

**Contact Series**  
**Pt. 1 - Overlapping Realities**  
**Carefree, Arizona - October 2013**  
**by Lyssa Royal Holt**  
**(Pt 2 is below)**

In early October of 2013, we held a *Contact and Consciousness Retreat* near Carefree, Arizona. As the retreat began, Sasha (the female Pleiadian channeled through me since 1988) stated that this retreat was an energetic continuation of the retreat held near Mt. Fuji, Japan in the summer of 2013. (We recommend reading the article called *Navigating Dual Realities* that chronicles the events that took place during this event at Mt. Fuji. For reference, you can find it as a PDF document located at: <http://www.lyssaroyal.net/uploads/1/5/7/1/15716170/a-fuji-retreat-2013.pdf>).

As the October Carefree workshop continued, it became obvious that Sasha was correct in connecting the two contact events together. The theme of the Carefree event continued to be about learning how to navigate in two realities that overlap. How can we utilize our perceptual abilities in order to perceive beyond our limited 3D perception? Sasha worked with the group throughout the weekend to help refine their abilities to do so. What resulted was a night of contact work that exceeded our expectations.

Before we begin exploring what happened during our two nights of contact work, let's first address the issue of what contact work is. For many, it is all about looking for UFOs. While it may be fun to see anomalous objects in the sky, exchange signaling with them, or hope for a landing, those types of experiences can sometimes be a distraction from what is *really* going on. The focus in our events goes deeper than just visual phenomena - though of course it is exciting when it does happen. For us, it is all about merging realities, seeing with universal vision (or the "one mind"), and welcoming the other aspects of ourselves that just happen to be manifested in other nonhuman bodies. Sasha has said over and over again that this aspect of contact work is part of our growth as a species and that it prepares us to enter the galactic community. We have to expand our vision beyond our identities as human and realize that the one mind is what sees through all eyes - human and nonhuman. Only then can we fully take our place in this galactic community.

Since this article is not fully about that subject but it is one of high importance, we encourage those of you who are interested to download some of the audio from past contact retreats (including this one) so that you can explore it fully. To view the list of downloads available, go to <http://www.lyssaroyal.net/mp3-audio-downloads.html>.

### **The Contact Lesson and Theme - Night One**

Sasha has said over and over that each contact retreat, and each night in the field, has numerous lessons attached. If we are clear and paying attention, we can always see the lessons. Some are group lessons and some are personal ones. I've found that sometimes I don't see a lesson until years have passed - until I am ready. In this way, the contact process is a continual process of evolution.

So on day one of the retreat (Saturday), Sasha focused on several themes: Navigating within the overlapped realities (the human and ET realities), creating a unity field within the group, heightening the overall frequency of the group, and connecting with other contact teams that had assembled

around the world. (Note: On this Saturday, there were approximately 150 groups around the world in over 30 countries doing this type of contact work.)

On Saturday, she also said something interesting about how the environmental conditions can affect the type of contact energy that we perceive. She mentioned that in Japan, there is a high degree of moisture in the air, and so when contact energy is present, the environment can translate that energy through the use of moisture - lenticular clouds, sudden rain storms, etc. But in Arizona, there is very little moisture in the air so the environmental translations of the ET energy are often more subtle. She asked the group to pay close attention to more subtle translations of the ET energy in the environment.

As our group went to the site, a large clearing in the middle of the desert that was hidden and set back far off the road, it became clear that this was not a normal early-October evening in central Arizona. It was much colder and windier than usual. Most group members were not prepared for this. These conditions really affected the group as they attempted to stay connected to the contact energy and stay focused in the work that we were doing.

The main theme for the contact work this night (led by Sasha) was about building the group energy and connecting to the "contact grid" (as she calls it) that is an energy structure built by the thousands around the world who do contact work. But each time we began the meditations, the wind would get stronger. It is only now that I realize that the "wind" was an energetic translation of the contact energy working with us. Yes, the whole state was windy that night; but there were significant synchronicities in the strength and temperature of the wind as we did our contact meditations. Now I can see that the environment used the conditions already there and translated them into another form when mixed with the contact energy present. My husband Ron also had a strange experience of hearing a sound like a "Bic lighter" being clicked over and over. When he would exit the meditation to check it out, it would disappear. It was only present when he was in the contact state -- yet another way the contact energy manifested itself in the dry Arizona air.

