

Quantum Contact 2014 (Part 1)

by Lyssa Royal Holt

The Fabric of Contact (Part 2)

by Ronald Holt

Part 1: Quantum Contact by Lyssa Royal Holt

Every summer since 2009, we have hosted a Contact and Consciousness Retreat near Mt. Fuji, Japan. Each summer at these retreats, my training as a "contact facilitator" continues. Some of these experiences are chronicled in the new edition of the book *Preparing for Contact* (published in 2012), but even since the publishing of that book, the contact training has accelerated even more. July 2014 seemed to be a continuation of the lessons from 2013.

Last year, in the July 2013 retreat, the group of around 35 had some phenomenal experiences -- both as a group and personally. In summary, Sasha's opening lecture in the 2013 retreat discussed how the ET team was working with the energy and lessons we would be receiving over the weekend. [Note: Sasha is the Pleiadian consciousness I have channeled since 1988]. She likened it to slowly stirring a creamy soup. This culminated in a magnificent show of a UFO-shaped cloud stationed over Fuji all weekend, as well as the distinct presence of a visible vortex between the cloud and Mt. Fuji that was photographed. The contact event in our usual location (a large field in the middle of a forest) culminated in my energetic meeting with an ET ambassador -- much to the consternation of my ego, who wanted to invalidate the whole thing! (See the link <http://www.lyssaroyal.net/uploads/1/5/7/1/15716170/a-fuji-retreat-2013.pdf> to read the full report). Sasha's weekend theme was "overlapping realities" and the experiences we had were living manifestations of those lessons.

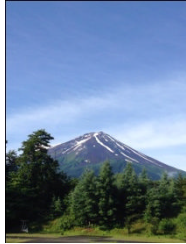
This year (2014), 44 of us gathered at Mt. Fuji. There was an air of excitement even more than usual. Three countries were represented, with participants from Japan, USA, and Hong Kong. (Many participants were repeaters, some doing contact work with us for 20 years!)

Sasha began her lecture, which usually reveals a theme for the weekend. Our experiences in the field then eerily reflect her lesson plan. The theme of her lecture in 2014 was "Quantum Contact" (see session #261 available for download from our web site). This refers to the need for our consciousness to move to a quantum state in order to meet ETs or interdimensional beings on a common ground of sorts. She has discussed this in creative ways before, but this time it was deeper and more profound. She included info about multiple timelines, parallel selves, and so much more. She kept referring to this quantum field as a "fabric" with many facets.

By this time, participants were already feeling the pre-contact energy. This usually includes sensations of dizziness, nausea, spaciness, sleepiness, and a distinct "buzzing" sensation. In fact, as the energy heightened, we could no longer use the audio equipment in the conference room. The feedback and/or crackling was too severe. We ended up using a small battery-powered mic system that barely covered our needs. Included in these weird electronic manifestations were also an air conditioning unit that freaked out

and began rattling until we turned it off, and a fluorescent bulb that blew out and fell from the ceiling. (Luckily it was during a break a when no one was under it!)

The weather was rainy for 24 hours before the event and we wondered if we would be able to do contact work outside in our usual spot. But as usual, before the contact work, it strangely stopped raining and the clouds began to thin. Everyone excitedly put on their rain suits and off we went in the bus.



A typical view of Mt Fuji as seen from our usual contact site.



Setting up at the site, before the arrival of the "quantum fabric"

As we began to set up our gear in the field, we could not believe our eyes. A dramatic "fog" began rolling in. It was becoming so thick in patches that we could barely see a foot in front of us.



The site just before the "fog" came



The "fog" begins rolling in just as we are about to begin the contact work (Lyssa on left, is with interpreter Saya and participant Yuchan)



As the quantum fabric rolled in, a sense of eeriness was felt. The Hong Kong group began taking photos



Lyssa with participant Takeshi in the quantum fabric. It still had not fully arrived yet



Lyssa is about to begin the contact work



The group begins the contact work in the quantum fabric



The quantum fabric became even thicker after we stopped taking photos

As we settled down and began the first contact meditation exercise, it became apparent that our environment had become a living expression of Sasha's definition of quantum contact. We could not see in any direction, including up or down! It was as if we were immersed in a quantum field in which total neutrality existed. Participants later said that the environment aided their consciousness to go deeper, to let go of the physical world. Everyone quickly connected to an expanded consciousness because of the dissolution of the physical world.

During the second meditation exercise, my specific personal training for this year began, and so did the high strangeness. During contact work, I am usually "told" the next steps through telepathic transmission from Sasha. I was instructed to walk off into the fog, to the same location at which I met the ET ambassador in 2013. Very quickly, I lost sight of the group. I was totally alone in the fog. The music was gone, and so were the red lights from people's digital recorders. Once again, it felt like floating in Sasha's quantum field! I observed that I had no fear, and kept walking deeper into the fog.

