

Interview with Lyssa Royal Holt for Star People Magazine (Tokyo, Japan) October 2010

Note: Questions from the Star People magazine staff have been edited for grammatical clarity. This interview was published in Star People Magazine in late 2010.

Q: What is the mission of "Star People"?

Before I answer this question, I do wish to offer my definition of "Star People." As many readers know, I've been doing channeling and research on Earth's star connections for more than 25 years. From all of this work, I really do believe that every one of us – all human beings – have a connection to the stars. The difference is that some of us remember, and some of us don't. Those who remember this connection and integrate it into their lives are the ones I would call "Star People."

The nature of our consciousness is infinite. This means that we have had many lifetimes well before this Earth was here, and we shall have many more after we leave the planet – either on other planets or in other forms of expression such as light bodies. It is rare that anyone who is alive today is incarnated for the first time. Most of us have had thousands of lifetimes on other worlds and we are here now to help Earth through her transition by bringing all of our lessons and knowledge from other lives and applying it in the here and now.

So regarding the mission of Star People, the mission is different for each person. Some of us (like me) remember these star connections strongly and our life's work is spent helping others to remember too. This can be done through the kind of work I do (channeling), but it can also be done in more mainstream ways such as through artwork, manga [Japanese comic books], "fiction" writing, movie production, etc. Each person has unique talents and those talents can be used to share information and ideas about Earth's star connections. Ultimately, this helps other people remember.

Even someone who is a housewife, who might feel that she has nothing important to share, can still make a difference. Feeling her connections, understanding them, and coming to peace inside with them are first steps. Once she has, then the energy she gives to the world automatically includes the frequency of this awareness of the stars. Thus when she interacts with family and friends (even if she doesn't talk about it), this energy still transmits to those around her. On subtle levels, other people feel it and then they can choose if they wish to pursue the understanding of their own star connections too.

The question then becomes, *why* is this star awareness so important anyway? Earth humans will soon expand their explorations into space. Before we do this, it is essential that we begin to view ourselves as a part of a larger creation and that we are all connected. Without that awareness, we will go into space in an arrogant and ignorant way, simply repeating the painful choices we've made on Earth. In order for our species to get to the next level of its development, we need to understand our ancient connection to the cosmos and how that connection has shaped Planet Earth.

Q: I believe you wrote in your books that the Pleiadian female Sasha was your future life. Do you think the average person like us also will be able to channel with their future life?

One of the beings that I channel, Sasha from the Pleiades, claims she is a future incarnation of me. When she first came to me in 1988 it was hard to believe, but over time I came to accept that it was true. She has been an amazing guide for me and has shown me that everyone has the ability to connect with their future selves.

We are holographic beings. This means that what we know to be past, present, and future is really an illusion. The true reality is one in which all time is simultaneous and we are connected to everything in every moment. Every person has the ability to connect with these other aspects of themselves, as people have seen when they do past life regressions.

I've been teaching channeling for more than 20 years and offer a year-long course here in Japan. While teaching this class I've seen over and over again how easy it is for people to connect with their future selves (and higher selves) as soon as they have the tools to help them do it. The biggest obstacle is often the ego, which tries to convince you that you are imagining things. Having a teacher and a support system while you learn to channel is essential to help developing channels. There is absolutely no reason why anyone would not be able to do this, as long as they are willing to do the work inside themselves to begin the process.

Can you imagine if the majority of people on our world could strongly connect with their higher or future selves? What would our world be like? It is likely that we would have to face the negative choices we make and change them into positive opportunities for growth and evolution.

So I would say that if you feel you are making a connection with a future self, try not to doubt it. Without attaching too much to the outcome or having any expectations, follow the connection and see where it leads. Channeling is a process that isn't quick, but it is a beautiful journey during which you will learn so much about yourself and the universe around you.

Q: In your book, Preparing for Contact, you said 90% of earthlings have met with aliens, but earthlings are not ready for a meeting with aliens. Now, ascension is coming up soon, so do you think that situation has changed?

In *Preparing for Contact*, Sasha has mentioned that a majority of humans have already had contact, usually most strongly during childhood. Often, it comes in a dream. At other times, our encounters may seem so strange that the ego censors them and tries to convince us that it was just our imagination. Soon, the encounter is forgotten or remains as one of those questions we have about something weird that happened in our past.

One of the factors that helps or hinders the contact process has to do with the development of our consciousness. This is because contacts often happen outside of our normal waking reality, which is a frequency that is difficult for many ET races to easily connect with. For people who are meditators and are able to hold altered states of consciousness for longer periods of time, contact becomes easier. For those who don't have training, it is harder. Contact is much more than simply seeing a ship in the sky or shaking an ET's hand. It is the meeting of consciousness on deep levels, and this is what is meant by the information that "humans are not ready." Many aren't. But many, many are ready. Now it is simply a matter of timing, in terms of when the time is right for the planet as a whole.

I am not sure if we are ready as a planet yet, but I do know that the time is getting closer that we will be. As each of us does the work necessary to awaken ourselves, as well as remember our star connections, we move closer and closer to the inevitable planetary contact and the recognition that we are not alone.

Q: From now, which direction do you want to go with your channeling?

At this time, the beings that I channel (Sasha and Germane) are very excited about helping people awaken the deep understanding of their star lineages. (Some of this information is in the book *The Prism of Lyra*). They feel that the more we understand about our star lineage (as individuals and as a planet), the more we can awaken and transform ourselves as a species because we then access and integrate the holographic essence that we are.

