

Seed of Life Institute Presents ...

The Annual Contact and Consciousness Retreat

*An advanced training to explore and initiate
interdimensional and extraterrestrial contact
as a path of consciousness evolution*

Facilitated by author, contact researcher and trance channel
Lyssa Royal Holt

September 26-29, 2019 in Oracle, Arizona

Held at C.O.D. Ranch in Southern Arizona
(Accessible from Tucson & Phoenix Airports)

By request of students, we have added one more day and night!

Begins Thursday, Sept 26 at 3pm (includes dinner only)

Friday, Sept 27 all day and evening (includes breakfast, lunch, and dinner)

Saturday, Sept 28 all day and evening (includes breakfast, lunch and dinner)

Ends Sunday, September 29, around 3pm (includes breakfast and lunch)



This document contains complete information about the upcoming retreat.

Please read it in full before sending us questions, thank you!

The Core Principles of this Annual Retreat

Human evolution is moving at a rapid pace and soon our technology will, without a doubt, bring us face-to-face with the reality of life beyond our Earth in its myriad forms. Before that happens, we as a species can facilitate a smooth transition into a universal community through preparedness, and with an understanding of human consciousness as it encounters the new paradigm of extraterrestrial and/or interdimensional intelligence.

In this 4-day exploration, we move beyond the idea of whether extraterrestrial or interdimensional life exists. Instead, we embrace the idea that it does, and explore how we as humans can create a common ground upon which two 'alien' species can meet. Upon that common ground, how do we reach out? And furthermore, how does the human consciousness react to such a shift in reality and perception? We will explore this and much more during this rare opportunity to work with Lyssa Royal Holt, who is a world renowned author, channel, and consciousness researcher who has been actively working in the field of extraterrestrial and consciousness research for well over 30 years.

The focus of this work is never the ETs themselves, but rather -- who are we in relationship to them? We utilize a

reflective paradigm in which contact with other-worldly beings becomes a mirror in which we can see ourselves and refine our consciousness. We do not chase or “call” UFOs (although they often appear). We instead open ourselves deeply to contact beyond the superficial that is much more profound, satisfying, and essential to human evolution as a whole. This contact takes many forms – seen and unseen.

What Will Be Included in the Workshop

Lyssa has offered these kinds of retreats for over 25 years and each one is unique. Therefore, it is impossible to list the topics we will cover, because much of the workshop unfolds organically in the moment. The workshop is primarily channeled through Lyssa and is connected to real-time research and experience during the retreat. The ET contact teams working with us over the 4 days usually have specific lessons they wish to impart. In general, common themes are listed below. There are also *always* unexpected surprises!

- Three nights of field work under the stars (weather permitting)
- Free time for hiking, journaling, meditating or relaxing (This is new! 😊)
- Experiential exercises designed to prepare the human consciousness for contact
- Lectures and channelings from Lyssa
- Exploring the human ego and its response to contact – Engaging the contact mirror.
- Trainings in field work and contact protocol as needed
- Meditation and integration exercises
- Much more!



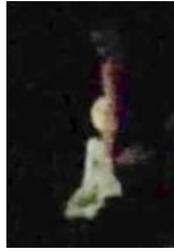
Scenes from the 2018 Retreat in Oracle, AZ (Above)

*L to R: 1. Closing Circle; 2. Exploring an anomalous event happening at our contact site;
3. Our contact site; 4. Opening day of the retreat*



Scenes from the 2016 retreat in Carefree AZ (Above)

From L to R: Our contact site; Classroom lecture by Lyssa; Light show during contact work



Retreat in Yamanashi, Japan 2017

*Lyssa (in pink) is facing the ET that appeared next to her
(Taken on Android phone)*

A Note about Our Work: *Lyssa's approach to contact work emphasizes the need for participants to evolve beyond the polarized perspective of "good guys" and "bad guys." We are all ambassadors and therefore our personal belief systems and judgments must not be a part of the contact process. In fact, for the contact process to be successful and fulfilling, we must move beyond these limiting belief systems. For more than 30 years, Lyssa has worked with the same group of extraterrestrials and interdimensional entities who have guided her research and every group has been completely safe while doing this work. Individuals with a high level of fear about this work, or who see some ETs as "bad" and others as "good" should think carefully about whether this work is right for them at this time. Group consciousness is a key element in contact work. Our group welcomes all the beings who choose to work with us, and we have never had any fearful or "negative" experiences.*

In addition, it is important for participants to examine their motivations for participating in a retreat such as this. If the motivation is purely to see a UFO, obtain evidence that ETs exist, or for any reason other than connecting joyfully with universal life and exploring the nature of consciousness, this retreat is probably not right for you. For those of you who are excited to be pioneers in the field of contact and consciousness research, we hope you will join us! While phenomena sometimes happens (such as the amazing photo of Lyssa with the ET, above), we do not focus on the evidence-based type of contact work. Our work is focused primarily on personal and group experience. For this reason, this is not a beginner's workshop.

