

# Galactic Healing and Awakening

by Lyssa Royal Holt and Germane

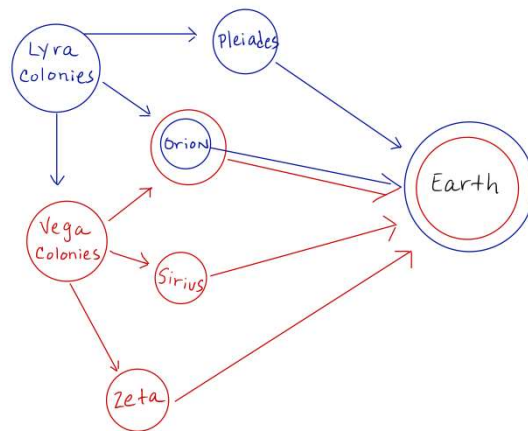
Our galaxy is filled with diverse life. It would be impossible to discuss every civilization within our immense galactic family. What matters most are the civilizations that impact Earth's story of evolution. Much like how human parents are role models for children, these influential civilizations were the galactic parent archetype for humans on Earth. We inherited their challenges, wounds, and evolutionary gifts. When we understand our forefathers, we understand ourselves.

Many readers are familiar with the basic information about our galactic family that was channeled in my classic book, *The Prism of Lyra*. But much more information has been channeled since then. One of my channeled sources, a multidimensional group consciousness called Germane who is known for his detailed information about our galactic family, is guiding me as I write this article. Within this article we will share information about our galactic family that is most relevant to Earth today – most notably in the areas of healing and awakening.

Humans on Earth have a complicated lineage, derived primarily from the area of the constellation Lyra. The actual stars of our Lyran heritage are long gone, but we can still use the constellations as a guide for the areas of our galaxy that were once the home of our distance ancestors. From the area of Lyra, our ancestors migrated outward and spread far and wide. I've included a simple diagram that shows the two main genetic lines and their subsequent civilizations that have seeded life on Earth – either genetically, or in some cases, both genetically and culturally. These two lines are the lineages we call Lyran or Vegan. I've depicted the Lyran lineages as blue and the Vegan lineages as red. Please note that these main civilizations are archetypes and the actual stars may no longer exist.

## Two Main Galactic Lineages

*Please note how Earth is the planet that integrates the two main galactic lineages*



*[Note: This galactic lineage diagram is incomplete. See the complete version in Lyssa's new book, due for publication in 2019! The newest diagram is also available as a bonus gift that comes with the download of sessions #307 from our online catalog at [www.lyssaroyal.net](http://www.lyssaroyal.net) ]*

Let's look at these main lineages in the context of how they influence humans in the areas of healing and awakening. Genetic maturity has very little to do with evolution, and so much more to do with

emotional and spiritual mastery, which then leads to awakening. This is the challenge of most physical species, and our ancestors had a long road to their eventual mastery.

**Lyra:** As the so-called “mother civilization,” our Lyran forefathers had a lonely road. Their wounds stemmed from aggressiveness, arrogance, and strong ego, with a stubborn attachment to a masculine style of being. Their road to awakening required them to fully witness their destructive characteristics and befriend the ego – learning how to eventually surrender to the universe instead of always trying to manipulate it to suit their will. This awakened Lyran consciousness, the oldest of our family, now exists as a group consciousness that I’ve channeled in the last few years, called “the Archons.” Because humanity has so many of these early Lyran traits, the awakened Lyrans are helpful models for us in our awakening and healing process.

**Vega:** The Vegans were the first group that split off from the mother Lyran race. They did not embrace the aggressive, egoic tendencies of the Lyrans and chose instead to have a more spiritual focus. However, they eventually misunderstood what “spiritual” meant. They instead focused on the mental body and became the galactic family’s most profound philosophers and intellects. Their wounds stemmed from this split between the emotional and mental bodies, which was passed down to their descendents such as the Zetas and the Sirians. They suffered so much because of this split. Their awakening eventually came through their willingness to see the split and to find their way back to the heart in a way they had never done before.

**Zeta Reticuli:** The Zetas, descendents of the Vegans, inherited this deep split between the mental and emotional bodies. So afraid of emotion were the Zetas, that they nearly destroyed their species as they tried to avoid feeling. They even convinced themselves that emotion was “unevolved.” Their healing depended upon humans, and other species, to teach them how to reconnect their emotional bodies. Their awakening came from the alchemy of bringing the emotional and mental bodies back together again. Because of this alchemy, the future-era Zetas are a shining example of a species that awakened itself after being on the brink of destruction. Their experience was essential in the whole story of our galactic family and the path of integration back to the One.

**Sirius:** The ancient Sirians were known on Earth as one of the species making up the Annunaki from historic times. They, too, descended primarily from the Vega line and thus carried the wound of a highly-developed mental body. However, they saw this problem before it was too late and did a tremendous amount of work to integrate the mental and emotional bodies. Because of this work, they are known as “masters of emotion” and often mentor civilizations (like Earth), to help them balance their mental and emotional bodies. In the last several years, I’ve been channeling a Sirian ambassador named Hamón, who has been sharing some of this deep emotional mastery work to help humanity at this time.