In order to fulfill this goal, Germane recently channeled to me a set of 108 star lineage cards, which were published in Japan (by Voice, Inc.) in November 2010. [They will be published in the USA by Light Technology Publishing.] Because so many people come to private sessions wanting to know their galactic heritage,

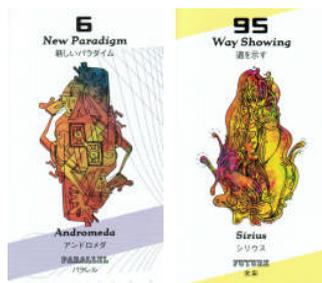
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Germane felt it would be best to offer a tool for people to access this information without needing me to channel for them. The cards in Japan are called *Galactic Roots Cards* and there is a workshop offered that accompanies the cards so that people can learn how to use them and go deeper into the remembrance of their galactic heritage.

These cards go beyond the simplistic idea of information such as, “I am from the Pleiades.” That is a linear statement that only partially reflects truth. Instead, the cards recognize the process of creation – that we began in unity, experienced fragmentation and polarity, and are now in the process of integration and unification. They then help us understand the experiences we’ve had in other star systems that add to our karmic lessons in this life. They help to give us a big picture of our experience as a multi-dimensional and holographic consciousness. I feel this information is very helpful to our continued awakening process on Earth and am very excited about offering something to clients that they can use on their own and apply the information practically in their lives.



from the Galactic Roots Cards

Q: They say a big shift in the human mind will happen around 2020. What will the earthling be like at that point?

I haven't heard about the date 2020, but Sasha has talked about the significance of 2012 and the shift in human consciousness. She is very clear about stressing that this shift isn't like pushing an automatic button. This shift in consciousness has been happening for quite a long time (decades or more), but in 2012 it will reach a nexus point that will be a culmination of all the changes we have been experiencing in consciousness for thousands of years.

I am aware that many teachers forecast all sorts of things like cataclysms, or the appearance of a sudden paradise, or a “judgment” during which those who are negatively-focused will experience some type of separation from this reality. Sasha and Germane have very clearly said that those prophecies are more symbolic than literal. They want to keep the information grounded. They have said that there is a very definite change happening and that *this change emerges from within us* – not because of something outside of us.

As far as how this change will manifest in our external world, no one really knows. I suspect we will see the breakdown of systems that no longer work (hence the economic collapse) and the reemergence of more collective- and community-oriented attitudes that move power away from the elite. But one thing is clear from Germane and Sasha – this change won't be in a linear way that we understand. It will be more of a nonlinear, holographic change that might leave us feeling disoriented. They have stressed many times that regular meditation can help people maintain a strong inner focus (even when the “storm” is externally swirling around you) and that this is an essential step in the process.

Q: It is thought that Japan was once a cultural exchange center for aliens, Does Japan still have that role? Also, is there anything Japanese should do from now?

I have done quite a lot of channeling in the past about Japan's ancient ET connections. The ET connections in ancient Japan were many and they existed for thousands of years. This was true for other areas of the planet as

well. The Miyajima area was just one of those areas that had a strong cultural exchange in ancient times. Regarding whether Japan still has that role, I think the role is being played out on a more subtle level now. Since the ET presence planet wide is not as open as it once was thousands of years ago, they cannot be out in the open any longer.

Sasha and her contact team are often orbiting over Mt Fuji. She recognizes Fuji-san as a major gateway of ET energy between Earth and the cosmos. She recommends that if anyone visits the Fuji area, it is a good idea to spend some quiet time tuning into this energy. Sai-ko and Hakone are especially strong areas for ET energy, as well as Mt. Fuji herself.

Regarding what Japanese “should” do, I would say to just tune into your guidance and listen. Follow your intuition. If you like to read old texts, read some of the old texts (like the Kojiki, or Takenouchi documents) with new eyes – eyes that can interpret some of the information from an ET point of view. You may be surprised at what you find!

Q: In the near future, will humans be able to meet aliens in real life?

Of course, I don't know this answer for sure. But in my heart I feel that the answer is yes. For many of us, we incarnated in this life to prepare the planet for this very purpose—the ultimate meeting with our ET forefathers. It is my deepest wish to see this happen in my lifetime and I am doing everything I can by following my guidance in my work and helping others to discover these connections within them. Once we awaken to our galactic heritage as individuals, I feel it is our responsibility to help prepare the planet and the human species to enter a new era – that of open and equal contact with our brothers, sisters, and cousins from the stars. I hope you will join me on this journey!

Lyssa is well known in Japan, having offered seminars since 1990. Information about her Japanese language books and CDs may be found at: <http://neo-delphi.net/>. Other CDs and information about her seminars in Japan, CDs, and new *Galactic Roots* cards may be found at: www.voice-inc.co.jp. Her English web site is www.lyssaroyal.com.

To order *Galactic Roots Cards* from Amazon in Japan, use the link below. (Be sure to click on "English" in order to read the page). Once you send us your confirmation from Amazon, we will send you the PDF files in English of the card booklet that is only in Japanese at this time. Email the confirmation to royalpriestresearch@hotmail.com.



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For information on the *Galactic Heritage Cards* (English version) from the publisher, please contact Melody at Light Technology Publishing at publishing@lighttechnology.com.