



THE SEED OF LIFE WORKSHOP

LEVEL 1

• MIRI PIRI - Sborzani di Pigazzano

• Travo (PC) ITALY •

September, 18-24, 2010

YOUR FACILITATORS



A spiritual seeker most of his adult life, **Ronald Holt** has been a Flower of Life facilitator since 1993, at nearly the inception of the facilitator program. Ron worked primarily overseas and was the first to bring the Flower of Life workshops to Japan, Hong Kong, Thailand, South Africa, and Australia. He nurtured them as they grew in each country and touched hundreds of people worldwide. Many of our most powerful facilitators overseas were introduced to the Flower of Life through Ron's workshops. Before becoming involved with the Flower of Life,

Ron's diverse background included work as a marine and field archaeologist in Hawaii and Guam. His interests throughout his life have included martial arts, spiritual study, landscaping, travel, and much more. Those who know Ron see him as a man of few words who possesses a great humility and a high level of integrity.

In summer of 1996 Drunvalo Melchizedek appointed Ron as vice-president to the Board of Directors of Flower of Life Research. Since that time, Ron, together with his wife Lyssa Royal-Holt (Education Director for Flower of Life) have created several programs for Flower of Life graduates including the Seed of Life Levels 1 and 2 programs, and the new Remembering the Octahedron workshop. He has also brought teachings of the physical body into the FOL spiritual practices by introducing a 9,000 year old Korean practice of taoist yoga called Sundao, to assist in the integration of mind, body, and spirit within the FOL community. He is a certified instructor of Taoist yoga and has been trained at the 500-hour master level in Hatha yoga as well.

Ron lives in Phoenix with his wife Lyssa and oversees the FOL offices worldwide. He continues to write [articles](#) for this website among his many duties. He is committed to creating the Flower of Life organization to be one of lasting integrity that presents teachings to enrich the human experience and help us reawaken our memories and connection to the Divine Source of All.



Lyssa Royal Holt is most known in the FOL community as the education director for Flower of Life Research. She was the co-creator of the Seed of Life and Octahedral workshop programs and assists in the FOL facilitator training program. Lyssa is also a well known author of the books *The Prism of Lyra*, *Visitors from Within*, *Preparing for Contact*, and *Millennium*, published in many languages worldwide. She has been a trance channel and workshop leader since 1985 and has given seminars and sacred site tours for over 20 years across the globe from the USA to Japan, Europe, South Africa, Russia, and Australia. Lyssa is a certified instructor in Taoist Yoga and a

certified Hatha yoga teacher, trained at the 500-hour master level. For more information about Lyssa, please see her web site at www.lyssaroyal.com.