

Contact at Mt. Fuji Series
Part 1: Navigating Dual Realities
by Lyssa Royal Holt - July 2013

Part I

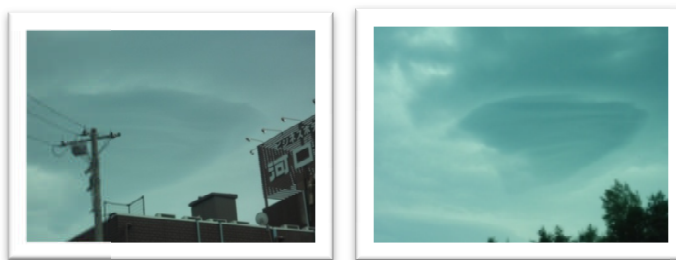
Every summer I am blessed with the opportunity to offer a contact retreat near Mt. Fuji, during which we experiment with various protocols to open ourselves to contact. I have a core group of students who often attend this retreat (as well as new participants every year) and each year it is a delightful surprise to find out what lessons are in store for us and what experiences unfold during the weekend. Of all the work I have been doing over the last almost 30 years as a channel and seminar leader, the contact work is the most rewarding because it brings us closer to our true essence as a universal consciousness.

In part two of the new edition of our book *Preparing for Contact* (published in 2011), we've discussed the acceleration of the contact program in recent years, most especially the contact work near Mt. Fuji in Japan. This acceleration includes the ability for individual participants to have clearer and stronger contact experiences as well as clear signs that atmospheric conditions are mirroring the contact experience directly. On top of this list is the personal training that I receive from the ET contact teams that helps me to be a more refined channel for their energy. During these retreats held all over the world, there certainly is never a dull moment!

The ego habitually denies and explains away anomalous experiences in order to keep its paradigm intact. However, during these contact experiences it is becoming more and more difficult to listen to these ego rationalizations with a straight face. The contact retreat at Mt. Fuji, Japan in July of 2013 is one such example. From the first moment we stepped on the bus from Tokyo and began traveling through the mountain passes toward Fuji, the telltale signs of contact began. They are becoming quite predictable! This article chronicles our experiences at Mt Fuji in 2013 from two points of view - my own, and that of my husband Ron, who has been working with me in contact work since 1994.

Approaching Mt. Fuji

As we got closer to the disembarkation point at Fujiyoshida, we noticed the eerie mothership-shaped cloud that hovered in the sky and never moved. We began photographing it from the bus. (Contrary to what some may think, the appearance of these kinds of clouds doesn't always happen in this area, and as you will see, was a constant presence during the retreat. Once the retreat ended, the clouds dissolved!)



*(1) Left: When we first noticed the cloud from the bus / Right: The same cloud from the hotel, about an hour later
Photos by Ronald and Lyssa Royal Holt*

Once we saw how the atmospheric environment was translating the ET energy already present for our contact retreat, we began taking photos. And that is when my husband Ron's camera promptly began malfunctioning! We just laughed about it - it is well known that electronic malfunctions are a common experience during contact retreats and field work. But it was already starting early! It started the moment we began photographing the huge mothership-shaped cloud.

Once we arrived at the hotel conference center where the retreat would be held, we noticed that Mt. Fuji's peak was nearly totally clear. The hotel staff said this just happened shortly before we arrived, as it was cloudy in the morning.

Pre-Workshop Energy Acceleration

Another common experience for contact retreats is that the energy noticeably accelerates the day before the workshop starts, when we arrive at the venue. The symptoms of this are varied but include a very intense spaciness, electronic malfunctions, buzzing sensations, crushing fatigue, telepathic contact, atmospheric phenomena, contact-themed dreams, and a "sugar high," to name a few. Many of these symptoms were present this time and we knew it would be a memorable weekend.

If we are going to a new location, we spend the day before the event walking the grounds of the venue looking for power spots or quiet places where we can do outdoor meditation and day time contact work. If we are in an entirely new city, we have to find the site for outdoor field work as well. But because we were in the same general area that hosts the retreat every year, we already had our field work site chosen - a powerful and secluded site with a huge grass lawn and a towering view of Mt. Fuji.

Our preparations on this afternoon included a walk to Sengen Jinja Shinto Shrine. This is an extremely significant shrine which is the beginning point for pilgrims who climb Mt. Fuji. The shrine is devoted to the goddess of Mt. Fuji, Konohanasakuya Hime. It is customary to honor her and ask her permission for any sacred work that we may do in the area. After purifying ourselves, our small group went to various spots on the shrine grounds to say prayers and ask for Her blessing for the retreat and most especially for the contact work on Saturday night.



