

# Behind the Veil: A Look at the Phenomenon of Channeling

Interview with Lyssa Royal by Kazumi Hoshina



*Lyssa channeling Sasha in 2011*

Channeling is the process of receiving information or inspiration from realms beyond our physical reality. There are many forms of channeling such as vocal trance channeling and divination (using tools such as tarot or runes). Even the simplest form of creativity can be considered channeling such as music composition, dance and movement, and artistic endeavors. The specific source of channeled inspiration is not nearly as significant as the essence of the gift brought through to this reality.

From where does channeling come? Most people have heard of the process of channeling spirit guides, angels, extraterrestrials and ascended masters. But perhaps the most important aspect of channeling is each person's ability to connect with his or her own unique spiritual energy -- that of the Higher Self. Without that ability, the process of connecting with spirit guides may seem two-dimensional or shallow. As we develop our relationship with our own Higher Selves (thus committing to the process of our personal growth) the universe comes alive with consciousness that helps us learn about the wonders of God's universe.

This article is taken from an interview with Lyssa Royal on the subject of channeling and its connection with the Higher Self. Many subjects are discussed but an overall theme is explored -- that the channeling process can only be as clear as the channel. To achieve clarity a channel must commit herself to a journey of intense personal growth and discovery.

It is important to remember that each channel is unique. Just like musical styles, a channel and his/her guide learn to create a symphony of ideas and experiences for the listener. Every channel has his or her own style. If you are seeking a channel, it is suggested that you participate in several styles of channeling until you find one that inspires joy and awakening in your heart.

The following interview was conducted by Lyssa's Japanese interpreter, Ms. Kazumi Hoshina.

*Q: How did you become a channel, and what kind of training did you go through? Please be specific about your training.*

It seems like the circumstances in my life guided me to learn the skills that I needed to learn to become a channel long before I even knew what channeling was. In 1979 I had a UFO sighting with my family in New Hampshire. Though I had been interested in psychic phenomenon before that experience, the UFO sighting really accelerated my interest in paranormal subjects. I was in college at the time. Shortly after that I was studying hypnosis in college and learned to place myself in an altered state of consciousness, mostly for stress management.

Those early situations (the UFO sighting and learning to put myself in an altered state of consciousness) helped to lay the foundation for what happened later.

In 1984 I began to see a channel named Darryl Anka who channels Bashar. The channelings by Bashar had a very profound impact in my life. During that time I had a dream in which an entity materialized and touched all of my chakras. The entity said to me, "You will be a channel." That experience both scared and excited me. I immediately went to Bashar and asked him what this was all about and what I could do to develop my channeling.

Bashar actually recommended a channeling class that he knew of in Los Angeles that was just beginning. I called the teacher and it turned out that there was only one opening left. The class began a month or two after my initial phone call. During the interim I felt like I wanted to continue to learn about channeling before the class began.

An exciting process began happening. I began to feel the presence of other entities and a lot of energy around me. I would go into that self-hypnotic state that I had taught myself years before and the spirit guides began teaching me the early stages of channeling. They would blend their energy with mine, move my hands and head, and they would exercise my vocal chords so I could feel what it was like to speak with a new energy in my vocal chords. That really got me ready for the class.

*Q: So the channeling began even before you took the class?*

That is true, yes. I was channeling already before I began the class, but I felt that I needed some type of formal guidance. It is a very frightening experience to be opening to something like channeling without assistance.

I entered the class in January 1985 and I studied with five other individuals once a week with the teacher for about 4-5 hours. Then we met independently without the teacher once or twice per week for about 4 hours. The class itself taught a wide range of approaches to channeling -- all of which are very important aspects of the channeling experience.

One area that was stressed was the area of *Personal Growth*, which is what I focus on now when I teach channeling. This aspect is important because it is what allows a channel to be clear. If a channel processes his/her own fears, issues, and blockages, then they become clear as a person and thus will become clear as a channel. (A channel who is not clear, loving, and nonjudgmental in life will not be a clear, loving, and nonjudgmental channel.)

We also did a lot of work having to do with the subconscious. There were a lot of guided meditations that were for the purpose of releasing blocked energy that resides in the subconscious. This energy is expressed through an archetypal language understood mostly by the subconscious and unconscious aspects of ourselves. This includes the areas of fear, love, judgment, and the integration of polarity (whether it be male/female or dark/light).

There were many lessons having to do with the blending of spiritual energy with ourselves in human form and the expression of that energy through speech, movement, or music (depending upon the individual channel's talents). A lot of focus was placed on the Higher Self and how everything we need can be accessed within us without even having to work with entities outside of ourselves.

