



A C E-5 H A N D B O O K



An easy-to-use guide
to help you contact
Extraterrestrial Life.

Where to get this handbook:

Digital Copy:

Free on The CE-5 Calgary Facebook page under documents

https://www.facebook.com/groups/409318465842977/?ref=br_rs

Free on Other CE-5 Facebook group pages as listed in this document

The ETLet'sTalk website <http://www.etletstalk.com>

On Amazon Kindle for \$1.11

Google Play Books

Hard Copy:

This document is best printed in a way that allows it to lay flat for use in the field.

Email it to your local printer and get a spiral book bound.

Or order a spiral bound book: email cielia.hatch@gmail.com

Cost: \$20 plus shipping

Thanks! To our Calgary team who have co-created and contributed over many years: Mom, Jan, Mark, Rosemary, Graham, Jason, Randy, Jackie, Hudson, Edwin, Shelley, Gustavo, Corinne, Jerry, Steve, Stephan, John, Marty, Duncan, Cliff and Brian in the Hat. Also a BIG Thanks to our major contributors, especially Mark Koprowski of CE-5 Japan. Mark is a CE-5 expert and editor extraordinaire, who did not just edit copy but saw the same vision as I did and eruditely gave form to new passages which were exactly what needed to be shared, as well as helping me smooth out mine. Thank you for giving this project priority in your already busy life! Also, Deb Warren, of OCSETI (Okanagan CSETI), our trusted and experienced mentor and expert on equipment, who has dedicated a huge portion of her life to this movement and to us. Other editors who have helped greatly: Kosta Makreas, Annie Bee, and Rob Smith, The Old English Teacher. Lastly, two who shall be left nameless to protect the innocent, both who know who they are, one for excellent and graceful editing and the other a dear friend with an existential bond who inspired me to initiate and complete this project - this book would not exist if it were not for you. <3



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WELCOME TO "A CE-5 HANDBOOK!"

It's our intention to provide an easy-to-follow and practical guidebook that you can take with you into the field to make contact with our Star Family. The purpose of communicating with Extraterrestrials is not about getting a visual sighting or endeavouring to save the world. The thrill of dialog between the earth bound and the sky sent is really about the gift of the expansion of your own consciousness. Each of you have your own unique path to finding the larger you. This booklet is an accumulation and sharing of many diverse modalities that you may pick and choose from, or that may spark your

inspiration so that you may create your own. We hope you enjoy creating abundant, exciting, and uplifting experiences with our ET friends. In this context, seeing craft and harnessing free energy are irrelevant! However, happily, they will naturally happen as a by-product of our evolution.

Consciousness expansion is fun.

Have fun!

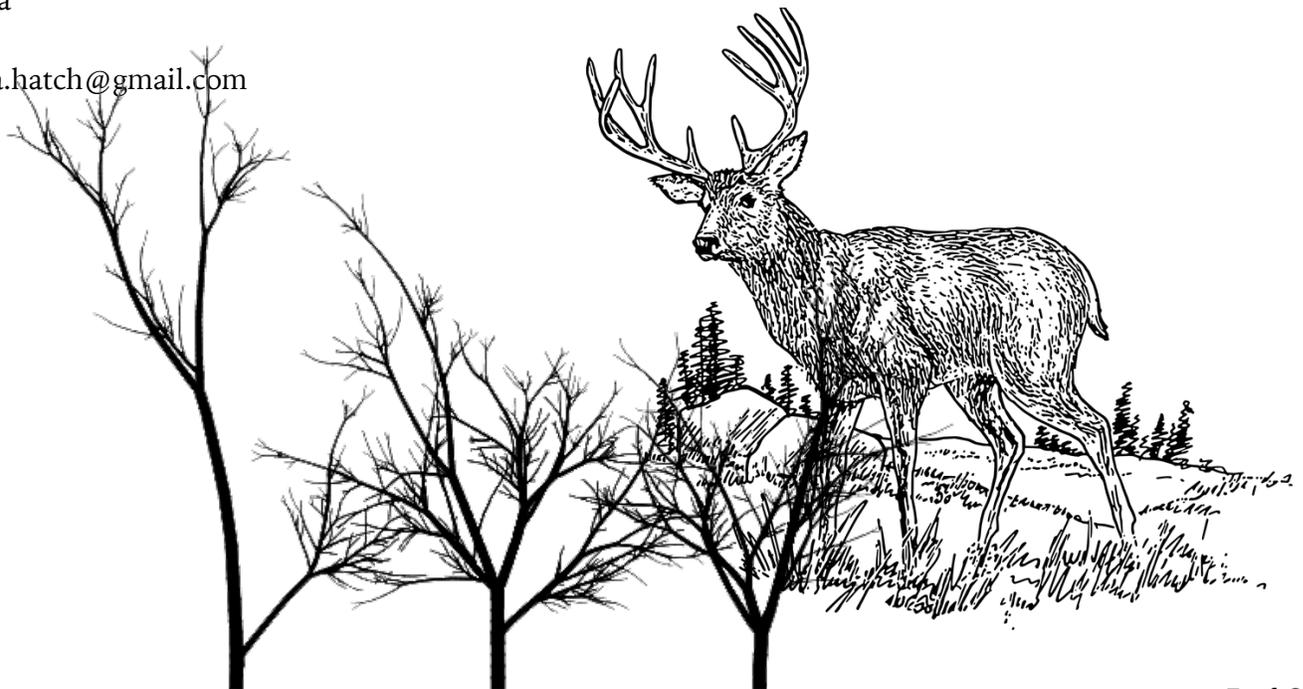


OUR CALGARY CE-5 STORY:

In Early 2013 a friend and I watched the documentary “Sirius.” We were so excited about ET contact we formed a CE-5 group and found people via the CE-5 networking sites. It was wonderful to meet likeminded people in our little city of Calgary, Alberta, Canada. We enjoyed doing CE-5s on Nose Hill, the giant park in the middle of our city. Our first day out we went during the day, with a beautiful clear sky save for one bunch of clouds which I pointed out to the group. “Doesn’t that look like the word ‘Hi’?” We all laughed and went back to our mediation. We should have taken a picture! I know now that was a welcome from our star friends. For three years we mostly had internal experiences, though some of us could see some energetic lights individually, and not consistently. A few of us went down to Mt. Shasta to a retreat put on by the inimitable and wonderful Kosta Marekas. It was my first retreat and I was initiated into the most incredible contact experience that changed the course of my life! When we returned, we were able to share with the group what we had seen and what we would be looking for in the nights ahead. When we described what flashbulbs are, my mother said, “Oh, I’ve seen lots of those!” So it sure helps to know what to look for. Since then, the last year has been a wonderful showing of many flashbulbs, twice over 50 in a row, many streakers, two low flying lights, one low enough to pass through and illuminate a cloud, and a light that moved, stopped, moved, stopped again and then zipped away. It’s only going to get better! We needed those three years to grow internally before we were ready to have visual sightings. Do not think that it will take one to four years for you to see something! At this time in our humanity’s development, sightings have been more frequent and easier to access. Now people who find us and join us have sightings on their first night. I believe that if you implement some of the recommendations in this workbook, or if you make up your own, and if you have a sincere heart, a clear intent, and connect to one mind consciousness, you will have a sighting within 6 outings. If not, email me and let’s troubleshoot what your resistance is.

Cielia

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WHAT IS CE-5?



CE-5 is an acronym for: *“Close Encounters of the Fifth Kind”*

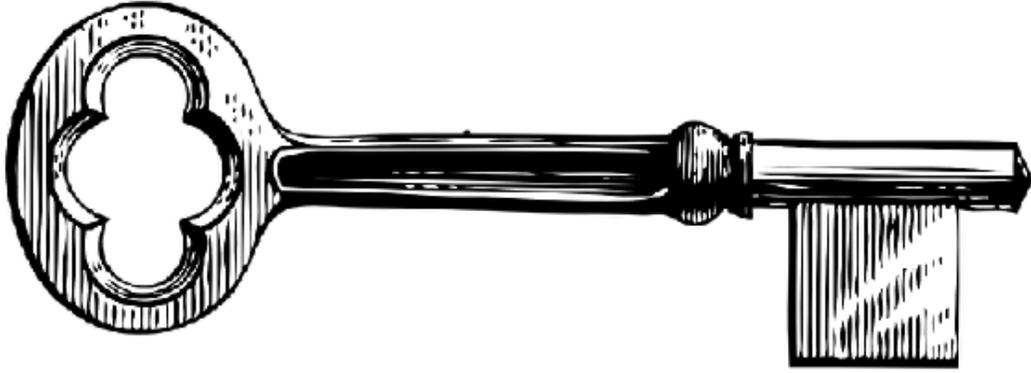
- The first four kinds of contact, CE-1, 2, 3 & 4, describes ET initiating contact with humans.
- CE-5 is the reverse: humans initiating contact with ET.

The term “CE-5” was coined by Dr. Steven Greer, who had two experiences with beings who shared with him the importance of teaching people how to telepathically communicate with Extraterrestrials. Human initiated contact does predate the protocol that was imparted to him. In our current era of history we are aware of Sixto Paz Wells and the Peruvian Mission Rahma group who started contact in 1974. In the 60s groups of hippies would initiate contact. As well, shamans of indigenous cultures the world over have a fluid connection to ET. We can assume in all likely-hood that throughout all of human history some of us along the way have figured out how to make phone calls to outer space.

Dr. Greer founded the group CSETI (Center for the Study of Extraterrestrial Intelligence) in 1990. With Dr. Greer implementing and teaching the protocol through that group, and through Kosta Marekas' unifying organization “The People’s Disclosure Movement,” (also known as ET Let's Talk), the name “CE-5” has spread around the world. Many diverse groups now make contact either inspired by CE-5 or in their own way. While no-one knows exactly how many individuals or groups regularly participate in CE-5 around the world, it’s estimated to be well over a thousand... and growing.

The original protocol involves connection to one-mind consciousness and vectoring in ET to your location to show them where you are. Tones that were recorded at other sightings/crop circles are played, and astronomy lasers and types of equipment are used. Dr. Greer would be the first person to say you don’t have to do CE-5 by his interpretation and design. Following someone else’s directions to a “T” has nothing to do with whether you will make contact or not. You’ll make contact when you’re ready, in your own way. The most important thing to take from this document is that the best protocol is discovered when you follow your own guidance and make it your own.

Note: WHO are we contacting? Old paradigms would assume we are contacting physical aliens flying physical craft. This old paradigm may be true: Some ET may be physical beings in the way we understand 3D reality. Now however, we can logically deduce from the history of CE-5 experience that many if not all ET have inter-dimensional capabilities. They may be, or associate with, non-physical beings or spirit/source. The one thing we know for sure is that whoever we are contacting are benevolent beings who are predominantly interested in humanity’s consciousness expansion and that the most important thing they bring to our dialog is love.



KEY ELEMENTS:

Whether you follow the original protocol is up to you.

Whatever you do, there are three key elements that are required to make contact:

1. Connection to
one-mind consciousness
2. A sincere heart
3. A clear intention

1. ONE MIND CONNECTION

You'll need to consciously connect to Source both in your daily life and during CE-5s. When leading a group, you'll need to encourage others to access the state of oneness with all that is. Here are some techniques to teach yourself and others how to access Universal One:

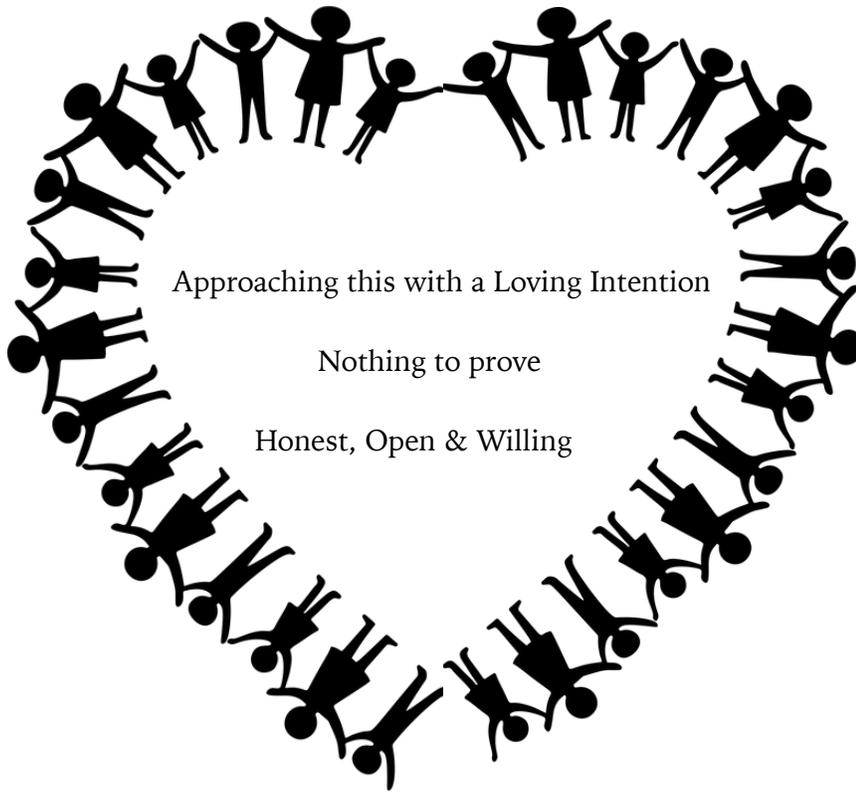
- Start with an awareness of your own consciousness and spread it out from you, collecting and joining the consciousness of everyone and everything near you... the grass, the trees, the others in your group, the people in neighbourhoods nearby, the people driving on the roads. Allow your awareness to expand into theirs and imagine what they are feeling and sensing as they go through their lives.
- Detach yourself from your individual consciousness. See yourself from a bird's eye view. Imagine you're part of one consciousness, watching yourself from above. Name yourself: "There's Graham, sitting there with his group. He looks like he's having fun!"
- Expand the boundary of who you are so far and wide that your whole body encapsulates the entire universe. You are the universe. All the stars, galaxies, nebulae and planets all exist within your arms, legs, torso and head. Visualize the activity of stars being born and dying, life on other planets, the grand movements of solar systems... and include spacecraft traffic!
- Know that there is no such thing as past and future. All is now. If all is now, and every moment is happening simultaneously, AND if reincarnation is real, then would it not be possible that every person you meet is a version of yourself living a different life? I think so. We are all one. Imagine what it's like to be the other people in your group. Imagine when you gaze at them that you are looking into a mirror at that very moment.
- Know that you are part of God. Try out the words, "I am God" Feel the truth of that. If that is too intense, imagine what God would see or feel looking through your eyes, experiencing your world as he/she does.
- Get quiet, let any thoughts that arise simply float away; breathe; just let yourself slip into the void, appreciate and feel the love.

It's extremely helpful if you can meditate on a regular basis in order to become more adept at accessing this state of mind, which is your true essence. Start with five minutes a day for a month. Don't ramp up too quickly, and don't expect to "get it" right away. It's a practice that will bear fruit over time. Work yourself up to 15-minute meditations, twice a day. Meditating more than that is a bonus.

If you don't get the hang of meditation, don't sweat it. It's not central to the work, it just augments it. You can achieve a high vibration and feel at one with the universe by several other means.



2. A SINCERE HEART



3. CLEAR INTENTION

Intention = preferred focus...What is it you want? Why are you doing this? What is your request from ET? What are you doing for yourself?

- to facilitate your growth
- to allow and receive healings
- to give stability and harmony to the earth
- to uplift humanity
- to fuel yourself/give yourself hope
- to receive the gift of visual sightings
- to ask ET for help with your own and humanity's evolution
- to show willingness and readiness for the next step of contact
- to move faster towards freedom
- to put action towards making a better world for our children
- to have fun!
- etc.

Clarify your intention before you start, and clarify it as you go along. It will change as you change, either during a CE-5 or through your daily life. You can have several intentions running at the same time.