*(2) Left: Sengen Jinja Main Shrine / Right: The final stop before a Mt. Fuji pilgrimage
Photos by Lyssa Royal Holt*

Once we returned to the hotel, it became apparent that atmospheric conditions had begun directly mirroring our call for celestial beings to be a part of our weekend. (I say "celestial beings" because this kind of work goes far beyond just extraterrestrials. There are many realms of consciousness beyond those that are incarnated into physical bodies. Contact work includes *all* of these realms of consciousness, which is one reason why those seeking only to see physical UFOs are sometimes disappointed. One has to go deeply within in order to perceive what is truly "out there." What a frustrating paradox for many!)

Clouds began to gather at Fuji's peak in that familiar lenticular cloud formation that some people call a "UFO". My contacts have often told me that they aren't space ships per se, but that atmospheric conditions often translate interdimensional energy present at a site. The result? UFO-shaped clouds that stand still as other clouds float by.



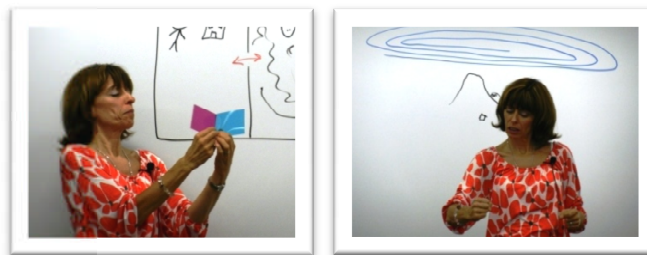
(3) After a visit to the shrine - the lenticular clouds begin growing over Fuji-san
Photo by Lyssa Royal Holt

The next morning those lenticular clouds over Fuji got heavier and more dense. The group of about 25 students arrived at around noon and we began the workshop at 1:30pm. We could still definitely feel the acceleration and intensification of the energy and it was apparent by watching the state of the group, because they began to display the telltale signs: spaciness, "sugar high," energy headaches, and a sense of overwhelm at the accelerated energy sensations they were feeling. Jackpot! From all those signs, it seemed that it would be a powerful experience indeed.

Lessons of the Weekend

As the workshop began, I channeled Sasha, the Pleiadian contact I have worked with for more than 25 years. As she often does, she began to discuss what her nonhuman contact team would be focusing on for the weekend. Whenever we do a contact retreat such as this, the nonhuman ET contact team connects with the human contact team (our group) and leads them through various lessons pertaining to contact and the expansion of perception. For this weekend, Sasha was focused on a concept she had been discussing in Tokyo the previous month - the "overlapping" of realities between the human one and the ET one and how we as a contact team must learn to perceive in the overlapped area between realities. She said that she would be giving us lessons during the weekend to help us expand our perceptions so we could operate more comfortably and for longer periods of time in the overlapped reality, which would aid us in contact work.

She also began to discuss what her ET team was doing on their end. Sometimes in order to express concepts that go beyond human understanding, she uses metaphor. In this case, she discussed how the ET team was working with the energies around Fuji (which included the contact site) in a way that resembled "slowly stirring a creamy soup" (i.e. creating a spiral vortex) in order to integrate the energies and create a strong energetic template for contact. Here are some photos of Sasha channeling through me, with drawings she made in the background.



(4) Left: Sasha discussing the 'overlapping' of realities / Right: Sasha talking about the vortex energy forming over Fuji for contact
Photos by Ronald Holt

The material she channeled was fascinating, and already the group could feel the energetic acceleration. But what we didn't yet know was that the clouds around Fuji began to mimic what she had just told the group. During a break, at sunset before we left for the contact site, one student took the photo below, which clearly shows a vortex of energy forming around Fuji. If you look closely, it literally looks as if there is a funnel of energy coming from the sky through a vortical cone leading into Fuji. Sasha later said that yes, this was indeed a manifestation of the work the ET contact team was doing on their end.



