

THE PRINCETON CE-5 PROTOCOL, FIELD MANUAL AND
BEGINNERS GUIDE TO CE-5 CONTACT



**Excerpts from the First (Unofficial) Princeton CE-5 and Congress on the
Existence of and Contact with Extraterrestrials and Non-Human Intelligent Beings
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1501 Bellamy Brothers' Blvd. Dade City, FL 33525
Wallmountain1@gmail.com

THE PRINCETON CE-5 PROTOCOL

(Excerpted originally from the First (unofficial) Princeton CE-5 and (unofficial) Congress Kosta Makreas, U of Indiana '75, Hollis Polk, Princeton '77, Nancy Du Tertre Princeton '78 and Mike Murburg, Princeton '77) on the Existence of and Contact with Extraterrestrials, Interdimensionals and Non-Human Intelligent Beings, June 5, 2017 with subsequent additions, subtractions and well, all kinds of stuff the reader should know.

“In a universe in which the consciousness of a physicist affects the reality of a subatomic particle...we can no longer pretend that we are separate from that which we are studying.” ~ Michael Talbot (the Holographic Universe)

THE SEMIOTICS AND ONTOLOGY OF WHAT IS CE-5

This is a group for people who have advanced experience in doing CE-5 meditations and coherent thought sequencing (CTS). Its purpose is spiritual growth and to learn from each other to enhance the CTS and Remote Viewing skills and to share experiences.

To do CE-5 and create contact with ET- Celestials and high NHIB civilizations all one must do is just open oneself up to it. Do not ask too much or over-think it. It's really simple. Just open your hearts and your feelings of love and joy and your yearning for contact and invite the ET - Celestial brings to come share a mutual embracing of experience with all your love in the same time and place and just be.

Do not always expect to see them, they can do things on every level of your being and even walk next to you and whisper into your mind. They can appear visible to some but not others. One can photograph an empty sky and they or their craft may show up on your photographs. They can even stand right next to you and you might not even see them. But if and when you open to them you can truly sense it. Making contact to these high civilizations needs some practice. This is why it is at first important to follow some of the established yet simple “protocols”. Universally important in virtually all of these protocols is that the practitioner must find a calm meditative, universally living and connected state that raises consciousness awareness up just a notch or two so as to be coherent with all around the practitioner and one's unity with the others in one's circle, but also with all other persons, places and things. There are no borders no limits in CE-5 and certainly no hate, divisions, dichotomies or discrimination. At the core of CE-5 is the experience of love and unity consciousness.

If one discriminates, fears or hates one can never successfully invite the ET/NHIB, or celestial beings because they feed off of our love, just as we do with each other. Fear, hatred, discrimination are simply things that advanced beings want to share. When we discriminate, hate or fear, we shut off our open connection with the multiverse.

Do you know what all the myriad of ET/NHIBs and celestial beings look like? What will you do in the instant when an ET stands in front of you? Energy being, humanoid, reptiloid or mantoid, black or yellow, brown or no color at all; or having a large Proboscis or strange eyes or forehead, when an advanced being from dimensions and densities far removed from our own, when such a bring appears in reply to our call to meet and share live and wisdom we need to get over our Hollywood and deep state conditioned fear and be as we were as children and welcome these almost magical creatures with open arms. The ETs are much more advanced than we could ever imagine. The ET/NHIBs know us by heart. If anything, they are polite and will never intentionally appear to scare you. In their well advanced knowledge of our species, ET/NHIBs know how we act and they know intuitively how to react with us. They have been

evolving as advanced species and densities for billions and billions of years before we “humans” ever began to evolve on this planet. Remember that we are still on the first step of a huge stairway towards our physical and spiritual evolution towards higher densities of light and understanding. Universal Consciousness is our first big step in these regards and our ET/NHIB and Celestial brothers and sisters are here to help. We are all meant to make this transition or “harvest”. But we are not all going to get there unless we gather collectively and in unanimity we unite as one magnanimous loving mind-body-spiritual complex and use our love and good intent to connect and help each other through this transitional spiritual period of initial CE-5 contact.

