



# Preparing for Contact: A Metamorphosis of Consciousness

*By Lyssa Royal, Keith Priest*

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**Preparing for Contact: A Metamorphosis of Consciousness** By Lyssa Royal, Keith Priest

**Extraterrestrial contact is happening now.** We may not remember it clearly. We may think it is only a dream. We may ignore the signs of contact because we do not understand them. And most of all, we may simply be too frightened to fully acknowledge its presence. The contact experience is intricately tied to the nature of human consciousness. When we as a species evolve, so will the nature of our contact experiences.

Part 1 was first published in 1994. This new edition includes part 2, and is a groundbreaking book with all new information that explores Lyssa's contact research around the world from 1994 to present day. It is a combination of narrative, channeled material from renown channel Lyssa Royal, and personal accounts from teams of contact pioneers -- those who research ET contact in real time and reach out to initiate contact through their work with specially trained contact teams. An inside look at the ET contact experience is given, including what the human consciousness experiences during contact and how our perceptions of reality change as we meet with beings from other worlds. The authors present a breathtaking look at the contact phenomenon and its connection to the evolution of the human species.

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#### **Review**

This book is both timely and therapeutic... the author has presented information from a very high and helpful source." --*Dr. Leo Sprinkle, PhD, Counseling Psychologist*

#### **From the Publisher**

should be required reading for anyone who is seriously interested in the UFO phenomenon. It is a book that is both timely and therapeutic The authors have presented information from a very high and very helpful source.

#### **About the Author**

Lyssa Royal Holt holds a B.A. in psychology and through this study developed an interest in hypnosis. While in college in the early 1980s, she acquired the ability to put herself in a hypnotic state for the purpose of stress management. It was then that she discovered her natural intuitive abilities.

In 1979 Lyssa had a remarkable UFO sighting witnessed by her family. This sighting triggered a profound interest in the nature of extraterrestrial consciousness. Her interest in hypnosis, extraterrestrial consciousness, and spirituality eventually led her to the development of her unique channeling abilities. She has been channeling since 1985 and is known for her practical, grounded, and clear channeled material.

Since 1985 Lyssa has given seminars and sacred site tours for thousands around the world from the U.S.A. to Mexico, Japan, Europe, South America, Australia, South Africa, and Russia. Her work is also featured in several books (in many languages), including *Millennium: Tools for the Coming Changes*, *Preparing for Contact*, *Visitors from Within*, and *The Prism of Lyra*. She has also been featured on the Discovery Channel as well as through other television shows. Her latest project originated in Japan and is called *The Galactic Heritage Cards* a system of divination and insight based on the book *The Prism of Lyra*. She is also a certified teacher of Taoist and Hatha yoga and continues to write and travel around the world, working extensively in Japan. Though her teachings may range from ancient civilizations to yoga to inner spirituality to extraterrestrial consciousness, the practical applications of her work remain the utmost priority. She lives in Arizona with her husband Ronald Holt.

Keith Priest is an independent researcher and coauthor of *The Prism of Lyra*, *Visitors from Within*, and *Preparing for Contact*. He studied music at Michigan State University, majoring in piano technology and historical tuning systems. He has also had extensive training in alternative and complementary medicine. Keith's life philosophy has always been to ask, *Why?* Through his research, he has delved into ancient languages, biblical studies, anthropology, history, and religions, combining those studies with astronomy, mythology, and psychology. Though he has never seen an extraterrestrial spacecraft much less an extraterrestrial his studies have shown him that the ET issue not only fits nicely into all these areas but, in fact, is an integral piece of the puzzle that may connect them all.

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