As I've said often, when I lead contact work, it is often difficult for me to also experience it as well because I am always conscious of taking care of the group. On this night I was perceiving a very familiar energy that I usually feel near Mt. Fuji. It is like a high-pitched buzz of energy that is inaudible. It brings me to a very spacey state of mind and I have to focus doubly in order to lead the group. So for me, the signs were there that the contact energy was active. Another group member felt a "pressure change," which is another symptom I've felt in the past many times.

It is impossible for me to account every experience of every group member, so what I share here is a collection of common themes that the group shared. Overall, the majority of reports included the perception of the tall, willowy beings that I call Founders. These beings have a very high vibration and match the kind of energy I was feeling. Many perceived them surrounding our group outside of the circle. When these beings are present, there is a unique homogenous energy that seems to facilitate group unity, but it seems to limit the amount of visitations by singular beings. This makes sense because in the cosmology that I've channeled in the book *The Prism of Lyra* and the *Galactic Heritage Cards*, the Founders represent our first fragmentations from source - group consciousness that serve as architects for our reality and the lessons our galactic family have learned about separation. Their energy reminds us of who we are beyond our physical identities. Because this night was mostly about connecting with the hundreds of other groups worldwide, it makes sense that a homogenous, group energy would be working with us the most.

Most group members felt that they could not fully surrender to the contact work because of the cold and the wind. This is another lesson of contact work that is very yogic in nature - can we surrender to the conditions of our bodies and minds even when challenged? Despite these challenges, I am certain that contact was made, albeit with beings of a very high vibration that, while bringing environmental phenomena and physical sensations, often does not manifest in high activity in the sky or in the group circle.

## **Day Two - Sunday's Lessons and Themes**

On Sunday morning we spent considerable time debriefing and sharing experiences. After having facilitated these workshops for 20+ years, I could see that there was an energetic breakthrough in the group on this second day. I've given up trying to categorize it. Noticing it is more important. The group was more open, more vulnerable. They had worked through some fears, expectations, and self-judgments. This set the stage for the deeper work that we could do on day two. Sasha spoke to them at length and answered their questions (this is recorded on session #253), and there was a noticeable change in the air.

In the afternoon we did a powerful guided meditation called Yoga Nidra - an ancient practice that helps the person move into deep states of consciousness where they can release blockages and embrace new changes and new realities. It affected the group profoundly. We also had more conversation with Sasha about contact lessons, and did a pre-contact meditation to help charge up our contact site and begin the process of inviting contact. Then, in the evening, we returned to our contact site.

The energy on Sunday night was nearly opposite to what it was on Saturday. The wind was gone, and it felt ten degrees warmer! We settled into a circle, and then I led one of Sasha's classic meditation protocols from the 1990s using colored lights - red, green, and blue. We then played the crop circle tones (used in CSETI groups) and the group was given silent time to have their personal experiences.

During this time I was using high powered lights and lasers to signal the sky. I felt drawn to the NW sky and was signaling there. I also sent out a telepathic message that if anyone could hear me and wished to make contact, to please respond. Within a second, a "shooting star" appeared exactly in the area where I signaled. To validate this as a legitimate response, I asked the same question again, and used the laser to point at the sky. Once again, within 3 seconds this time, another "shooting star" appeared in the area I requested. The group was in silent meditation at this time, so I requested telepathically, "Please make your presence known to the group. You are invited to interact." The telepathic response I received was surprising. It said, "Why do you think we are in the sky? We are now on the ground."

During this time when the group was silent, some were walking around while still in a meditative state. A group member, PB, walked directly toward the area where I had been signaling and where I received a telepathic message without knowing about my experience. He stayed there for some time, later saying that he felt a presence there. I noticed that several people were drawn to that area. What I didn't know at the time was that some group members were really feeling a physical presence and were exploring it. One member (FG), her first time doing this kind of work, was startled to see a very physical Zeta-like being come up to her very closely and stare at her with curiosity. We later found out that several people perceived this Zeta-like being inside of our circle.

