

Summary of Experiences

Contact and Consciousness Retreat October 2022

By Lyssa Royal Holt

At the time of this writing, it is now six days since we left our contact retreat location. My intention was to write my report immediately. However, a 2nd round of COVID hit me right after the retreat and has kept me from having the energy do much of anything. Even during the retreat, the events were happening full on, to the point where I could no longer even write a journal nightly. I had to make do with scratching half-sentences in my notebook before falling into a deep sleep after contact work each night. Thus, this report may be missing a lot of significant detail. However, for those who want to listen to the audio, it is available in our audio download section. (The link is below).

Night 1 – September 29, 2022

This was our first night outside under the stars. The group hadn't yet been taught the standard protocol we use, so it was a night of acclimating to the site, the group energy, and the local contact energy. On this night, the Sirian ambassador Hamón gave a lecture and led an exercise and our first evening of contact work. In general, the skies were somewhat quiet.

Night 2 – September 30, 2022

On the previous day, I spoke at length about a friend of ours that we call Brad. He is a man we have known for about 25 years, and we know his character well. He is a shaolin priest, having trained in Mongolia at the Shaolin temple. While interested in UFOs in general, he has never had any significant contact until 2022. In early 2022 he had an "accidental contact" with a female extraterrestrial in the everglades of Florida. Because of this contact, he began to have regular contacts with her ship and its crew. They call themselves Plejarens (we say "Pleiadians"). This female's name is Semjase – but not the same person from the well-known Billy Meier contacts of the 1970s. This Semjase is her granddaughter. These contacts are deep and rich and are chronicled in simple journal style in Brad's first book called *The Plejaren Diaries – Accidental Contact*. Other than Semjase, Brad has given human names to the crew of this ship that reflect his sense of humor. The main characters are the Captain, Mother (who is like a priestess), Hanz & Franz, Snake Lady, and Laura. The story is, in some ways, unbelievable, but because we know Brad personally and quite well, we know he is neither lying nor having a break with reality. Thus, the contacts must indeed be happening.

Before the retreat, we asked Brad to invite the Plejaren family to show up at our retreat. He said at first that they were hesitant but as time went on, they began to display enthusiasm about our request. A few days before the retreat, Brad had a meeting with them and Mother (the priestess-like being) gave a message to him to pass to us. The message was:

This is a request from Mother: All that attend must fill themselves with an incredible amount of love. Not just try to do it but be it. Next, they have to bare themselves fully of all that they are. Really are. Whether it be positive or negative in their life, release the emotion. No compromise. [The way Brad said it is to be

naked]. No need to set intent because it should be unconditional and already be there. If done, Mother will join those that know that kind of love. Your contact [Sasha] will assist if called upon. Those that do this will have their own personal experience as they set coming into this life, whether it was physical or spiritual. Their guides know will know this. This aspect will be very personal, and they will have to live with this the rest of this life.

Brad's words: They have to realize there is no going back from that point. Know yourself sort of thing. Trust me, this is no halfway thing. There is no one to help them figure it out. Once you commit to love it will be the only path permitted by the higher self. Acceptance alters the contract they made before coming here. This may be a conflict to their physical personal agenda. For all of our true intent is love but some forget that. They are giving all of you a gift. I would like to think that I had something to do with that, but I am one just affected by their incredible love. They, Mother, feel my love for both of you and felt you deserved more than just a light show. Sorry, she took over my simple request. Yes, lights will be available for those who only need that. I hate the fact that I only asked for a light show. [Joking] This became more. It's not my fault. It is Semjase's fault. Lyssa, you are in the bloodline so maybe it is your fault too. 😊

I read this message to the group on Day 1 and was surprised at how impactful it was. Day 1 and the tears were already flowing. The nakedness was beginning!