Suggested Reading

Lyssa's book *Preparing for Contact* (new edition in 2011) is suggested to be read before the retreat. It is available from Amazon.com. In addition, check out our free library of articles and transcripts at: <http://www.lyssaroyal.net/-library.html>. We also have a YouTube channel called *SOLi School | Lyssa Royal Holt* that has a collection of videos of Lyssa channeling on galactic history.

The Inner and the Outer – We recommend reading the report from the 2018 Contact and Consciousness Retreat. You may find it in the library on Lyssa's web site at: <http://www.lyssaroyal.net/uploads/1/5/7/1/15716170/contactreport-oct2018.pdf>

About the Retreat Location

The historic C.O.D. Ranch (named for one of its previous owners) used to be a cattle ranch decades ago. Twenty-years ago it was renovated for groups by current owner Steve Malkin, and it has grown to be one of the most sought-after nature sanctuaries and retreat centers in Southern Arizona. It has hosted retreats for nearly every Native American tribe in Arizona, many environmental groups, and countless meditation, yoga, and church groups. It is very private, and a perfect place to hold a spiritual retreat. Our evening contact work will be undisturbed and private. This area of Arizona is known for frequent UFO sightings and contacts. The contact site

we will be using on the property is secluded and already has a strong energy that is quite conducive to contact work. We have finally found the perfect location for our annual retreat!

The atmosphere of the retreat center is one of rustic southwestern charm. You may expect clean, comfortable, and simple lodging and food, punctuated by breathtaking vistas all around. The property is nestled between the 36,000 acre Coronado National Forest and a bordering 6,000 acre state park and wildlife preserve.

For more information, see the C.O.D. web site at: www.codranch.com.



What to Bring

In addition to the usual workshop items like a **notebook**, **pens**, and personal things such as your favorite meditation cushion and pillows, we do suggest that you prepare yourself for outdoor activity at night. Nights in late September in Arizona can be warm (with rarely any mosquitos), pleasantly cool, or cold. Cotton clothing or jeans with a sweatshirt should be sufficient, with a **warm jacket** in case it gets chilly, which can unexpectedly happen. *(In fact, we often have strange weather during contact work, so it is advised to be prepared for all weather, including very cold).* Bring a **flashlight**, and any other items you may wish such as a comfy camp chair, and binoculars. (A limited number of outdoor chairs will be available at the retreat center, so if you have a favorite outdoor chair that you can bring, please do). Please be aware that the ranch is in a secluded location where there is much wildlife (including snakes, javelina/wild boar, deer, coyotes, etc.). Also, this will be the end of the monsoon season, so be prepared for possible thunderstorms, wind, and heavy rain in the late afternoon to evening. Bring an **umbrella** to walk between the conference room, your bedroom, and the dining room. The classroom floor is cement and is not carpeted (shoes are ok), so you may bring a yoga mat or blankets for cushioning if you wish. In class, there are chairs and backjacks available, so you can sit on the floor or in a chair. Bring **sunscreen**, **sunglasses**, and a **hat**, because the days will still be hot and sunny. Bring a **bathing suit** for the pool and Jacuzzi if you wish to use them, as well as a **beach towel**. Bring **protective shoes** (no sandals) for fieldwork in the dark in the desert (cactus!). You will also need an **alarm clock** and **personal toiletries**.

Workshop Price

Workshop prices are defined below, and the price depends upon the type of lodging you choose. Please note that depending upon the size of the group, single rooms *may* be available (at an extra charge), but the number of single rooms is limited. Rooms for couples are available. We will try our best to assign only two people per room, but if we have a larger group, we may have to place three in some of the larger rooms. (We will be limiting the registration number for this event so it is not overcrowded).

Double or Triple Occupancy	\$955 (includes lodging, food, and workshop tuition for 4 days/3 nights)
Single Occupancy (Limited Number)	\$1055 (includes lodging, food, and workshop tuition for 4 days/3 nights) <i>Single rooms are limited, and are assigned in order of registration</i>

Payment may be made by credit card (Visa, MasterCard, Amex or Discover) through a convenient payment link, by check/money order, or via PayPal invoice. More information about how to send payment is on the registration form. We will be invoicing you and processing payments in the months of July and August, once Lyssa has returned from Japan in July. The submission of your registration form, with payment information, is enough to hold your spot.