How is an intention different than a goal? Intention is more internally created than externally moulded. It is taking responsibility for your vibration in the here and now and letting that float you to your future creation. It's also more fluid than a goal – an intention means you are doing something now to create what you think you want, knowing that the universe knows how to deliver what you need in the best way possible, which may not be exactly what you planned.

Intentions during a CE-5:

As you start the CE-5, set the intention for the night with your group as part of your opening. You can go around and ask people to share their unique intention, or you can ask a few volunteers to speak up and provide a group intention that everyone can agree on.

During the contact work, you can also shift or add things as you go along. For example, if you have a sighting of an alleged satellite, as a group, you can put your minds and hearts together and request that it change direction or power up, or for a craft to come closer. If clouds are in the way, you can try a cloud busting activity together. Or you can ask for the mosquitos to go away, or for the group to feel warmer. Or you can do a group healing for someone there. Putting an intention out there as a group amplifies the intention exponentially (refer to the scientifically validated studies done on how TM (transcendental meditation) reduces urban crime rates by 20%). Practice focusing your intentions together for all manner of purposes.

When you conclude your field work, set some intentions for the night, reminding each other to keep your eyes and other senses open for potential communication on the drive home, in the dream state, and in the days that follow.



OTHER HELPFUL ELEMENTS

Would you like to increase communication and growth? Learn about these other helpful elements which will amplify your connection to the divine and to ET.

RAISING VIBRATION

- Be playful - ET will be playful with you, so, join the fun.
- Keep the mood of the CE-5 light and happy.
- Relax. You may or may not see something tonight, but you'll have growth either way.
- Appreciation is the fastest way to raise your vibration. Be thankful for your company, the night, the stars, infinity, life, cool laser pointers.
- Be aware of your etheric body, your higher self, and all aspects of yourself beyond the 3D.
- Be yourself. You're surrounded by mutual kooks, so go ahead and let loose a little.
- Get sleepy. Enter into a theta brain-wave state. Stay just aware enough to keep an eye on the sky
- In preparation for a CE-5, meditate as a group or individually. You can synchronize group meditation sessions at a prescribed time or on certain days. Before we go on a big remote outing, I ask our group to meditate like this three times. Also, in general in your daily life, meditate lots
- Remind everyone that we're not just physical beings, but that we're eternal, spiritual beings with many aspects of self. The more we expand our awareness, the more we'll be able to perceive with universal sight and experience more phenomena
- Expect it to happen. You are an infinite eternal being and you WILL have a conscious ET experience today or sometime in the future. Have no doubt about that
- Yet be chill. Try not to be disappointed or discouraged if nothing seemingly happens today. Prefer the experience, but do not NEED it
- In your daily life: exercise, move around, eat a balanced diet, drink lots of water, adequate rest.
- Research other ways to take care of your body and do the things that call to you: try a neti pot, colloidal gold, go vegetarian, increase anti-oxidants, eliminate refined sugar/GMOs/pesticides, go gluten free, or dairy free, take cold showers a la Wim Hof, try biphasic or polyphasic sleep a la Seth Speaks/Abraham Hicks, etc. Once you reach a certain vibration you will become a bit super human and you won't get sick like you used to, nor be affected by toxicity in diet or the environment. Until then, follow your intuition about what is best for you and your unique system.
- Choose Love. In life, we have a choice between "a thought of love or a thought of fear. Fear is the energy which contracts, closes down, draws in, runs, hides, hoards, harms. Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals. Fear wraps our bodies in clothing, love allows us to stand naked. Fear clings to and clutches all that we have, love gives all that we have away. Fear holds close, love holds dear. Fear grasps, love lets go. Fear rankles, love soothes. Fear attacks, love amends. Every human thought, word, or deed is based in one emotion or the other. You have no choice about this, because there is nothing else from which to choose. But you have free choice about which of these to select." - *Conversations With God* by Neale Donald Walsch



OTHER HELPFUL ELEMENTS CON'T:

COHESION/COHERENCE

Mark Koprowski, an experienced CE-5 leader of many years who leads groups regularly in Japan, shares his valuable insights and recommendations on the topic of cohesion and coherency:

The level of contact experienced by the group will be proportionate to the coherency, cohesion and integrity of the team effort.

COHERENCE involves shared and common values, intent and goals. There are no mixed messages. Everyone in the group is basically on the same page as to what they're doing and why they're there. ETs will be more receptive to groups that are unified in their intent and message, and who can collectively project a strong sense of peace, love, goodwill and kindness. Let these good vibes and intentions generously flow out from your group and into the cosmos. The ETs will pick up on this and respond in kind.

COHESION has to do with how well a team functions together as a cohesive unit. If your group lacks organization, a sense of order, or there's internal conflict, tension, in-fighting, or bickering, the contact outcome may suffer. Assume the ETs will be able to remotely scan your team and see what's up. If they sense discord, negativity, an unpleasant vibe, or that your team is sloppy, clumsy, unprepared and generally doesn't have its stuff together, chances are, they're not going to approach. ETs will be more attracted and willing to interact with groups that can demonstrate and project a strong sense of loving harmony, integrity, synergism, mutual respect, trust, cooperation, friendship and camaraderie. Contact groups that exemplify these characteristics will enjoy greater success. Try to assemble and nurture a team that operates smoothly and effectively as one happy family. This may take time, patience, and numerous contact outings, but deeper and more satisfying levels of contact will happen.

Here are a few ways in which you can cultivate both cohesion and coherence:

- Provide preliminary information and/or offer an orientation session for newcomers before the field work. New people need to know what they're getting into and what to expect. (Lend them this handbook!)
- Try to integrate new people with a genuine sense of welcome and warmth. They need to feel included and a valued part of the team.
- If you have a large group, ask everyone to wear nametags.
- When you start a CE-5, set aside some time just to interact and get to know each other, see each other, hear each other, smile at each other, etc. before getting down to business. Introduce fun ice-breaker activities if there are new additions to the group. and doing closed eye meditations or leaning your chair back to look up to the sky. Setting an intention together is also a good coherence-building exercise.
- Ask each other questions, get to know each other, and try to listen as much as talk

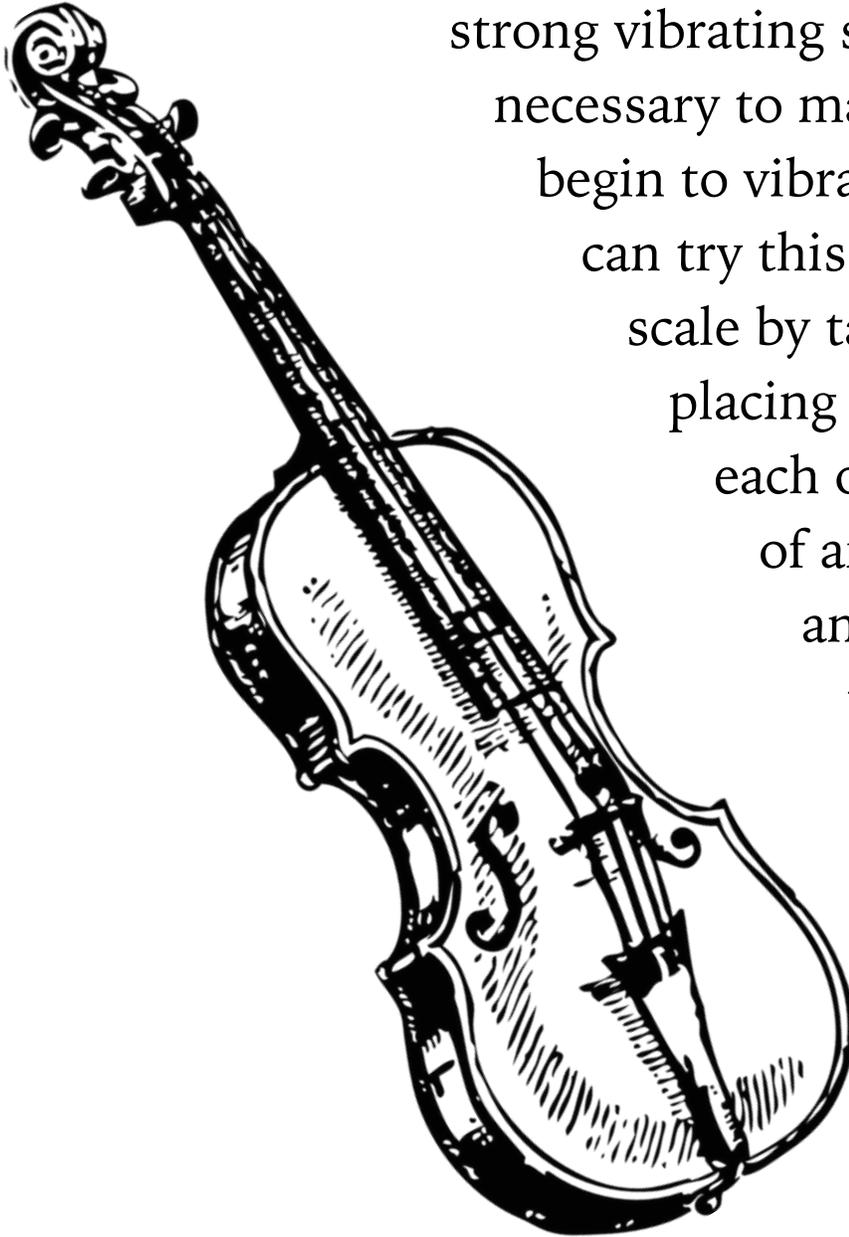


OTHER HELPFUL ELEMENTS CON'T:

COHESION/COHERENCE CON'T

- Divide the labor and assign team roles (field site coordinator, photographer, videographer, portable laser, sage stick, incense, sound recorder, binoculars, celestial events advisor, site security, etc.) and make sure everyone knows what they're doing, when they're doing it and how to do it. Try to make everyone feel like they're a part of the team by giving them a role or task, no matter how small. Even if that means you have 10 photographers on the team, fine. And if people are not interested in picking up different parts of the whole CE-5 orchestra, try to keep yourself from getting resentful. As leader, you have to make sure you're happy and vibrating at a high frequency, so whatever you do, do it for your own benefit, then gift whatever leftover energy you have.
- Be loving, and tolerant and harmonious with each other
- Smiles and hugs!
- Break bread together, before the fieldwork or between contact events
- To maintain a sense of unity and group cohesion, ideally, there should only be one conversation happening at a time during the field work. If someone has something to contribute, they should speak in voice loud enough for everyone to hear. Except during breaks, avoid private conversations if possible.
- Accept other people's experiences and perception of reality, no matter how wacky it might sound
- Try to be genuinely excited when others have a sighting or an interesting experience even if you feel jealous
- Open and close the field work while holding hands; connect your energy together (keep it short if it's cold or if someone forgot their winter gloves)
- Learn to manage a group by: Gently keeping big talkers in check, encouraging small talkers, getting to know and include everyone's wishes so it's win-win for everyone, and learning about yourself as a leader, gaining confidence and pushing through insecurities. It's like group therapy; you all need to learn to trust each other.
- Share the work - if you find you are doing all the work, delegate or do less. (not necessary?)
- As part of your contact event, depending on the location, consider doing some local sightseeing together as a group. Add some additional adventures!





“In a room full of string instruments one strong vibrating string is all that is necessary to make all the others begin to vibrate in harmony. You can try this experiment on a small scale by taking two guitars and placing them in a room near each other. Strike the string of any note on one guitar and the other will begin to vibrate also, without being touched!”

Source Unknown

As you raise your own vibration and the vibration of the group, know that you are influencing the world and the universe. Imagine this happening on a larger scale but our brainwaves are the vibration beaming from the planet, reaching and connecting with beings of higher consciousness.



OTHER HELPFUL ELEMENTS CON'T:

BELIEVING = SEEING

A major barrier to sightings is our dependance on physical proof. Different sources tell us over and over that we create our own reality and that we must change internally before we see results externally. UFO sightings are a perfect example of this. To have sightings, we need a small element of belief in what we want to see. To start this bridge of belief, start thinking that it could be possible, that we might be much more than what we were taught, that we are evolving and on our way to new experiences and growth, that others have seen ETs and that we will too. The level of belief about ET's existence is highly correlated with how many sightings and validations a person gets. You may hear about the odd person who does not believe and still has a big sighting but they are rare and have their own role or purpose to play out as they share their story with others. Sometimes people are initiated into this work before they truly believe to get them moving in this direction and then they have to do the work of opening up and releasing their grip on conventional reality and their own limited ideas about themselves before getting the proof that they want. It's a funny life paradox. Everything flows to you when you don't even need it anymore. Ha ha. Funny right?

If you are skeptical and experimenting with this then you may want to have a few people join you who are so deep in belief that you question their sanity. Encourage them to join you: they are magnets for sightings. Their conviction will drown out your skepticism and you might get to ride their magic carpet ride or be stunned by their experiences, some of which will be the "proof" you are looking for. Keep being scientific, but don't miss out on having these endearing and lovely people with you. Plus, being tolerant of different paradigms is good for your growth. Along with that invitation to be open to other paradigms is the reinforcement to stay true to your own paradigm. If you are more science minded, some of this document will not resonate for you, in fact, it will make your hair stand up. Take what works for you and discard the rest. Make it your own. The key to contact is the three ingredients as stated on page seven. The rest you take or leave at your own discretion.

Tip: Trading stories before or during a CE-5 does wonders for solidifying belief. Hearing someone's incredible story, or remembering something that happened to you puts you in the right headspace for contact. Playing crop circles tones before the event as according to original CE-5 protocol is also helpful, reminding us that there is a lot of unexplainable phenomena out there that has been witnessed by many and recorded for study. You can find them on the ET Contact Tool or on YouTube.

Remember Magellan's boats? When the explorer came to visit natives on an island, the natives couldn't see the grand vessel he sailed in on. They could however, see the rowboats they came ashore in. The big ship was outside their mental reality and so they could not perceive it. We can't even conceive of how contact or communication with more evolved beings is going to be like, so it will take some bridging to get there. If we believe in the possibility that is enough to get us moving in that direction.



JOINING WITH OTHERS

Now that you understand the ingredients necessary for contact, you're ready to get rolling.

You can do CE-5 by yourself or in a group. Group size varies greatly: most around the world that regularly meet are usually between 1 and 10. We have 30 people on our email list, and usually get 7 to 9 people at any one time. If there is a special teaching from someone out of town we might gather 30 or 40. We have also attended a CE-5 lecture that resulted in sightings where the group size was about 500. So, any number will do.

There are a lot of excited people out there who would love to connect and grow their consciousness with you. Some people feel really isolated and can't wait to meet you and tell you all about how they came to their current worldview. It's a wonderful experience to meet with like minds and heart-mates in a world as diverse as it is today!

People who are skeptical can be wonderful additions. A true scientist is skeptical AND open-minded. A real skeptic is skeptical of everything including his or her own lens of reality. He or she embraces the scientific process and is ready to discard old paradigms when appropriate.

People you think are right out there in la la land are also very valuable. They might be correct so never discount anyone's perspective or beliefs. Even if you believe they might not have any grasp on ultimate reality, they absolutely have a grasp on *their* reality, so respect their world and never question or doubt their beliefs just because you think you are more right than them. You're not. Everyone is entitled to their own reality.

If someone has BIG fears of ET or they're HYPER-skeptical they have some work to do before you allow them to enter the field. If they are open to change, you can help them with their next steps. We have never had someone extremely resistant to CE-5 try to join us. We have found that a negatively inclined person or two attending a CE-5 does not necessarily interfere with the rest of the group having a good experience. People will have individual sightings or sightings intended for just a few. It is important though that the rest of the group be vibrationally strong enough to out power a few negative vibes. The best nights we've had were like parties - as long as you have more "life of the party" types than "party poopers" you'll be okay. As a leader, if you cannot hold your own energy strong in the face of grumpiness or judgment, then you must exclude negatrons until you can effectively ignore lower vibes. Bless these people. Often these people want this phenomenon to be real so badly that they cannot risk being hurt by opening themselves up because the prospect of being fooled or of it not being true is much too scary. Help them if they sincerely want to continue to be part of your group.