Outdoor Contact Work

That day, I had channeled Sasha. She presented a lecture with two parts called *The Layers of Forgetfulness* and *The Layers of Remembering*. She said that we were going to work with the archetypal Mother energy as it was presented in the lecture that day. This relates to a time, 13,000 years ago, when the ETs (mostly Pleiadian and Sirian) left the planet as we fell into a consciousness sleep cycle. We as a species are healing this old wound of abandonment (especially the withdrawal of love and feelings of rejection from the Mother archetype that the ETs, especially Pleiadians, represented).

This night then, Sasha orchestrated what she called a Pleiadian Mother Ceremony. A group of Pleiadian priestesses (or "Mothers") came into our circle holding black obsidian bowls. I was representing them, holding a singing bowl filled with water. Participants were to gaze into the bowl and see the constellation of the Pleiades and be taken on a journey. We were told in the ancient days on Earth that the ceremony was done with black obsidian bowls.

After the ceremony was over, we had some time to be silent and let our contacts unfold. During this time, I was facing the altar near my chair. I don't usually see spacecraft visually, but I see them internally, and I could clearly see a cylinder-shaped ship that was golden in color above the mountains in front of me. I could feel that the Pleiadian Mothers came from there.

Around this time, I began to hear a weird frequency to my left as I was facing the mountains. This meant it was coming from the furthest part of the circle. It is hard to describe but it sounded like a crystal bowl or some type of resonant frequency from where I was standing. However, I later found out from those near the source of the sound that it was as loud as a jet engine! There was also a period when it

sounded as if a motorbike was present – however, it isn't possible in our location. These kinds of weird sound phenomena often happen in my contact work.

Above the source of the sound, there was also a strange dark cloud (floating amongst other light clouds) that was stationary all evening. Even as the other clouds moved, this one seemed anchored to the spot and didn't change shape. A photo of that cloud is below:



There was also a visible light show. We've come to expect light shows at this site, but this one seemed more focus and directed, and it was simultaneous to the loud sound. The orange lights would pop on, pop off, separate into two, appear to get closer and then back off. We later heard that the owners of the property heard the sound so loud from inside of their home that they were freaked out!

On a personal note, before the lights and sound got intense, I felt bathed in the energy of that cylindrical ship and I started to experience a familiar kinesthetic feeling in my body. As I was standing at the altar I felt a snake-like, spiraling energy enter my body and my body felt compelled to move in what I thought were long-forgotten Shaolin tai chi forms that I had learned from Brad 20+ years ago. (He is a Shaolin grand master known as Zaysan). I just let my body make the movements and it felt so good to feel them again! But I kept asking myself, "What is this snake-like energy?" Then it hit me – Snake Lady from the Plejaren ship! Somehow, I knew it was her and I thanked her for the experience. [Unbeknownst to me, my husband Ron also had a visit from Snake Lady at the same time. It was a good confirmation to have both of us visited by her, as she is only explored slightly in the Plejaren Diaries books.]

After the official group work was done, about a dozen of us stayed outside to interact with the lights. It was so fun and exciting that we were like a bunch of kids on sugar. Finally, at 12:30am, most of us decided that if we wanted to function properly the next day, it was time to go to bed. I fell into a deep dreamless sleep.

Night 3 – October 1, 2022

On this workshop day, the Sirian being I channel (the Sirian ambassador named Hamón), gave a lecture about the abandonment 13,000 years ago, the human wound, and the Father archetype. When they left Earth, the Sirians could no longer protect us, and they were hurt as well. Thus, this day was the day of

processing the abandonment by the Father archetype in the ancient past. It was a profound lecture that touched the group deeply.

During our lunch break, one of the participants who did sound baths with crystal bowls and a gong before our contact work offered the staff, including me, a private session. We all laid down in the small room and let the sounds overtake us. During that experience, I fell into a lucid state in which I saw the underside of a spacecraft that had many round lights. Later, in another lucid state, I saw it from the side, flying through a desert canyon. (I think this experience was a form of remote viewing not willfully directed). It felt to me as being the craft that keeps showing up – perhaps the one with the orange light(s).