Arrival by Air

If you are arriving by air, the closest airport would be Tucson, but the more convenient airport is Phoenix, because more flights are available. You will need to rent a car to drive to the retreat center due to its remote location. The drive from Phoenix is approximately 2 hours or less. We are happy to recommend others who may be flying in so that you can share cars.

If you absolutely do not want to drive a car and would like to take a car service from the Tucson or Phoenix airport, this is the service recommended by the management of C.O.D. Ranch, below. However please be advised that if you are arriving early, *no meal service will be available and there are no restaurants within walking distance*. You will have to bring food to eat on your own if you arrive before the first group meal is served. (There is a community fridge that you can use, but no stove or microwave. Hot water is available).

Tribute Transportation

Steve Fredericks
(520) 661-8289
tributesedan@gmail.com

Please tell them you wish to go to C.O.D. Ranch in Oracle. They will give you pricing information.

Retreat Center Details

Please read this section carefully because there is a lot of detailed information to help you plan your trip and keep you happy and comfortable during the event.

Arriving Early or Departing Late

For those participants who wish to arrive a day early and/or leave a day late, you are welcome to do so if space is available. Your extra room and board will not be handled through us, though we would most likely assign your room number. If you wish to add days to your stay, please contact C.O.D. Ranch directly at (520) 896-9161 or (800) 868-5617. Meals are not included when you stay for extra days. You may also email them at staff@codranch.com. You will pay for your extra time separately upon your arrival. (Cash or personal check is most appreciated).

Note: Because the chef only works when groups are present, it may be more convenient for you to find other lodging in or near the town of Oracle so you can have easy access to meals. Even though it is a small town, there are just a few restaurants nearby. You may even stay in larger towns around Oracle to get more of a choice of hotels or meals if needed.

Meals

Many people have dietary restrictions. On your registration form you will be able to request special meals. The group's menu will be prepared taking into account all the limitations of the group as a whole. As long as you state your needs (within certain guidelines) there will be something for you to eat at every meal. The special

meal choices include: Vegetarian, Gluten-Free, and Vegan. Food is served buffet style, so no matter your diet, it is likely you will find plenty to eat. (We will make a request that only chicken or fish is served for meat eaters).

Classroom Conditions

We will have the private use of a very large and comfortable classroom (2000 sq. ft) that is in a separate building with a few restrooms inside. The floor is not carpeted (shoes are ok). There will only be straight-back chairs or backjacks (for floor seating) available, so if you need different seating, please bring your own. As we usually do meditations that sometimes require you to lie on the floor, we do recommend that you bring a yoga mat or blanket if you can. Depending upon the group size, there may not be enough yoga mats and blankets for everyone. If you are driving, we ask that you bring whatever you need, so that we may give priority to those who are flying in. If you are local and have extra yoga mats or blankets and want to bring them to share with those who are arriving by air, we would most appreciate it!

Parking

There is plenty of parking on site. If you have a car, it will be safe to leave there during the whole weekend.

Rooming

The ranch has a series of casitas with rooms that house 2-3 people each. For the most part, the rooms are spacious and quaint, with a western decor. Single rooms are limited, and there is an extra charge for them. The availability of single rooms depends upon the group size. On your registration form we will ask you a number of questions about your roommate preference and we will do our best to match you with a suitable roommate. If you wish to request a specific person to be your roommate, you may of course request that. Please note that some rooms have queen beds for two, and some have single beds. If you are registering as a couple, we will ask you if you can share a bed in one of the queen rooms. Please answer all questions so we can easily put you in a room that meets your needs without having to contact you directly. Thank you!

Pool and Jacuzzi

There is a pool and jacuzzi on the premises and participants are welcome to use them. Only our group will be there, so the pool area will be private. Please bring a swimsuit if you wish to use the pool, as a swimsuit is required. (To use the Jacuzzi, you will have to ask COD Ranch to turn on the heating at your desired time).

Wi-Fi & Cell Signals

Wi-Fi is available in select areas of the ranch. (It is mostly available in the classroom and dining hall). You will be notified of those locations upon check-in. Because we are in a remote area, we cannot guarantee cell phone reception. (If you must have cell phone reception, please contact the ranch to inquire about the cell coverage. In 2018, the cell phone reception was in and out and not predictable, but it will depend upon your carrier).

