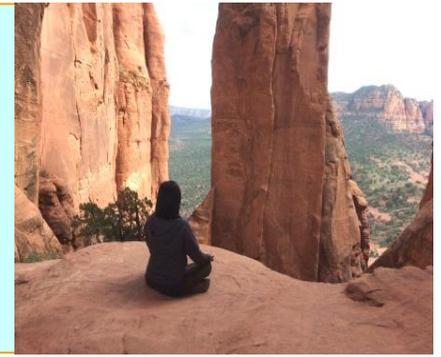
with Ronald Holt

Special Guests at Monument valley:

Navajo Medicine Men

Ira Deschene, Robert Hicks,

Jonah Castillo & Paul Clitso



Cathedral Rock, Sedona

Locations Visited on this Journey

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

Intention

Our intention is to provide opportunities for natural healing, grounding and rebalancing within the embrace of Mother Earth's spectacular yet intimate geologic settings of exceptional beauty while 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 natural settings to help facilitate reintegration with nature and deep inner healing and rebalancing.

Overview

This 11-day Southwest Journey and exploration consists of meditation-time, optional long hike & short hikes (all hikes are optional) to ancient Native American archaeological sites or natural power spots surrounded by breathtaking geological monoliths. We will have many opportunities to admire a number of ancient cliff dwellings, petroglyphs and ancient pueblos as well as meditate at premium locations.

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 which assists greatly in releasing stored emotional & psychological blockages (naturally) and prepares the system for receiving pure organic vortex energies aiding the natural revitalization and rebalancing.

On this entire 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 such as Sedona, Antelope Canyon, Zion, Monument Valley, Canyon DeChelly, Mesa Verde, Bandelier, Jemez NM, & Chaco Canyon.

Vehicle Time

Some of these majestic geologic and ancient archaeological sites are spread a distance apart necessitating some long drives. So there will be approximately two long drives (of about 4 hours each), which are unavoidable and necessary. Most drives are 2-1/2 hours or less.



Antelope Canyon

The Highlight Feature of the Journey

Is our trip to Navajo Reservation lands at the famous Monument Valley. As we arrive at Monument Valley, we will begin with a Navajo sweat lodge in the evening. The following morning we will then explore and enjoy Monument Valley's mystical lands with an expert guided tour. This will give us maximum advantage to visit many epic geologic sites while in the care of our Navajo medicine man & historian Ira Deschene who will be providing an in-depth guided tour with lectures on Navajo history & mythology, chants and prayers and more.





Whitehouse Ruins, Canyon DeChelly

Cost: \$2399.00 for fly-in participants
Price based upon double occupancy

Participant price listed above is for double occupancy. Those arriving by air need airport pickup, transport, and overnight accommodations prior to the Journey and at the conclusion of the Journey, which is all included. - **Participants not needing** - fly-in/fly-out pick up, transportation and accommodations can ask for a **modified price**. May begins high season, so motel rooms are difficult to acquire and are also expensive. If your needs require single occupancy, please contact me for arrangements as early as possible due to room rates skyrocketing and becoming increasingly more difficult to procure as we near the start date. 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

To hold a reserved spot, a deposit \$1500.00 is required. Final payment is due 30 days prior to start date (August 15th) to ensure motel reservations and preparations for each participant.

Please wait to make your airline purchases until the journey is guaranteed to proceed. You will be notified in advance (by August 15^h) if the trip is guaranteed to go.

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. An invoice will be sent with easy to follow instructions.

Cancellations

Holding hotel reservations is done by credit card deposit, thus 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 90% refund. Cancellations made between 31 to 60 days will receive 80% 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.

About the Navajo Medicine Men, Spiritual Advisors, Guides and Herbologist at Monument Valley

Attending us on our stay are several Navajo medicine men and family members. Between them they have in-depth knowledge and expertise in traditional Navajo herbology, dance, prayer, healing arts, Navajo cosmology and traditions. Ira Deschene is also a Navajo historian possessing deep knowledge on Navajo ancient creation stories and myths.



Navajo Medicine Man - Jonah Castillo



Navajo Medicine Man - Jeremy Crank



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 the power spots he frequented around the globe, Ron experienced sensitivity, reverence and communications correlating 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 also 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 new programs, and continues teaching his original workshops that uniquely combine meditation, martial arts principles, sacred geometry, and the wisdom of the Earth into profound experiential seminars that are life-changing for participants. With his 30+ years of work in power spots, he is able to combine his experience in archaeology with his unique methods to work with opening the human heart.

Dates, Arrival and Departure

Make arrangements to arrive in Phoenix on Friday Sept 14th, and to depart on Wednesday, Sept 26th. Journey begins Saturday Sept 15th at 8 am, and ends the evening of Tuesday Sept 25th. Ron will be picking you and dropping you off at your car, accommodation, or hotel.



Canyon DeChelly, Arizona

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 the unknown.

Temperatures

During the month of Sept, temps may range between 70F/21C and 100F/40C 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 55F/12C degree temperatures and preferably rain resistant.

Shoes

Hiking Shoes - Comfortable and warm for possible colder 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



Jemez Falls, New Mexico

As a participant on this journey many times, the following is a guide on what I recommend for you to bring with you for your comfort and ease during the trip.