We also did basic work having to do with the development of our psychic abilities and the stimulation of our chakra (energy center) energy. We worked on divination using tools such as tarot cards, runes, etc. Our lessons were comprised of a whole mixture of teachings designed to shape us into flexible and clear channels.

*Q: So this was some serious study.*

Yes. Even late in the year we accelerated our class time and spent even more time practicing. We were very dedicated.

*Q: Eventually you began to work with the entities Germane and Sasha. Before they appeared, what other entities were guiding you? Were they with you only to help you learn to channel?*

The very first entities I began channeling (who came through before the class began) were a mixture. The first one I remember was a Chinese philosopher named Kwan. The entity Ra came through also. There were quite a few. I don't remember them all. The first entity that stayed with me and helped me develop as a channel called herself Raydia. I channeled her for three years. She was the entity that my Los Angeles clientele knew the most. I became known first for channeling Raydia. The whole time I lived in Los Angeles and I was channeling publicly, I was channeling Raydia, along with several others.

*Q: What was Raydia like?*

She is a female version of the guide I work with now named Germane. Just before I left Los Angeles [in 1988] and moved to Arizona she did her last channeling. She said to the group, "You will never see me in this form again." I had no idea what that meant. Eventually she integrated herself into Germane. Like Germane, she was a collective consciousness, but had a strong affiliation with the star Arcturus. Germane has many different aspects to him, but Raydia was very heart-centered and strongly affiliated with Arcturus.

I also channeled an entity called "the One" at that time, who had a strong connection to the energy being worshipped by Ahkenaton in his attempt to introduce monotheism in Egypt.

*Q: You mentioned an entity named "Ra". Was that the same entity mentioned by the Egyptians?*

It is not the same entity as the one discussed in the later dynasties of Egypt. The original Ra evolved into something else later in the mind of the later Egyptians. Ra was another collective.

Once I moved to Arizona, everything changed. Surprisingly, I began to channel Merlin. He was very enigmatic and kept telling us that he was just a temporary guide and that he was getting me prepared for a new frequency. About six months later, Germane appeared. He was very hard to channel at first, and had a bothersome accent. I begged him to work with me so that the accent could be dropped. He said the accent had something to do with the way his energy interfaced with my speech centers. It took a few years, but eventually the accent was lessened. Now it is just slightly perceptible. For people who have listened to my tapes since 1989, they will notice that the accent diminishes after about 4 years. This is indeed a long process!

*Q: Could you tell us how contemporary channeling developed in America?*

In the late 1800s the spiritualist movement in both Europe and America increased. The interest in mediumship strengthened. Back then, it mostly focused on channeling the entities who had died -- deceased spirits who return to give information. In the 1950s there was a surge of channeling from supposed extraterrestrial sources. One channel named George Van Tassel was a real pioneer in terms of ET channeling. At that time, it was very simplistic channeling but quite profound for the listeners.

I would say that the main influence for many of today's contemporary channels would have to be Jane Roberts who channeled Seth. She began channeling in the 1960s but her material wasn't well known until the 70s and then it experienced another surge in the 1980s. Her material is very intellectual and deals with the nature of reality as well as our connection with God, reincarnation, etc. It comes from a very well-balanced and well-rounded perspective. I feel she is the pioneer of modern day channeling in America.

In the 1980s another channel influenced channeling called J.Z. Knight who channels Ramtha. Unfortunately, her channeling style is very dramatic and there has been controversy around her. So, when channeling became popular in the 1980s and the media got a hold of it, J.Z. Knight was the one everyone focused on. The media portrayed her in a very bad light which influenced the way the world perceived channeling. Shirley Maclaine wrote about her as well. Channeling was distorted by the media immensely in the 1980s. Even J.Z. Knight's material was distorted by the media.

Another channel that influenced us in the 1980s was Kevin Ryerson who was also popularized by Shirley Maclaine. But, he did not get as much negative press as J.Z. Knight.

Right now, everyone involved in metaphysics or self-help pretty much knows what channeling is (but their true understanding of it is most likely inaccurate). Therapists are now using channeling in their practices. However, I still find that unless someone has experienced channeling firsthand and have had a good experience, they still do not understand what it is and judge it from a place of being misinformed.