Substance-Free and Weapon-Free Environment

Alcohol or recreational drug use is not allowed during this retreat. By registering for this event, you agree to the terms of maintaining a substance-free environment for the honor and respect of all human participants as well as the interdimensional intelligences working with us. If these terms are broken, the participant(s) will be asked to leave the premises and will not receive a refund.

Arizona is still the Wild West, but we do not allow weapons of any kind on the premises of the retreat center during this retreat. As above, if these terms are broken, the participant(s) will be asked to leave the premises and will not receive a refund.

Basic Schedule

This schedule is subject to minor changes, but the basic structure will remain.

Thursday, Sept 26

- 1:30-2:45pm - Arrival and Check In
- 3:00-6:00 - Classroom Activities
- Dinner Break
- 7:30 to ? - Outdoor contact work (weather permitting)

Friday, Sept 27

- 10am to 1pm (approx) Classroom activities
- Lunch Break
- 3:00-5:30pm (approx) Classroom activities
- Dinner Break
- 7:30 to ? - Outdoor contact work (weather permitting)

Saturday, Sept 28

- Free morning for hiking, exploring, meditating or relaxing
- 12-1pm Debriefing and Discussion from previous night's contact work
- Lunch Break
- 3-5:30pm (approx) Classroom activities
- Dinner Break
- 7:30 to ? – Outdoor contact work (weather permitting)

Sunday, Sept 29

- 10:00am or earlier – room check out
- 10:30am to 1pm (approx) Classroom activities
- Lunch Break
- 2:00-3:00 (approx) Closing Session

Meals are included for Thursday dinner, Friday breakfast, lunch, and dinner, Saturday breakfast, lunch, and dinner, and Sunday breakfast and lunch. (9 meals)

Lodging is included for Thursday, Friday, and Saturday nights. Unless you have made arrangements for extra nights, guests must check out Sunday morning and depart the retreat center after the final session on Sunday, closing at 3pm.

CANCELLATION POLICY - Refunds are available until September 1, 2019, except for a \$50 processing fee. After September 1, no refunds are available unless you can secure someone to take your spot. If you have extenuating circumstances, please let us know. If you need to cancel, you must submit your request to us in writing by email or fax, before September 1. You must insure that we receive and confirm your cancellation email for the refund to be valid. To reach us quickly, you may leave a voice mail or send a fax to our office at 602-404-1456 by September 1st. If we have received your message of cancellation we WILL confirm. If you do not hear from us, please keep trying because it means that we haven't received it. If you have an emergency that prevents you from attending after the Arizona-based staff has departed for Oracle on September 25, email will be the only way to reach us to let us know that you cannot attend.

The completion of your registration form and sending it with your payment instructions holds your space. Because we expect this workshop to be quite full, please do not register unless you fully intend to participate, to make it fair for everyone wishing to attend. We will be invoicing you and processing the payments in the months

of July & August. *If you are concerned about your registration and whether we have received it, you may always email us at our general address. When you register, in addition to being directed to the confirmation page, you will receive a personal email from us confirming your registration. If you do not receive a confirmation email, please contact us!*

DISCLAIMER - *By registering for this workshop, you agree to take full responsibility for your safety, behavior, and experience during this event. Seed of Life Institute will do its utmost to provide an environment that is secure and supportive for each participant. However, in the event of any injuries, unforeseen circumstances, or acts of God, you agree not to hold Seed of Life Institute LLC (or its representatives) liable in any way. Should participants have special needs, it is the responsibility of the participants to either request assistance for their needs or take the necessary precautions to care for themselves. C.O.D. Ranch will also require each participant to sign a waiver upon check in.*

By registering for this workshop, you have confirmed that you understand and agree to our cancellation policy and the disclaimer (above). You also agree to sign and submit a liability waiver to C.O.D. Ranch as well.

Please read all the information we've prepared for you on the promotional documents for this workshop, as there is important information there about how you can best prepare for this exciting event. To access these documents, go to the [Schedule](#), under the September section. We will also begin sending emails to the group during September to help you prepare. We look forward to seeing you in at the event!

Contact Info

Should you need to contact us, email is always the best way to reach us. We do have a phone/fax line that is not answered and has voice mail only but if we are in Japan we will not see messages or faxes. Once the Phoenix-based staff has left for the retreat on September 25, we ask that you contact our workshop staff if you have an issue with late arrival. That contact info will be provided to you closer to the event.

Emails: royalpriestresearch@hotmail.com or info.solischool@gmail.com

Voice Mail & Fax: (602) 404-1456

TO REGISTER

Go to our online form at:

www.lyssaroyal.net/registration-ccretreat2019.html