

Awakening in the Chaos

The Channel Training Process as a Tool for Personal Evolution

Interview with Lyssa Royal Holt | January 2024

By Synchronicity Japan Staff

The following brief interview was conducted by Synchronicity Japan, the sponsors of the yearly Channel Training Course in Japan. This course on Zoom is open to both English and Japanese speakers worldwide. It begins in February every year.



Photo: Graduating class of 2023 (cycle 15) in Tokyo, with their Zoom classmates all over the world.

SJ: Lyssa, you were in Japan in November 2023 for the first time in three and a half years, yes? It was the first time that we offered the Channel Training Course in a hybrid format. (Modules 1 and 2 were online only, and Module 3 was in person/online from Tokyo). With this new format, how do you see the course transforming and evolving?

I was so happily surprised that the hybrid model for the channel training course was a big success! I was worried that the students on Zoom who were not in the classroom for module 3 would feel isolated. Instead, the in-person students embraced and supported the students online, and it felt like a big family even if they weren't in the room with us.

As technology increases, I see that the possibilities of this kind of channel training are endless. It is so convenient for those who cannot travel. This may be a joke, but I hope I can one day broadcast the class as a hologram through technology, so all students online will feel as if the students and I are with them in their own homes! 😊

SJ: The channel training course can't really be summed up in one word. It is a seminar that we would like to see as many people as possible take if they have the opportunity, at least once in their lives. Though it focuses on building the channeling ability, it also heals the patterns that we have been unable to change. This includes the emotions and traumas that are a part of being human, such as fear and anxiety. Students learn to trust the universe and become truly connected. It is a channel training course, yes, but lots of personal breakthroughs happen!

You have said it perfectly. This course is much more than a simple channel training course. It is like a starting point for deep, serious, and profound spiritual transformation and awakening. I am excited that we will soon introduce more advanced classes in spiritual awakening for graduates of this course as well, to give students more tools for their toolbox that they can apply in everyday life.

SJ: Do you have any message for those who are new to the spiritual path and are wondering if they should take the channel training course?

Whether you are new to the spiritual path or very experienced, this course can change your life. I have heard this over and over again from graduates. It is a deep commitment to growth and transformation that starts you on a journey that will last for the rest of your life. Some of you may become channels, but many won't, and that is ok. We use channeling as a framework through which we explore a much deeper and more meaningful journey – the journey to meet and even become your True Self in a way that is unimaginable until you walk the journey. So, we invite anyone, at any level, to join us for this magical journey!

SJ: We live in an information society. Nowadays, it is easy to obtain the information we want. We also live in an age in which everyone is transmitting information. I think our relationship with information is changing. On YouTube, we can learn a good amount of content for free, and we can experience energy work. What do you think is required of people who want to connect to higher dimensions and become channels who can draw information for themselves in the future? Do you think the way of being a channel is changing?

Channeling is so much more than receiving information. This is something that is hard to understand until one has taken the journey. Yes, we can receive information for free on YouTube, but free information doesn't guide us directly or personally – it is generic. Information is NOT wisdom. Information is only for the mind, but wisdom is for the heart and for the whole being. Only through sincere live work with a teacher and fellow students can we gain wisdom through experience that can grow us and transform our species as a whole. Wisdom is knowledge and experience that has integrated fully within us. This kind of wisdom cannot be experienced just in YouTube videos. It must be lived directly.

I don't think the way of channeling is changing as much as it is adapting to our world and our needs in this most crucial time of humanity's evolution. There are still countless ways that channeling can manifest itself. What I do think is changing for the better however, is how we are integrating channeling into not only our spiritual lives but our human lives as well. This is the path of the future – when the ego/personality isn't separate from our spiritual selves. Opening to channel trains us for this evolutionary leap in consciousness, which is why I believe it is so important at this time on Earth. Yet, this journey requires a deep commitment to ourselves, especially to seeing and embracing the parts of ourselves we don't want to see. In doing so, a whole new world of love opens up to us.

