

The Inner and the Outer

Contact Report – September 28-30, 2018
Southern Arizona Retreat
by Lyssa Royal Holt



(L) The closing circle, Day 3. (R) Setting up our contact site, Day 1

It has been three days since we've returned home from the annual Arizona contact retreat. This report is of my observations and experiences. Personal experiences of the group are too varied and numerous to share and cannot all be mentioned here, so my personal account will try to summarize the basic themes and experiences on a group level. However, I am sure I am leaving out a lot!

This year, the "contact hangover" was intense, which is often an indication of the profound energy present during contact work. The term "contact hangover" was coined by Sasha in the 1990s and refers to the aftereffects of being exposed to intense contact energy. Symptoms include lethargy, mental fogginess, sleepiness, emotional release, and detox symptoms. If we consider that our group was immersed in the contact energy for three (or more) days, these symptoms can be seen as a natural "decompression" that happens once we leave the group collective and the contact energies.

Our group this year numbered 23 including myself, with participants from Arizona, California, Washington, New Mexico, Michigan, New York, Connecticut, Massachusetts, and as far away as France. The majority were repeaters, and a few intrepid new members attended who had no idea what to expect.

Day 1 – Friday, September 28, 2018



Class lecture with Lyssa & Sasha

This event was held at a converted cattle ranch in southern Arizona, an area known for its unexplained activity and UFO sightings for generations. This was our first year using this site. We had heard a lot of stories about ET activity in this area, and were not disappointed.

The event began at 3pm with introductions and logistics, followed by what we call a “pre-contact” meditation to unify the group energy and begin connecting to the contact energy already enveloping the retreat center. At this point, most group members hadn’t slept well the night before, which is often a symptom of contact work. During these retreats, sleep is often absent because of the high level of energy present. It also seems that the lack of sleep helps to facilitate the process of surrendering to less ego resistance because of the fatigue. The contact work continues during the group’s pseudo-sleep states as well, so participants often feel disoriented from lack of sleep as well as the influx of quantum energy from the contact work.

After dinner, we began setting up the contact site. The official work began around 8:00pm. A breathtaking three-quarter orange moon rose over the horizon and the sky was clear. Thus, the work was done most of the night with moon shadows within our circle, as well as the sounds of owls, crickets, and coyotes. We began with a sage ceremony, mantras, and group harmony work.

The theme of this weekend was “The Inner and the Outer,” meaning that contact can take place in both the inner and the outer worlds and often there is a reflective process in which both kinds of contact are displayed. This certainly played out for me personally. When we focus only in the outer world (for example, only looking for UFOs in the sky and not engaging the internal process), the contact experience is incomplete. But when we look inward, and allow the external world to “translate” the inner contact in a sense, the whole contact experience gains a depth and profundity that cannot be put into words.

Many of you know about the phenomenal photo of an ET being standing next to me that was taken in Japan in July of 2017. We have called this being “Hybrid-7” because he appeared right after I channeled a being that gave himself that name. The photo is included below. (I am wearing a pink shirt with my shoulder to the camera. The being appears to be looking up at me. When zoomed, I am somewhat transparent and the being’s face can be clearly seen. The photo was taken on an Android phone).

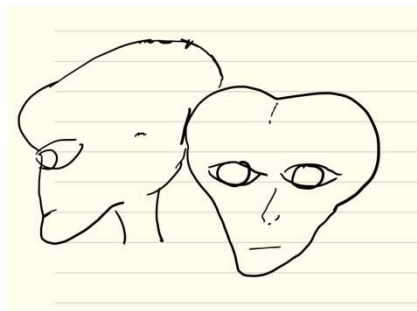


*Photo by Yoichi Takemura
Yamanashi, Japan 2017*

On this first night of contact work in Arizona in 2018, my channeled contact Sasha led a contact exercise and then allowed the group to have quiet time in which to explore the contact experience. I rarely allow myself to open to the contact experience when I am leading a group because of the feeling that I need to pay attention to the group and not to my own experience. Over the decades, I am learning that it is important that I do *both* – stay connected to the group but also allow my own experience to unfold. It is in these quiet moments that I receive the most profound contact training.

As the group began to have their own individual experiences, I turned with my back to the group, facing east and the rising moon. My eyes were closed. I began feeling a bit disoriented. Suddenly, the telepathic image of an ET being appeared abruptly in my inner vision. I had learned during early CE-5 training to push away images and trust that if they are “true,” they will return again. Sure enough, I pushed the image away but it came back even stronger. Then, I paid attention.

This being was standing nearly on top of me. He had a huge, bulbous head (which isn’t very unusual), but the head was different from the Zeta-type beings that usually appear in contact work. Viewed from the front, the frontal lobes of this being seemed huge. (Later, I was able to see a side view, and his head was elongated). He was bending forward to touch his head to mine. I clearly received the request to also bend my neck so that our crowns could touch, which is physically awkward. As I did, we touched somewhere between the pineal/third eye area and the crown. My crown started buzzing. Later, with my childlike drawing skills, I drew him the best I could on my iPad. This image isn’t as dramatic and detailed as what I actually saw.