*Q: Isn't Edgar Cayce well known as well? Is he considered a channel also?*

I forgot to mention him! I'm sorry about that. Edgar Cayce influenced American channeling a bit, but he is extremely unique. His material could be corroborated and often was validated, whether it was prophecy or medical remedies. His channeling wasn't known necessarily for philosophy and spirituality as it was for practical, down-to-earth information. He has done a wonderful service for channeling.

*Q: Is there a hierarchy among the entities who are channeled?*

You will get a different answer to this question depending upon who you ask. I will preface this by saying that this is my opinion, but I do believe it is true. For those of us in the physical plane, reality is linear. We always need to put things in a hierarchy in order to understand them. This is even reflected in our corporate structure. From the spiritual realms, the entities tell me that there is no hierarchy. The entities all view each other as equal, but perhaps with different areas of expertise. So the most common labels for the different types of entities channeled in America would be the following: Extraterrestrials, Angels, Ascended Masters, Spirit Guides who have lived lives on Earth and who have passed on, Collective Group Consciousness, Light Beings, Nature Spirits, etc. I have found that channels who are very good and clear do not channel about the concept of hierarchy. Some channels who are not as clear or developed might tend to focus on the idea of a hierarchy or on forms of separation. Each entity has their area of expertise that is reflected in the type of information that they bring through.

*Q: Channeling has existed for centuries but has taken on different styles. Why do you think that the popularity of channeling has risen in conjunction with the growth of the New Age movement?*

I think there are several reasons. One has to do with species evolution. If you look at human history there is always a resurgence of paranormal interest at the end of a millennium. This is both positive and negative. The negative is that there is a resurgence in apocalyptic prophecy. The positive is that there is a spiritual revival in one way or another. The boom of the New Age movement at the end of the 20<sup>th</sup> century falls in line with historical trends.

Also, we are living in an increasingly technological world that is leading us away from nature and our connection to the universe. I think people are trying to fill a need to feel connected again. Connection is our natural state of existence! People are looking for any activity or philosophy that can make them feel that connection. Channeling is providing a service, but it is certainly not the only way for people to make that connection.

*Q: Do you think also that this resurgence in channeling is connected to the transition that many people feel we are now experiencing?*

I think it is connected with the transition. If what is being channeled is true--that the vibration or energy of the planet is accelerating and that we are transforming ourselves in response to this acceleration--then it seems only natural that we will make use of the brain's capacity more than we have in the past.

There is now some research about what happens in the brain to one who is channeling. However, this research is not complete. Channeling is indeed connected to this transformation because the transformation is causing us to want to reach out and expand our potential, especially in the areas of thought and consciousness. Channeling is one way to do that.

*Q: It is amazing that no one is doing serious research into channeling.*

I think there has been some research done, especially at UCLA. The research that I am familiar with was done by Ph.D.s. One doctor studied the psychological changes in those who are developing as channels. She wrote a dissertation on her findings. [The late Dr. Margo Chandley.] There are also brain wave studies in which channels have been hooked up to EEG machines. [These are not released to the public yet.] When channels go into the channeling state and begin channeling an entity, *all* the brain waves peak. For instance, when we are awake in normal life, only the beta brain waves peak. It seems that channeling uses more of the brain because all the brain waves peak. The brain becomes more active. This is exciting because it may confirm the idea that, in fact, channeling is expanding the human potential.

Does this mean that everyone needs to learn to channel to expand their brain capacity? No, I don't think so. If the theories about the morphogenetic field are correct, there will only need to be a certain number of channels to reach critical mass. At critical mass, the brain evolution will be passed to the majority of the species, thus creating an evolutionary leap.

*Q: From your experience as a channel since 1985, do you find any similarity in the messages that are being channeled?*

There is definitely a similarity in the messages. It seems like each channel has their own area of expertise, but the overall message is the same. These basic messages include the following ideas:

- We are all the creators of our own realities, and reality is created through our thoughts and emotions.
- We are part of a galactic family of which we are not yet totally conscious. Beings of immense diversity have visited and continue to visit us whether in physical form (such as UFOs) or on the spiritual levels (such as angels).
- There is a transformation happening that called different names by different teachers. This is a real, tangible event
- We all have our connection to God within us and need not worship something external to us. We are all a part of God and need no one outside of ourselves to serve as a "cosmic messenger" -- no priest, no church, no guru, and certainly no trance channel!

*Q: You often mention that channeling is a process of cooperation between the spirit guides and the channel. What do you mean by that? What determines the quality of a channel?*

In old school mediumship, the mediums were just vehicles for the spirit's messages. Often the medium would enter a sleep state and not be present for the relaying of the message. When the entity would leave, the channel would collapse from exhaustion. They would then have to recharge themselves. It was a process of separation between a channel's life and their spiritual work.