SJ: In Lyssa's channel training course, we become part of a lineage of channels that Lyssa (and Darryl/Bashar) have inherited. I think it is an asset to be a part of this lineage. Was it decided before birth that those who take the channel training course would carry on this lineage?

I have seen over and over again that the people who are called to take this course are part of this ancient lineage that I discuss during the course. I feel this is also why the students connect with each other so deeply as well – because they have traveled this road together in the past. Therefore, so many students have made this choice to open themselves and connect to the universe in this way before birth in this life. That is why it is so important to listen to the inner voice. If a student is attracted to this course, there is a deeper reason for it. If they choose to walk this journey in the class, a deeper understanding of their ancient connection usually unfolds for them. If this is meant for them, then all of the obstacles like finances, work obligations, relationships, and such, usually work themselves out in surprising ways.



Celebrating the Channel Training lineage on a sacred beach in Okinawa known as "the Island of Channels." (2023)

SJ: There is a lot of practice and homework in the training course. I think the secret of this class is not to just receive teachings, but to practice and do the homework (to the best of one's ability).

Yes, there is a lot of practice and homework in the class because if we want to change, then we have to reinforce that change through repeated opportunities to change our habits. But I must be clear – perfection of the homework is NOT important at all. (Students sometimes get discouraged because they can't do the meditations well, for example, and then they think they have failed. The point isn't to do it all perfectly.) The point is to just sincerely practice, no matter your ability. You would be amazed how powerful it is when you just practice with no expectations of yourself, and you just do it for the joy of discovery and growth.

SJ: Is the channeling lineage passed on by those who choose to change the cosmic consciousness and belief systems?

As I understand it, the lineage is passed on when one awakens themselves, even if it is just a little bit. It isn't so much of a conscious decision. That awakening energy is like a transmission that gets passed to others. It is a frequency. This is one reason why we do deep ego work in the course, so

consciousness can blossom, and students can learn the difference between the mind and consciousness in order for this energy to awaken within them. Physical lineage doesn't matter. It is all about energy frequency and consciousness that goes beyond ego awareness. It is kind of like using your own candle to light countless others and keeping the chain of light moving forward.

SJ: Our consciousness is always evolving. The vibrations are constantly transforming. I think the frequency of the earth is also changing. What has changed in you as a teacher?

This is connected to the answer I gave in the previous question. Yes, it is all about frequency – of the Earth and the people. In order to raise consciousness in ourselves (which is the first step), we sometimes have to confront parts of ourselves that we don't like and have the courage to keep doing the inner work even when it is painful. If we have this courage and we keep going, transformation happens.

I have changed a lot as a teacher as I've personally evolved. I am not "in my head" as much as I used to be. I can now see that a powerful integration of mind and heart is taking place within me. I am also much more able to "flow in the moment" and trust that I will be guided to right, aligned action. Therefore, I see many more miracles and synchronicity!

SJ: I think spiritual teachings can be compared to a mountain, teaching different ways to climb up and down, whether what is taught in seminars is channeling, psychic, or healing. In the end, I think they are teaching ways of integration and awakening. Lyssa's channel training course covers all aspects – both academic lectures and energetically. There is one story I heard from a graduate of the channel training course that really hit me. The secret to both channeling and contact is frequency. In short, if you are in touch with that frequency, you will inevitably connect. I thought to myself, "I see". What do you think?

I'm going to give you another way of looking at it by using a metaphor. Third density is "heavy" because the frequency is weighed down with belief systems, judgments, separation, personal wounds, fears, etc. Think of them like rocks in a balloon. The balloon cannot rise because it is weighed down. The necessary way to evolve to fourth density frequency isn't just to "connect." That isn't enough. You must heal, dissolve, and integrate those rocks so that the balloon can rise freely. This is why so many classes or teachings don't help people raise their frequency permanently, because they are still weighed down by the rocks. In this class, we give students tools to work with to help heal and integrate those rocks so that their balloons (consciousness) can freely rise, and their true nature as higher consciousness can be revealed. I know that most people don't want to do this kind of work, but it is the only way we can grow and awaken. We cannot skip the necessary steps.