After a bit of a break, the group assembled again and Sasha came through. She led the group through a pineal exercise designed to help the group learn to "see" without their eyes. (This is included on the recording, #253). Then, she took it a step further than she has ever done before. She placed me in the circle and told the group that she was going to "embody" me more, and asked them to see her while using the pineal exercise. I have had experiences where Sasha has embodied me more fully (see the new edition of *Preparing for Contact*, page 260), and this one was more gentle. Several group members could see the energy change. Then, she told the group that a Zeta-like being (whom she called Jamel) was in the circle too and she asked the members to perceive him. Some did. What I didn't know at the time is that several people were perceiving yet another being in the circle standing next to me -- a Sirian being that was quite clearly seen by several people. (All of this is on the recording, session #253).

We concluded soon after the group asked some questions of Sasha and one of my students from Japan did some toning for the group. For many, there was a very real and tangible presence of our ET friends on this night - much different than the more ethereal presence of the Founders from the night before. This presence had nothing to do with seeing lights in the sky, and everything to do with opening ourselves to connecting with other aspects of ourselves in nonhuman form. More than anything else, this work is humbling because it profoundly shows us the diversity of life and the connection we all share.

At the time of this writing, I am still processing all that happened during this retreat, especially during the contact work. However it is clear that the theme of learning to perceive overlapped realities (ours and theirs) is continuing. This ability to perceive a new reality that is made up from the overlapping of two other realities seems vital for our species evolution at this time. For only when we can do this can we open ourselves to the greater reality of our existence -- that we are all One Mind, expressing ourselves through the appearance of many singular beings. When seen from this context, the petty differences we experience as humans can eventually fade away into the greater universal truth - that we are many and we are One.

## PART 2

### **Contact Reports from Ronald Holt**

#### **October 2013 - Carefree, Arizona**

*We are including Ron's contact reports here. They are edited only slightly for grammar, and remain in Ron's original voice.*

**Saturday, October 5, 2013**

Just prior to leaving for the nighttime fieldwork, I began pondering the statements made earlier in the day by Lyssa, which were later echoed by Sasha during the start of the workshop concerning the close relationship and continuation of the last Contact Workshop "lessons and themes" held at Mt Fuji last July.

This left me very curious as to how this Contact Workshop's field lessons and events were going to play themselves out -- and made me even more curious as to how and what was going to actually "tie" the two events together.

As nighttime rolled around and all the setup and arrangements were completed, the group had settled nicely and Lyssa began to address us.

We all knew that tonight was especially unique as there was a world-wide effort for many groups to gather under the banner of “peacefully intending” a global CE-5 (Human initiated contact) event.

This left a taste of curiosity in me if there was going to be any semblance of clues arising connecting the events and intentions of the many groups around the world.

As we began the protocols, Lyssa (channeling Sasha) led us into unifying our consciousness into a column of light which gathered into a shape of a cone as it extended outward from the group embracing the sky, solar system and galaxy from which it folded back and embraced each of us.

I typically keep my eyes closed during the Contact event as to further facilitate the inward journey into the deepest recesses I could manage of the contact medium brainwave state. Somewhere during Sasha’s preliminary protocol process, I saw the night sky with all of its stars clearly ...with the exception that what was observed was far more stars in the sky as usual. It was as if the farthest and faintest or invisible stars (due to their distance) were all so visible and present.

I watched in amazement at the stars crowding the heavens for what seemed like a short pause before I observed an incredible event that stunned me.

I witnessed each one of the stars simultaneously change into Hopi or Navajo Kachinas.

Kachinas to me are very similar to nature gods, goddesses and devas which have a rich and deep earthly and yet celestial and extraterrestrial connection.

When each and every star in the sky spontaneously changed into Kachinas they next immediately “rocketed” from their heavenly posts and shot effortlessly into each of our human bodies ...and into the earth itself.

This action slowly gave way to transforming and filling our bodies and the earth with the night sky and stars, as if the Kachinas removed the illusion of physical density and unfolded the universal fabric with all the stars and planets within us.

I lost track of Sasha’s lead for a time and returned back to her voice and her guidance just when she was closing the first meditation and signaled us that we were going to take a break for a few minutes before we start the second contact protocol.

I kept my eyes closed and remained deep and silent within the contact medium as I did not want to break the connection and I wanted to honor the infusion of the Kachina’s gift by sitting in that sacred place within.