Outdoor Contact Work

That night, we set up as usual. We began with a musical performance by two participants and a sound bath by another. Then, we had a saging ceremony and puja with Sanskrit mantras. After this, we began the ceremony with the Sirian Fathers (priests). They formed a grid around us that was described during class. This grid created a counter-rotating field. As the Sirian priests did their work with us, there was a deafening silence (at least as I perceived it). There were no lights in the sky and no sounds. I was guided to sit back at the altar and face the mountains where the lights usually appear. I wondered why the lights did not come on during the ceremony. Then, I received the communication, which was a kind of training.

I was told to close my eyes and reach out to them not from my mind/ego/desire – as in, “Hey, I want to see you! I invite you!” It is hard to describe, but it felt like a deeper part of me beyond the personality just reached out, like through a tunnel, and found their frequency. It all happened quickly and naturally. I felt them and exchanged what could only be described as love. Then I was guided to open my eyes, and boom! The big bright orange light turned on a fraction of a second after I opened my eyes. It was a valuable lesson. None of us can be taught to bypass the ego persona. It is something we learn alone and with repeated practice and surrendering. In that moment I felt the universal connection but in a way that was so unconnected to the human identity.

Earlier that night, before the ceremony, we also had significant light phenomena. The orange light split into 2 and 3 lights. (Over these several years, we have been wondering if it is one craft with several lights or several craft). Toward the end of the night (to the left of the area where the orange lights appeared) in the sky above a little valley between peaks, we were graced with the appearance of a very bright pure white light (brighter than anything naturally in the sky by manyfold). I was thrilled that I shared that experience with my good friend J, who was at the retreat this year after missing several. It was a beautiful moment for us both that I’m not sure was shared by many witnesses. My feeling was that this big bright white light was the Plejaren family “waving” to us, in a sense! 😊 It felt to me to be a different consciousness than the orange lights we see nearly every year.

One participant who has attended for the last 10 years captured his first video on his phone of the orange lights splitting. Below is a still shot from the video. (Photo by Patrick Briggs)



Another long-time participant took these photos (below) as well, which are further away. These photos below do not show the object in the same way we viewed it – it was seen as much bigger. There are no roads in these mountains, so the light is hovering and moving in front of the mountains.



On this night, we also found that many participants were physically tapped distinctively or touched lightly, and it seemed to correlate with the ceremony.

The crystal bowl/jet engine sound returned on this night, but it was only for a short time and not as loud as the previous night.

It may sound humorous, but by the end of the night, we were so familiar with the lights (especially after years of similar experiences) that instead of watching them all night, most of us decided to go to bed!

Conclusion

In the last few years, Sasha has been stressing the importance of contact teams learning to integrate the internal and external contacts into a coherent experience. We can no longer get distracted by the lights in the sky. We can enjoy them, but the internal contact experience is so much more significant for our evolution as a species as well as our inevitable entry into the galactic community.

I am reminded of something that Brad told me the last time we spoke. I told him that there was a part of me that believed that I was “working up to” a physical contact, as if it was the pinnacle experience. He told me something Mother told him – that physical contact (as opposed to spiritual contact) is *going*

backwards. The statement shocked me, but in my heart I knew he was right. He had physical contact because he is very comfortable and focused in the physical realm, and they have to teach him about spiritual contact. However, my focus is mostly in the spiritual realm already, so it makes sense. However, in the end, there will come a time when the inner and the outer meet. I'm sure I can speak for most of us that that coming time is welcomed with open arms and an excited, open heart.

Lyssa Royal Holt

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VIDEO - To view the raw video footage from two participants filming simultaneously, go to:

<https://www.lyssaroyal.net/Contact-2022-Retreat.html>

AUDIO – The audio of this retreat (nearly 6 hours of material) is available in our catalog. It is #337

Mothers and Fathers. Use this link to read more or to purchase: <https://www.lyssaroyal.net/mp3-audio-downloads.html>