(5) Left: The vortex builds over Fuji, just as Sasha discussed, right before our outdoor contact work. This photo was taken from our location, on the Yamanashi (north) side of Mt. Fuji. Photo by Y. Kunitomo
 Right: Unbeknownst to us, a student of mine was on the bullet train on the Shizuoka (south) side of Mt. Fuji, and took a photo during the same afternoon. Note the mothership-shaped cloud in upper right corner.
 Photo by K. Furusawa

We took a break for dinner and the energy was high with anticipation. For some, this was their first experience of contact work and they didn't know what to expect. For the many repeating students, they couldn't wait to see what would happen this year. Around 7:30pm we boarded the bus and took the short ride to the contact site. As usual, we set up large plastic tarps and got ready for rain, even though there were no rain clouds in sight. After the group settled in, we began the session.

Some Background Information

In the early 1990s I served as a working group coordinator for CSETI (Center for the Study of Extraterrestrial Intelligence, founded by Dr. Steven Greer MD) in the state of Arizona and was a very close friend of Shari Adamiak, Dr. Greer's close associate. During that time, I learned many protocols used by CSETI and Dr. Greer. However after decades of channeling Sasha and doing fieldwork, we have adapted CSETI protocols for our use and we also utilize original protocols given to us by Sasha as well. We have access to this "toolbox" each time we go out in the field. Which tools we use depends upon Sasha and how she guides me uniquely for each event. Over the years our protocols have begun to focus more on internal contact experiences rather than external ones primarily, though we still have our share of external CE-5s (close encounters of the 5th kind) that include responses to our light signaling, strange lights/vehicles, atmospheric phenomena, entity manifestation, and more. I have chronicled some of our protocol evolution in the new edition (2011) of the book *Preparing for Contact*.

We also focus very little on obtaining "proof" and rarely use still or video cameras during field work. For us, we have moved beyond the issue of documenting evidence (that can easily be "disproven" by anyone these days anyway). Plus, there are plenty of organizations (like CSETI) who are doing that fine work. Our focus is on the issue of building relationships with our star friends and expanding our consciousness in ways that offer a new paradigm of perception about ourselves and the universe around us. This focus allows us to be fully in the moment of the experience and open to the lessons of the fieldwork on any given night -- for each night of field work provides Sasha with a chance to offer lessons in the fine art of opening to contact.

The Field Work

As stated above, the theme of this weekend retreat was the merging of two realities and the new perceptual abilities that must arise as we learn to navigate in a merged reality that combines the human and nonhuman realms. As we settled ourselves in the field on this night, I had no idea that I was about to receive a major lesson in the merging of realities.

As we began the session, Sasha and I led a guided meditation that helps the experiencer move to "universal mind" - a state of consciousness beyond the individualized ego construct and to a state of consciousness that can act as a common ground upon which all life may meet. As the group relaxed into their experience and began exploring their contacts, I was given instructions for my own training that night.

Lately, this has been happening during field work. Not only is the group being trained, but so am I. I resisted at first, thinking that I was imagining the amazing and bizarre experiences happening to me during contact work. But finally I realized that I should no longer resist. It was only my ego that was threatened. I've devoted a good portion of my life to this work, so why should I resist? Once I surrendered and explored my own "contact training," I began to move even more deeply into the contact experiences that I had rejected because I had judged them to be too bizarre.

So on this night, in a field below the towering slopes of Mt. Fuji, I received a telepathic message. It said, "There is a being here in this field who is here to train you. *Find him.*"

I knew what this meant. It meant that I was being asked to stretch my perceptual abilities and learn to recognize the presence of various beings by frequency alone. I am not a "seer" so I don't see beings per se. I receive telepathic input and/or "feel" presences. After I received this message, I was also sent an image of the being - a very tall, thin being in flowing robes who I recognized as a "Sirian." Whether that is his true form doesn't matter. I know it was sent to me as a "frequency marker" so that I would know "who" the being is, using my own system of frequency recognition.

In a natural, intuitive way, I scanned the field and found the being. I actually saw him with my physical eyes for a fraction of a second, but then the navigation seemed more to be the way a blind person would navigate. I was then told, "Walk toward him and meet him."

"Whoa! This is weird!" my ego yelled. But I am trained enough to learn to recognize ego resistance and follow what I know in my gut anyway. So I leaned over to my interpreter Saya and my husband Ron and told them, "I have to go meet someone." Then, off I went.

I walked slowly, heading toward the spot in the field where I had detected the being. After about 25 meters, I felt I needed to stop. I knew I had entered that "overlapped space" that Sasha had discussed hours before. The energy field was viscous and thick, and I could no longer "see" intuitively as I usually do. I really did become "blind" in a way. So I just continued my actions in a raw, intuitive way. During the time I spent in this space I lost track of time. I barely remember what happened, except that at one point I had one hand on my heart and one raised with the palm facing the being. Then, time stood still.