In present day, channeling is much more a cooperative effort between the channels and the entities. Ultimately, I think this is healthier and a lot better for the growth of the channel. Most channels now enter a semiconscious state and don't surrender control to the entity. The entity can't do anything that is against the moral code of the channel. The channel enters a receptive state and allows the entity to do the work. While the channeling happens, the channel benefits also. They don't just go to sleep. They benefit and grow and the energy channeled through somehow also transforms the channel on very deep levels.

The channel is in partnership with the entity, so we as channels can say, "Your energy is too strong. Can you please give me less?" The channel can make requests of the entity and the entity is more than willing to comply. This is also extremely important because as we see ourselves as equals to the channeled entities and work in partnership with them, the idea of separation is decreased.

Now for the second part of your question. The aspects that determine the quality of a channel might be surprising to some people. One of the incorrect belief systems out there is that all "good" channels must be unconscious while channeling so the mind does not get in the way. However, I see far too many unconscious channels who are unclear and their channeled information is judgmental and, in some ways, hateful. What seems to determine the quality of a channel is how much personal processing they have done in their life. Have they worked on their fear and resistance, and their fear of victimization? Have they learned to relinquish judgment? If they have done work to become self-empowered, can become humble, and are committed to their personal growth (even if they have to see parts of themselves that they don't want to see) then they can make very good, clear channels.

It doesn't matter whether a channel is unconscious, semiconscious, or conscious. The state of the channel's heart, mind, and emotions is of utmost importance.

*Q: So a channeled entity must use the vocabulary of the channel and is limited by their humanness?*

That is correct. Whatever belief systems or discriminations that we as humans have, they are encoded in our very cells. If a human leaves his/her body and lets the entity fully merge into this reality, the entity still has to use the channel's brain and use the coding that is in the channel's cells in order to speak and express. It is a biochemical process as much as it is a spiritual one. The coding can act like a distortion mechanism. If you wear glasses that are coated red, then everything you see will be tinted red. The coding within us always "tints" or distorts the energy coming from a spiritual source. Unless we learn to lessen that distortion, it will always be distorted no matter whether we are conscious or unconscious as channels.

*Q: So that can only be cleansed through the personal work?*

For the most part. In the research I've done during the last decade the answer would have to be yes. The channel must be willing to commit to their growth and work through their most challenging issues in order to become clear.

*Q: Some people have the conception that once one learns to channel and can access wisdom from other dimensions, all of one's problems will be solved. They won't have to do anything except listen to the advice. This belief isn't really correct, is it?*

No. Believe it or not, many of my students have had that assumption! Some have believed that if they became channels that they would never, ever have another problem in their lives! The entities are not here to stop us from learning and growing. They are actually here to *stimulate* our growth. They will always tell a channel that they are here to be of service but that they are not here to take away our problems. We must learn and grow, thus strengthening ourselves as humans. These human challenges make us clearer channels. If a student wishes to learn channeling because of that expectation, they will find the process very difficult indeed.

*Q: As a very public channel since 1985, what do you feel are the biggest misconceptions about channeling?*

There is a lot of discrimination that goes on regarding channeled material. One of the biggest challenges has to do with general society. Most of society understands what channeling is only through how it is portrayed in the media. The media portrays it in an extremely distorted way. Because the media likes to promote sensationalism and tabloid journalism, they focus on the dramatics rather than the actual information and the beautiful experiences that people have had.

The biggest distortion portrayed by the media is that channels are in it for the money. I can tell you that I have not gotten rich off of this, and I could be making more money as a secretary, which is what I was doing before I was channeling!

Many people also believe that the people who channel are simply crazy or have personality imbalances. The exact opposite is true! I've been fortunate to have been very close to the research of a Ph.D. who studied

channels and found that, for the most part, the healthy ones are very balanced people. These people usually have higher education and are emotionally stable as well as having a good relationship with physical reality.

I would say that if people would just take the time to do the research about what channeling is before they make a judgment, they would come to understand that it is something very different from their preconceived notions. Of course, there are some unhealthy channels out there which, unfortunately, makes it harder for other channels who are committed to their personal growth and clarity.

*Q: How has channeling changed your life? How has it enriched your life?*

That is a difficult question because since 1984 channeling has been such an integral part of my life that I don't know what my life would be like without it. I would say that when I started to channel, I began to feel more in control of my life. I began to feel that I created my reality and I had the power to create a positive reality that I preferred. Any challenge that comes up, I have the power to walk through it and learn from it. Channeling has encouraged me to always learn from everything that I experience and it has made me a lot more optimistic -- probably more than I ever could have been in this life if I wasn't a channel.