Then a strange sensation began. I perceived that there was an "overhang" of energy, much like sensing the top of the entrance to a cave. It was at about the height of my jaw. Instinctively I wanted to bend down in order to enter it so that I would not bump my head. But I knew it was nothing solid. So I did an experiment. I bent my head and walked through, and then retraced my steps backwards and reentered without bending down, just to show myself that I was not entering anything physical. Even though nothing physical was present, it was quite obvious that I was entering some kind of a portal. I walked completely inside.

Something then compelled me to stop. Intuitively I turned on my green laser pointer and pointed it ahead of me in the fog. What I experienced was disorienting. It seemed like the strong green beam hit a solid object!

I thought, "This can't be." So I used the laser pointer to map the area. There was a distinct solid object in front of me that was obvious from the way the laser beam stopped and the light coalesced into a point. But once I raised my arm to 45-degrees, the beam passed over the solid object and kept traveling into the fog. I tested this back and forth several times. I know this field well. There are *no* solid objects except for restrooms that are 50 yards away in another direction!

Again, I observed that I had no fear. My consciousness was in a very deep meditative state aided by the foggy conditions, and all I felt was a peaceful excitement.

Could it be? Was it a ship in the field? My ego struggled with the acceptance of what was clearly presenting itself in front of me.

My heart so wanted to keep walking. But it already seemed as if I had entered a portal and was separated from the group. My sense of responsibility to them would not allow me to go. I just *couldn't*, even though I know they would have insisted! I stepped back the way I came, looking for my interpreter Saya (who always follows me into these situations). She seemed so far away! Why was she so far away? I tried to get her attention to no avail. Later, she told me that she was pretty close to me but our spacial perception was distorted. Interesting!

I began to walk back to the group, sad that I didn't keep going toward the object but knowing I made the right decision. Then, I was instructed to have the group also enter the fog, so they could experience the quantum fabric in the same way that I did. I wondered if they, too, would perceive the object hiding in the fog. They slowly got up and walked off, until they could no longer be seen. The field was eerily quiet.

I was still stunned. Did that really happen? I wondered what everyone was experiencing. Did anyone perceive the object? I let the group wander and have their own experience for a while. Then I rang my bell to signal for them to return. As soon as the group returned, the fog mysteriously lifted. I am not joking! As they settled down for the final contact meditation, I could clearly see the tree line and the contours of this familiar field. As usual, when the lesson is finished, the "classroom tools" are put away!

The next morning was our usual sharing and debriefing session. With so many people, it is impossible to hear it all. But slowly the pieces of the puzzle came together through the sharings of quite a few participants. Here are some highlights:

- Ships were perceived in 3 locations in the field, forming the symbol we used for focused thought that night. (This is the same symbol the CSETI organization uses, and it is also a sacred symbol in Japan for Tenkawa Shrine, which has legends of ET visitations). The symbol is:



- Participants perceived a ship in the location of the solid object found by my laser pointer.
- Many participants perceived an additional massive ship overhead, forming a 3D tetrahedron connecting the locations of the three ships in the field.
- Over the weekend, many participants perceived a large number of small "children" running around -- little beings moving very quickly. I even had a dream that two of these "children" were in my bedroom.
- While in the fog, one woman felt like she was floating in space. She couldn't see, so she used her hands, and felt the bottom of a ship.

- While walking into the fog, one man felt encompassed by love so strong that he cried. He also had a contact with a female with blonde hair, green eyes, and light blue clothing.
- One woman's perception distorted during the contact, and it felt as if the sky came 'down'. Later, when she was walking in the fog during the contact exercise, she perceived a transparent domed vehicle with patterns on it. Small beings came out. She felt they were half human, or humanoid.
- Another woman stayed on the tarp while the group went into the fog. She saw a red light that was ovalish and felt so much light within herself. She raised her hands and a communication said, "Come, come." Small bubbles of light rushed toward her and entered her. She felt as if her body rose upward and there was a big light in the center of the universe that she was drawn to. At that point, she lost time and doesn't remember anything, even when the group returned to the tarps.
- A man, H.S., felt intense energy from the heavens like a sensation of pressure. His body vibrated. Unseen beings were doing work on him. When he walked on the grass through the fog, he had the strange sensation of his body shaking/moving. There were so many unseen beings in the field. He requested a contact, if someone wanted to meet him. He felt a being come (which he identified as Sirian). They stepped toward each other and became one. Then it happened again with a Pleiadian being. He was told that his consciousness expanded through this experience. Later, when lying down on the tarp, he was told that in order to maintain this expanded consciousness, he needs to be aware of the pineal, and that he can activate it by just remembering the energy in the field.
- One woman said that since the pre-contact work before the field event, she felt that she had two selves, and one was watching her. [This is a process that we sometimes work with in contact work, to help the person disconnect from the local self and move into the universal/nonlocal self.]
- In the fog, one woman could not feel the difference between the mind and the environment. The whole space was like a big sphere like the mind, but yet she was inside of it. Her ego fought this strongly. When she walked through the fog, she had no fear. She felt connected, yet not connected, to the Earth.
- One man (D.C.), who stayed on the tarp while the group went walking into the fog, opened his eyes and focused on Ron (Lyssa's husband) in front of him. The whole environment was spinning and he saw it clearly through his eyes. (He is a film director and photographer and is very visual). He saw lots of ETs who were transparent - they were busily rushing about near the group walking in the fog.
- Another spinning experience: Before the retreat one participant (Y.S.), who attends every year, had a dream. She saw the biggest UFO she has ever seen. It came over the field and landed. Beings came out and were running around, making a circle to prepare the energy for the group. She could see Mt. Fuji in the distance spinning very fast, so that the field was being hit with ocean waves from the spinning movement. Then the field was spinning, people's energy was spinning, and even the ETs were spinning. Then, her experience in the field