I kept thinking, “What species is this?” I had never seen him before, and could see his face/head pretty clearly (though I didn’t see his eyes very well). The exchange we had seemed so intimate.

Later, sitting in silence while the group was doing inner work, I was still feeling his presence and wondering who he was. Then, as often happens, I was downloaded the complete information. (It is like receiving a package that I then unpack, and the information unfolds in my awareness). I believe Sasha sent me the info. She basically said, “The theme of this retreat is the Inner and the Outer. You already had an *outer* experience in 2017 when the photo of Hybrid-7 was captured on camera. Now, you are having an *inner* experience of a direct contact with Hybrid-7. The Outer and the Inner experiences have become one through integration.”

That explanation landed in my consciousness with a big, “Duh!” (For foreign readers, that word is slang for when one receives a very obvious piece of information that was overlooked.) Upon receiving the full realization, my body became boiling hot as I could still feel the reality of Hybrid-7’s presence. His contact was almost literally “in-your-face”, as it was so intimate. I felt tremendous gratitude and humility for the efforts these beings are making in order to train us to integrate our inner and outer worlds so that a common ground can be created upon which full contact can take place.

The events this night were very inwardly-focused for the group. The next morning, the group spent over an hour sharing their experiences. There were many synchronicities in what was experienced. As is often the case, participants don’t share because they think they imagined their experiences, only to hear that others had the same one too.

One such case is that of a good friend who attended, massage therapist James. While we have been friends

for almost two decades, this is only his 2nd retreat with us and all of this is still a bit new. While sharing, he mentioned in passing that he saw an odd being who was working with him – a mantis-type being wearing something that looked like a white doctor’s coat. He dismissed it as perhaps being made up in his mind.

However, another participant who had attended other contact retreats at this location (with other facilitators), encouraged him to talk about what he had seen. She then later told us that a very distinct photo was taken at the same contact site a few years ago during a retreat she attended with another facilitator. The being that appeared in the photo was mantis-like, wearing a distinct white coat or jacket.

We later found this photo online, included below, and made the comparison. It sure looked like the being that contacted James! It is unclear who the photographer was, but we list the web page credit and trust that including it in this report is allowed with the web site credit.



Photo of “Dr Mantis” taken in at the same site, May 2017 by Deb Warren (?) and published on www.ocseti.org.

This is but one of the synchronicities that happened on this night. So many others happened, including the appearance of tall beings standing around the circle (identified as Arcturian), lots of Mantis beings, blue beings, and assorted other characters. Orbs were seen and appeared in photos, including an electric-blue orb taken on Lyssa’s iPhone. (Unlike other groups, we don’t utilize expensive equipment, but focus ourselves internally most of the time). As usual, we had strange draining of batteries and other tech weirdness. It was a busy night!

Day 2 – Saturday, September 29, 2018

The daytime activities during these retreats include many hours of channeling with some of my regular contacts, and often new beings that have specific messages. During this retreat, Sasha (the Pleiadian) and Hamón (the Sirian) gave some detailed lectures, including a diagram of the galactic migration of our star family, and some information about the Sirian past that hasn’t been discussed in more than 25 years. For this report, I cannot summarize all of the channeled material, because it is too extensive. The audio for this retreat is available for those who want to listen in detail. (Go to <http://www.lyssaroyal.net/mp3-audio-downloads.html>). It will be included there when editing is finished and can be obtained by purchasing the full audio download. It is session #305, called The Inner and the Outer. It also includes some of the outdoor contact work as well as class lectures). Because of the deep content of the channeled material, all of our outdoor work was punctuated by the lessons given in the classroom. Thus, this report is only exploring the highlights of our experience as a group.

During the lunch break on the 2nd day, one of our regulars (Patrick) went to the contact site. He was surprised to see that a few of the chairs had fallen over during this windless day. Within the span of another hour or so, another participant (Barb) went to the site and saw that chaos had ensued. Between the time

Patrick and Barb visited the site, in broad daylight, some type of chaotic energy had flipped over chairs (embedding some in the ground and dragging them), tangled chairs together, hid removable chair pieces, moved objects from the altar, folded some chairs neatly, gently hid our ceremonial feather fan under one chair without damaging it, and other assorted mayhem. However, all of our equipment (microphones, speakers, lights, etc.) were untouched. The weather was fair with no wind, and this site is secure. We would have seen any cars or people coming onto the property. (There were only a few workers on site, and we know they didn't do any of this). To me and several others, the energy felt like crop circle energy – like some force had been unleashed, or a portal had opened. On top of that, some of the channelings that Sasha and Hamón gave were deeply emotional for many, and helped to trigger emotional release. It was almost as if impersonal poltergeist energy had been activated. We didn't feel any negative intent at all, but the mystery was a bit exasperating (yet exciting). Little did we know that this was a precursor to some of the wild energy that went on that evening.



L to R: (1) The chaotic scene. (2) Ron fixes the altar. (3) The feather fan neatly tucked under tangled chairs



L to R: (1) The embedded chair that was dragged. (2) The equipment boxes, untouched.