*Q: Do you get to benefit from channeling? How do you ask the entities questions?*

There are several different ways. The easiest is for me to write the question down and have someone else ask while I am channeling. The area that I would like to improve in my own channeling is in answering my own questions.

Sometimes I put the question out there to the universe and usually very shortly after that I get the answer either through inspiration or through a life circumstance that shows me the answer.

At other times, the guidance comes very clearly in the form of a "thought ball" that seems to drop into my consciousness. Once I unravel this (like a ball of yarn) the answer presents itself.

I enjoy the process of *learning* the answer rather than being told. Several times I have gotten answers to questions easily, but if I wasn't ready to hear the answer, it usually made no sense anyway. When you learn for yourself (rather than being told), it is a lot more profound.

*Q: Channels have often said that they made an agreement to work with their spirit guides before they incarnated in their current life. Is this true for you?*

I don't know if I've made an agreement to do it so publicly, but I do feel I've made an agreement to channel. One of the entities that I work with now (Sasha) says she is a physical extraterrestrial from the Pleiadian star system. When I was a child, my cousin and I used to make a lot of jokes about being ETs. We used to say we were from both the Pleiades and Orion. Even as a child I had this connection and fascination with the stars -- especially the Pleiades.

I had an experience when I first started to channel even before I joined the class. I was in a sauna and I was relaxing. I heard communication that said to me, "Are you ready?" It startled me and I said, "Ready for what?" The voice said, "Are you ready to do what you've agreed to do?" I don't know who sent this communication. It was very clear that they were "calling my number" and it was time for me to begin the work. It was frightening because it put a lot of pressure on me!

So yes, I do think I made an agreement before I was born, but I don't know any of the specifics.

*Q: Could you describe the UFO experience you had in 1979 that was your turning point?*

My father's house was in a rural area of New Hampshire. It was the first snowfall of the season and I looked outside to see how much snow had fallen. It was dark and I saw a very large ball of light that looked like a miniature sun. I would say it was about 500 yards away in the forest across the street. Perhaps it was closer. It

was hovering. Every once in a while it would make some angular movements that no aircraft can make. It was very overcast because it was snowing, so it had to be something very close.

When I called my family to the window, they witnessed it as well. By the time they got to the window it began to release something that looked like a teardrop of fire from it. It fell toward the ground. When I opened the door I heard a very unusual sound like a whine that started low in pitch and then went higher in pitch and intensity until it disappeared.

I was only 18 at the time and I desperately wanted to go out into the forest to see it. I had no fear at all. I was so excited. My father would not let me go to investigate. There was no noise that would even come close to a conventional aircraft. The area in which I grew up, in New Hampshire, was known for its UFO activity. This really left an impact on me.

*Q: Do you have any advice for anyone who wishes to develop their channeling abilities?*

The number one thing that channeling will do for you is accelerate your personal growth. So, be prepared! If you choose to develop yourself as a channel, you will be transformed and you will become a different person. The best possible reason to choose to be a channel is to become a better person. If you choose that goal and pursue it while using channeling as a tool, you will become a very clear and good channel.

I would not recommend that people choose channeling in order to become a professional or to solve all of life's problems, or for any other reason that is not one of humble service. It must be a path of the heart. The path becomes difficult for those whose main focus is not on their own growth. This is because in order to become a good channel you must be willing to look into the mirror of your soul and embrace even the most horrific aspects of self. Not everyone is willing to do this.

Finally, at the risk of sounding like a school teacher . . . if you are going to do it, you must practice, practice, practice! That is the way you become clear. When you practice, you will have periods of doubt. Continue to practice during those periods of doubt because the doubt eventually fades. But you have to have the will to get through those challenging periods.

*Q: People also have a misconception that channeling is just a process of connection with entities and spirit guides. You have emphasized often however that channeling spirit guides is actually a byproduct of learning to connect with the Higher Self, which is actually much more important. Could you elaborate on this idea?*

When you focus on your personal growth and clear your blockages the natural result is to make a connection with the Higher Self. Once you make that connection with the Higher Self many doors will open. The door to your creativity opens along with the door to many hidden talents that you might not know you had. One of these talents might be the talent to channel spirit guides. If you choose to learn to channel spirit guides and focus only on that and do not focus on your personal growth, it will be a difficult road. If you choose the path of your Higher Self, then the door to the universe opens widely before you.