Try not to exclude anyone if you can; it's part of their growth and yours. If you are very keen to have stellar sightings with a very coherent core group, make it a special outing of invites only, so that nobody feels excluded at monthly core meetings.

WHERE TO FIND PEOPLE

ETLetsTalk

- go to <https://www.etletstalk.com> and click “Sign In/Sign Up” to register.
- Click on “Members” on the left and Select “Advanced Search”
- Under “Location”, type city name, then scroll down to select “Filter”
- contact the people in your city to compile contact info



ET Contact Network Map

- go to <https://www.etcontactnetwork.com>
- Register to have access to the map
- On the map, click on each symbol to collect names and email addresses

Facebook

- Search for CE-5 and your city, for example our group is “CE-5 Calgary”
- Join the worldwide group “The CE-5 Initiative” <https://www.facebook.com/groups/205824492783376/>
- Join the worldwide group “CE-5, UFO, SIRIUS: ETLetsTalk.com” <https://www.facebook.com/groups/1593375944256413/>
(on both Facebook sites you can write a post asking about people in your area, you might find someone who is on Facebook but not on the either of the two major networking sites above)
- Start your own group really easily! Set the privacy of the group to closed and others cannot see what is being posted unless they are group members.

MeetUp

Create a group on meetup.com , which is a great way to network with other similar groups.

The Analog Way

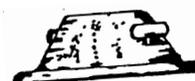
Go to your local crystal/new age shop to talk to people, put up a posting or leave a flyer.

Retreats

Going to a retreat at a UFO hot spot catapulted our home town group experience after our return. Worth a vacation to go and meet new friends, expand your mind, see UFOs, and visit a new location! Locations include places like: Mt. Shasta in Northern California, Joshua Tree in Southern California, Washington, New Zealand, Japan.

(????Mark, am I missing anywhere or anyone below ???)

- ETLets Talk - go to <https://www.etletstalk.com> and click on “Events” to see if there are any upcoming retreats
- SiriusDisclosure - go to <https://www.SiriusDisclosure.com> and sign up for the email list to get information about upcoming expeditions and workshops
- ECETI - go to <http://www.eceti.org> to request a private invitation to visit “The Ranch,” a UFO hotspot in Washington that has skywatch and events almost every weekend
- Lyssa Royal Holt - go to <http://www.lyssaroyal.net/-schedule.html> to see upcoming retreats
- RAHMA - go to <http://www.sixtopazwells.com/>. The Uruguay travel agency that administrates retreats is called RK Viajes, at <http://rkviajes.com/> To understand what is going on, you will need a basic understanding of Spanish.



RUNNING A GROUP

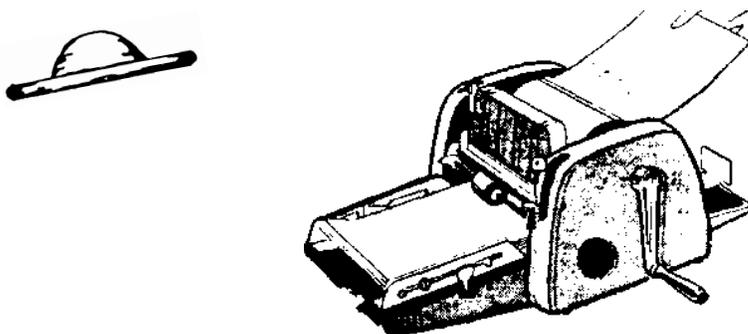
Decide what you are intending to do with CE-5. Are you creating a movement in your hometown, to group like minds and consistently experience and aid the growth of many on a regular basis? Or are you interested in having an experience for your own personal benefit and to fuel your own hope and vision for mankind? Once you find people who are interested, or if you are ready to go out on your own, take the time to determine what this means to you and how you will participate. This may very well be the most exciting time to be alive in earth's history. What role will you choose to play?

It doesn't take a lot of time commitment to hold regular, monthly meetings. One night = 3 to 6 hours. Emailing everyone to invite them would be maybe an hour or two a month including responding to individual emails. Some start up stuff will need a few hours here and there at the outset: searching for people to join you, choosing equipment if any, and finding the right chair. Any other time you invest is optional and recreational: reading books, making time to meditate more, going on retreats, trying out new equipment, etc. When you are rolling, you can easily keep it to 5 to 8 hours a month. That's just 1% of your awake hours for the month.

In our group, we hold monthly meetings throughout the year. Up in Canada we get some cold winters, so if it is below -10 degrees Celsius we have potlucks and do indoor meditations to increase group coherency and continue our very important internal growth. I send email invites out a week before events, and after an event, I sometimes mail a report with a save the date notice for the next event. We align with the ETLet's Talk schedule since we are sometimes within the boundary of the city lights and we benefit from always being as close to the new moon as possible.

You can of course choose any date to do a CE-5 event. Most people choose to join one of two major networks doing CE-5 monthly worldwide:

- Sirius Disclosure - go to <https://www.siriusdisclosure.com> and scroll to the bottom to sign up for the newsletter which will remind you of the monthly dates. They are always the first Saturday of the month.
- ETLet'sTalk - go to Events and see what dates are coming up or get on the email list by emailing Kosta at kosta@etletstalk.com. These dates are always the Saturday closest to the new moon, to benefit from the dark sky.



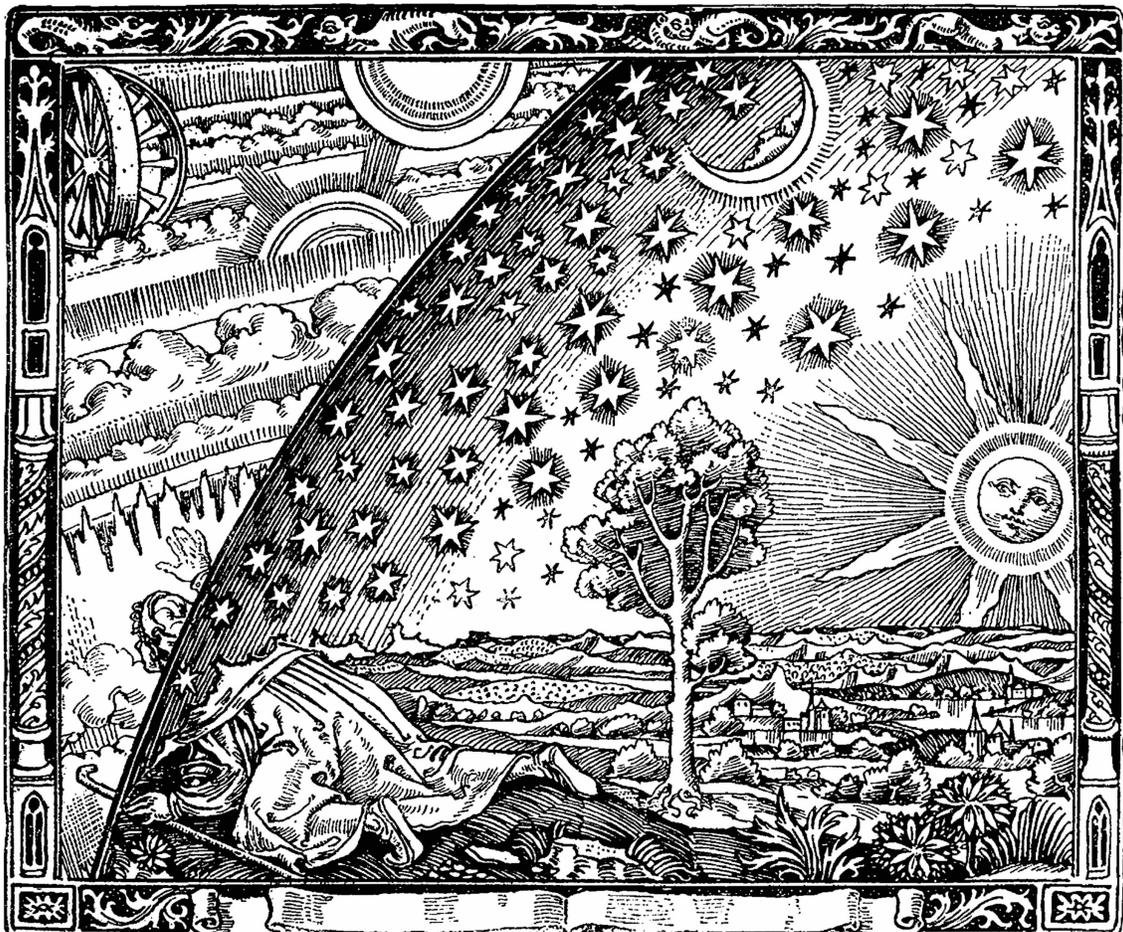
PICKING A LOCATION

CE-5 can be done: indoors, in your backyard, at a park nearby, or out in a remote location.

We have had both internal and external results at all these locations.

Although the intent of CE-5 is the expansion of consciousness, we plan for sightings because it is such a thrilling part of the process. Remote locations tend to have more, or bigger, sightings. However people in our city have reported orbs floating out of their backyards, daytime UFOs above traffic, and a tri-colored light the size of a truck bouncing through city neighbourhoods. It doesn't really matter where you do CE-5; when you are ready, they come to you. So, wherever you go, go to a location that you like. If you are making a big effort to go remotely, make sure that if you don't have any sightings, you will be just as happy to have made the trek for your personal expansion. Know that wherever you go, processes are happening within you and to you.

We do like to go remotely if we can: benefits are that it is darker, the sky is stunning, you are surrounded by quiet and nature and peace, away from flight paths of human craft, and away from easily disturbed people so you can be loud when you are hooting and hollering when you see a UFO. (I'm sure ET love to see how excited we get at sightings!)

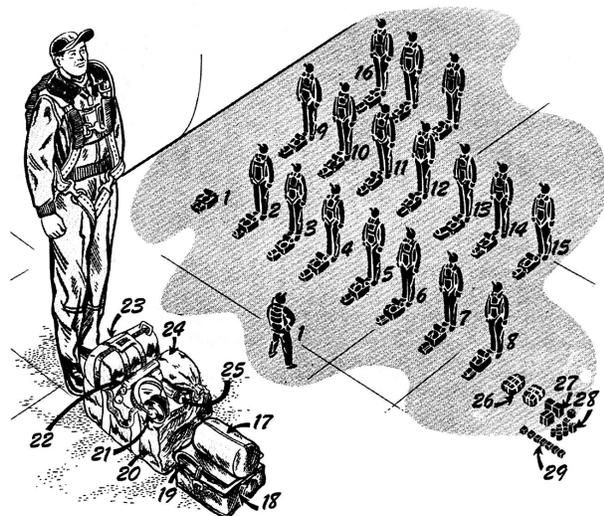


YOUR FIRST CE-5

So you are going on your own or you have found a group of people! Wonderful. Here is a quick summary of what your night might look like. Remember this is just a guide - if you know what you want to do, just do that!

- Pick a date and time.
- Create a loose agenda of what you will do during the CE-5 .
- Send out your invites and ask for an RSVP.
- Remind everyone to bring seriously warm clothes, sleeping bag, chair, flashlight.
- Meditate in the days before the event, either together remotely, together in person, or separately.
- Drive out to your location.
- When you arrive, arrange your chairs in a circle if the sky is clear in all directions. Use a semi circle if there is one area that is certain to be overcast or has a mountain or trees in the way.
- Review the agenda to see if anyone has any requests, additions, changes: create this experience together and learn with each other as you go along - this doesn't have to be perfectly planned!
- Make a clear intention with the group.
- Do one eyes closed meditation to really get in touch with one mind consciousness.
- Follow the rest of your agenda and amend as necessary.
- Encourage people to speak up if they see something - often people are shy to say they have seen something because they barely believe they have seen it. Tell people to speak up even if they are not sure, and then the group can all watch that portion of the sky to see if anything else will happen there.
- Keep in touch with the will of the group and the vibe - is everyone warm, still engaged, feeling happy?
- Keep an attitude of thanksgiving for the experience and growth, even if you are not aware of anything that happened or didn't see anything. ET is there even if you cannot perceive them, anticipating your growth with excitement!
- When you close the meeting, remember to ask for visitations in the dream state and also growth and sightings that may happen in the days to come or even on the drive home.
- Send a report back to the larger group and if you like, upload a report to one or several of your networking sites. (Facebook, ETLet'sTalk)

I believe that if you have the 3 key ingredients set in order that you will have a sighting within 6 outings.



Packing List:

- Chair
- Sleeping Bag
- Meditations on Charged Phone and Speaker or this Handbook
- Flashlight
- Laserpointer
- Snacks
- Toilet paper
- Wear mitts, hats winter coat etc.

ORIENTATION

When you reach your location, orient your group members to the cardinal (compass) directions, the basic systems of measurement, and the location of some constellations, stars, and planets.

- Point out north, east, south, west, and zenith (highest point directly above). Assign a landmark to each, if possible.
- Estimate the "horizontal coordinates" of the heavenly bodies using astronomy's system of "altitude and azimuth".
- "Altitude" measures the angle of an object's apparent elevation (or curved height) on the celestial sphere (the dome of the sky), relative to the observer (your group).
 - 0° refers to the horizon on a level plain. 90° refers to the zenith. Thus, halfway upward from a flat horizon to the sky's zenith would be 45° . A third would be 30° , two thirds would be 60° , etc.
 - Many people find that their fist held at arm's length can approximate a space of 10° , or the distance from thumb to pinky of stretched fingers can approximate 15° . Experiment with adding these estimations from horizon to zenith to learn if these can help you. Or simply look up the known altitude of objects in a chart or app.
- "Azimuth" measures the cardinal directions (north, east, south, and west) on a scale from 0 to 360 degrees. But simply saying the English direction (eg "north-northeast") should suffice.
- Estimate the brightness of heavenly bodies using astronomy's system of "apparent magnitude".
- The "magnitude", or brightness, of stars was first catalogued by ancient Greeks on a scale of one (for the brightest) through six (for the dimmest).
- In the nineteenth century, modern astronomers formalized the system on a logarithmic scale, extended the scale below one and above six, and set Vega as its zero point (Vega being an exceptionally bright star visible in the Northern Hemisphere for most of the year).
- The word "apparent" was added because it was by that time realized that brightness depends more on a star's distance from the Earth. A separate measurement called "absolute magnitude" describes the brightness of each star if observed from a standard distance.

Examples of apparent magnitude:

- 4 Venus
- 3 Mars
- 2 Jupiter, Mercury
- 1 Sirius
- 0 Arcturus, Capella, Procyon, Rigel, Saturn, Vega
- 1 Aldebaran, Altair, Antares, Betelgeuse, Deneb, Fomalhaut, Pollux, Regulus, Spica
- 2 Mars, Polaris
- 3 Andromeda galaxy
- 4 Chi Orionis
- 5 Mu Cassiopeiae, Xi Boötis
- 6 Mercury

ORIENTATION CON'T

Give a quick tour of the most recognizable constellations, stars, and planets. If you're unfamiliar, consult a chart or app, preferably a night or two beforehand. Consider subscribing to a weekly stargazing podcast, or visit your local planetarium or astronomers' club. You may be surprised how familiar the patterns of the sky will become.

Laser pointers

- Using laser pointers to point out stuff is really handy. Do be VERY cautious! They are fun but can be dangerous too. If you are going to use one please read the equipment section of this document very carefully and buy from a reputable seller.
- When pointing out any unknown objects with a laser pointer draw a large circle around it. Don't point directly at it even if you are sure it is not human. ETs have eyes too. Maybe.
- You can use the laser pointer to signal your presence and location to ET as well, by pulsing a beam straight up or waving it around a bit in the sky. It is part of the original protocol, though it's not necessary. If you are sending group intentions out, ET will telepathically pick up on your location.

Sky orientation helps us describe to each other where to look. Instead of “Hey there’s something over there!” and someone pointing an unseen finger in the dark, we can say, “Look south of the handle of the big dipper” or “North North East 30 degrees up from horizon.”



