

# Channeling & Quantum Integration

An Intensive Training Course in 3 Modules  
Held on Zoom

with International Channel and Author Lyssa Royal Holt

**Module 1: March 27-28 (Level 1) and April 10-11, 2021 (Level 2)**

**Module 2: May 8-9 (Level 1) and May 22-23, 2021 (Level 2)**

**Module 3: July 31-Aug 1 (Level 1) and August 14-15, 2021 (Level 2)**

*(This is Cycle 3 – The third USA-based class)*

**10:00am to 4:00pm Arizona Mtn Time (with Lunch Break)**



- Deepen your connection to your Higher Self and beyond
- Explore and befriend your inner landscape of consciousness
- Understand and clear the human ego (an ongoing process)
- Connect with conscious integrated beings from other realms
- Develop (or refine) vocal channeling and/or other methods of channeling
  - Experience the inner alchemy of consciousness integration
  - Change your life!

## **This course is held in 3 Modules - Homework is given between modules**

*This is the most in depth and comprehensive channel training offered anywhere, by a trance channel with 30+ years of experience. It is for those individuals who are excited to make a deep commitment to their growth and willing to do the intense inner work necessary to help unlock their inner potential. The course is based on the principles of inner alchemy. Results are seen to the degree that students are willing to consistently engage the process and sincerely do the homework between modules. Because this is a somewhat advanced course, it is recommended that students have some experience in spiritual or metaphysical practices, though channeling experience is not required. (This is not a course for super-beginners to the spiritual field). Optional Graduate Training and/or Post-Graduate Mentorship is available after the course concludes.*

**Lyssa Royal Holt** is a channel with 30+ years of experience (since 1985) navigating the inner landscape of consciousness and bringing through the teachings of beings from beyond the human realm. She has spent those 30+ years refining her skill through deep inner work and offering seminars and private sessions to clients and students in more than 25 countries worldwide. She is most known for her classic books that include *The Prism of Lyra*, *Preparing for Contact*, the *Galactic Heritage Cards*, and the recently-released book *The Golden Lake*. Lyssa has

offered an in depth, year-long channel training course every year in Japan since 2009. This is the third time this in-depth course will be offered from the USA, and the first time it will be held entirely online.

Please note that this course is not channeled by Sasha or Germane through Lyssa in the trance state. It is instead consciously channeled by Lyssa, with help from Sasha & Germane when needed. Early on Lyssa found that channeling needs to be taught from the human perspective to truly help humans do the inner work necessary to channel clearly.

### **Deeper Intentions for this Course**

Having taught channeling since the late 1980s, Lyssa has witnessed that a powerful alchemical process happens when one makes the commitment to start the journey of opening to channel. The course is not so much about achieving the goal of channeling. Instead, the course is more about the journey of opening, deep integration, and awakening that happens as we engage the process. Thus, this course is perfect for those wanting to take a profound step in their spiritual journey, even if their channeling isn't the main goal. It is a very deeply transformational course, so participants should be ready to redefine all that they "know," and embrace a new way of being.

The course is *not* recommended for those looking for a fast result, for those not willing or able to do the homework, or for those only focused on the goal of channeling at the professional level. While some of Lyssa's students have gone on to become professional channels, we have found that a goal such as that often impedes the process. It is best for students to come to the class with an open heart and mind, and to let go of 3D intentions and motivations so that the Universe can offer an experience that is authentic to each individual without the ego trying to control the process in order to achieve a goal.

### **Structure of the Course**

This course, broadcast on Zoom from Arizona USA, will be offered in the same structure as the course in Japan. It will consist of three, 4-day modules, for a total of 12 days scattered over five months. Each module represents a specific theme of development and refinement. While there is a basic course structure, Lyssa will modify the lessons and pace of the work according to the group's needs. Below is the basic structure.

#### **Module 1**

- Learning about what channeling is and isn't
- Specific breath work, meditation, and energy exercises to begin the opening
- Learning to navigate the inner landscape of consciousness
- Chakra and energy work to prepare the energy field for channeling
- Ego work and the role of belief systems in channeling
- Channeling exercises appropriate to the group abilities
- Developing the relationship with the Higher Self
- Channel self-care (Module 1)
- The process of consciousness awakening and how it relates to channeling

**Practice:** Each student will receive a YouTube private link for some of the homework exercises for module 1 so they may follow along at home between modules.

## Module 2

- Specific breath work, meditation, and energy exercises for Module 2
- Ego work and learning about our "inner voices" that can affect clear channeling
- Chakra and energy work for module 2
- Deepening the relationship with the Higher Self
- Activating the pineal ("psychic") energy through various exercises
- Beginning to learn your unique style of channeling
- Energy blendings and connections with the unseen guides
- Channeling practice (as appropriate for the group)

**Practice:** Each student will receive a YouTube private link for some of the homework exercises for module 2 so they may follow along at home between modules.