I don't know how much time passed, but I turned and looked back at the group. I was startled to notice that Saya (my interpreter) had followed me and was standing halfway between me and the group. It filled my heart with joy that she followed me into the unknown. We later had a good laugh about it. I asked her, "Why did you follow me?" And she said that I might need interpretation. I said, "With who? A Sirian? Do you speak Sirian?" It was such a cute moment of "contact camaraderie!"

At that point it felt as if my meeting was over (for now). I said goodbye to the being and walked back to the group. Both Saya and Ron told me that they were stunned to see me dematerialize and materialize back a few times as I entered that overlapped zone between realities. They said that sometimes they only saw my head, or my hands, and that I was phasing in and out. They questioned their eyesight, even though Saya was closer to me than the rest of the group and should have been able to see me clearly. I found out later that at least four others who were watching me had the same experience. It makes sense! If Sasha was indeed working with the group to train them in perceiving into overlapped realities as she said at the beginning of the workshop, then of course she was also training the group to see me as I entered that overlapped state. I have found time and again that the circumstances we encounter during contact work totally match the lessons that she is imparting to us. This was no exception.

As I returned to the group, I began to channel Sasha again. She introduced the being that I met in the field, calling him "Hamón." She said he was a high ambassador that we would label as being from Sirius, who is well known for his contact trainings in the galactic family. He comes only to teams who are ready to make a shift to a new level of contact work. Receiving names is always challenging. My ego resists it and doubts the clarity of the reception. And often, these beings don't have names in the same way that we do. But the name was loud and clear. Later we laughed about a consistent joke regarding Sirians that I have channeled - they all seem to have names that mean a type of food in Spanish! ☺

It was only later, after I returned to Tokyo, that I "coincidentally" opened an English-language magazine with the caption, "Hints to Appreciate the Japanese Sword" and the subheading, "Hamon." I got goose bumps. Apparently, the term "hamon" in Japanese means a form of tempering for the blade of a sword that removes impurities. It is a similar idea to the role that Hamón's energy played for our group - to "temper us" by increasing the frequency of the group little by little, which always serves to purify energy. The coincidence was too great to ignore.

After Sasha gave a message to the group, she stated that Hamón wished to speak, but because of the intensity of his energy, I could only hold the frequency for a short time. In order to share the short message he gave, it is taken directly from the recording because I simply do not remember, which is typical for what I channel, especially during contact work. His short message is below:

My children. It is a great honor to be in your presence. We call you our children because, of course, we are connected by blood. But we are connected by heart. My race has watched you grow from infancy to being on the brink of adulthood as a species. We have watched your pain. We have watched your joy. And we have always, in whatever way could, protected you. There is a time when all parents must let their children go. Though that day will come for us at some point, we never let you go in our hearts.

I come this night for many reasons. One: To help train you in your perception of between-the-worlds. Maybe you feel us. Another: We come to honor the work that you do. Each of you, in your own way, are serving your dear Mother Earth. When you come together in groups like this, you honor Her and you honor your forefathers from the stars.

We longingly await the time when we can truly, openly embrace. For now, before I depart, with your permission, I place my hand on your heart. If you accept it, then we are forever bound by love, by intention. By our common wish for all consciousness.

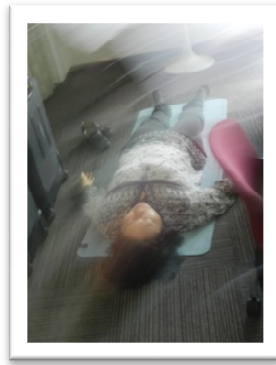
Though I will now depart the channel, I will be with your group more in silence. Your sensei Sasha will be back momentarily. Please embrace us as we embrace you. Hak-tao ... which means, "We are One." [He departs.]

His presence moved the group deeply. I could hear several people crying softly. A quiet, contemplative energy moved over the field as the human team spent more time in silence, exploring their contact experiences. Shortly thereafter, we returned to the hotel for the night.