**Orion:** The Orion lineage is one of the most diverse, coming both from Lyra and Vega lines and is thus similar to Earth in that way. The characteristics of Orion beings combine the wounds of both lineages. They possessed the same arrogance and masculine energy as the Lyrans, with the strength and mental focus of the Vegans. This is what made them a species to be feared and why it took them millennia to heal their addiction to control and manipulation. We on Earth are still influenced by this strong energy of our forefathers, and we see it playing out all around us in countless control dramas. However, the Orions eventually awakened through a type of alchemy generated by their deep polarity. The wisdom of these awakened Orions is unparalleled when it comes to helping civilizations heal polarity. These awakened beings from Orion are also assisting humanity in our awakening now.

**Pleiades:** Coming originally from Lyra lineage, there are two main genetic lines of Pleiades beings. (One is purely Lyran and another, which is a long story, combines both Lyra and Earth genetics). Their main

characteristics are kind of opposite to Lyrans, as a result of rejecting the parental role model. They are not afraid of their emotions in general (like the Vega lines are), but often get mired in the negative emotions of guilt, grief, and regret. As a way to cope, they pushed down the shadow within them and created a serious imbalance in their species. They did much inner work to heal this wound. They see that humanity often carries this pattern as well, and one of the reasons they are here now is to help humanity work with the shadow in an empowering way.

**Arcturus:** The Arcturus consciousness never really experienced the incarnation cycle in the same way as the physical civilizations did. (That is why they are not included in the diagram, above). Therefore, Arcturus consciousness is one of the least polarized consciousnesses within our galactic family. It is easily accessible by humans and is felt through the heart. It is instrumental in our healing and awakening process and reminds us of our true, nondual nature.

So where does this road lead? Do we just keep incarnating in different civilizations infinitely? To answer this question we have to look at the primary reason why there are physical civilizations to begin with. Germane has stated over and over again that there is really only one consciousness in all of creation. At some point, the first duality came when this One consciousness wanted to experience what it would be like not to know itself. In order to fulfill this curiosity, the One created a realm inside of itself in which it could explore separation and forgetfulness. Our journey of awakening is merely the road back to the One, and remembering who we truly are. As we do, we experience less and less attachment to the illusion of physicality until our consciousness begins to perceive reality as the One true consciousness once again.

But on the macro physical level, how does this happen?

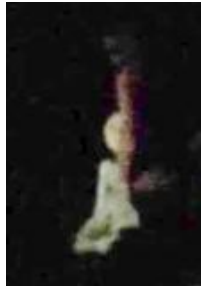
Civilizations only remain separate when they fear outsiders or don't realize outsiders even exist. In this current time of awakening (which is a slow process), we are becoming aware of our galactic family in a way that goes far beyond the mind. We are beginning to *experience* them. Through channeling and other work like the contact work that I do around the world, we meet these other aspects of ourselves and we learn about their healing and awakening processes. This inspires us to take yet another step forward in our evolution.

Ultimately, we begin coming together. We come together in spirit of course, but this is even reflected genetically as well. All the genetics that were originally separated into lineages begin integrating back toward the One. This is why these days there are a lot of hybrid beings who are connecting with humanity. These hybrids represent the healing of our separate parts, and our path back to the One.

At a contact retreat in Yamanashi that I did in July 2017, we had a surprising visit by one of these hybrids from the future. His message was simple but profound:

*“The future is the great unknown, yes? So many of your ancestors in the stars were frightened of the unknown too. They felt their species evolving and didn't know what to do. Lyssa has channeled about the ‘Sirian Formula’. This was the way the Sirians healed themselves. They allowed paradox to exist, as a way to heal polarity and create the alchemy necessary to transform consciousness. All species that are hybrid are born from paradox. This represents two (or more) different energies coming together to create a spark, a change, a new idea. My species was one of those – Zeta, Sirian, Human. As you go boldly into your future as the beautiful humans that you are, you will also be a light for many. Hybrid energy represents a profound integration. You may refer to my species as Hybrid-7. Human, Zeta, Sirius ... together. Thank you for allowing us to come and share this time with you. I am another you.”*

Information about our galactic heritage is wonderful, but it is not enough to awaken us because it only feeds the mental body. Once we experientially *feel* our connection to our galactic family, *everything* changes. This was demonstrated on the following day after the message from Hybrid-7. One of the participants had taken a photo of me on his cell phone in the dark, in the forest, after our contact work concluded. There, clearly seen, was what looked to be a hybrid-type being standing or sitting next to me. A simple photo like this helps us to feel this galactic connection, and to know we are never alone.



*Photo of ET (Hybrid-7?) with Lyssa  
July 2017, Yamanashi, Japan  
Photo ©2017 by Yoichi Takemura*

**Lyssa Royal Holt** has been a trance channel and seminar leader since 1985 and is most known for her classic books *The Prism of Lyra* and *Preparing for Contact*, as well as her new books in Japan called *Galactic Family toh Chikyu no Mezame (Our Galactic Family and the Awakening of Earth)*, *Ougon no Shizuku (One Golden Drop)* and the *Galactic Heritage Cards*. She has been giving seminars in Japan since 1990 through Voice, Inc., and Synchronicity Japan. For more information see [www.lyssaroyal.net](http://www.lyssaroyal.net).

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