Soon we re-gathered to continue the night’s events.

Sasha had us share any experiences we were having up to that moment and a number of group members shared their experiences which seemed to gel the cohesiveness of the group energy and validated a number of experiences.

## Second Contact Session

For the next contact protocol we intended to engage Dr. Greer's contact meditation (from the ET contact App) in honor of the many CE-5 groups gathered this night (around 150 groups worldwide in over 30 countries).

Prior to starting the second session, Sasha led us into a meditation intending to connect us deeply into the group energy and into the contact medium once again.

At this point Sasha commented on the global effort towards CE-5 and emphasized the importance of each member of our group to consciously intend to connect (as best a possible) with all the groups world-wide as if it was a coordinated and unified intention. She intimated that connecting in this fashion would, in essence, be constructing tonight's contact grid.

It was a rather cold night in the desert with winds rising and falling, adding to the chill and challenging each of us to remain centered inside the contact medium. I had already surrendered considerably and resolved to not let the cold be a distraction away from the contact medium.

It was soon after this point that we played Dr. Greer's contact meditation.

As Dr. Greer's voice began it was unavoidable to notice the rush in the approaching distance of oncoming winds of concerning proportions. I noticed as the winds overtook us that these winds seemed to be warm and thus I welcomed and embraced their effects as I was beginning to chill and nearly shiver.

As the contact meditation progressed, I found it very easy to venture deeper into the contact medium and its associated brainwave states. As the experience deepened and settled, I soon observed the earth from vantage point far enough away from the earth to see the entire planet.

I could see the night-shaded earth, but in this case it was strange as I saw the entire earth (both day and night sides) all at once ...and both sides appeared as though they both were experiencing nighttime, which was so peculiar.

Next my attention highlighted upon the many groups around the globe activating their particular group's central column of light as they unified their group energy. As they did so ...I observed each group's "light-column" simultaneously stretch towards and into the sky.

The light columns pierced deeply into the sky and what happened next confounded me as I watched the curtain of the sky react as though it was the inner lining of a giant sphere encircling the earth. I observed that this giant sphere was acting like a bubble which began to shrink down systemically upon the earth.

It was apparent that on the "outer side" of this bubble, existed the quantum and fluid reality of the heavenly "unicity" ...like an endless infinite ocean.

The bubble itself seemed to be the fabric which kept the quantum unification experience at bay (so-to-speak) to allow for the separation and individualization experience to exist in and around earth.

Now that these light columns pierced the bubble's membrane, the fabric of separation was slowly deflating and rapidly descending towards the earth allowing for the field of "fluid-like quantum unification" to soon embrace all upon and within the earth.

As the bubble of separation descended upon and into the earth, I experienced a profound moment recognizing the change and lifting of a cosmic veil whereby I could feel absolute no separation in addition to the undeniable recognition in all visceral senses of myself ...in all things. I and each and everyone else ....was one being in all things.

I observed paradox, and paradox is essentially the merging of one or many dualities.

In this case paradox was highlighting the lifting of the veil separating individualized human ...with that of Creator, and the absolute profundity of such an experience as "one side" of the dualism ...while equally profound and accompanying the human/God conundrum, was the other side of the dualism which was the "profound ordinariness" of such an experience.

This Man/God experience was profoundly ordinary, and only consciousness can bridge and merge the dualism peacefully ...by realization and an emptiness of distractions.

I abided in this state exploring, testing and identifying the feeling of myself in all things. Like a child full of curiosity running from place to place in a magical kingdom. The grain of sand, the trees and plants, the many stars and planets, the animals and fish, the many humans and respective cultures and all my extraterrestrial relatives ...it was all so truly diverse and yet me.

My attention now turned to the Kachinas and I realized that it was they who set the stage for the collapsing of the separation bubble as they were the actual living "lynch-pins" holding the separation fabric up creating the bubble around the planet disguised as the sky and stars.

I remembered the Hopi prophesy of the "twin Kachinas" who dance at the north and south poles. As they danced they kept the magnetic fields of the earth intact and healthy.

The prophesy tells of a time when these twin Kachinas would stop their dance and depart from their earthly station and the world would experience a change or flip in the poles, and then they would return.

