

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 (28) 29-October 2, 2022 in Oracle, Arizona
Early Arrival Possible on September 28 (free day)

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

Optional Early Arrival on Wednesday, Sept 28, after 12pm
(Early arrival includes dinner on 9/28, and breakfast & lunch on 9/29)

Retreat Officially Begins Thursday, Sept 29 at 3pm (includes dinner only)
Friday, Sept 30 all day and evening (includes breakfast, lunch, and dinner)
Saturday, Oct 1 all day and evening (includes breakfast, lunch, and dinner)
Ends Sunday, Oct 2, 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? How can we move into nonlocal and non-egoic consciousness to meet them on a common ground? 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 or ETs (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 Seminar

Lyssa has offered these kinds of retreats for over 30 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
- Experiential exercises designed to prepare the human consciousness for contact
- Lectures and channelings from Lyssa and the ET team
- 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 2020 & 2021 Retreats



Above, L to R: 2020 in Fountain Hills. 2. The spacecraft filmed on Lyssa's iPhone, 2021. 3. At the contact site in 2021

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

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





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, who see some ETs as "bad" and others as "good," who only want to contact the "good ETs" or ETs of a certain species should think carefully about whether this work is right for them at this time. We do not discriminate against those who contact us, and in 30+ years, this commitment has served us well. 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 happen (such as the amazing photo of Lyssa with the ET, or the spacecraft photographed near us in 2021 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 and many other reasons, this is not a beginner's workshop.

Suggested Reading, Viewing, or Listening

Books: 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>.

Videos: We also have a YouTube channel called *SOLi School | Lyssa Royal Holt* that has a collection of videos of Lyssa channeling on galactic history and the subject of contact. Use the link below to access the YouTube channel.
<https://www.youtube.com/channel/UCeuLbnOjBUfqgm2KEqkPLA>

Article: *Contact in Arizona – September 2021*, article by Lyssa Royal Holt. This article summarizes our experiences from the 2021 retreat. View or download it here:
<https://www.lyssaroyal.net/uploads/1/5/7/1/15716170/contact-retreat-2021-report.pdf>

Audio: *Session #330, Reality Theatre* – This is the audio recording of most of the material from the 2021 contact retreat. You can purchase it here: <https://www.lyssaroyal.net/mp3-audio-downloads.html>

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 a recent owner Steve Malkin, and it has grown to be one of the most sought-after nature sanctuaries and retreat centers in Southern Arizona. (It was sold to a new owner in 2022). 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, and our groups have had some amazing experiences. 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, cozy, 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 really cold. Cotton clothing or jeans with a sweatshirt should be sufficient, with a **warm jacket** (like a down coat) and thick shoes like hiking boots 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 sometimes has a thin carpet (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**.

A Note about Laser Pointers: While you may bring one to use personally, we ask that it NOT be used in a group setting during contact work. (This is due to past eye injuries with lasers in a group). During contact work, we ask

that only a single laser be used by Lyssa or someone she appoints to that task. Thank you for your understanding.

Workshop Price

Workshop prices are defined below, and the price depends upon the type of lodging you choose as well as your arrival date. 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 very 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). Those who return their registration form early will have the first choice to have a single room, though they will be limited.

Early Arrival on September 28 (Wednesday) – *Most people arrive early.*

Double or Triple Occupancy	\$1460 (includes lodging, food, and workshop tuition for 5 days/4 nights)
Single Occupancy (Limited Number)	\$1660 (includes lodging, food, and workshop tuition for 5 days/4 nights) <i>Single rooms are limited, and are assigned in order of registration</i>

Standard Arrival on September 29 (Thursday)

Double or Triple Occupancy	\$1220 (includes lodging, food, and workshop tuition for 4 days/3 nights)
Single Occupancy (Limited Number)	\$1395 (includes lodging, food, and workshop tuition for 4 days/3 nights) <i>Single rooms are limited, and are assigned in order of registration</i>

**Note: There is a price increase since 2021 because of the new owners and property improvements.*

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. The submission of your registration form, with payment information and your sincere intention, 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. (Most of you already know each other 😊)

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 between meal times, *there are no restaurants within walking distance*. You will have to bring food to eat on your own if you arrive before the first scheduled 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

For those participants who wish to arrive a day early with most of the group, that option is available to you for an extra charge. If you choose the Early Arrival option, your meals are included. During this extra day, you can rest and relax or participate in optional activities that group members will arrange such as channeling practice, meditation, yoga, contact work, or hiking. We do recommend arriving early, as it gives you a chance to settle in and get ready for the retreat. About 95% of participants arrive early.

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 considering 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/turkey 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 two restrooms inside. The floor is stained cement and not carpeted. There will only be straight-back chairs or back jacks (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. (Some will be available there). 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 simple casitas with rooms that house 2-3 people each. For the most part, the rooms are spacious and quaint but quite simple, 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 some 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 small 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 2021, the cell phone reception was in and out and not predictable, but it will depend upon your carrier).

Substance-Free and Weapon-Free Environment | Non-Smoking Property

Alcohol or recreational drug use (including sacred plant medicine) 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.

Since the new owners have taken over the property, they have made it a non-smoking property. Smoking is not allowed in the casitas, but only in designated smoking areas.

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.

COVID Protocols

At the time of this writing, most places in Arizona no longer require masks or social distancing except on some reservation areas and specific locations. As you are traveling to Arizona, please be aware of this while moving around. Because laws are often different on reservations, it is a good idea to bring a mask in case it is needed when you are traveling within the state. However, the Ranch is private property, so the protocols for this retreat will be based on the needs of our group and practical and responsible considerations. In general, we will keep the classroom well-ventilated and arrange the chairs to respect personal space. We will have sanitizer and masks available for those who desire them, and we ask you not to attend if you feel ill or believe that you have been in contact with someone who has the virus. We will also inform you of any requirements from COD Ranch as well. These guidelines may change, depending upon the state of virus transmission in Arizona at the time of the retreat.

Basic Schedule of Retreat

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

Wednesday, Sept 28 (Early Arrival)

- Check in after 12pm
- Dinner included, around 6:00pm

Thursday, Sept 29

- 1:30-2:45pm - Arrival and Check In
- 3:00-5:30 - Classroom Activities
- Dinner Break
- 7:30 to ? - Outdoor contact work (weather permitting)

Friday, Sept 30

- 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, Oct 1

- 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, Oct 2

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

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

Early Arrival: Meals are included for Wednesday dinner, Thursday breakfast, lunch, and dinner, Friday breakfast, lunch, and dinner, Saturday breakfast lunch and dinner, and Sunday breakfast and lunch. (12 meals).

Standard Lodging is included for Thursday, Friday, and Saturday nights.

Early Arrival Lodging is included for Wednesday, Thursday, Friday, and Saturday nights.

CANCELLATION POLICY - Refunds are available until September 6, 2022, except for a \$50 processing fee. After September 6, 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 6. You must ensure 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 6th. 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 28, 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, releasing the payment link, 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, health, 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, illnesses, 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 in this document, as there is important information here about how you can best prepare for this exciting event. 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 live and has voice mail only but if we have already left for the retreat, we will not see messages or faxes. Once the Phoenix-based staff has left for the retreat on September 28, we ask that you contact our workshop staff if you have an issue with your 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 (This is a landline).

TO REGISTER

Go to our online form at:

www.lyssaroyal.net/registration-ccretreat2022.html