Post-Contact

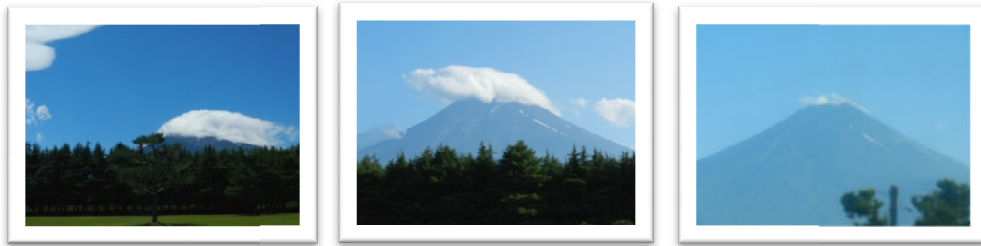
The next day our group met again for the final day of the workshop. As usual, the intense build-up of energy from the previous day had been dissipated through our contact work. The group was now more balanced, peaceful, with that slight "contact hangover" that I've seen in groups. We took an opportunity to debrief and share the experiences from the previous night. (Some of the group members actually went back to the site after the official field work was over, and they stayed until quite late). I am always amazed by what the groups share. The experiences were varied, but there are always overlaps of experience in which people experience the same or similar things. This is a favorite part of the workshop for many, because the stories are inspiring and profound. I can always see the changes in people's eyes. One man who came from the UK had his first ever contact experience and said it profoundly changed him. These anecdotal comments, in addition to the clear changes I see in people from contact work, have convinced me over the years that something very *real* happens, even if we don't understand the full scope and ramifications of the experience.

As I often do during a retreat, I led a yoga nidra meditation and contact experience to help the group deeply integrate their experiences and set the stage for future ones. Yoga nidra is a form of deep relaxation through a guided process that accesses deep levels within the consciousness and can be a great tool in contact work. It is a great way to balance the energy of students and rejuvenate them after the intense energy they have been exposed to in contact work. During this exercise, Hamón made one more appearance to at least one group member, causing her to be profoundly moved and cry during the experience. Coincidentally, Ron photographed her at the perfect timing during the exercise, not knowing that she was connecting with Hamón in that moment. The photo shows a distortion of energy all around her as she made this connection with Hamón.



(6) Student during meditation exercise, once again connecting with Hamón's energy
Photo by Ronald Holt

On a final note, Sasha had said that once the work was done for the weekend and the retreat was finished, they (the ET contact team) would depart, and atmospheric conditions would clear around Fuji. So of course I waited and watched, wondering if what she said would indeed happen. Sure enough, as Sunday progressed the clouds moved away and when the workshop ended, Mt. Fuji became clear and all of the lenticular cloud formations had disappeared.



(7) Left: Sunday Morning / Center: Lunch time Sunday / Right: End of the workshop in late afternoon
Photos by Ronald Holt

Even after doing this work since the late 1980s, I still marvel at the depth of what I learn - not only about our ET and interdimensional brothers and sisters, but about the human consciousness and the human heart. Despite how our planet may look to observers today, I have great faith in the future of our species to eventually build peaceful, meaningful and fruitful relationships with other life forms. But the first steps are taken by us - not our governments or military, but by the grassroots efforts of small pockets of contact groups around the world. We are forging a path, and through this work, we are also "tempering" ourselves and our consciousness, releasing our "impurities" (including fear) like the blade of a sword being forged. This helps to create an energy template for the future. Whether disclosure or open contact happens in our lifetime or not, the hundreds (or perhaps thousands) of people worldwide who do this work are shaping the future of our interplanetary relations for generations to come. It is my greatest wish that we never underestimate the impact of this work, and seek to continue to explore and evolve it, even amidst fear, derision, and close-mindedness. To those of you committed to this work, thank you for your service! ✧

Part 2

Fuji Contact Experience: The Goddess of Mt. Fuji

by Ronald Holt
July 2013

This was an interesting and strange contact experience for me, one that proved to be quite different.

Usually in the field doing contact work, I have my eyes closed and I am working with the integrative energy, which is that state of centeredness. I ride it (so to speak) deeper and deeper into the contact medium, through states such as surrender, emotional nakedness, vulnerability and deep sensitivity all the while scanning the skies and the surrounding area for various ETs and/or UFOs open to potential contact.

It was interesting to me that Sasha, in her lecture during the day, seemed to be presenting the concept of the *contact medium* using yet another angle of perception. This one highlighted the overlapping of two consciousness frequencies that enables the third consciousness frequency (an integration of the previous two) to arise. Through this lecture, Sasha was subtly pointing out something new that could potentially happen on this night.