Now it made sense that the stars turning into Kachinas, then shooting into us humans and into the earth -- set the stage and is preparing us all to receive (in our own timing) the lifting of the veil of separation.

### **Tying Fuji's Contact Experience to Tonight's Contact Experience**

In a short re-cap of contact work at Fuji in July, all day long before the night event I had been experiencing an emptying process which was like hollowing out the heart and entire chest cavity into a seemingly emptiness vacuum. This process left one feeling "emotionally naked" and extremely vulnerable and sensitive, a very raw state.

Now usually in “Contact Workshop” scenarios, I have been very lucky to be able to see the many craft and species of extraterrestrials ...and I look forward to this process as it seems that each and every encounter, no matter what species or event -- there seems to be a quantum lesson ironically and specifically designed to be the very next appropriate step in consciousness evolution, though it may not always appear to be at the time until sufficient processing occurs.

In Fuji this last July, I began my contact experience assuming something along the familiar course of events would transpire. I engaged the contact medium with eyes shut and scanned the surroundings to meet any visitor.

Nothing was coming up and so I ventured deeper within the surrender as is the case of scanning for more refined states of consciousness and visitors.

Suddenly I saw Mt Fuji in the night and it came alive. I watched in amazement as the mountain transitioned into a beautiful woman wearing a white kimono. The woman had long black hair and I saw she was regal. I recognized her as she was the Goddess Konohana Sakuya Hime.

She embraced our entire group and she spoke. She stated in such a serene voice;

*...“as you empty yourself of all distractions, you pinpointedly highlight who and what you are in all things in creation.”*

As she spoke Konohana Sakuya was simultaneously imparting an energy from her heart to all of us internally. As she did my chest illumined from within the core of emptiness I had been feeling all day and I observed the fabric of the night’s sky with all of its stars spreading out from the hearts core into the entire body.

As this was being done with me I saw it also being done simultaneously within each member of the group.

So in tying the two events together (Fuji and Carefree’s Contact experience), I would have to say that in my years of participating with the training and guidance of Lyssa, Sasha, Germane and Wayne, I have observed an evolution of contact.

It appears to me that at the onset of my experience I attracted what I could accept at the time in the form of the ETs I experienced. I observed that a stair-step evolution (one by one) of ETs and their craft occurred over time ....until I could accept, meet, abide and receive inspiration from the countless myriad of ET families.

This has been a breathtaking adventure and journey, but now there seems to be a quantum change in my contact experiences. It seems that there is now a movement in connection and in a manner of quantum proportions as it seems that it is the focus now to connect with the “One” behind all separate forms in creation responsible for animating each diversified piece of the separation illusion systemically.

Mt. Fuji’s contact seemed to be from a perspective of the quantum unified experience originating from the “inside-out,” in comparison to the Carefree contact experience of having the quantum unified experience germinate from the outside and then enveloping one into it.



Both contact experiences seem to be a form of a Yin and Yang of the quantum order, and yet all aspects of the whole with all its separate experiences still arise perfectly in a dance occurring as individual or collective experiences.

As the group congregated the next day we shared our experiences and many had either all or portions of much of what I wrote here. I hope to read the reports of the other group members as it expands the experience. I am so grateful to have been a part of the magic of this group as we co-created an amazing lifetime experience which would not have otherwise been possible.

### **Sunday, October 6, 2013**

During Sunday's daytime workshop Sasha made a number of important comments that I remembered only after what occurred during Sunday night's field work so I will restate them here before sharing my perspective of what occurred.

Sasha had stated on the first day about how one of Fuji's contact experiences was predicated upon the premise of overlapping of two distinctly different realities. She also stated how a new consciousness and possibility fit for sharing contact between two different other worldly species can occur within that overlapping reality and how we would have to engage all our senses. She clued us pay acute attention to uncommon changes (utilizing all our senses) in order to exercise the necessary muscles (so-to-speak) to recognize contact from new perspectives.

Sasha stated that in the Fuji Contact workshop she spoke to the group about how the earth or nature attempts to mirror and manifest what consciousness and energetic impressions are present in the vicinity. Sasha informed us that nature around the earth takes advantage of such things as moisture in the air by having the clouds form a simulation (like a lenticular cloud) when a inter-dimensional craft is nearing the 3-D paradigm but not yet visible to the eye.