matched D.C.'s, because she saw the UFO that landed in the field and the transparent ETs who were running and walking around.

And finally, after the retreat was over, I received an email from one of the participants named Hiroshi who speaks English. He gave me this report about something that happened after the retreat. The English is edited slightly.

Today I'd like to share with you a strange experience after I came home from the retreat. On Monday night after I returned from Mt. Fuji, I was doing my regular meditation exercise. Then, I began to see a strange vision of the night of the contact work.

Usually I do not focus on any specific imagery during that kind of meditation, but this time I decided to follow the natural flow of the vision. It was like seeing spiritually what was really going on at the [contact] scene. The entire sky was full of brilliant white and blue light, and I could see a myriad of cosmic beings swimming, flowing, and jumping all around the sky. Yes, as Sasha said, it was as circus, it was literally true! Also I felt the presence of many higher selves of those attending the work. They were all in a very festive mood, despite the bleak weather on the Earth plane. Then I felt that it was the energy of the integrated galactic self, and I thought that was the same kind of energy of the Galactic [Heritage] Cards when you place all the cards in order, though it was in a much greater scale. Everything was very brilliant, joyful, magnificent, and extraordinary.

Of course I saw the mother ship and the three space ships. I was taken in the mother ship and merged with Sasha energetically. After this, I felt the message, "Yes, this whole universe IS YOU."



By far, this retreat showed that contact is accelerating and people are able to have these experiences much more easily than in the past. I was astounded at the amount of openness, the lack of fear, and the strength of perception coming from this group.

In Sasha's contact teachings, she emphasizes over and over again that contact has very little to do with meeting ETs or seeing UFOs. Rather, it is about expanding our consciousness and having the tangible experience of being ONE with all. Hiroshi made a comment in his report that he encountered the energy of the *Galactic Heritage Cards* during contact. Why? Because the cards represent the integrated version of our galactic selves - the holographic and complete template of universal awareness that manifests as both separate beings and a unified Whole. When he told me that, I realized that he had *perfectly* experienced what Sasha and the ET contact teams have set as their goal for the work that they do.

Our leap as a species depends upon not only the intellectual awareness of our wholeness, but our *experiential* awareness of it. The experiential awareness of our wholeness that is gained through contact work is an invaluable piece of the puzzle that moves us from a primitive warring species to an awakened member of our galactic family.

While the world seems to be falling apart around us, there are hundreds of contact groups around the globe quietly doing this kind of work. We should never doubt for a

moment that the force of this experiential awareness of wholeness on a mass level is vital to our planetary awakening.

It is for this reason that we do this work. In our lifetime, we may or may not see humans as a whole become an awakened member of the galactic family, but for pockets of us, it is already happening. Someone has to plant the seeds and forge the path for future generations, even though it may feel that we are fumbling our way to the stars. Thank you for whatever small or large part you may play. Keep going. In galactic time, we are almost there! ☼

The Fabric of Contact (Part 2)

Mt. Fuji, Japan - July 5, 2014

by Ronald Holt

Part 2:

Each year there seems to be a theme for each individual participant that inevitably gets played out during the events of the contact weekend. This is strange, but in some sense it is quite logical. The contact experience seems to be a reflection of the contactee's understanding and consciousness. As the contactee engages in repeated contact experiences, there seems to be an incremental or logarithmic evolution in their experiences and understanding.

Reviewing 2013

For myself, the contact theme at Mt Fuji during the 2013 annual retreat was unique. For the first time, I did not see any visitors, nor any ships. I only saw Mt. Fuji -- but unexpectedly the mountain came alive and morphed into an expression of the female Mt. Fuji goddess named Konohanasakuya-Hime. As she moved away from the mountain, she came over the group as an immense being. She softly spoke and shared her wisdom. She stated, "As you release your distractions, you pin-pointedly highlight who and what you are in all things."