However, on this night I was not seeing or sensing any beings or ships. This was quite a different experience for me, because the contact protocols usually open me to the typical kinds of contact. Instead, I found myself (with my eyes closed) concentrating my focus strangely enough upon Mt. Fuji herself.

After about 10 minutes of observing Fuji intensely, I saw the mountain suddenly and noticeably move.

As Fuji moved, the mountain turned completely snow white. It morphed into what appeared to be a woman with long black hair, wearing a pure white kimono. She had exaggerated square-shaped sleeves, just like it is drawn on the white board behind me in this photo below.



*(8) Ron discussing his experience with the group
Photo by S. Sasaki*

In a moment, this giant female gracefully moved over and engulfed our group, dwarfing us by her presence. Her presence contained a powerful sense of absolute peace and tranquility, and it seemed that she embraced and held each of us within this radiance emanating from her heart.

She was silent, all the while steadying each of our inner beings. She seeded our chests with her radiance, as she brought her hands together in front of her heart.

Simultaneously as her palms came together, her heart illuminated into a bright light, and then subsided into what appeared to be an emptying process that revealed the night sky and all of its stars where the light of her heart just was. Now the night sky seemed to be spreading all across her chest as if her chest was disappearing and transforming into the night sky.

As this occurred in her, an overwhelming sensation of the exact duplication seemed to be occurring in my own chest that duplicated what I saw. It also spread significantly to the back of the chest as well.

I watched as this Goddess seemed to be seeding the very same thing in each member of the contact group's own hearts, then she spoke softly and deliberately stating:

"As you empty yourself of all distractions, you clarify and pin-pointedly highlight all of what you truly are within the heart of all things throughout all creation."

Then this Great Goddess moved her hands further apart from in front of her heart and exposed the entire galaxy as if it resided within her chest. I felt as if my mouth was hitting the floor in response to the incredulity of what was actively occurring simultaneously within my own chest.

Once again she opened her palms wider and her chest and heart grew to expose the entire universe and once again I found myself responding to the incredible moment. What was happening in her chest was also happening in the chests of the group members! Then, she softly stated:

"This is how you and I, and every one of us, as well as ALL of creation are inextricably linked and inexorably equal."

My overall impression was that the goddess was actually demonstrating an additional form of true contact, one that is so holistically grounded and disseminated, that it equals the complete spectrum of universal diversification.

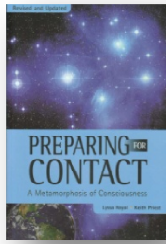
I understood this being to be the Goddess of Mt. Fuji, well known as Konohanasakuya-Hime. [Note: As Lyssa wrote above, we had earlier visited her shrine and asked her permission and blessing for our work.] This goddess seemed to demonstrate the amplifying and expansive effect of consciously including the various nonhuman kingdoms in our contact work, as we often do. This type of contact work includes all elements of creation possible such as the animal, plant, gas, mineral, insect, devic, human, ET, planet, star and such. It aids us in embodying the very contact medium itself. It then anchors that consciousness perspective while expanding it through a process of unending implosions of the heart - into galaxy, then universe, and all of creation - reflecting our true nature of being One back to us. It gives us a tangible way to observe and feel the connection inherent within all things. This process reveals to us our true, essential nature.

Just as the goddess stated, *"As you empty yourself of all distractions, you clarify and pin-pointedly highlight all of what you truly are within the heart of all things throughout all creation."*

As our attention observes this, it refines and amplifies it -- thus dropping out the impurities of our distractions.

This contact experience, when weighed with the experience of the Sirian ambassador, seems to highlight a common theme, though it was presented in a feminine way from Konohanasakuya-Hime and a masculine one from Hamón. Ironically, the name of the Sirian ambassador, Hamón, in the Japanese language equates to the refining process of sword-making, where impurities are hammered out. This increases the integrity and strength of the character of the sword.

Once the impurities are hammered out, our ability to see creation through the eyes of nonduality reveals our true place in the universe - as one with all creation, no matter the species or type of consciousness. We are truly connected with all things. Contact work, when done with an open heart and nonpolarized consciousness, eventually reveals this truth -- often in profound and unexpected ways. ✧



For more information about our work, see the web sites www.lyssaroyal.com (for specific information about Lyssa) and www.solischool.org. We also recommend Lyssa's book *Preparing for Contact* (2nd Edition), which is available through Amazon.com or Light Technology Publishing. We offer contact retreats in various locations every year, so please check our web site schedule for further information.