SJ: Now it is 2024, and Japan began the year with an earthquake and a plane crash. There has also been a pandemic, and our view of reality is changing. If you were to give your channeler training another name, what would it be?

The first thing that popped into my mind is kind of a joke, but I'd say, *Awakening in the Chaos!!!!*



SJ: Some people teach that in the future, it is more about future-self work than past-self work. Do you think there is a difference between working with the past (whether in this life or a previous life) and working on future lives?

To be clear, “working with the past” shouldn’t encourage us to get stuck there, which some kinds of work inadvertently do. “Working on the future” is another way to get stuck, because it can stop us from living in the present moment. The present moment is all that exists. So, we need to ask ourselves, “What stops me from living in the present moment?” Very often it is pain from the past or worries about the future. The kind of work we do in the class helps us to free ourselves from the “rocks” we are carrying so that we can be free in the present moment. Connecting with future selves, if done properly, can help us heal. But if we get stuck there, it is as harmful as being too attached to the past. Therefore, we can work with the past and future in the periphery, but the present moment is the most important.

SJ: The timeline is not linear. Everything is happening simultaneously. I think the channel training course is the place where we can really understand and experience this. I think "being present" is the ultimate in spirituality. In a word, if we can be present, is it easier to channel?

Being present is the ultimate in spirituality. It is also the hardest thing to do! So yes, if we can be present, channeling becomes an even more powerful tool for growth and awakening. We as channels would be a lot clearer, too!

SJ: I have so many experiences where I take a seminar and then one day, many years later, I suddenly understand the meaning of the contents of the seminar. For example, the words "awareness," "awakening," "integration," and "letting go" are all words that I have heard in the past, but I have never understood how to use them. For example, sometimes I can spontaneously become aware of the true meaning of an event that happened a long time ago. The feeling of knowing that there was actually a meaning to it all is amazing. I think this is one of the main features of your course.

Your story about how even years after taking the class you are still seeing new areas of growth related to the class is really beautiful! I am not surprised that this is happening for you. You attend a lot of seminars for your job, and you hear spiritual teachings all the time. But for you, it has become more than just words. You can truly feel the meaning of the teachings. This is a sign that you have begun integrating not just the knowledge, but the wisdom that comes from your experiences as seen from a higher perspective. Congratulations!

SJ: Can we change our belief systems by taking a channeler training course?

We do focus quite a bit on learning to look at (and change) our old belief systems that sabotage our ability to awaken. So yes, this course definitely helps us to change our belief systems! Students find that it is usually their belief systems that stop them from opening to channel (or growing

spiritually) in the ways that they wish. Working with belief systems is like deconstruction. We first must deconstruct the old belief systems and then we can build new, more supportive beliefs that assist in our evolution. This course helps to guide students through that process. 🌙

A new cycle of the Channel Training Course begins every February for a bilingual group (English and Japanese). Modules 1 (February) and 2 (June) are held on Zoom and broadcast from Arizona. Module 3 is a hybrid class broadcast live from Tokyo. Please see the links below for more information.

English Info on Lyssa's Webpage: <https://www.lyssaroyal.net/channeling-training.html>

Japanese Info on Synchronicity Japan's Page. (Use Google Chrome for Translation)
https://www.voice-inc.co.jp/store/workshop_last.php?genre1_code=05&genre2_code=034

For Information or Registration, please contact Synchronicity Japan in Tokyo at: sjevent@voice-inc.co.jp. Our USA office does not handle registration or price inquiries. The class is priced in yen, but SJ accepts PayPal payments. You may use your credit card to pay through PayPal.