“Virgo”
Una Scott
Copyright 2017

KEEPING A LOG

If you like you can keep a log or write a summary during or after the event. Human memory is pretty frail, and you may want to confirm who saw exactly what before your memory fades and/or changes what happened. It is also nice to see trends in sightings as they increase.

We keep our logs pretty casual. We write down some or all of the following:

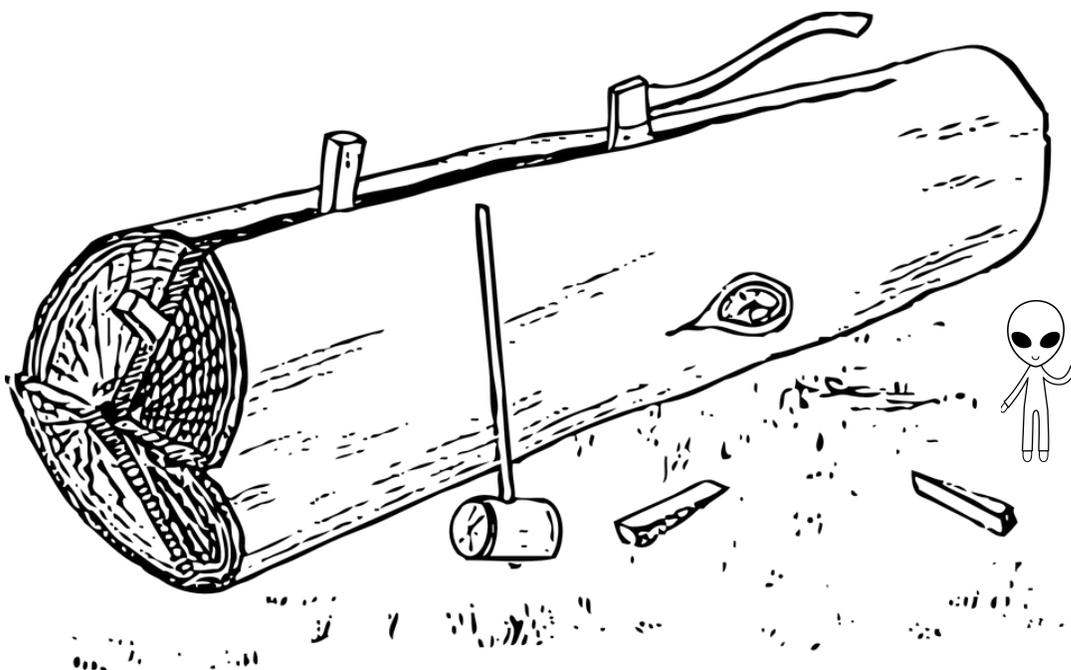
- Date
- Time
- Who saw what
- Where it was
- Description of what it was

Sometimes we just log the highlights. If you log every alleged satellite or streaker you might get tired of that if it's a really active night, then again, it might be great to count them all up later.

If you use paper you can buy a special “pilot’s pen” that has a red light on the end that pilots use. \$5 each. Amazon.

You can use your phone if no one is very light sensitive.

A little voice recorder would also do the trick.



EQUIPMENT

Chair/Blanket

- Bring a chair or blanket and pillow to sit on. My favourite chair is a half height beach chair that can recline so you can really relax and see as much of the sky as you can. It is light and you can find models that have backpack straps and zippered compartments. So handy! Others in our group use zero gravity chairs, which are even more comfortable and will last an eon, although they are heavy. Regular lawn chairs or camping chairs work great.

Sleeping bag

- I pretty much demand everyone bring a sleeping bag for our climate. It is so much warmer than a blanket, and I have seen some seriously cold people freezing and resenting the whole CE-5 process. Even on the hottest day in summer the temperature dives where we are. Keep in mind that when you're not moving it's so much colder than what you can normally endure. I love getting so cozy in my sleeping bag that I could fall asleep.

Flashlight

- It's very handy to have a headlamp. Otherwise, use a flashlight or your phone to get around.

Mosquito Repellant

- ET don't seem to have much sway with the mosquitos, which can ruin a CE-5 if you don't have a sense of humour about it. Remember repellant and you will be okay.

Toilet Paper

- For bio breaks for remote CE-5s

Instruments

- Singing Bowls, didgeridoos, bells, etc.

Sacred Stuff

- Crystals or other personal items of significance
- You can place these on a centrepiece table in the middle of the circle

Binoculars

- To discern shapes of close UFOs
- Bring a light pair (to minimize blur from shaking hands), mount a heavy pair to a simple tripod

Night Vision Binoculars/Goggles/Monoculars

- The best ones are military grade Gen 3. Thousands of dollars. Digital NVGs will be more affordable.
- Have your salesperson help you pick one that is light and can be attached to the head with a band.

Device and speakers to play meditations/crop circle tones/ET Contact Tool App/songs

- We use our phones to do this. You could also purchase a dedicated music player. I have an speaker, the Boom 2, which is fantastic and fantastically expensive. I would say it's worth getting, it's one of my favorite possessions. For meditations, songs etc. an easy way to get them is to find them on Youtube, copy the url, then go to a website that does a YouTube to Mp3 file conversion like <https://www.theyoump3.com>. Download the newly created mp3 into your computer library where you can then sync it to your phone.

EQUIPMENT CON'T

Laser Pointers

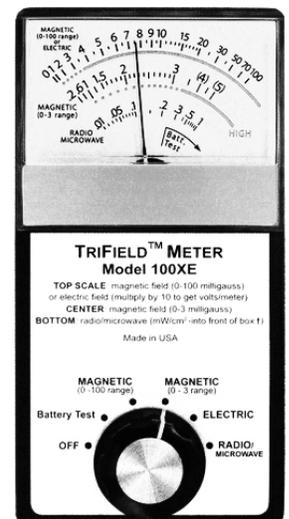
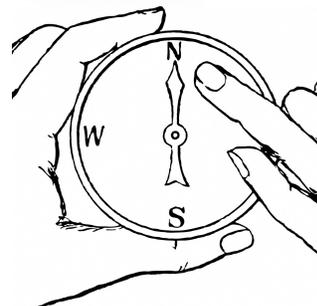
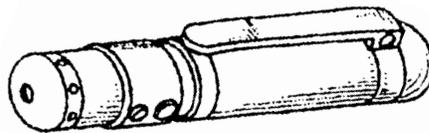
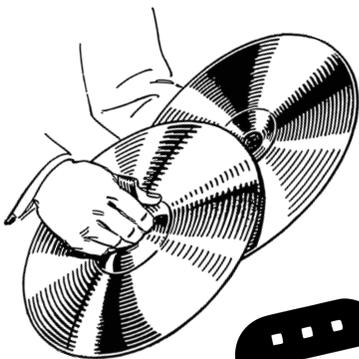
- Laser Pointers are really useful to point out where a flash bulb just was to the group, small alleged satellites that are hard to see, showing off constellations, etc. They are also used as part of the original protocol to signal the location of the group to ET - not necessary, but fun. Be careful though - temporary or permanent damage is a real danger. Do not use powerful lasers without proper eyewear for everyone in your group! You might make it a rule of the group to keep all lasers under 5mW and forgo the glasses. A laser that you know is GUARANTEED to be 5mW or less won't cause biological damage (Don't trust the label, see below). Anything more powerful is a risk for eye injury, and unnecessary. As for color, go for green (532nm). This wavelength is best for the dark adapted eye and appears 35 times brighter than red lasers of the same strength.
- **ONLY buy from sellers that can guarantee the measured optical output!!!** A 2013 study found that 90% of laser pointers are over-spec. Laser pointers can be easily under-spec too. Cheap laser pointers don't have a stable power supply so they can't be reliably tested. You also don't want a cheap laser pointer because they may be lacking an infrared filter which, without getting too complicated, is more risky to use around reflective surfaces. Reputable sellers:
 - Zbolt <http://www.z-bolt-laser-systems.com/>
 - "Constant On/Off Green Laser Pointer" \$48 USD, AAA batteries
Guaranteed to be b/t 4mW and 5mW
 - "Astronomy Green Laser" \$58 USD CR123A batteries (good for use in the cold)
Guaranteed to be b/t 4mW and 5mW
 - Laserglow <https://www.laserglow.com>
 - "Anser Series" 5mW 532nm \$39 USD, AAA batteries
Guaranteed to be b/t 3mW and 5mW
If you ask in the comments form when you order, you can ask them to cherry pick one for you between 4.5mW and 5mW.
 - Laser Points <http://www.laserpoints.com>
 - SKY 5mW 532nm Green Laser Pointer Pen \$39.99 USD AAA batteries
When you place the order you must ask them in a separate email to test it to be between 4mW and 5mW and install an infrared filter.
 - Laser Classroom <http://store.laserclassroom.com/>
 - Classroom Green Laser Pointer \$35 USD AAA batteries
 - You will want to contact them to see if they will guarantee it to be b/t 4mW and 5mW
- **Never point at a plane or helicopter or anything you think might be human craft!** This is a serious federal offence: a \$100,000 fine and/or 5 years in prison up here in Canada. On that note, don't point at any craft directly even if you are sure its ET. If you are pointing out a UFO, draw a wide circle around it.

EQUIPMENT CON'T

Apps

Phone Apps are used to rule out human craft/stuff in the sky. If you can, find apps that don't need data to run, and then switch your phone to airplane mode so that if you use any special equipment (more on those below) there is no interference.

- Satellite Tracker: find a satellite tracker app that displays the name of the satellite when you point to the satellite, making identification easy. Satellite apps connect to a database, so you will need to have the data on in the field.
- Plane Tracker: these apps show what registered planes are flying near you, along with their flight path, destination, etc.
- Iridium Flare Tracker: A must have! Once you set your GPS, these apps will calculate when the next Iridium Flare will pass over your location. These 100 or so telecommunications satellites are not composed of iridium in any way - "Iridium" is just a good marketing name. They do have shiny, mirror like door sized antennae, which reflect the sun and provide a spectacular flash of light in the night sky. The app will tell you where to look to find the satellite cruising along. It will then tell you when the flash will happen. It is great fun to count down with the app before the brilliant flash of light appears.
- Constellation App: Get to know your constellations, planets and stars. Some apps additionally show where the Hubble telescope and the International Space Station are. Did you know that the International Space Station has 3 to 10 people in it at any one time?
- ET Contact Tool - made by CSETI, this app has meditations, crop circle tones, a magnetometer, compass and instructions for how to use the app and do field work in general.



EQUIPMENT CON'T

Devices to receive communication with:

- Our group is not very technical. Many people doing CE-5 use devices to hear from ET. What you do with these contraptions is turn it on, maybe adjust some settings, and then wait for it to make a sound or beep or do whatever it does. These devices cannot go off by themselves. They must have some external input for it to respond. Wrap your mind around that. There is nothing out in a remote setting that can set these devices off. Ask a PhD electromagnetic science expert.
- When running this equipment, turn off your cell phones and turn off any nearby television sets.
- Device activity will sometimes correspond with sightings.
- Most of the information below comes from our tech-savvy mentor Deb Warren, one province over in Vernon, BC, who has been doing CE-5 for many years and who started OCSETI, the Okanagan Center for the Study of Extraterrestrial Intelligence.

Compass ~\$10

- A simple compass can be used: when affected, it will shift to point due south instead of north.

Trifield Meter/Magnetometer ~\$245 USD

- A trifield meter detects subtle shifts in the nearby electromagnetic field.
- Set it to “Magnetic Setting 0 to 3 Range”. It does pick up on human magnetic fields, so be sure you have it set low enough that it is not picking up people nearby. Set it low enough that if you put your hand near it, it will make a sound. Then keep away from it. After that, if it makes a sound without someone reaching to grab it, there is an anomalous magnetic field change. That’s ET communication. You can test your device by setting it on a quiet setting and approaching an electronic device like an outlet, a TV, or a microwave.
- The trifield meter from AlphaLab Inc. is the standard. In the check out form, select the add-ons “With the Illuminated Display” and “With Sound.” <https://www.trifield.com/content/trifield-meter/>

Portable Radar Detector~ \$70 - \$300 USD

- Any car radar detector would be adequate. A distinct series of tones indicate that ETs are sending a transmission. “Beep Beep” for “yes” and “Beep Beep Beep” for we are here. Makes a very different sound than if it was in regular operation while you are speeding down the highway. Very distinct. If you have more than two, do some testing to make sure they aren’t affecting each other. Set them to highway or city. Try the S4 unit: <https://www.escortradar.com/solos4/>. Or try <http://www.radarsource.com>

Gamma Scout Geiger Counter ~\$500 USD

- Deb’s group particularly likes the Gamma Scout Geiger Counter. It will chirp randomly while it is operating, but will double up to two chirps to say “yes,” or go silent if the answer is “no.” The rechargeable version only needs charging once in three years. <https://www.gammascout.com/products/geigercounter-gamma-scout-rechargeable>

Storm tracker Professional Series ~500 USD

- Good for detecting an “alleged lightning storm.” It will indicate that ball lightning is nearby, when no storm exists. Sometimes a real lightning storm happens the next night for the sake of comparison for those who want to see how the device picks up a real lightning bolt. <https://www.ambientweather.com/sptb2iy.html>

EQUIPMENT CON'T

Recording UFO sightings

Do you know why most footage of UFOs on the internet is fuzzy, blurry, shaky, incomplete, etc? Because it is so damn hard to get footage of a UFO that's why. It's the middle of the night, you can't see anything, your gloves are on, you forgot which button does what, you can't even find the UFO in your viewfinder. When you do find it, you are not good at tracking it because you are so excited or because your camera is so zoomed in it's like looking through a microscope at lightning fast sky amoeba. As soon as the UFO goes out of frame (because you're shaking the camera, or getting lost trying to keep one real eye on it so you can participate in the sighting too), you have to find it again. I have given up on getting footage and trying to lead a group at the same time; it's too complicated. If you are interested, delegate someone else to it.

NightVision Camera

- I bought an entry level night-vision camera/video camera combo for about \$500 USD and I can't really say it was worth it. It's a Luna LN-DM50-HRSD. It's handy to have the night vision and video recorder all in one device but it is very zoomed in so only a teensy fraction of the sky gets recorded. I hear a serious night vision camera is several thousand dollars...that might be worth it.
- You can rent a night-vision frame for your cellphone from <http://www.nightvision.com>, if you can get a response from them. This would be a great wide angle option. Website is quite a trip.

Infra-red Camera

- You can get a cheap Bell and Howell infra-red camera from Amazon. Deb says it works well. Search terms: "Bell Howell IR Camera" ~\$100 USD

Still/Video Cameras

- You can use your regular camera to capture photos or video of UFOs. For best results use a camera with a high ISO.
- I once took several photos of the sky trying to figure out if one of the "stars" I was watching was moving in circles on me. I never figured out if I was imagining that or not, because after I got the photos downloaded to my computer I was much more interested in the bright UFO that magically appeared in the frame. I was using my point and shoot, a SONY Rx 100 iii, Max ISO 128,000.
- Deb has good results with her Canon D5 Mark 2 ISO 25,000. To see a sample of her photos, google: "CSETI Joshua Tree jewel like craft".
- The famous Vero Beach Twin Ships video was shot with a Sony AS7. This line of cameras has remarkable low light capabilities, ISO 100,00 to 400,000.
- Some phenomena will appear in photos that you didn't see when you took the photo. Someone in our group finds all kinds of things in photos taken with his phone. Any camera will do for this.

Instructions:

- Make an intent to capture non-physical phenomenon and ET
- Dusk is an especially good time to do this
- Meditate, focus on communicating, feel the energy flowing
- Then take random photos of area and sky
- If indoors, take pictures of corners of rooms in a dimly lit room with a flash
- It's said that a camera will get calibrated by your intent and will capture more phenomena than others the more you use it for this purpose

TYPES OF ET COMMUNICATION

Internal Communication:

Because this experience is more about growth than about sightings, expect that you will have many more internal experiences than external ones. This will be occurring not just during CE-5, but also during your dream state, meditation, and during your daily life.