From that moment on, I, and some members of the group, experienced such peace and utter stillness that our chests and bodies seemed to have been swallowed by the night sky. One could feel the stars and planets across the cosmos as if it were within our very own bodies. It was quickly followed by an intense integrated frequency that seemed to be spiraling.

2014 Contact Experience

As I sat in the field, I opened myself to the usual spiraling frequency because of its ability to drop one deeply into the sensitivity and vulnerability of the heart space. But this year's spiraling frequency was different than past contact adventures. It seemed much more intense and much more broad. It was as if there were many spirals simultaneously overlapping, creating a "broadband" of highly-integrated frequency, as if the full spectrum of our collective consciousness on a universal level was present. This form of broadband intensification felt like a palpable pressure of harmonization that magnified the feeling of peace and unconditional love to a degree that seemed like the calm eye of a

spiraling tornado. The calm, peaceful, and loving eye seemed to absorb and effortlessly drink and assimilate the overlapping spirals as if they were absorbing into every cell.

Soon after "drinking" the spirals, I noticed that my consciousness and perception were transported into blackness. Blackness was all around me as far as I could see. However, this blackness was so neutral that the only thing I could feel was the love magnified by the overlapping spirals.

The blackness gave way to an illumination that was gentle and dull, but sufficient to see in any place where I chose to observe. I noticed that I had the ability to observe in the form of an overview but also I could have specific perceptions of any place I chose to investigate. I began to realize that I was in the deep recesses of a void.

The deep expanse of vastness was incomprehensible. I had no body; I was just consciousness. All around me was pure consciousness. I was so content in the void. There was a profound love emanating from my heart and kept me content to just abide in this lightly-illuminated blackness.

I recognized that some time went by in this darkness, and that I was moving my consciousness around the void and noticed there was a boundary. I remained still at this point of observation without having any desire or thought for anything further. Time passed and I noticed that I was on the cusp between wakefulness and sleep.

At this point, the weird experiences began. I could not even dream about what happened next. The only way to explain it is to use metaphor.

We all know that when we shake up a soda bottle enough, the top can pop off and the soda sprays in all directions. What happened next was similar to this metaphor. I could now observe that I had a body, and I watched it from a quantum level -- seeing it both from the outside and the inside simultaneously. I sensed that the series of integrated spirals mentioned above were acting like carbonation in my being. It seemed that they would help to pop open tiny pin holes at the outer end of each spinal vertebrae. Filaments of light came out of these tiny pin holes and they stretched outward infinitely. These filaments were like the fabric of nerves, because they magnified the sense perception. Each filament soon began to open and unfold like an umbrella.

As the vast length of filament uncoiled to reveal a vast architecture of fabric, it seemed as if the vertebrae dissolved from this unfolding. I gazed in astonishment as I watched the bones of my body dissolve. I looked at my toes. They, too, had sprung filaments from each toe and opened up like an umbrella to reveal more expanses of connective fabric. I began to understand that our bodies, down to our bones, are made up of the compressed fabric of the universe that is molded into a physical vehicle that we call a body.

As I thought about this insight, I received a communication that said something like this:

"In the manifested universe of separation that you call 'reality,' consciousness is stretched across the fabric. It expressed itself in gradient stages--from dynamic, transformative, and unbounded consciousness, all the way to dense or static consciousness that you experience in physical reality. This is the same gradient upon which consciousness expresses itself from 'awakened' to 'asleep.' Consciousness is

stretched across the spectrum from solids, liquids, gases, plasma, and ether. Within each section of this spectrum there are also gradients.

" This means that your body is a replica of the created universe. Yet, it is not really a replica. It is the universe and more. Your body is the fabric of the combination of the universal dualities all folded and compressed into a vehicle of consciousness.

"When you look upon your body now, understand it in this way. Thus you can bring your consciousness easily and infinitely to any point as you look within yourself. As you familiarize yourself with the universal nature of your body and your consciousness, you dissolve the boundaries of duality and become able to abide as limitless consciousness itself."

The contact experience soon ended. The next day the group shared their many experiences and it became clear that many in the group experienced similar sensations and communications, right down to the sense of spiraling or spinning. As usual, each contact experience builds on the last and we are building a fabric of experience that is profound indeed. I can hardly wait for the next one!

©2014 by Ronald Holt and Seed of Life Institute
www.solischool.org | ronaldholt@hotmail.com



Thank you to our amazing 2014 Mt Fuji Contact Retreat group. See you next year!



Resources: For more information about our work, see *The Galactic Heritage Cards*, *Preparing for Contact* (available from Amazon) and *Galactic Family toh Chikyuu no Mezame* (in Japanese only, from Amazon Japan). Or, see our web site at:

www.lyssaroyal.net