But here in the desert where there is virtually no moisture in the air, Sasha stated the importance of paying attention to the other sensory faculties such as sound, air pressure changes and smells as an indicator of approaching contact.

So we started out Sunday's first contact sequence with Lyssa guiding us in Sasha's classic CTS regimen (Coherent Thought Sequencing) which combines meditative mind with flashing colored lights.

As we started the contact session I was inspired this night to pay very close attention to utilizing the counter-rotating exchange of heart energy throughout our group circle as an energetic pumping action as a means to further cohesively unify the group field in dynamic synchronization.

As Lyssa continued to guide us I found it easy and familiar to "walk the process" (so to speak) into deep centeredness and then into the contact medium. I settled into the contact medium and I began to open all my senses in an effort to scan the area for potential contact and communication.

Soon after this I observed from the inner eye, a medium-sized darkened craft slowly and silently fly very low (about 100 feet) over our group, pause briefly, then slowly proceeded on. The craft dwarfed our circle by approximately ten times our diameter.

As it passed, my attention was riveted upon the appearance of a new guest standing still in the middle of our group and looking directly at me. He was of a familiar form as he resembled a "Zeta" but a medium-sized Zeta about my height, which is rather large for common Zetas.

As I focused my attention on our visitor, I was struck by how vivid he seemed. Clearly to my senses he was different than past experiences where seeing and feeling normal extraterrestrial presences with the inner eye. In comparison to past experiences this encounter was quite different in that there was a palpable tangible presence.

I have never been in front of a full physically-manifested humanoid ET, so I realize that I have no gauge of that fashion to compare it with. Instead I have only the gauge of past visible clarity in conjunction with the dramatic feelings that go along with being in the presence with a visitor beyond our 3-D paradigm.

We can use a comparison of tangibility based upon the level of presence in common human to human experiences, combined with gauging the visibility and clarity of inner vision experiences in order to come up with a ratio of tangibility.

In that case, my gauging of this visitor's presence in terms of ratio of tangibility, I have to give his presence a 40 to 50 percent more tangible than common visitations.

As I kept my focus upon him after scrutinizing this new sensation of tangibility, he seemed to recognize that I cognized this new step and evolution of contact because he telepathed a message to me immediately after that recognition asking;

*"Can you remain deeply integrated within the gemstone of your heart as I regulate the degree of my visceral presence?"*

Instantly within that telepathed question I recognized the relationship of his ability to materialize his presence before me was predicated upon my ability to reside in the deepest state of surrender within the gemstone of my heart, and not move from there.

We tested this reciprocal relationship between us for a short period of time, changing the ratio as I embedded deeper into my gemstone. He seemed to be able to instantly calibrate his visceral palpability at will.

It was approximately at this point that my attention was centered upon Lyssa informing us of having some time in silence to explore our contact experience as we listen to the famous "Crop Circle Tones."

As the Crop Circle Tones began and the group settled into this new phase of the contact session I noticed my attention was drawn toward the strange sound occurring relatively close to me about four to five feet away on my left and just behind the table about a foot above the ground.

It was a familiar sound like the flicking of a common "Bic" lighter, one flick at a time and sporadically repeating approximately every five to twelve seconds. It drew so much of my attention that I had to finally drop out of the contact medium, turn my head and open my eyes to confirm what I was hearing.

However when I open my eyes I quickly discovered that nothing was there, and I realized that as I left the contact medium, so did the flicking sound!

I immediately returned my attention towards reestablishing the contact medium and as soon as I did, the darn flicking returned as well. I realized I fell for allowing my attention to break the contact medium and resolved to not to relinquish it again no matter what I was hearing. I chose to “note” and “observe” the sound without disturbing the contact medium experience.

As time went by, the flicking continued but it was as if it was passed to the back of the mind’s attention.

With my attention back and deeply into the contact medium, I intended to reconnect with the Zeta in the center of the circle but the clarity was now quite foggy. Just then my attention was pulled away to that of the presence of Mother Earth requesting to utilize the counter-rotating exchange of heart energy circling the group and intend it to assist the group in moving deep into the heart and core of Mother Earth herself.

