



Southwest Power Spot Journey

October 10-21, 2015 | with Ronald Holt
 Special Guest: Navajo Scholar & Medicine Man Jeremy Crank



Participants fly into Phoenix on Oct 10 and depart on Oct 21
 Cost: \$2500 | Price based upon double occupancy
 All accommodations, entrance fees and transportation included.

Locations Visited on this Journey

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



Intention

Our intention is to provide opportunities for natural healing within the close embrace of Mother Earth’s spectacular yet intimate geologic settings of exceptional beauty.

In the spirit of adventurous exploration, journey, hiking, meditation and occasional channeling, I wish to work with small groups of flexible open-minded and spiritually-oriented individuals in these majestic natural and organic settings helping to facilitate a profound inner healing and rebalancing.

Overview

This 10-day Southwest journey and exploration consists of meditation, short and long hikes (all hikes are optional) to ancient Native American archaeological sites or power spots surrounded by breathtaking giant natural geological monoliths where we will have many opportunities to admire a number of ancient cliff dwellings, petroglyphs and unexcavated ancient Pueblos.

This journey will also gift us with the hospitality of Navajo Medicine Man Jeremy Crank on reservation lands deep inside the magical and stunning Monument Valley.

On this entire journey, we will drive and stay overnight predominantly in hotel/motels where we can take advantage of the many Southwest sacred power spots and breathtaking geological sites such as Sedona, Grand Canyon, Antelope Canyon, Canyon DeChelly, Monument Valley and more.

After arriving and staying over night at Monument Valley’s View Hotel, we will begin the following day with exploring and enjoying Monument Valley Navajo lands. This will give us maximum advantage to visit many epic geologic sites while in the care of our Navajo Medicine man & historian who will be providing an in-depth guided tour and more.

There will be approximately two long drives which are unavoidable and necessary.

At Monument Valley - Our host, Medicine Man and guide Jeremy Crank will give lectures on Navajo history & mythology as we tour this magnificent geologic wonderland.





Cost: \$2500.00 – Price based upon double occupancy

Participant price listed above is for double occupancy. All of October is 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. No meals are included.

Deposit/Holding a Reservation

To hold a reserved spot, a deposit \$1500.00 is required. Final payment is due 30 days prior (September 10th) to ensure hotel/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 September 10th) if the trip is guaranteed to go or not.

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

Cancellations made two months (60 days) in advance will receive 100 percent refund. Cancellations made under 60 days and before 30 days will receive 70 percent refund. There are no refunds for cancellations made 30 days (or less) before the departure date.

About Navajo Guide Jeremy Crank

Jeremy Crank is a Navajo Medicine Man with in depth knowledge and expertise in herbology, dance, prayer, healing arts, Navajo cosmology and traditions which he has trained in throughout his life in Monument Valley where he resides. Jeremy is also a Navajo historian possessing deep knowledge on Navajo ancient creation stories and myths. Jeremy is Stanford educated and is completing a book on Navajo history and creation stories. He is also tour guide and a jeweler.



About Ronald Holt



Ron completed his masters 500 hour in Hatha Yoga in 2007. Prior to that he studied in Daoist Yoga from 1999 to present and also was in charge of Flower of Life Research a worldwide spiritual organization dedicated to Sacred Geometry from 1997 to 2013.

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 let nature and his inner inspirations teach him what he

needed to know for the future. 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.

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 -- inviting the reception of natural healing and inspiration that is available on location.



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.

Dates, Arrival and Departure

Make arrangements to arrive in Phoenix on Saturday October 10th /and to leave on Wednesday October 21st. Journey begins Sunday Oct 11th 8 am / and ends the evening of Tuesday Oct 20th

Temperatures

During October, temps may range between 60 and 85 degrees Fahrenheit during the day, and fall dramatically lower at night to near freezing. Rain may spring up unpredictably and may infrequently arise as hail.

Hiking

Most hikes will be very short. The longest hike will have us on a well kept inclined switchback trail of 6 & 1/2 miles one way trip in order to arrive at an amazing ancient Anasazi Pueblo as well as a nearby sacred stone circle with carved ancient stone mountain lions. The short hikes are stimulating and refreshing—about 2 and a half miles round trip and are not over taxing and severe. All hikes are optional.

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

Shoes

Hiking Shoes - Comfortable and warm for possible colder temps with flexible rubber tread ...as we will be climbing upon on rocks and boulders.

Tennis Shoes - or equivalent for light activity

Sandals – For Shower use / to air out feet in car

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, etc.
- Hiking Socks
- Assortment of T-Shirts – Long Sleeve and Short Sleeve
- Light Windbreaker/ Rain Protection
- Light Zip up Sweater
- Medium Duty Rain Proof Coat

Equipment

- Hat for sun shade/ Rain Block
- Small Backpack / Waist Pack with Water-bottles
- Small Compact Umbrella
- Poncho
- Small Lightweight Camera
- iPod or Similar for Meditational Moments with ear phones
- Sunglasses

Misc. Items

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

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.

Full Itinerary

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