## Module 3

- Specific breath work, meditation, and energy exercises for Module 3
- Channeling practice (Exercises are designed for your unique group & abilities)
- Chakra and energy work for module 3
- Addressing the concerns, questions, and insecurities of developing channels
- How to take your channeling deeper

*Note: The curriculum for module 3 is always fluid, depending upon the abilities and needs of the group. In general, this module is spent doing much channeling practice to help you refine the ease with which you channel. Each student will be encouraged to develop their own unique style, rather than only working in the style of channeling used by Lyssa.*

**Practice:** Each student will receive a YouTube private link for some of the homework exercises for module 3 so they may continue their development after the course.

## Graduate Training

An option exists for the group to choose to have one more weekend of training and refinement. This option will be discussed with the group in module 3. In Japan, this fourth module is offered in a power spot so that the group can make use of the powerfully integrative energies at power spots and how it can affect channeling. Due to pandemic travel restrictions, we will not be offering this option in this class. Optional post-graduate mentorship with Lyssa is also available periodically if needed or desired. We often have graduate classes where English-speaking graduates from different classes work together. The building of the graduate community is quite important, because of the support given by senior graduates. Lyssa will also have a team of graduates assisting her with the class, and you are free to connect with them as you wish, to further your development.

## Feedback from Past Students

*The techniques Lyssa taught made channeling surprisingly easy and such a joy! I was surprised at how peaceful and excited the experience made me feel at one and the same time. The workshop material included psychological and spiritual techniques to help identify and remove blocks to channeling as well as to other, more mundane life goals. Clearing within yourself seems to help clear the path to communicating with other beings. (D.J., Phoenix, AZ)*

*From April 2015 into January 2016, Channeling and Quantum Integration was an incredible nine month period of gestation and growth for me. Under Lyssa's loving tutelage, I have transformed in ways that are difficult to put into words. A magical alchemical process seems to have taken place in the womb of our work together, one that surprises and delights me. I was*

*drawn to the training to connect with my higher self, that was the carrot. The stick was my own, the recognized need to focus on a spiritual path, release my emotional baggage and find a way to that wiser voice within. But I wasn't sure what I was getting into. Having followed channeled material since my early 20s I had learned to exercise great discernment with what I read or heard. I felt sure of Lyssa based on the quality and care she demonstrates with her books, recordings and presence online. She is a professional, but even so, I was thrilled to find an in-depth and comprehensive training that includes everything you would expect to be addressed in this type of training, and so much more. I am deeply appreciative of the thoughtful and insightful inclusion of many unaddressed issues around being a channel that I would not have considered myself until much later. This course is a worthwhile investment. It is priceless - not just in terms of dollars, but more importantly, in terms of life energy, health, sustainability and a much stronger connection to source. The support is genuine, with wisdom and practices I will return to again and again. The care, consideration and love put into all aspects of this training and the people you meet are extraordinary. If you feel the tiniest glimmer of desire, check it out. You won't regret it. (J.H., Duvall, WA)*

### **Your Commitment**

Once you commit to taking this class, the process of letting go and clearing begins - sometimes even before the course starts! Over the years of offering this course, the power of this process continues to reveal itself. It is requested that students of this course view this as a sacred experience and because of that, they make every effort to engage the process fully by doing the homework between modules and attending each module. Students must attend all modules in the order they are given, and practice between modules, for this process to activate fully.

We have structured the online version of the USA course to be the easiest for those to attend in the North & South America and Europe time zones. The total is 12 days, but they are not given all at once for a reason. (This would be impossible for Lyssa, and it would not trigger the deep transformational process that unfolds with time between modules). By signing up for the course, you commit to attending, and paying for, all three modules. For your convenience, we will invoice you (or send a payment link) for each module a few weeks before it starts so you do not have to pay the entire fee up front. We are not offering a discount for full advance payment because we are already discounting the prices. We will simply process your payment a few weeks before each module, with the understanding and trust that you will follow through with your attendance for all three modules.

Should an emergency come up and you cannot attend on specific days, we will make every effort to try to provide you with the course material missed on that day (via recording) to the best of our ability. (We will be recording on Zoom). Lyssa's style of teaching reinforces the self-responsibility of each student in their own process. This means that the more the student gives to this process, the more they receive in return. Students are responsible for doing the homework, practicing, and engaging the process in between modules in order to see their desired results come to fruition. If students miss sections of the class, they are responsible to request the material they missed from Lyssa or from other students. However, as we move into Module 2 and 3, we will be doing pair and group work, which can't be done from a recording. You would need to practice with another student or one of our assistants (if they are available).

### **What is Included**

Included in the fee for the course is the following:

- \* All virtual classroom activities, lectures, and exercises with Lyssa
- \* A workbook – Some files will be shared electronically and it is recommended that you place them in a binder
- \* A private YouTube link for each module to help with practice

\* Email contact with Lyssa and/or assistants between modules if assistance is needed.