Shortly after this initial interaction with Mother Earth, my attention was drawn back to Lyssa guiding us back to a break in our activities ending our first contact session for the night. The night was much warmer than the previous night and made it easy for us to maintain the contact medium so far.

During the break time I resolved to remain deeply centered within the contact medium and return my attention upon the counter-rotating exchange of heart energy throughout our group circle which in effect returned my experience of the group being back deep within Mother Earth’s core.

I resolved to keep my attention settled here until the second contact session begins.

Just before we started up the second contact session, Lyssa asked for group members to voluntarily share any experiences thus far. Several individuals shared their experiences and finally Lyssa asked me directly what if any experiences I had up to this point which I voluntarily shared.

FG, and I think one other participant, also had the same or nearly the same experience seeing the medium-sized Zeta in the middle of our group circle and had such a deeply centered heart experience in association with this visitor.

## **Second Contact Session**

The second contact session began with Sasha guiding the group through an exercise designed to stimulate sensing reality through the pineal gland. She began an activation sequence of imagining having a flashlight placed horizontally at the pineal level of the brain and facing forward.

Then she had us imagine an additional one at the same level but facing backwards from which she had us turn it on and begin to sense with it. Then she had us add an additional set facing out the sides of the head at the pineal level and we proceeded in a series of activation exercises.

After we settled into this exercise, Sasha wanted to engage an additional exercise which tied into the past Fuji contact session where we entertained the experiment of sensing within the overlapping zone of two distinctly different realities.

At the Fuji contact session, Lyssa was tasked by Sasha to sense the reality around her and probe for any anomalies utilizing the pineal flashlight sets (so to speak) and paying attention to any unusually activities such as smell, sound, pressure differences etc to aid in assimilating data within the contact medium and the overlapping reality.

At the Fuji contact session, Lyssa then sensed a being out away from the group and ventured out with her senses on high sensitivity and located this being. As a result of her crossing into the overlapping of reality zone, several observers within the group observed Lyssa “phasing” in and out of 3-D reality.

Now Sasha informed the group of her intention to utilize herself and the channel Lyssa as a means of providing an experiment whereby we utilize this pineal beam experiment towards seeing Sasha herself.

Sasha informed us that because we were already familiar with the energy of Lyssa, and we were comfortable with the energy spectrum of Sasha, this would be a comforting and familiar energy signature to assist us in seeing her through the pineal.

As we were engaged in this experiment, I began to see the foggy outlines of Sasha who seemed to be taller than Lyssa. Just as I was starting to work towards clarifying my vision on Sasha, I was immediately struck by the stunningly clear vision of a 6-7 foot tall black-haired human-looking male standing to Sasha’s right side as they both were facing towards me. His immaculate and futuristic looking uniform struck my attention as well. I felt I knew this man and had a close connection to him.

I lost focus on what Sasha was saying at this point as my attention was fully captivated with what I was witnessing. When my attention came back upon Sasha, she was informing us of her intention to conduct an additional experiment.

Sasha now wanted to take the experimentations a little deeper by conducting what I interpreted as tangibility ratio experiments with the group while we remained centered within the contact medium with our senses on high sensitivity in the overlapping reality.

Sasha informed us that she was now going to ask the medium-sized Zeta, who is named “Jamel” and who was at the center of the group earlier in tonight’s sessions, to return to the group’s center and we were now going to conduct (what I interpreted as) experiments in tangible ratio sensing.

As I looked in upon Jamel, I was sensing and comparing the tangibility ratio from his presence earlier in the night’s session. In the first encounter he seemed to be at 40 to 50 percent tangible, now Jamel seemed to be at a 30 percent ratio.

We experimented with this for a short period until Sasha concluded the experiment. From this point Sasha asked for volunteers to share their experience. The group began to share and it was quite obvious that several participants experienced the dark-haired human-looking individual next to Sasha as I had experienced and Sasha stated that he was a Sirian being.

I think a few people also saw Jamel in the second experiment.

My memory fades quite a bit from here and so I don’t remember anything more.

Once again, I hope this jogs some participant's memories and motivates them to write their experiences and share it with the group. I want to deeply thank Lyssa and all she brings to the contact scenario as well as each and every member who co created such a spectacular experience as it only could have been done with all the heartfelt magic we each brought to the mix. -- Ronald Holt