The group eventually came to the site and we returned everything to the proper place. There was no other disturbance after that. Intuitively to me, it felt like a portal had opened.

Contact Work

Later that night, we assembled for the 2nd night of contact work. We began once again with a sage ceremony that included a mantra. During the ceremony, a young man attending for the first time named Jay had an amazing experience. As we came around to cleanse him with sage, a gigantic moth landed on his hand. It remained through the ceremony and Sasha's lecture. It departed as soon as the meditation protocol began.



Our giant moth visitor, and the myriad “Founder” Mantis visitors, who love the attention and often groom themselves while we photograph them. The Mantis beings come every year, no matter our location.

The evening’s events were split into two contact protocols. The first was given by Hamón, and utilized work with the pineal gland, which he said was a Sirian technique. (This is available on the recording). Then, we had a break.

During the break, some people mentioned that they saw a helicopter going toward a mountain peak that usually has high ET activity. At that point, I turned on the “Crop Circle Tones,” which are used in CSETI CE-5 work. (These are tones recorded inside of a crop circle). A very short time after beginning to play those tones, a bright light suddenly appeared in front of the mountain peak referenced above. At first, only Patrick and I saw it, and he began to take a video with his phone. To us, it seemed to be clearly moving, as if dangling on a string. It moved side to side, and up and down and sometimes seemed to swing back and forth. While it is possible that the eyes can be playing tricks, I’ve done contact work for 30 years and am used to these types of visual illusions. This seemed different. We began to signal it with the laser and at first, it appeared to respond to the signaling, especially when we began with the Fibonacci sequence.

This began to draw the attention of those who were on a break, and people were watching it with binoculars. While some people swore it was moving, others said it was a visual illusion. I asked it to come closer and for a moment it appeared to move closer and brighter. This happened a few times. But as the doubt rose in the group, the object stopped responding to signaling, and stopped moving so dramatically. This has happened on numerous excursions. We often joke that ET craft are like dolphins. If you chase them, they run away. Focusing too much on external phenomena often fragments and frustrates a group. I made a final request that said, “If you wish to interact with us then please come closer. Otherwise we will move on with our work.” With that, I stopped signaling it and turned my back to begin the second phase of protocols.

At that point, the participant who earlier said she had attended contact events at this same site remembered that in one of her previous experiences, the exact same thing happened in the same place. The light appeared under a particular mountain peak, everyone began signaling, and then it stopped responding – having successfully created a diversion for the group. She said that the facilitator of the event felt it was some military interference, as there is a military base in the area, which may have been the helicopter we saw earlier. It was possible that it was trying to distract us from our deeper work – which means that perhaps we were indeed succeeding in our contact efforts. We turned off the crop circle tones, ignored the light, and sure enough, it went away. We continued with the 2nd protocol, based on a Pleiadian technique from Sasha. Then, we retired for the night.

Day 3 – Sunday, September 30, 2018

As we gathered for the opening of our final day, we perhaps learned why there seemed to be diversionary activities in the mountains. Kevin, the maintenance man, innocently asked some group members, “Did you enjoy the light show last night?” No one knew what he was talking about, and thought he was referring to our efforts with the laser. He proceeded to tell a story of how there were so many ships in the sky to the south, along with a huge light show – the very direction that was blocked from view at our contact site. We had not walked outside of our contact area, otherwise we would have seen it. All of this was taking place while we were nestled in our contact site, away from the view of all the activity! If the light we signaled was the military, they might have been distracting us from what was really going on.

Kevin then proceeded to tell a story about being with his 10-year old son years ago, in an area near the property. In broad daylight, he saw a ship with octagonal windows land, and an 8-ft tall blue being emerge, to meet another blue being on the ground. This man is just a “normal” guy, with no interest in UFOs. He’s seen so many that he thinks of it as “normal.” Later, we heard from another employee at the ranch that the ships used to fly really low over the ranch but they stopped, and he thinks it is because of the military.

If there was a high-degree of ship activity as reported by Kevin, it is quite possible that the chaos at our contact site was a result of the energy shift, or the opening of a portal, or something similar that happens at crop circle sites, before we started our evening’s work. Next year, we will be more diligent in looking at *all* aspects of the sky! But then again, we are so focused inwardly, we would have to balance the inner and the outer, so that we do not get so distracted by the cool stuff in the sky.

On Day 3, Sasha and Hamón continued the lectures and deep information that they shared all weekend. It is difficult to describe what happens at these retreats, because there is a barrage of energy and information on both the conscious and unconscious levels. Each member of our group went through their own profound experience, which added to the collective experience of the group.

At the end of the retreat, the group requested that we add one more night of contact work, because it felt like we were just getting started! So in 2019, we will return to the same location and add one more night. (September 26-29, 2019). We are already counting the days!

Lyssa Royal Holt
October 3, 2018
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*To read more about the Hybrid-7 experience at the retreat in Japan in 2017, go to:
http://www.lyssaroyal.net/uploads/1/5/7/1/15716170/c_c_retreat_fuji_2017_report.pdf