### **What should you have handy during the Zoom class?**

\* **A digital audio recorder** - unlike other workshops, we encourage you to record everything, especially guided meditations and lectures, so that you can practice later. Yes, we will be recording on Zoom. But technology glitches happen, so we always strongly recommend that you record on your own as a backup. We cannot be responsible if technology glitches interrupt the Zoom recording. Back ups are always essential!

\* **A yoga mat or towel** - There will be gentle body work and meditation exercises for which you will need to be on the floor. Please gather whatever you need such as a yoga mat, meditation cushion, pillows, etc.

\* **A notebook** for notes

\* A new **personal journal** to use just for this class (separate from the notebook). You will use this journal at home to record your experiences and progress. We recommend that you buy a journal that you visually love so that you will be happy to use it! Consider this journal your “mobile altar.” It is an important part of this process.

\* Wear **comfortable clothes** in which you can easily move, as you will receive simple stretching and energy exercises for each module that are appropriate for anyone at any level of fitness.

\* Your favorite meditation **cushions, pillows, blankets**, etc., for your comfort during meditation.

### **Hours**

The general hours are beginning every day at **10am** and ending around **4pm**, Arizona Mountain Time. (Please note that Arizona never changes its clocks for Daylight Saving Time – so our time in relationship to other areas who observe Daylight Saving Time will change. So for each module, please use your phone to find out the local time in your area). We may extend slightly over 4pm on certain days, in order to finish the class material, but it won't be a long extension. We will have short breaks, as well as a 1-hour meal break halfway through the day.

### **Platform**

This course will be held on the Zoom platform. It is recommended to download the Zoom app ([www.zoom.us](http://www.zoom.us)) on a laptop or desktop and do the class through the app by signing in, instead of using the link through a browser. (While the Zoom link will work for a tablet or phone, functionality is more limited if you are not using a computer). Anyone can sign up for a free Zoom account.

You will receive an email with the Zoom meeting ID, pass code, and link before each module begins. As this is a closed course, please do not share the link with anyone. The same link will be good for each of the 4 days of the module. The link will change for each module.

### **Course Tuition**

As stated above, you will receive a payment link a few weeks before each module for the amount due. *By signing up for the course, you commit to attending, and paying for, all three modules.* There are a limited number of spaces for this course so that Lyssa can work easily with individuals and provide personal attention. We already have a full preregistration list as well as an overflow list. Spaces must only be held for those fully committed. Below are

the fees for each module, payable a few weeks before the module begins, by PayPal, or Visa/MasterCard/Discover/Amex through a secure payment link. (This payment link is serviced by PayPal but you don't have to have a PayPal account). If you prefer to pay by US check or money order, please contact us directly for details.

Module 1	March 27-28, 2021 (Level 1) April 10-11, 2021 (Level 2)	\$455.00 (Four Days)
Module 2	May 8-9, 2021 (Level 1) May 22-23, 2021 (Level 2)	\$455.00 (Four Days)
Module 3	July 31-August 1, 2021 (Level 1) August 14-15, 2021 (Level 2)	\$455.00 (Four Days)
Module 4	Optional, To Be Determined	To Be Determined
	Total Paid in Installments	\$1365.00 (Twelve Days)

**To register**, you must first fill out an application. Please use our online application form and tell us as much as possible about yourself. (See the link at the bottom of this document). Once we receive your application, we will review it to see if we feel the class is a good fit for you. If you are accepted into the class, you will receive a confirmation email from us with further information about payment. (Payment will be made in the two weeks before the event). Those on the overflow list will be invited to apply once spaces open.

**Refund Policy:** Once you have paid for a module, refunds are only available until one week before the module begins. (The refund deadlines are M1: March 20 | M2: May 1 | M3: July 24). If you pay for the module and cannot attend, you will receive the Zoom video of the event so you may do the class on your own. If you have an emergency situation, please let us know. As stated in this document, this class requires commitment, so please take the class another time if you are not sure if you are able to commit 100% now.

### **Self-Responsibility**

*By registering for this course, you agree to take full responsibility for your safety, behavior, and experiences. Students agree that they are fully responsible for interpreting and applying the information and techniques they receive and will not hold Seed of Life Institute, the SOLi School, Royal Priest Research, or Lyssa Royal Holt responsible or liable for events that may arise that are directly or indirectly related to the advice given. Students are responsible for making their own choices in the application of the information and methods provided during this workshop. Should participants have special needs, it is the responsibility of the participant to either request assistance for their needs or take the necessary precautions to care for themselves.*

### **Link for Application**

**Application Page:** [www.lyssaroyal.net/CQI3-Application2021.html](http://www.lyssaroyal.net/CQI3-Application2021.html)

**Presented by  
Seed of Life Institute LLC  
The SOLi School**

PO Box 30973 - Phoenix, AZ 85046

[Info.solischool@gmail.com](mailto:Info.solischool@gmail.com) | [royalpriestresearch@hotmail.com](mailto:royalpriestresearch@hotmail.com)

[www.lyssaroyal.net](http://www.lyssaroyal.net) | [www.solischool.org](http://www.solischool.org)