

# Raymond Q. Holmes

## B I O G R A P H Y

**Raymond Q. Holmes** is a very passionate, sincere, and dynamic facilitator. He's practiced meditation for over 36 years, led a distinguished military career for 12 years, while raising children, been a hospice volunteer, community activist, President of the Paralegal Alumni Association at the University of Maryland, University College and sat on their Paralegal Advisory Board for seven years. In 1995, he founded Quintessence Institute to teach the Art of Sehaj to the public. He's also the founder of the Academy of Inversion Scientists and ConsciousWorld University Online.

Raymond has a passion for meditation and an exceptional command of esoteric teachings that has shaped him into a remarkable and inspiring facilitator. Raymond's classes are truly mind-blowing and filled with extraordinary insights, keen observations, and practical guidance for daily life. He has led numerous workshops on meditation, masculine-feminine dynamics, inner child work, 12 Steps, and how to integrate a spiritual life with modern daily life.

His highly informative and energizing workshops, lectures, seminars, and meditation retreats have lifted and inspired audiences in Chicago, New York, Washington, DC, Colorado, Los Angeles, San Francisco, Atlanta, India, Germany, Switzerland, Panama, and South Africa.

Raymond is one of the first Western initiates of the acclaimed Poet Saint Sant Darshan Singh Ji Maharaj of New Delhi, India.

Raymond is currently an executive for the Federal government with over 30 years of Federal service. He's also a union executive board member for fair practices, employee wellness, and presents monthly Stress Mitigation Training Lunch and Learn sessions for employees at his agency. He and his wife make their home in Washington, DC.