Psychic communication will come through your 5 senses. If you are new to your latent psychic ability then you will need some practice to start consciously being aware of these experiences:

- Clairvoyance: Seeing something in your mind's eye like a vision or seeing it in your reality like auras, energy, etc.
- Clairaudience: Hearing something in your head or hearing a voice or noise. It may be a word, a sentence or a downloaded package that you translate out.
- Clairscent: Smelling something that has no physical origin.
- Clairgustance: Tasting something without having put anything in your mouth.
- Clairsentience: Feeling something in/on the body - sensations, energy, touch.

You may have several types of clairsentience happen at the same time. You might have an full on interaction with a being. This might happen more easily in a alpha or theta brain wave state, in meditation, in your dreams, or in the state between sleeping and waking. You might have an experience that feels fully physical and real that someone else cannot perceive.

Practice your psychic abilities: when the phone rings, guess who it is. When you have a choice to make in your life, ask for guidance and go with your intuitive hit.

Is it my imagination or a real psychic experience? The answer is not as important as what your experience is; it holds personal meaning either way. However, as you get practiced you will get to know the difference. When you become a really clear channel it will be obvious to you when communication is inserted into your experience. Don't be embarrassed, go ahead and share your experience with the group whether you know the origin. You can give them the caveat that you don't know. In science you have to be fearless.

External Communication: (aside from UFO sightings)

- Lights or electronics turning on and off, songs playing on devices by themselves
- Clouds - shapes, colours, abnormally moving/coloured clouds

Other types of communication/phenomena:

- Energy downloads, upgrades
- Synchronicities
- Dreams

TYPES OF SIGHTINGS

Alleged Stuff:

“Alleged Satellite”

- Any satellite is called “alleged” to indicate that we don’t really know what it is unless proven.
- There is a some question about satellite activity and whether or not all of them up there are really satellites. Maybe we are seeing a lot of UFO traffic. Some points in the debate:
 - Satellites range in size from a watermelon to a large pickup truck, and orbit distance from earth ranges from 180 km to 35,000 km. Which satellites can actually be seen with the naked eye?
 - The ISS is the size of a football field and only 400 km up. That is visible. (Not technically a satellite, it is a science lab with 3 to 10 astronauts residing inside it, wow huh?)
 - An Iridium Satellite is the size of a truck, 780 km up, and are barely visible (sans flare)
 - Some say that satellites are only visible for the first few hours after sunset, on the west horizon.
 - Most satellites move in one direction: with earth’s rotation going west to east. Military ones go opposite: North to South. No satellites go east to west.
 - Some nights we see SO MANY alleged satellites, some nights we see barely anything at all. If we had a satellite app we could try to dig into this more, but then there is space junk and other factors. We gave up on this one and let the nomer “alleged satellite” speak for itself.
 - One sure way to find out if an alleged satellite is a UFO or not is to ask it to power up or change direction. Gather your minds and hearts and ask: groups have been answered this way before.
 - Some alleged satellites “wink” or “twinkle.” This is a light that is travelling on course but it flashes and/or twinkles randomly as it moves along. It could be a defunct iridium satellite that is tumbling through space.

Alleged Meteor aka “Streaker”

- Also called “alleged” because it can’t be proven one way or the other. The most anomalous part about streakers is the high number of streakers that can occur on a CE-5 night. Ensure it is not a meteor shower night if you make this claim.
- There are so many variants of streakers: size, speed, color, distance travelled. We have seen little streakers that go across the whole breadth of the sky, large, thick, orange and green streakers, streakers that have a “wobble”, and streakers that were one shape that separated into two shapes at the front end.
- Streakers often appear at synchronous times, when we are closing for the evening and saying Thank you, when ET wants to highlight something someone says that they agree with, etc.
- Another term for streaker is “fastwalker.” It’s used by NORAD for fast satellites, missiles or speedy UFOs. It’s a cool name and could be used interchangeably for “streaker” but to it’s detriment, it has one more syllable. NORAD would call an aircraft a “slowwalker.”

Alleged Stars

- These stars will move in the opposite direction of all the rest of the stars. You will need a reference point like a tree to figure this out. They sometimes blink on and off, or twinkle different colours. Stars on the horizon do twinkle due to refraction, so, once again, hence the word, “alleged”

TYPES OF SIGHTINGS CON'T

Anomalous Phenomena:

Flashbulbs

- A flashbulb is a quick flash of light that looks like someone up there took a photo of you with the camera flash on. It's quick! Whoever sees the first flash tells the group where the flash was and everybody keys into that spot - very often there are more to come. Sometimes the flashbulbs stay in one place. Sometimes they move and keep moving, sometimes erratically, sometimes rhythmically, sometimes zigzagging, sometimes on course. We have twice seen a series of flashbulbs over 50 times, too many to accurately count. The first time people actually got bored with counting up and after about 45 flashes everyone went back to telling UFO stories! I love my group.

Powerups

- A power up starts out as an alleged satellite, star or plane. Then a large bright orb flashes or "powers up" around it.
- A great example is on Deb Warren's YouTube Channel: search for CSETI Arizona May 2017 (it's the 30 second video).

Orbs

- More easily seen with night-vision glasses, these can also be seen with the naked eye. They may be moving or stationary, and come in all colours and sizes from teensy to gigantic.

Probes

- Small little lights that come in close to the group. Can be even inside the group. Can also be small sparkling lights. May be intelligent. May be collecting information. May just be saying hi.

Distorted Sky

- A spot in the sky that looks like heat waves moving through it, or shimmering spots, or darker spots.

Craft

- Ruling out human craft is important:
 - Planes and helicopters have strobe lights, fly low, have limited speeds and abilities, have sounds.
 - Drones may or may not have a light, do have a sound if you are close to hear it, are not allowed to fly very high (may be irrelevant). Have limited speeds and abilities.
- Military Space Craft or ET Ships:
 - Can make a right angle turn, reverse, or stop and move again in ways planes, drones and helicopters cannot.
 - Don't have strobes.
 - Incredible speeds.
- We have seen about 10 lights, in two formations of four or five each, tracking each other silently across the horizon.
- Several in our group have seen physical spacecraft up close in their youth - black triangles, a metal ship, dodecahedron craft.

TYPES OF SIGHTINGS CON'T

Miscellaneous

- We have seen a large light slowly float down the sky like a feather falling to the ground. If you think of a good name email me.
- There are so many other kinds of sightings, it would be good to make a central compendium somewhere and categorize or name them. If anyone is up for that.

Other phenomena:

- Temperature changes - your body or the environment may warm or cool many degrees
- Pressure changes - most often felt in the ears
- Weather changes - such as a decrease in wind
- Body shaking or vibrations, body aches or uncontrollable restless agitation
- Hair on body standing up
- Sounds: buzzing, clicking, humming, animals responding to presence of humans and ET
- Feelings of love so strong people are moved to tears

Merging:

???? Don't know much about this ????

Full on Meeting with an ET:

To date we have not had any interaction with beings during CE-5 but one in our group has met face to face with a being in his home and I have a friend in my neighbourhood who is a Native Shaman who has stood face to face with a being on one of her visits to a sacred site. Preparing the group for interactions like this is a good exercise you can do - get really relaxed and into a focused state, and walk everyone through a visualization where each person meets a being either on a CE-5 or in a location that they feel most comfortable. The more you do this to reduce fears, the more prepared everyone will be if they want this kind of interaction in the future. You may notice some phenomena leading you up to this experience at a CE-5, like hearing shuffling feet, feeling a gentle touch on your third eye or somewhere on your body, or hearing breathing. Beings may appear in non-physical, inter-dimensional form such as sparkly lights, orbs, energy shapes, dark or fuzzy shapes or they can be fully physical in nature. It is reported that a sense of deep love is always present during these interactions, whether detailed telepathic communication is present or not.

Tips

- Encourage people to share sightings and phenomena when they happen. People are often shy and don't want to disturb the group. If you feel like someone is scared to share, give the option to not share. It's not an obligation.
- Often people won't believe their own eyes - keep asking people if they have seen something that they aren't sure is real or not.
- Ask for people to share even during meditation - you'll get the feel for when you say, "cool" and keep going with the meditation or if you stop the meditation to watch for more developments.

TYPES OF SIGHTINGS CON'T

Don't miss: Conventional Night Sky Phenomenon

- Constellations, stars, planets, International Space Station, Hubble Telescope, Northern Lights
- Milky Way - go deep into the wild and see the gorgeous milky way
- Iridium Flares - see equipment for description. Download an app - it's fantastic!
- Atmospheric refraction: Stars on the edge of the horizon seen through layers of earth's turbulent air seem to "twinkle" watch this video to see the interesting effects of refraction on the sun and stars.
<https://vimeo.com/188149183>

Why are some UFO sightings so questionable? Why not be super obvious? What's with this "alleged" stuff?

We believe that entry level sightings are meant to be hard to discern. It's very accessible to us. Some of us have an ingrained fear of "Aliens." Seeing something and wondering if it is possibly human made, possibly natural phenomena, or possibly UFO is not so scary. Entry level sightings also serve another purpose too: It is a bridge for belief. Was that possibly what I thought it was? Could I believe that it could be a UFO? It is an easy step on the ladder of opening yourself up to this whole thing. It also weeds out the people who aren't ready - they easily dismiss it and never give it a second thought. So a large group of diverse people can all see the same thing and have very different experiences. Life is all about having different experiences and creating the reality we choose to create. Entry level sightings allow each to his own.

Why do some people get to see something and I don't?

It is often that people will be looking at the exact same spot in the sky and one person will see a very bright flashbulb repeatedly going off and the person next to them does not see anything at all. Or, you leave the CE-5 and a few people who decide to hang back see something. That's just the way it is. Maybe you're not ready, maybe it's just not the right time for you, maybe you blinked. Think about how a dog can hear things that we cannot. It's very similar with UFOs - the reality ETs are in is different and most of us don't see that high up the vibrational scale. You can get there though, as many have: you will see things that previously you could not see. Try to be excited for those who you're envious of when they see something that you wanted to see too.

Did I just imagine that? Maybe, maybe not. Still worth it to report to the group.

Was it a trick of the eye? Maybe, maybe not. Still worth it to report to the group.

Note to the leader: you really need to get your directional voice practiced. I have seen things and been talking out loud to myself thinking we were all having a group experience and later found out that no one was listening to me and therefore most people in the group missed the sighting of the night! Be commanding: ask direct questions and get answers: "Look right there!" "Who saw that?" "Keep your eyes on this light - there is something different about it." As you get practised, you will have a sense for what is worth having more attention called to it.

MEDITATIONS

Meditating has many scientifically validated benefits:

- Relaxing and calming
- Decreases, stress, anxiety, depression, pain, insomnia
- Increases ability to think more clearly and quickly
- Increases ability to sense
- Strengthens telomeres in DNA responsible for longevity (translation: helps you live longer)
- Creates new neurons (up to 30,000 per month, an enormous amount of brain power)
- Increases brain volume (normally brains shrink with age)
- Shrinks the amygdala, the fight or flight part of the brain

Meditating in general is going to help you connect to one mind consciousness and increase your vibration.

Meditation is simple: it is simply FOCUS. You can focus on:

- a part of the body
- music
- sound
- thoughts
- intention
- mantras
- breathing
- blue light essence in front of your third eye
- a feeling, like appreciation

Start with 5 mins a day, once a day for a month, then go to 5 mins twice a day. Increase to about 15 mins twice a day. On busy days try to keep the habit: sit down even if just for 5 mins. 5 mins a day is better than 20 once a week. Don't be discouraged if you don't feel a change or effect right away.

Meditating during a CE-5

During a CE-5, we recommend doing at least one eyes closed meditation to really focus internally and get into one mind consciousness before doing skywatch, other meditations, telling UFO stories, etc.

In this section are examples of meditations - use one or make up your own. You can take this handbook into the field and read aloud from it to your group, or you can play meditations for everyone on a device. There are meditations on the ET Contact Tool app, and you can convert any Youtube video into an mp3 by going to TheYouMp3.com

MEDITATIONS CON'T

Vision of a New World (Dr. Greer)

Hold one another's hands and see that there is a perfect circle of light formed. Feel the deep peace within us, and the stillness and quiet. In your inner sight, become aware that there is a trans-dimensional interstellar craft that is around us and that we are within it. There are extra terrestrial beings meditating with us, and we see this beautiful ring of light as we hold one another. Interspersed amongst us are ET life forms shifted beyond the crossing point of light and they are holding hands with us. As we go together into this pure state of silence, we see deep within each of us a fountain of pure light: consciousness made into light. It rises up through our chakras empowered by the light of the earth and the power of Gaia and it reaches our heart level and then it rises up to our crown chakra and it bursts forward upward to the space above us. It makes a perfect column of light. First, each of us individually project these columns, and then our columns blend into one and this light goes from left to right around the circle and becomes one massive beam of celestial light going upward into space piercing the stratosphere. This light spreads out, our light and the goodness within the earth and humanity and our full potential of enlightenment spreads from this place to every star and every galaxy and every intelligent life form in the cosmos. We ask the great spirit that is infinite and boundless to facilitate this beautiful light as a beam going upward, to be a guide for civilizations capable of interstellar travel to come to this place on earth. Ultimately we see this beam of light enter into a vast interstellar center. It is thousands of miles in diameter in deep space. This is where the ambassadors from other civilizations gathered for millions of years time immemorial. We see that they behold us clearly even as in our own mind we see them. We ask them that they join us here and in their thought essence they do. We see that they are sending back through us a cosmic light coming from the zenith of the heavens into this beautiful circle of people and through us to the earth, and the earth rings like a bell. With the resonance of this cosmic light, it reaches every man woman and child on earth and they see a new vision of a new world manifesting from within us into the physical earth. We ask the great spirit then that for every man woman and child on earth, that their heart and mind and their essence and spirit be awakened to the simple truths that we are one people in the cosmos and it is time for us to enter universal civilization and

endless peace. We see all the secrets that have been held from humanity unveiled. The wondrous technologies that could turn the earth into a rose garden of peace and abundance brought forward for the good of humanity. We see all those forces on earth that are retrograde or resisting this transformed by the beauty of this vision, effortlessly transformed. Now we behold this light becoming stronger, and we see crystallized in our mind, and our vision, a new world. This will be the time that is called the day that will not be followed by night. It will be an endless and unbroken time of peace for hundreds of thousands of years. While first it can be an external peace, the reality is that it will evolve into the age of enlightenment and in the passage of time, every child born on earth will be born in cosmic consciousness and hence evolve in God consciousness and universal unity consciousness and beyond into Brahmin consciousness. As humanity evolves in this fashion, we see that we become ambassadors to other planets, spreading enlightenment from earth even as enlightenment has been brought to earth by the ancient ones before us. Our hearts are filled with joy at this vision and we ask that great spirit assist us in making it so and we invite these interstellar civilizations patiently awaiting our arrival to assist us as we vow to assist them. The children on earth will be the entry points for the channels, to which this knowledge and vision and reality manifests on earth. And so we ask the great spirit that this beautiful time, which we know in our hearts is the destiny of humanity. be brought forward. We dedicate ourselves with one another and with the earth, and with space, and with all these visitors, our brothers and sisters, of every star system, to create a new world, and we see that it is actually already born, within the realm of ideas, and it is ready to be made manifest, requiring our action. So with some effort on our part assisted by the great being and the unseen realms and the spirit world, and these interstellar civilizations, what seems impossible becomes inevitable. We will see it made manifest within our lifetime, and our hearts are filled with love and joy at the vision of a new world. Namaste.