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 the

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



Utah's Beautiful Zion National Park

On Sept 17th & 18th we will be enjoying the phenomenal sites, mountain hikes, river hike and power spots at Zion National Park. Nestled amongst couple thousand feet high bluffs, this site is a fantastic area to letting go of stress and naturally reacclimate to Mother Earth by touch, sense and feeling her majestic embrace as we take advantage of her many striking expressions of pure geologic beauty.



Angels Landing Peak (on the left), Zion National Park

Hike to Angels Landing

The hike to Angel's Landing is a strenuous hike with a steep incline of 1500 feet over 2.4 mile one way. But is worth every step as it opens views that are jaw dropping. It is an epic once in a lifetime must experience hike. The trail ends on top of a peak which is a natural power spot

Portions of the trail narrow and climbers must use the chain link handrail. This portion is not for the faint of heart but for confident and healthy hikers. Hike takes about 2-1 1/2 hours up ...depending on stamina.

Should you decide not to do this (or any other hike), other activities will be offered for exploration and adventure with group rendezvous times in order to maximize enjoyment for all.



Chain link handrail — Angels Landing, Zion

The Narrows River Hike

One of the most premier hikes in Zion National Park is "The Narrows" gorge hike. The ankle to waist deep waters of the Virgin River's Narrows gorge, is nestled between 1500 to 2000 foot bluffs leaving at times only 20 feet between walls makes this hike a stunning experience. Hikers generally explore 1-2 miles upstream before returning. Walking this gorge in the constant flow of water, draws all forms of stress out from the mind, emotions and body.



The Narrows Gorge, Zion

The Narrows River Walk Shoes

In order to protect the feet from long exposure to cool water and to assist cushioning from stubbing the toes on unforeseeable submerged rocks & boulders, it is recommended to purchase some scuba booties from your local sports or scuba store. Booties should be over ankle high to protect the bony parts of the ankles. (see photo below)





Pueblo Bonito, Chaco Canyon N.M.

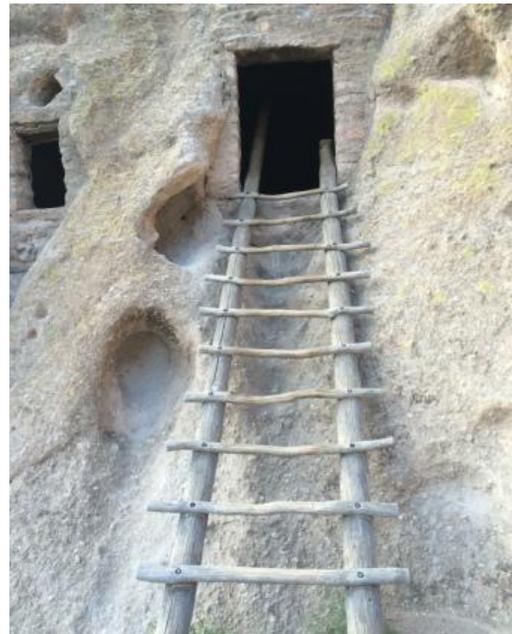
** At Chaco Canyon there are no restaurants/food - so we have to order and bring in food from Jemez Springs for Lunch.*

Full Itinerary

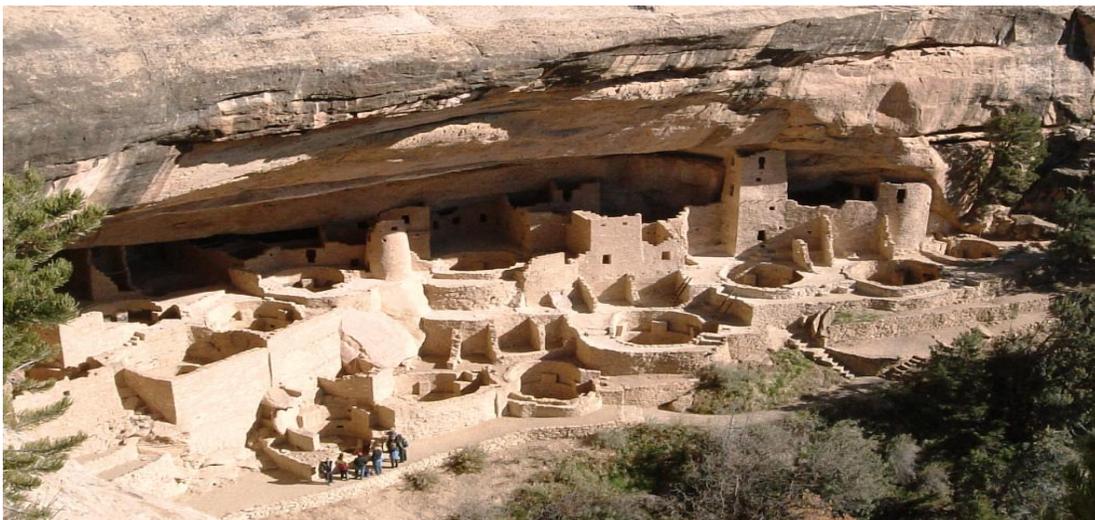
To receive the full itinerary or for more information, contact Ronald Holt at ronaldholt@hotmail.com

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, the SOLi School, 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 either request assistance or take the necessary precautions to care for themselves.



Bandelier Natl Monument, N.M.



Mesa Verde, Colorado