

Contact Retreat at Mt. Fuji

November 7-8, 2009

by Lyssa Royal Holt

There was a lot of anticipation about this workshop because of the intense energy at Mt. Fuji. In addition, I had had a very powerful contact workshop on the slope of Mt. Fuji in 1994 that, to this day, still stands as one of the most mystical and highly strange contact workshops I've ever facilitated due to foggy conditions and strange lights that seemed to buzz around the group.

This weekend, we were at Saiko (Lake Sai), one of the volcanic lakes surrounding Mt. Fuji. The peak of Fuji loomed over the workshop location, which was right across from the lake and a hot spring bath house. Forty participants were coming from all over Japan (plus two from Hong Kong) for this unique event. The hotel staff had chosen an outdoor location for our evening field work (which we later changed, moving closer to the lake).



The workshop started at 1pm on Saturday, November 7, 2009. My interpreter, Ms. Sayaka Kai, commented that my channeling of Sasha was rapid-fire, giving her very little time to even drink while translating. This usually happens when the energy is strong at a contact location. Even the group had high energy. Usually, Japanese groups are shy and polite - but this group bonded almost immediately and seemed very outgoing. I was so happily surprised to see some old familiar faces in the audience - one of which is a man who attended the powerful contact work at Fuji 15 years ago and who has continued doing contact work in Japan since that time.

It is very difficult to write about contact work. My approach is unique - a little bit scientific and a whole lot intuitive. Though I have been trained in protocol by CSETI (The Center for the Study of Extraterrestrial Intelligence founded by Dr. Steven Greer), I've also utilized my channeling skills to enhance their protocols and explore further into the nature of contact in ways that go beyond traditional scientific methodologies.

After an introduction to contact work protocol, we went out to a quiet location next to the lake at 7:30pm. It was already dark. I've learned to read the signs in my body and in the people around me to gauge how heightened the contact energy is on any given night. This night, it was through the roof. My body was tingling, with my hands being very hot even on this chilly night. It's hard to describe but there is an "energetic sound" (for lack of a better term) that I feel when contact energy is heightened. This night, that 'sound' was present quite strongly. I still remember with fondness, what Sayaka told me as we positioned ourselves at the location. She had never done full-blown field work with me before. She told me that the energy was so intense that she thought she would pass out. In some ways, this didn't surprise me because it's my theory that good interpreters 'channel' the energy of the communication through them as much as I do when I am channeling. She is very sensitive and was wide open on this night.

Due to the structure of the workshop (and that all events are usually rigidly structured in Japan), we didn't have too much time for the contact work. I led the contact meditation and then gave the group time to feel the energy of whatever contact was happening. During this quiet time, I decided to open up to see what I could

perceive. (Usually I refrain from doing this in order to be present for the group. But on this night, it seemed important for me to enter the contact state as well).

As I tuned in, I felt a ring of beings around us - Sasha's contact team. They were of multiple and varied species. They stood silently around us, as if forming a 'bubble' of energy around the group. As I opened further, I sensed a new member of the team - a child who was in training. I am told that in Pleiadian society, children know their calling early on in life and begin their training even when young. They are mentored by other adults in the field of their choice. This little boy (who later referred to himself as Eloi) was being mentored by Sasha's team.

Sure enough, the signals in my body were showing me that I was supposed to channel. I surrendered to the process and Sasha came through with greetings and preliminary information. Then, she introduced Eloi. She said that he was half Pleiadian and half Essassani, and that they wanted him to practice channeling through me. The energy was powerful. He came through with a brief message. (I have yet to listen to the recording, so I don't remember the message except that it was one of greetings and much love.) It was so strong, that some group members were crying. It was so moving.

During the final minutes of the contact work (while I was channeling), the group saw moving lights heading toward the summit of Mt. Fuji. Some were red, and some were white. They were very excited. It was clear that the lights were not cars (there were no roads where they were seeing the lights) nor were they airplanes. This heightened the group energy and the group did well in controlling their emotions even with this exciting event.

Once we got back to the hotel, many of us participated in the Japanese nighttime ritual of hot spring bathing (nude, of course!). About a dozen of us women sat in the outside bath watching the moon rise and talking about the experience that evening. We all knew it was powerful but as usual with contact work, squeezing the expansiveness of the experience into the limitation of words is nearly impossible.



Our group at the contact site at Lake Sai

The next morning, we spent considerable time 'debriefing' - sharing the experiences we had the previous night during contact work. I will summarize them below.

1. After the contact work, one man dreamed all night that he was doing contact work and continuing the exercises. In my experience, this is usually a good sign of contact.
2. A woman heard footsteps in the gravel behind her and saw a beige hand reaching out. She was in the outer ring of the group so she was a bit freaked out!
3. In her room after contact work, a woman saw 2 golden beings against her white wall, while hearing the crop circle tones on the ceiling. (These are tones we use during contact work).
4. A woman had a dream that she could not remember except that she heard the pop song "Surrounded by Tenderness". Song titles like this can sometimes be a contact message

5. A woman felt many species surrounding us (this is before I mentioned the circle of Sasha's team). She was communicated to by a man with long blond hair who said he's been visiting Earth since 17,000 years ago. He 'works with water.'

6. A woman heard a big insect-like sound to her right. In her dream later, she saw the interdimensional veil. It was like bubble wrap. She was given significant information but doesn't remember it.

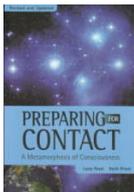
7. Many of the group members saw the white and red lights moving toward Fuji. The lights on the right of Fuji were white, moving toward the summit. The lights on the left were red, moving toward Fuji's summit. It was clear to the participants that they were not cars - there were no roads in that location. And they definitely were not airplanes.

8. One woman had a dream about each of her roommates. A shining being came and gave her information about each of her roommates, but she doesn't remember it.

These are just some of the examples of the experiences shared by the group. During contact work, there are always deeply personal experiences as well as joint experiences that the group can share together (like the red and white lights).

The next morning, as usually happens, the group experienced "contact hangover." This is an unusual byproduct that happens after the intense energy of contact work. It is a feeling of lethargy, exhaustion, and sometimes even a headache, usually the day or two after contact work. It is so predictable, that we've come to just laugh at it when it happens. It is indeed a sign of a powerful energy that interacted with the group.

Something profound happened to the group this weekend, but it is nothing that can be put into words. I could see it on the faces of the group members as we returned to the contact site at midday for a group photo. Everyone was already talking about the contact workshop scheduled for July 2010 and how they wanted to attend again. As we all departed on buses at the close of the workshop, hugging and saying our goodbyes, I knew that each person's experience, unique as it may be, adds to the tapestry of the contact experience for humanity as we move closer and closer to the moment when the barriers between human and extraterrestrial consciousness dissolve.



This and many more experiences are discussed in the 2nd edition of Lyssa's book *Preparing for Contact* available through Amazon and Light Technology.