MEDITATIONS CON'T

Kosta's "GLOBAL CE-5 Initiative" ET CONTACT EVENT INSTRUCTIONS

1. Do this ET Contact any time, anywhere that is convenient, comfortable and safe for you.
2. Choose the place and the people you believe are compatible, respectful, and enthusiastic about this coordinated effort. You may also do this alone. If you have an attitude of fear, deep skepticism, hostility, close-mindedness...chances are good you will fail at making contact. Bring your goodwill, love, joy and openness to the experience. The ETs will "pick up" on your noble positive vibrations.
3. If you wish, invoke whatever energetic protection is natural to you. Link heart-to-heart with members in your group. Circulate the love energy.
4. Imagine a pink sphere of magnetic love at the center of your circle with each of your hearts connected to it. Project this column of love energy high up into the sky as a brilliant vibrant beacon to our Star Friends.
5. When you go into meditation, in your imagination link up heart-to-heart with all of the other Global ET Contact groups who are joining in all over the planet. Then with love also include our Star Friends as you invite them and guide them to your location. You can guide them to your

location by projecting your consciousness out to them and visualizing how to travel from the location of our sun in our solar system to our Earth . As you approach it in your imagination, zoom in closer and closer to your specific location on the surface. Show them the images of where to find you!

6. Mentally and with your heart, ASK our ET friends what you and we can do in cooperation with them to bring about a healing for our planet Earth. Invite them to take more of a part in our Human affairs, recognizing that it is nonetheless Humanity's responsibility to solve its problems.

7. Remember that ET Contact can come in many forms. It may be a sighting of a Star Craft, a lucid dream, a telepathic message, a touch on the shoulder or knee, weird electrical phenomenon with communication devices or lights, and so much more. The ETs are very creative and will only communicate when it is safe for them and you.

MEDITATIONS CON'T

Oneness Meditation:

Close Your Eyes and take three deep breaths.

Continue focusing on your breath: with each inhale, breathe in the light energy that surrounds you.

With each exhale release all the worries of the day, the struggle of survival, all the stress and negativity... let it go with each out breath. Nothing to do, nowhere to go, nobody to impress. Inhale peace, exhale release.

Listen for the wind in the trees (or the drone of traffic, or the hum of electricity, depending on where you are). Expand your awareness outward to include your friends beside you, the trees and animals around you, the people in cars on the highway beyond, the busy cities and countries far away. You are every person and every thing, and you can feel what it is like to be driving down the highway, to be a child playing in the park, or to have your leaves rustle in the treetops. Your awareness expands farther, into our solar system and infinity, where you can hear the hum of planets revolving around their suns, feel galaxies spinning, and see soft coloured nebula clouds. You are vast, deep space... and inside this space, positioned and connected to each other and you, are these grand wonders of nature, planets, moons and stars, interstellar activity and traffic, and inhabitants of worlds. Hear both the wind in the trees nearby and the music of the universe. You are everything and everyone.

Collapse this awareness into the space directly before your third eye. Strip away your personality, your individuality, the distractions of your environment, your thoughts. You are in the void, floating in the dark. You are original awareness. You feel the peace of infinite love... you are ultimate reality, which is bliss. Thoughts and images may come through, and you let them go and return to this single point of focus and awareness. You have become the single point of awareness that is the same awareness that is felt by every other person on earth, every other awake and conscious being. You relax into this quiet awareness as it equalizes you and connects you to universal one.

From this point of awareness you feel your union with every other person on earth, every being in the universe. You are you, you are everyone and you are nothing. As you breath out, feel the unfurling of the Big Bang, of every diverse manifestation of life expanding out towards infinity. As you breath in, feel the folding in of the whole of universal experience into one single point of awareness.... Breathe out, expand, breathe in, contract. You are source, you are the beginning, the middle, and the end.

Meet a Being/Fear Reducing Meditation

We naturally fear the unknown or the different, and we have been programmed by media to associate Extraterrestrials as hostile or evil entities. Many believe that we are the hybrid descendants of many Extraterrestrial races. Imagine our star family, wanting to come visit us, and how they must feel when we see them and run away screaming. It is like a parent, who wants to reunite with a child, but the child is terrified of the parent. Can you imagine how that must feel for the parent to elicit this response from someone they love so dearly? Doing a fear reducing meditation is beneficial not only for those who have fears of meeting ET face to face, it is also helpful for those that do not: anything you do in your imagination increases your readiness for the actuality.

1. Open the meditation with any breathing, relaxing exercises or instruction. You can move through a muscle tensing and relaxing exercise, or use a visualization of getting on an elevator and counting down the floors, getting more and more relaxed with each level passed. It's important to be as relaxed as possible while doing this relaxation, so take your time on this part. Invite each person into the same state that they are in just before they wake up: for most this is the most powerfully relaxed moment in our day.
2. Create an intention out loud that your group will do a meditation where you meet a being in preparation for eventual face to face contact.
3. Instruct the group to continue monitoring their level of relaxation. As you go through the rest of the meditation, continue to guide the group to stay relaxed, to notice their breathing, to feel that they are safe, to feel appreciation and happiness.
4. Let each person create a safe place where they would like to meet an Extraterrestrial being. This could be: a sacred place, a park, a meadow, the beach where Jodi Foster met her "dad" in the movie Contact, an Interstellar Space Station, a location where there are other people, etc. Have them flesh out the details of this safe place, the sights, the sounds, the smells, the feeling of it.
5. Have each person create an invitation to a specific being to join them. Let them choose which type of Extraterrestrial, are they very human-like? Or are they of a very different type than we are? Let them create the invitation however they wish: a telephone call, a telepathic call, a

written invitation, an email, morse code, etc. Visualize the being receiving the message and sending an RSVP saying “yes” back.

6. Now imagine the first level of contact. Is it viewing a spaceship far away? Seeing the being standing at the edge of the far end of the beach? Sit with that for a moment. Acclimatize to it and continue to breath and feel deeply relaxed.
7. When you are ready, ask the being to come closer. Tell the group that you will give them about five minutes to connect with this being at the pace that is most comfortable to them. Remind them to keep cultivating their state of deep relaxation. Point out to your group that each is in control of this interaction, and that they can ask the being to approach or retreat at any time. Tell them that If things feel intense, to breath into the feelings and allow those feelings to melt away, replacing them with trust, love and appreciation.
8. After the time has elapsed, instruct the group to wrap up their communication with the being. Let them create their own goodbye, how they would like to end the communication. Have them thank the being and listen for the being’s response. As the being moves away, remind the group to continue with that feeling of relaxation. Ask them to take note of how they are feeling: are they impressed at their ability to manage their own emotions and allow this interaction to happen? Are they feeling appreciation for what they feel is a representation or real interaction of benevolence and love? Let them bask in the warmth of this interaction after being is gone.
9. Now, gently bring each person back to our shared reality. If you did an elevator ride, go back up the floors, feeling more awake as you pass each floor. Invite people to wiggle fingers and toes if they would like, and or to take a few deep breaths as they acclimatize back to your location.

MEDITATIONS CON'T

Developing Remote Viewing

MEDITATIONS CON'T

Golden Age Meditation:

Take three deep breaths and release all the stress and struggle of your daily lives.

Ground yourself to the earth and feel your connection to all on earth, all in the universe and to source. Take a few moments to center and settle into your true self.

Join minds and hearts with all in the group. Envision the evolution and progression of humankind.

Feel your awareness of the world as it is now, primed for the utopia to come. It is a gift and an honour to be in human form on this planet at this time. In your mind's eye, see the smooth progress of the continuous dawn of the new era before us. See corrupt leaders and manipulators of the world peacefully stepping down. See popular media released from the grip of control, releasing critical information to all. Witness the slow and steady disclosure of the presence of our star family.

Cherish seeing hope and relief alighting on each person's face when they realize we are not alone.

As the critical mass of people accept and embrace this new reality, see scientists working, unencumbered, developing and implementing the technologies already gifted to us, distributing free energy to the world. See the world bathed in harmony and love. Delight in the abundance and peace that will be available for all. Imagine what you will do in that new world. Take some time to envision war prisoners being released, slaves freed, sickness healed, free energy for all, communication with beings from other worlds, what your home will look like, what your own personal spaceship will be like, vacations to the stars or all around the globe, what your day looks like, where you put your energies for work and what you do for play... place your mind's focus on whatever sets your heart afire! Open yourself to hear inspiration from your higher self about what action you can take to facilitate this change. Take a moment to listen for guidance on how you will most effectively participate in this joyful process. Know that your beautiful vision of the future is coming, it's just a matter of when.

"Unite for Freedom," a meditation envisioning the future world much like this one, occurs at 4pm GMT every Sunday. Three different, disparate groups have joined forces to use the power of group meditation. You can find information and get reminders in the Facebook group "Worldwide Group Meditations"

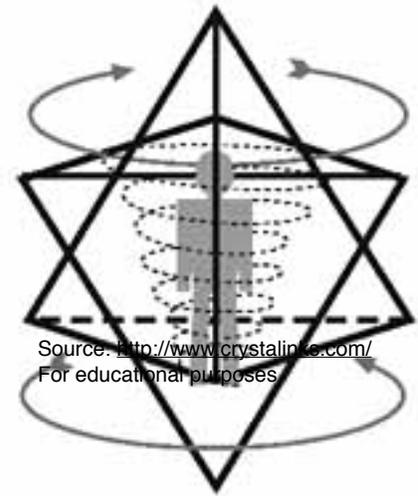
MEDITATIONS CON'T

Deb's Quick and Dirty CE-5 Meditation (With Merkabah)

This is a quick 15 minute meditation going up off the planet, meeting ET, and coming back to earth.

It can be found at <https://www.youtube.com/watch?v=spkk6TwWpzg&feature=youtu.be>

See a large golden ball of energy forming at your heart chakra, getting bigger and brighter, then it moves from left to right around the circle, in a counter clockwise direction, going through the heart chakra of each person present. It spins faster forming a golden ring, and our group starts to feel more coherent, then it spins even faster flattening out to a golden disc, and we start to feel even more coherent—we are a group taking this journey together.



Now as a group we begin chanting the mantra: I'm na ma.

I'm na ma, I'm na ma, while forming the mer-kah-ba tetra-

hedron in our mind. And the disc now pops out to a golden ET craft which surrounds all of us. It begins to gently float up carrying our astral/light bodies, and comes to a stop just above us.

And now /... we hyper-jump.

We are now in geo-stationary orbit high above our location on earth, we can still see the sun shining on the Pacific Ocean in the West, we can also see the earth turning into darkness in the East. A sliver of the moon may be visible [localize these instructions for your area]. Look for the planet Saturn, like a very bright star, it may be to the left [or right] of the sun, that is our destination.

And now we hyper-jump.

We are now above the rings of Saturn, and we can see a large ET space station in orbit between the rings and the planet. The space station is 26 miles long and many stories high. Our ET craft is gently heading toward a very large hangar deck. There are many, many ET craft coming and going

from the deck. We enter the hangar, and look for a place to land our golden ship. We land gently and the golden ship fades away.

This place is like Grand Central Station. It is chock-full of many, many beings, all coming and going. we are surrounded by throngs of beings. Many different species. No one seems to notice our arrival, and we don't know where to go next.

We convene as a group, standing silently. Sending this telepathic message: we are humans from earth and this is the first time we have come to this space station. We need help. Please send someone to guide us.

Almost immediately, we can spot a group of ETs, making their way through the crowd. Soon they are directly in front of us, beckoning with a finger, indicating that we should follow them. We do.

We are taken to a side room on the hangar deck, and a door swooshes closed, and suddenly the noise from outside is no longer and it is quiet. There is at least one ET here to interact with each of us, and there may be more than one for each of us. You can ask for a tour of this space station, you can ask for explanations and display device will be produced to help you understand. You may be asked to go to a large meeting room and make a presentation. I will give you a few minutes now to have these experiences, and no matter how time-consuming your experience is, these few minutes will be all the time you need.

I will be silent now while you have your experience.

Note to Facilitator: wait a few minutes, you will sense when everyone has finished their experience, and then you will begin the return trip back to Earth. Make sure that you also have an experience on the ET Space Station.

Where ever you are, what ever you are doing make it your intent to return to the group who are waiting for you on the hanger deck. Say goodbye to the ETs, let them feel your gratitude, let them feel how delighted you are, let them know if you would be willing to return again.

We are standing in a circle, everyone has returned.

See a large golden ball of energy forming at your heart chakra, getting bigger and brighter, then it moves from left to right around the circle, in a counter clockwise direction, going through the heart chakra of each person present. It spins faster forming a golden ring, and our group starts to feel more coherent, then it spins even faster flattening out to a golden disc, and we start to feel even more coherent.

Now as a group we begin chanting the mantra: I'm na ma. I'm na ma, I'm na ma. And the disc now pops out to a golden ET craft which surrounds all of us. It begins to gently float up, carrying our astral/light bodies, and carries us out of the hangar deck, and comes to a stop above the rings of Saturn. We look for the pale blue dot that is Earth.

And now we hyper jump

We are now once again in geo-stationary orbit just above our location here on Earth, once again we see the sun shining on Earth, and now we consider the location directly below us.

And now we hyper jump.

Our golden craft is just above our physical bodies and it is now floating down, returning our astral/light bodies to our physical bodies. And then the golden craft fades away.

When you are ready, take a deep breath, open your eyes and move your body to indicate that you have returned.

Everyone should be silent until all have returned.

When everyone has returned, invite people to comment on any experience they had during the med. No one is obligated to share. You may wish to ask if there was anyone in the group who did not have any experience at all. In the next event you will focus your attention on that person, ensuring that they are part of the group. You may ask others to focus on these non-experiencers as well.

<https://ocseti.wordpress.com/2013/12/29/et-space-station-in-orbit-around-saturn-a-meditation-2/>

MEDITATIONS CON'T

Meditation for Interplanetary Council - "Evolution Through Contact" by Don Daniels

Sit comfortably in a firm or lightly padded relatively upright chair, with your feet separated and your hands in your lap palms down. Take a series of at least seven slow, deep breaths, inhaling as slowly and deeply as possible, then pausing as long as you comfortably can, and then exhale slowly and deeply, and again pause as long as comfortable.

Continue, focusing on your breathing, until you are in a deeply relaxed state. Now, visualize your breath coming in through the top of your head (like a Dolphin), flowing down through your entire body, and flowing out through the base of your spine and the soles of your feet when you exhale.

Allow your breath to bring in pure love and compassion, and exhale any negative thoughts of emotions, in this way purifying yourself with each breath.

Now, start to focus on the pause between breaths, and you will notice that in the pause there is a moment of Deep, Profound Silence. Gently go into that silence, and allow it to expand longer and longer with each breath, until eventually the silence will fill the entire breath. Become aware of awareness itself, not the stray sound that you may hear, but that by which you are able to hear that sound. In this way sounds will not be a distraction, but simply an acknowledgement of your connection to the fundamental awareness that infuses every conscious aware entity in the universe. Then let the sound go, and return to focusing on communing with the deep profound silence that starts between the breaths, for this is your connection with the Cosmic Consciousness, the collective consciousness of the Universe itself.

Now imagine yourself as a Dolphin at play in the ocean, leaping and spinning and diving, just for the pure joy of it. Revel in the joy of your perceptions and your freedom. Dive deeply into that sea of pure consciousness, and then swim upward as fast as you can, leap into the air, and just keep going, faster and faster up through the atmosphere, past the moon, past our planets and out of our solar system. See the stars passing faster and faster, until you are out in intergalactic space looking at all the beautiful galaxies around you. Commune with the deep silence, and contemplate what a beautiful universe Creator has wrought. Understand how we are all connected through that creation and through our connection with Cosmic Consciousness, and how we are all thus “One” with each other!

Now put out the intention that you wish to visit the Interplanetary Council, and allow your consciousness to take you in the proper direction. You can travel at the speed of consciousness, so you should arrive quite rapidly. As you approach, note your impressions of the craft or building. And now, ask permission to go inside. Most likely someone will guide you, or you may simply find yourself inside.

Greet any guides with respect and humility, explain that you are wishing to visit as a citizen representative of Earth, and ask if you may visit the council chambers. Enter with the same reverence as if you were attending a general assembly of the United Nations. You will most likely be ushered into the viewing gallery. From here, take in the look and feel of the chambers. How large is the room, what shape is it, how high is the ceiling, what are the walls like, and what materials does it appear to be made of? Is there a table or negotiation area, what does it look like? Are there any objects on the table or over it?