The Higher Self is, simply, the part of us that we all have that connects with God. It is our own individual Christ/Buddha consciousness that we possess within us. It also represents the pinnacle of human potential. That Higher Self exists for all of us and is the higher point of view of life on Earth. From the point of view of the Higher Self, our confusing world makes sense. When you make your own intimate connection with the Higher Self, your life begins to make sense.

*Q: What role does the Higher Self play when you channel other entities?*

Higher Self is like a gatekeeper or a big cosmic switchboard. The HS knows your path in any given life even when you don't know it consciously. HS always guides and protects you and makes sure that you move in the direction you need to move for your own growth.



When you are channeling another entity, the HS will be the switchboard that brings in the entity or gives permission to the entity to come through and communicate.

*Q: Is the Higher Self energy then blended with the spirit guide who is speaking through you?*

Yes. The entity's energy is funneled through the Higher Self. I describe the process as follows: I go into the altered state. The personality I know of as Lyssa goes to sleep in the back seat. My HS is the driver of the car. The entity is a passenger in the front seat. The HS drives the car and guides the channeling experience. The entity is the navigator. It is a cooperative process between the Higher Self and the entity. So, when the entity comes through, it is blending of both.

*Q: What if two different channels channel the same energy? Will the channeled entity have the same personality?*

Yes, but there may be subtle differences. I've channeled Bashar (who is primarily channeled by Darryl Anka). The Bashar that comes through me and the Bashar that comes through Darryl are noticeably the same entity. However, the subtle aspects of the entity are colored by either my Higher Self or Darryl's. There have been interesting things that have happened. Darryl and I have both channeled Bashar and channeled the same information within the span of a couple of days, not knowing what came through the other channel. There is indeed a sense of continuity between us.

*Q: Could you describe your unique form of channeling?*

I do a form of channeling that I call *semiconscious channeling*. This means that I do go into an altered state, but I do not leave my body. It feels like I am asleep and dreaming. My eyes are usually closed, and my speech patterns slightly change. When I awaken, I may or may not remember what was said. Sometimes I have my own experiences or teachings given to me while the guides are speaking to the audience. I usually only remember about 50% of the material. If I do not discuss it after the session, it fades from my memory much like a dream would fade as we busy ourselves with our daily lives.

Before we close the interview I would like to stress again that it doesn't matter whether a channel chooses to do conscious, semiconscious, or unconscious channeling. All forms can produce clear and profound channelings. The most important key is the quality of the channel as a person and as a vehicle. In choosing a channel, you must ask yourself questions such as the following:

- What is the channel's personal life like? Does the channel walk his talk?
- How clear is the channel in his/her waking state? Does he/she create a lot of chaos in life or is the channel a relatively balanced individual?
- Does the channel deal with the basics of 3D life on Earth easily or is he/she seeking to escape from this reality?
- Is the channel or channeled entity subtly or blatantly telling you that he/she has the only truth and that you must follow it in order to be "saved"?

These questions and more will open a window into the quality of the channel and the channelings. Do not be afraid to use discernment (rather than judgment) when looking for a channel who gives clear and useful information. There are different styles for everyone. Keep looking until you find the right channel for you.

If you approach channeling with an open heart and mind it can be amazingly rewarding. Keep in mind that most channels are not providing this service to prove anything. Since channeling cannot be "proven" it is ridiculous to try to use it as a method of validation. Instead, it is meant to be a spiritual service that leads an individual back to the God within.

In our distant past, channeling in its many forms was a natural part of life practiced not only by shamans and spiritual teachers but by anyone with a sincere desire to connect with the greater part of themselves. Today's western world has rigid and dogmatic scientific perspectives that leaves many people feeling the void of spirituality within them. People in increasing numbers are turning to their inner selves for guidance. This quest will serve to strengthen the individual as a spiritual being and, when practiced with humility and an open heart, will always lead the seeker back Home.

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Lyssa currently teaches a year-long intensive training course in Japan that meets approximately every 3 months in Tokyo. (New courses begin every February). For information about this course, please contact Synchronicity Japan at [sjevent@voice.inc.co.jp](mailto:sjevent@voice.inc.co.jp). English and Japanese speakers are welcome. She is also available (on a limited basis) to travel to your area to teaching her basic channeling course. If you wish to sponsor a workshop, contact Royal Priest Research, PO Box 30973, Phoenix, Arizona, 85046. Email: [royalpriestresearch@hotmail.com](mailto:royalpriestresearch@hotmail.com)