Now, pay particular attention to any of the diplomats that may be present. What impressions do you get of them? Take note of their physical appearance, and also any emotional impressions or telepathic messages or impressions you might receive. You might find that you make a connection with one of the diplomats. Offer your willingness to help with the evolution of humanity to the point where we can become full galactic citizens. Now become perceptive of what impressions you get in return.

Now, give your thanks and gratitude for being allowed to visit, and prepare to take your leave. Allow your consciousness to move back outside, and rapidly fly back to our galaxy, to our sun, to our earth, and back to your body. Your consciousness knows the way and will not get lost. And now, slowly and gently begin to return to normal waking consciousness, becoming gradually more awake with each breath.

While everything is fresh in your mind, make notes of impressions, and put the notepad next to your bed. You will very likely find insights and inspirations flowing into your consciousness over the next several weeks, especially when in the hypnogogic state when just falling asleep or waking up, so having the notepad handy will allow you to take notes as any impression come flowing in.

MEDITATIONS CON'T

RESONANT ENERGY MEDITATION – CE-5 AOTEAROA 2017, New Zealand

The basic intent of this meditation is to allow for greater exchange/download of subtle energies that often enter into the field work of CE-5 teams.

Guided Energy Meditation:

Grounding is important and we recommend everyone have their feet on the ground during this process. Teams may also hold hands if they wish, or even stand close together in a circle for the guided portion.

Start with a general cool-down, ask the team to relax, take slow deep breaths, and centre themselves. Breathe in peace and calm, and allow any worries and concerns to flow out through your feet into the earth as you exhale. Ask Earth to take away and deal with any worries and concerns and help us to focus on our current intent. Breathe in through the nose and exhale through the mouth. Ask everyone to picture/imagine or simply “ALLOW”, their energy-body/astral hands, to reach quickly down into the centre of the Earth, gather some of Earth’s energy, and bring it up to the first Chakra. This can be as rapid as breathing out to send your request, and bring the energy up as you inhale. Usually, we do this THREE times for each Chakra before activating it, as this intensifies the feelings, however, when people are very familiar with this it can be done once per Chakra. With the 3X method, for the first two HOLD or store the energy at the Chakra as you go back down for the next amount. On the 3rd pass, rapidly OPEN your first RED Chakra then relax as you observe it glowing, or spinning etc. Then continue to reach down as you exhale, gather more

energy and bring it up next to the second Chakra, pulling the energy through the first as you do so [alignment]. Repeat this process until everyone has aligned and opened their Chakras RED-ORANGE-YELLOW-GREEN-BLUE-INDIGO-VIOLET.

Next, the RESONANCE of the group is matched by sharing these Chakra energies in sequence. Ask everyone present to pass the light of their 1st, Red chakra, to the person on their right, taking in from the left the equivalent energy from that person. Quickly repeat this, asking the team to speed up the procedure so that we form a counter-clockwise red ring of energy at that level. Move up to the second Orange Chakra and repeat this process. Continue until you reach the Crown Violet Chakra. Now the whole team has their energy centres resonating uniformly. This action should be extended to include OTHERS PRESENT [ET, Celestial etc] who are actively working with us. This means the resonance extends through BOTH teams. The Heart center is the major one but it's easy enough to talk the group through with this process added in before starting.

Once these chakra rings are established, the next steps are to establish a common single form through which energies may flow in BOTH directions.

Ask everyone to visualize the rings “collapsing down” so they all reside at the heart chakra level. From the crown down, and from the base upwards. This will form a toroid, allow it to blend and become a white ring of light, spinning counter-clockwise just as the initial rings were established.

Now send back down into the center of Earth, a CLOCKWISE spiral vortex from this toroid. This is a “guide” for what comes next. Ask Earth to send back to us a counter-clockwise flow of energy that

twins with the vortex we just created; as it arrives see/imagine/allow it to start wrapping around the heart Toroid, following around it tightly in the counter-clockwise direction like a coil.

Now send upwards to whomever we are working with, a COUNTER-CLOCKWISE energy vortex also as a guide to be twinned. Ask them to reply by sending down a CLOCKWISE vortex matching the path of our guideline; as it arrives allow it to wrap around our toroid, running clockwise over and around. Allow it to “run” at whatever speed it needs in order to resonate.

This form is VERY POWERFUL and you may experience significant energy flows.

Ask the team to keep this “vision”, this energy field, strongly within their thoughts as you move into the silent part of the meditation, in which you seek to fulfill the team’s stated intent of CE-5 work.

Allow the ET’s / Celestial beings or whoever you seek to work with, to use this resonant field to interact with your team. Specifically invite relevant celestial/cosmic energy to be integrated/downloaded into the team through this process and resonant form, and ask all those who are willing, to absorb/merge with these energies, allowing them to be distributed in a useful way as a result.

MEDITATIONS CON'T

Energy Clearing:

This category of meditation helps to raise your vibration, become more aware of your body, and make you more open to receiving ET communications of all kinds, internal and external. It can be as simple as blessing and thanking every cell of your body. You can also try the following two Chakra meditations:

Chakra Cleansing Meditation:

Start with deep breaths. Get relaxed.

Instruction: Go through each chakra, one by one, in the list below. Cleanse each chakra, visualizing the color of each chakra. Make each center color, brighter, lighter, more vivid. Breath into each chakra and clear away any debris from each chakra. Read aloud the chakra's corresponding energy blocks and release the negative emotions and false beliefs associated with each. See in your mind's eye each chakra glowing and illuminating your body with it's corresponding color. Feel the energy of the chakra freely flowing or spinning.

Root chakra

Base of spine/pelvic floor/genitals - Red - Survival: Blocked by fear. Accept that fears are not real.

Sacral chakra

Lower Abdomen/a few inches below naval - Orange - Pleasure. Blocked by guilt. Forgive yourself.

Solar plexus chakra

Upper Abdomen/above naval - Yellow - Willpower. Blocked by disappointments. Accept all learnings.

Heart chakra

At your heart - Bright Emerald Green - Love - Blocked by grief. Release loss, accept love as infinite energy.

Throat chakra

At your throat - Robin's Egg Blue - Truth - Blocked by lies we tell ourselves. Face yourself.

3rd Eye chakra

The middle of your forehead, above your eyes - Indigo - Light - Blocked by illusion of separation. Insight.

Crown chakra

Top of your head - Violet - Pure cosmic energy - Blocked by earthly attachments. Let go of everything you have come to love, knowing it does not disappear.

MEDITATIONS CON'T

Breathing In Earth Energy Cleansing - Little Grandmother Kiesha

Stand with your bare feet on the Earth. You can do this indoors as well, but take your shoes off. Start by breathing the color green, the color of Earth energy, up through the soles of your feet; feel this Earth energy filling your cells and nourishing every inch of you; with the **first** in-breath, bring it up as far as your knees, then exhale it down and out through the soles of your feet back into the Earth.

On the **second** in-breath, bring this green energy up to the base of your pelvis (first chakra), and exhale it back into the Earth, feeling it enshroud your thighs, your knees your ankles and back down through your feet. As you are doing this, if you have trouble connecting to any particular area of your body, and feeling the energy fill you, continue with the breaths up to that area until you feel ready to move on.

On the **third** in-breath, bring the energy up to your lower pelvis, just below the navel (second chakra), and release it back downward into the Earth. Be sure to focus on each particular part of your body as you descend the energy; do not just skim over but visualize and feel the energy travelling down and filling your limbs, your muscles, blood, bones, cells.

On the **fourth** in-breath, bring the energy up to your mid-belly (third chakra) and feel it circulating and penetrating your solar plexus. Many of us carry a lot of repressed emotion in this area of our bodies, which is tied to our will and sense of empowerment, the overall feeling of who we are. You may need to breathe several times to this area. Let the healing Earth energy gently open your belly and loosen those places that are tight, that are holding onto old energies and fears. When you feel relaxed and open, and you can feel a warmth here spreading, then you know you can move on.

On the **fifth** in-breath, breathe the energy up to your chest (fourth chakra) and feel it envelope and penetrate your heart. Feel it expand in your chest cavity, your lungs, your ribs. The heart area carries

so much old emotion, and many of us have deep hurts here. Gently let Mother Earth touch this place in you. Do this breath as many times as you need until you feel warmth spreading, until you feel a relaxing and an opening of this area. Let whatever you have been holding be released back into the Earth, let it melt away and down through the soles of your feet back into the Earth. Just as a mother is not harmed by soothing and receiving her children's grief's and troubles, Mother Earth is never damaged by your connecting to her like this.

On the **sixth** in-breath, breathe the energy up to your throat (fifth chakra) and feel it opening this area, which connected to your voice and speaking your truth. Then exhale it back down to the Earth.

On the **seventh** in-breath, breathe the energy up to the middle of your forehead between your eyes (sixth chakra- third eye)and feel this part of you, connected to spiritual vision, higher perception and intuition, opening and being gently caressed, connected to Mother Earth. Exhale back down into the Earth.

On the **eighth** and final in-breath, bring the energy all the way up to the top of your head (7th chakra-crown) and feel the top of your head opening to spiritual guidance and to light from the cosmos. Feel Mother Earth's energy caressing and opening this area, grounding you between the Earth and sky, as a child of Earth and the cosmos. Fill your face, your skull, your brain, your glands, your hair, with this green nurturing light, connecting you to all of life. On your final exhale, breathe the energy out through your hands—down your arms and out through your palms and back into Mother Earth. This creates a complete circle of energy. Now you are connected to what is sustaining you in life, what is always there for you. This potent green life force energy can help you heal, revitalize, and balance your whole being.

PUJAS

A puja is an honouring and worshipping of the cosmos. It is a song sung in the Sanskrit language. Sanskrit is thought to be the root of all indo-european languages. It is ancient: it may be the remnant of a language spoken during the last Golden Age and it's origin may be interstellar. Sanskrit words are thought to be the most precise sound intonation that most accurately matches that which the word describes. If used correctly with high states of consciousness some believe that you can manifest using the Sanskrit language. So Sanskrit may not be just words representing things as other languages are, they may be essential sounds describing the birth of reality.

Doing a puja during a CE-5 can be very simple. Set up some crystals or other sacred objects on a small table, burn a candle and light incense. Sage is also good to burn. Chant "Om" several times and then do the Puja. Let the candle and incense burn until the CE-5 is done.

Pujas to include in a CE-5:

Isha Yoga Guru Pooja

Dr. Greer does a VERY long, complicated puja. You can find it on YouTube and convert it to mp3 if you would like to play it at a CE-5. Search: "Joshua Tree 2015 - Puja with Dr. Steven Greer"

Im nah mah

This chant is used by elder natives. It translates to "close to God" or "one with the higher being" The melody of this is: G-C-C (or any other fifth interval). To hear what it sounds like, you can find it on YouTube if you search for "Dr. Steven Greer Cosmic Consciousness Meditation Part 1 of 5". This recording is also available as a cd on the Sirius Disclosure website, for \$19.99 and is part of a good looking extensive course in mantra meditation:

<https://sirius-disclosure.myshopify.com/collections/cds/products/cosmic-consciousness-a-course-in-advanced-mantra-meditation>

Once you sing the melody a few times for people to catch the tune, have everyone continue the chant internally for the duration of the silent meditation.



Gayatri Mantra

This mantra adores the goddess Gayatri, who is not considered a deity or demigod, but the single supreme personality. Search “Gayatri Mantra” on YouTube to hear the tune.

Om bhūr bhuvāḥ svaḥ
tāt savitūr váreṇyaṃ
bhárgo devásya dhīmahi
dhíyo yó naḥ pracodáyāt

(O) Supreme one; (who is) the physical, astral (and) causal worlds (herself).
(you are) the source of all, deserving all worship
(O) radiant, divine one; (we) meditate (upon you)
Propel our Intellect (towards liberation or freedom)

Moola Mantra

This mantra evokes the living God, asking protection and freedom from all sorrow and suffering. Search “Moola Mantra” on YouTube to hear the tune.

Om
Sat Chit Ananda Parabrahma
Purushothama Paramatma
Sri Bhagavathi Sametha
Sri Bhagavathe Namaha

Om - We are calling on the highest energy, of all there is
Sat - The formless
Chit - Consciousness of the universe
Ananda- Pure love, bliss and joy
Para brahma --The supreme creator
Purushothama -Who has incarnated in human form to help guide mankind
Paramatma -Who comes to me in my heart, and becomes my inner voice
Sri Bhagavati - The divine mother, the power aspect of creation
Same tha- Together with
Sri Bhagavate -The Father of creation which is unchangeable and permanent
Namaha- I thank you and acknowledge this presence in my life

MUSIC AND SOUND

Music is a powerful tool. You can play songs, sing, use humming or toning, drum, use a didgeridoo, etc. Do what calls to you and fill your CE-5 agenda with whatever the group likes best.

C#

Play the tone of C# - Bashar says that the frequency slightly above C# is the sound of the earth spinning around the sun (at a very low octave). By allowing yourself to resonate with this vibration, you amplify anything you're doing as you're listening to it. Immerse yourself in the tone and you will find clarity come to you. You will literally begin to "See Sharp." Things will become more effortless. The earth will support you as it supports everything in nature.

Anael and Bradfield

Anael and Bradfield are musicians that collaborated on the Fire the Grid project that Shelley Yates spearheaded. (Her story is amazing and involves ET beings - search "Shelley Yates" on Youtube to hear her story). Skysent and Be Still Thy Soul are two songs that are themed around disclosure and the shift that is happening now. I know of one group that says that ET seem to really like it when they play the song Skysent. Listen to the lyrics and you'll understand why! Available on iTunes.

Other Songs related to UFOs or space:

The Carpenters: Calling Occupants of Interplanetary Craft (Also covered by Babes in Toyland)

David Bowie - Starman

Billy Bragg - My Flying Saucer

Jack Johnson - Constellations

Mozart is supposed to have healing tones

Blue Rodeo has a soft disclosure song though I'm not sure which one

Credence Clearwater Revival - It Came Out of the Sky

Jefferson Airplane - Have you seen the saucers

Elton John - I've seen the saucers

Kesha - Spaceship

Spiritualized - Ladies & Gentlemen, We are Floating In Space

Yes - Arriving UFO

Billy Thorpe - Children of the Sun

Husker Du - Books About UFOs

TONING OR HUMMING

My mom Keiko is our resident expert. She says:

Toning in general is a vocalization of an inner urge. It is an expression of emotions and thoughts which balance ourselves physically and emotionally. In daily life we tone unconsciously as we sigh, morn, scream, hum, etc.

With intentions we can tone:

- to relax
- to reduce stress, pain
- to balance our chakras,
- to communicate with others, babies, animals, plants, star beings, etc.,
- to accelerate healing
- to meditate

Our own voices can be a tool for healing and transformation. When we tone, the vocalization process stimulates our brains, and the sound vibration goes through whole inside of our bodies. When we listen to the sound we then feel the vibration with the entire outer body. All this moves us at molecular level to bring us back to a balanced state.

Toning in a group raises coherency in the group, and amplifies energy and intentions.

Usually elongated vowel sounds are used for toning, such as AH, EE (as in week), OO (as in hood), EH, OH, etc.

Humming is some times combined with vowel sounds in toning sessions or solely sounded for an entire session. The reason for this is that humming is easy on our vocal chords and also the simplest way to produce effective self-created sound.

To hum effectively:

1. Close your lips
2. Keep upper teeth and lower teeth slightly apart
3. Try to resonate the sound in the oral cavity, nasal cavity, the rest of skull and chest area, where the important organs are located.

SAMPLE CE-5 AGENDAS

Our typical CE-5

- Have everyone sit in a circle and o around and introduce each person, and how they came to be interested in ET. Let story telling come later, this is just a brief summary.
- Tone the word “Ohm” together three times as an opening
- Do a brief eyes closed opening meditation.
- Set the group intention
- Orientate everyone to the constellations, planets, north star etc.
- Do another mediation, eyes open, watching the sky
- Sky watch and trade stories, laugh, eat snacks, get cozy in sleeping bags
- To close, hold hands and thank everyone, ET included

Josh’s CE-5

- Sit in a circle and set intentions for the night
- Listen to a Dr. Greer meditation
- Play Pink Floyd and watch the sky
- Close with each person describing what they want the future will look like, and what actions each person will take to achieve that

For Science Folks

- Sit in a circle set intentions for the night
- Open up hearts to hope and possibility of life on other planets
- Set up equipment
- Do a quick orientation of the sky
- Check to see if an Iridium flare will be passing by, take note of time
- Review essential elements of contact: one mind connection, a sincere heart, clear intention
- Play a Dr. Greer meditation
- Let an astronomy expert teach about constellations, stars, planets etc.
- Sky watch and talk about how to discern what is a verified UFO or not
- Review the most legitimate UFO encounters, officially released documents, etc
- Close with thanks and appreciation for each other’s participation in this experiment

For Spiritual Folks

- Sit in a close circle, hold hands and do a opening prayer
- Do a chakra clearing
- Set an intention for the night
- Do a oneness meditation, eyes closed
- Have some silent sky watching time
- Sing a Puja together, or have one person sing
- Have someone lead an eyes open meditation
- Play some bowls or the didgeridoo
- Do another eyes open meditation
- Closing: Hold hands and bless and thank Mother Earth, Father Sky, each other, Source, and ET

CHANGING THE WORLD

You don't actually need to save the world. We don't actually need disclosure. We are here to grow.

The earth could shatter into a million pieces and, sad as that would be, it's actually alright. There may be many parallel worlds where this has already happened. I believe there are earths where the Golden Age is already in full force. (How did we get stuck here?) That kind of takes the pressure off doesn't it? We are eternal and exploring and being in every reality, every outcome.

What about uplifting humanity? Giving of yourself is a byproduct of your expansion. It feels good. So as we expand we are compelled to give more. It is a natural impulse and the outcome of your evolution. As you expand, you will understand that we are all one and an injustice done to one is an injustice done to all. You realized you really are everyone and everything, and you want to treat the Big You the way the Little You would like to be treated. It's a funny paradox because although you will begin acting more on behalf of the all, you also realize you do not need to worry about others or the outcome of all this at the same time. Each person still has their own lives and free will. You can't control anyone. Just worry about yourself, enjoy the uplifting and it will all turn out perfectly in the end, even if it doesn't.

Whatever you do, don't rail against what you don't want, whether is wanting a better world or anything else. Judgment anchors what you hate to your reality. You get bonded to it because the energy of condemnation keeps you in a place where you keep getting exposed to more stuff you hate. It's common sense. The key to getting to where you want to be is to Prefer instead of Need. So when you think about the Federal Reserves, and the criminal tyranny and enslavement they have so masterfully manipulated, just say to yourself, "No thanks, that's not my jam." However, if you feel hate and resentment towards that dog pack, you give away your power. Maybe you will also skip around to some parallel reality where Iceland did not already kick them out of their country (Yes, they did it, and we can too!). As the adage goes: What you fear the most draws towards you like a magnet. Yuck.

What to do? Take inspired action - do what excites you! Realize we are all one, and when you want power, freedom, or sovereignty for yourself, act on behalf of all in the spirit of love and we will all get there together and claim all that has been ours all along. Carve out the role you want in this exciting time and above all, enjoy the process. Life is meant to be FUN!

I do have a preference: that you do whatever you are called to do, and you walk that path despite fear, ignoring the opinions of all others, including whatever I am selling you on my own soap box. However, you did pick up this document. So I think you might want to be a part of the vision I can clearly see for our future. I would prefer and love that you make CE-5 a big part of your life, because #1, I know first hand how fun it is, and #2, it would be great if more people would spread the knowledge that ETs are real to all our loved ones, with first hand eye witness testimony as proof.

We don't need disclosure to happen fast, but it sure would be nice, wouldn't it? Let's be part of a reality where disclosure happens sooner than later, and each of us are all given the abundance we deserve.

THE PEOPLE'S DISCLOSURE MOVEMENT

We know that Governments are slowly leaking out information because they don't feel we are ready for the whole story. We also know that the Military Industrial Complex is actively manipulating our perception to stop disclosure from happening and keep the current financially oppressive slave labour power structure. They are also confiscating free energy devices that scientists have already created.

How can we help disclosure unfold?

The People's Disclosure Movement is an initiative organized by group of people who have realized the power of the contribution of the common man and have given voice to it in form. Kosta Makreas founded this movement in Oct 2010 and much like the work Dr. Greer started, it has spread all over the world. The movement has activated thousands of people to build an increasing energetic field for Disclosure and ET Contact. It has transformed people from "Believers" into "Knowers". It has resulted in people taking back their power from the authorities.

I highly recommend you flock with this fine feathered community by registering at <http://etletstalk.com/>. Whether or not you join the ETLet's Talk community or not, you can be an influential and integral part of disclosure. The UFO/ET topic can be a hot one. You can't go around "convincing" people of the truth. Don't bother - it is a waste of time. From a universal law based perspective that would be anchoring those people and this reality to you - whatever it is you fight against, you handcuff to yourself.

What you can do is become an ambassador of humanity. And it's easy:

- Hold a CE-5 meeting every month
- When your family, friends and co-workers ask you what you did on the weekend, tell them about your experiences. When you do CE-5 regularly, you always have some kind of UFO news to share.
- Share who you are and what your passions are freely. I often tell people on my first meeting with them that I am a UFO nut.

That's all! How does this work?

First of all it puts the words UFO, ET etc in the daily vernacular of our consciousness as a whole. Every casual mention legitimizes the movement. When you drop the words, and you're not convincing someone, it's enticing and interesting. It makes people think outside their box. And to those who judge you for it, who cares about them? Make those people irrelevant. Be who you are and be proud of yourself.

Secondly, many people are not going to be "convinced" of the reality of ETs by any documentary, any government document release, or any incredible anecdotal story. However, when someone they know saw an unexplainable light in the sky moving in a way that no other human made craft could move, a fault line occurs in their reality. They know and trust you, and then you go and tell them something like that. That can be very difficult for them. This is why disclosure and the growth of consciousness happens at the pace that it does. You are giving them the gift of possibility, or hope. These planted seeds are important even for the most hardened skeptic. Maybe especially so.

Your countenance is important - if you believe 100% in what you saw, even if you can't prove there was an ET at the helm of that craft, you're still giving a confident account of your experience. Like James Fox said about his UFO experience: "I know what I saw." There is nothing that will trump your own absolute understating of your own experience. People who are really skeptical will only believe your experience when they have their own experience, but your experience is an important bridge for them. Proof comes to each in an intimate way. Let your proof be open and bold and accessible to those that will find their own proof in their own time.

BEWARE OF DIVISION

Have you been surprised to see judgement, condemnation and contempt in activist or light worker circles? Is it possible that the military industrial complex is setting us up by tricking us into mistrusting each other to fracture forward movement? Or are we just human?

You can be sure that one of the biggest forms of resistance we have regarding disclosure is that even the most enlightened, visionary people among us fall prey to becoming haters.

I believe that as you grow into your own enlightenment you will come to love everyone the same. Even Hitler. You will love them all in the same amount, just in different ways. This is because as we evolve, we become more inclusive and less exclusive. We also understand ultimate reality better: that we come into this form and do horrible things to each other, knowing that in the end the outcome is assured and it was all just a play for us to experience who we really are. We are Love. Forgiveness is not a word that has any real meaning in ultimate reality, because there is nothing to forgive. We are each on our own path, and who is to say that your worst enemy is not your most precious lover playing their part in this lifetime perfectly? Maybe you asked that soul to be a jerk to you so you could experience lack in some form and transcend above it.

Focus your attention on what we share, and what you want. Do you think a particular light worker is a disinfo agent? Bless them, then ignore them. Do you think you have never had a past life where you were just as un-evolved? I guarantee you we have all done heinous things in past lives long ago. Horrible things that if we had an awareness of them we would not sleep at night for the rest of our days.

Anytime anyone tears down another human disclosure is slowed.
Anytime anyone condemns someone, contact moves farther and farther away.
That's okay. It will come eventually. But, now you know.

“If we do not unite in our similarities, we will dissolve in our differences” - Shelley Yates

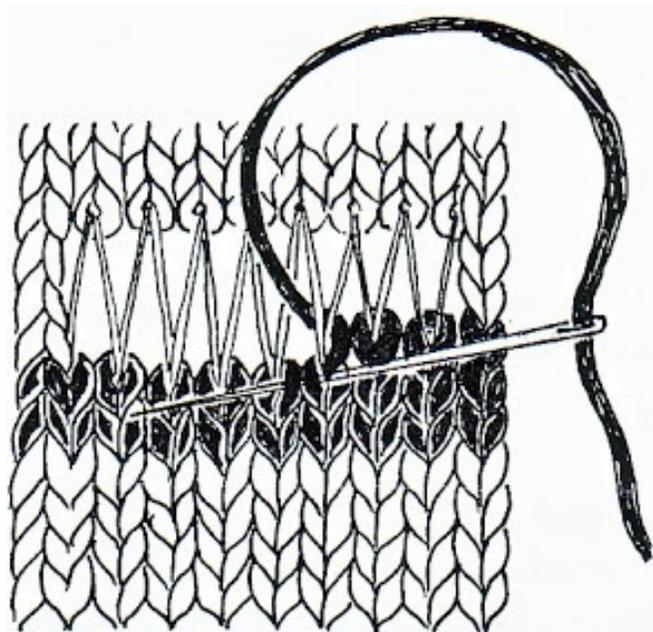


Fig. 3.

TROUBLESHOOTING:

- Fears: interestingly, our biggest collective fear about contact with ET may not be about abductions or Hollywood alien attack ridiculousness. It may be the fear of losing our ego as we accelerate our vibration high enough to meet on a level that ET can come to for communication. (essential read: *Preparing for Contact*, by Lyssa Royal Holt) Many major channelled sources state that you will not lose your individuality, even when you re-unificate with Source in a ga-zillion years. (Seth, Billy Fingers) If you believe that you will lose/merge your ego in the future, decide that you will have a choice to move forward into that with joy or to hang back at your discretion. That is a benevolent universe: believe in that and create it.
 - Regardless of what you think your fears are, the more you do CE-5 and the more you relax and put your focus on what you want, and not focus on your fears, those fears will diminish with time and you will get the experiences you want.
 - Ask for help in your dream state
 - Notice and allow any anxiety that comes up to be... and then melt away.
 - Here is a process for finding a fear - start by meditating, and enter into a formless universe, imagining that you are alone and instable in open space... Now imagine that the worst thing to find you in this vulnerable state comes by. What is it? Once you figure it out, relax and be with that fear. Love and understand what is and what it represents to you. Is it primitive? Instinctual? Relational? Even the most evil, seemingly powerful entity has insecurity and trauma at his or her core. What is the worst that could happen in the universal scheme? If the universe is benevolent, the outcome is assured, and healing beyond your comprehension exists after this lifetime, how would you be delivered from this fear?
 - Go out to do CE-5s with upbeat, energetically strong people so you feel protected and buoyed.

Are negative entities/extra terrestrials real? How about negative entities?

There is some debate about this. Dr. Greer says no. Others say maybe, or yes. I believe that all kinds of ETs exist, as do all kinds of humans. I also believe there is nothing to fear about contact at this time of our history. Some channellings say that any negative ETs that do exist out there have been banished from this area for some time. There are so many loving, interested parties wanting to uplift and help us - anyone with an ulterior motive have been chased away. As well, Bashar says that if you're vibrating at a high rate you basically become invisible to those that vibrate at a low rate, whether that is ET in nature or non-physical. I do not know of anyone that has had a negative experience with CE-5. Any "abductions" happening are created by the Military Industrial Complex to create fear on the topic of ETs with their own space craft. All in all, if you expect that you have to protect yourself, then you're creating a reality where protecting yourself is a requirement. My advice would be to make it a priority to resonate at high frequency, make your own well being a priority, love everyone and all will be well.

- Not up to speed: If you are for the most part depressed, anxious, resentful, cynical, skeptical, angry, entitled, mean, pessimistic, negative etc etc etc... yes you will still have consistent sightings! One day! However you have a lot of growing to do. Be patient and work on your stuff.
 - Keep doing CE-5 because it is one of the most efficient and exciting ways to grow.
 - Go see a counsellor
 - Research different spiritual philosophy and find something that aligns with you
 - Find a good psychic or channelled material
 - Forgive your parents
 - Start loving yourself

It is just a matter of time before you start to figure things out, feel better, raise your vibration, expand your consciousness and then get the sightings you want.

WHO'S WHO IN THE ZOO

Here is a list of people who have made major contributions in the endeavour to communicate with Extraterrestrials or are involved in research. Many of these people are running current efforts to communicate with ET that you can join on a retreat.

Sixto Paz

Enrique Villanueva

Dr. Greer

Kosta

Danny Sheehan

Lyssa Royal Holt and Sasha

James Gilliland

Dr. Edgar Mitchell

Alfred Steiglitz

Grant Cameron

Richard Dolan

Daryl Anka and Bashar

Barbara Marciniak and Pleadian Channellings

BOOKS, OTHER RESOURCES

- Preparing for Contact by Lyssa Royal Holt
- Paths to Contact by David and Jeff
- Evolution Through Contact by Don Daniels
- Bringers of the Dawn by Barbara Marciniak
- Any Dr. Greer book
- Unacknowledged documentary (released 2017 but this is the first one to watch)
- Sirius documentary (released 2012, watch this one second)
- Ancient Aliens TV series
- Bashar
- Shelley Yates
- Omec Onec
- Grimerica!
 - Which podcasts should we list here?

Listen to the podcast on Grimerica where Graham and Darrin interview Grant Cameron - episode 243:
<http://www.grimerica.ca/episodes/ep243/>

Stephen Bassett and Victor Viggiani

ET Let's Talk and description of what can be found there

Sirius Disclosure website and description

Dave can we put your website here? When will it be ready?

- ????
- ????
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Nev's Stargate book

ETLetsTalk Community and ETLetsTalk.com? ETLetsTalk.com has a treasure trove of CE-5 reports, CE-5 Groups, and more included there. It is an organized community where people can share their stories and teach as well as learn from each other. Also could you add the Danny Sheehan webinars? He talks about Cosmic Humanity, meditation and consciousness, and related topics in them.

GLOSSARY OF TERMS

THE FUTURE

I'm going to leave you with a short story about my 7 year old son being introduced to ET. We were in Banff National Park, bundled up to go star gazing for our first time. We were looking at the Milky Way and he was loving the laser pointer. He said it was like a light sabre going forever into space. I saw a falling star (or streaker) and pointed out to him where it had been. He had never seen a falling star before and I was hoping he might see another one that night, but I thought, How is he going to see one when they go by so quickly? At his age it takes a lot of time to filter in information from the world and a tiny quick light like that would be very difficult to catch. As we were looking up at the constellations, I told him that we are also looking for UFOs, and that they look like camera flashes. He got very excited and said "Hello Aliens!" to the sky and then not a moment later I saw a flash bulb! I told him to look in the spot where it was and we both saw about 5 or 6 more, in the same spot in quick succession! We were so excited and squealing and laughing and shouting in the dark. He asked if this is what I did and I said yes. He said he didn't know it was so much fun. We said Thank You and continued pointing out constellations. When he got cold we got ready to go and I said "Bye everyone!" to the sky. He looked up, waved and said "Bye!" Immediately one more big flashbulb! What with his yet developing ability to catch a quick flash like that he did miss it, but as soon as I pointed out to him where it had been, a falling star went by just for him, his first falling star. (Or streaker!) I got my wish for him. He made a wish for himself, and we went inside.

Imagine the world we are helping to create for our children, who are already ready to receive it.

With love for you all,
Cielia and the Calgary CE-5 team
November, 2017