You and I and we are part of the unified and eternal whole. If you look into someone else’s eye...who or what do you think you see? What you see....is yourself. What you see is part of the infinite and eternal creator. There is no separation. The connectedness is real. The appearance of physical separation is the illusion of a three dimensional world. If you look up into the heavens or down into the smallest thing it is all connected in and through you. Everything that is, is part of you. This one great exquisitely incomprehensible thing simply is what you are. We are both part and parcel and the all.

As long as we admit our ignorance and what we do not understand, we can take the steps necessary to learn. When we unlearn what we have learned we all feel better and are ready to learn anew free of our learned behaviors and conditioning. We are then capable of learning anew.

Once we learn, we can teach of our learnings to others who will learn and teach others of this spiritual path that elevates us from physical beings stuck in three dimensional reality into the next fourth and fifth dimensional planes and into our next spiritual vibrational density. Along the way we will continue to learn and meet each other to help each other plant and grow within ourselves the needed healing seeds of love, peace oneness and universal balance that makes our incarnation in these bodies, in this world, at this time worthwhile.

If we can make that next step we can grow to be the divine beings of human form. And in our next incarnation, we are reincarnated into the ET’/NHIB Celestial Beings of the next vibrational density of light and love and assist other civilizations, including our own here on planet Earth to evolve. Time has no value in this transition through infinity.

CE-5 is not just about phenomena. What we see is reassuring us that we are in the right path. But it is much more about our own spiritual evolution and what is within us. That is the key to understanding the whole reason for CE-5. It’s not really about what is happening out there. It is ALL about what is happening inside of you!

We may never physically leave this planet surrounded by this loving and beautiful Earth suit that we wear so we need to use our consciousness and awareness and expand it to get us to where we need to be, even if we cannot move but more than a foot.

Far advanced and loving beings it is incomprehensible how or even why ET will travel millions of lightyears through densities and dimensions of time/space and space/time to see us struggle here in fear and wanting creatures of subjugation to those who seek to control us through violence and force with their xenophobic, fearful War-like minds.

The UFOs, ETs, orbs and NHIBs do not travel here for UFO spotters who egotistically desire to have an instant UFO in front of them. Even though an experienced contactee or group of contactees may summon successfully such a manifestation with someone suffering from ego in their midsts (and much to the subsequent healthy shedding of their egos as a consequence), no, it’s something much more than just their

appearance. The ET/NHIBs are touching us with their wisdom their love and Universal peace. They know we are here. Its not that we are contacting them, its that they are contacting us when we gather in CE-5 (or individually) and by engaging in our best protocols show them that we are ready. Lao Tzu's taught that « When the student is ready, the teacher will come ». We are not their teachers. These Celestial beings are our teachers. It is not the other way around.

To those who are becoming spiritually attuned and have yet to be awakened by our friends, If you get a message to wake up and go outside or to shoot a photograph or a feeling when or where to go look for them, they will show up. And that is the conformation you get for being on the right path. It is like they are saying... »nice work, you are getting it...you understand you heard..."

And by hearing and continuing inexorably with our spiritual journey, we will be the ET's of some other present or future civilization's and become their teachers once we reach the end of our stairway and have come to love unconditionally, indiscriminately and universally as one and accept the universal truths and laws that govern all creation. From what I have discovered and learned, CE-5 is part of the ongoing process of my own spiritual evolution and the initiation of an even greater process of change. It is a path that one walks both by oneself you walk and share and walk with others towards both an individual and collective awakening here on earth and elsewhere as we all become aware of our spiritual connection that binds is each to each other and to the love and light of our infinite and eternal creator.

Finally a word about our Mother Earth, our earth mother Gaia. Our planet of designation is not just hanging there, out in a desolate corner of space. No, mother Gaia is part of our connection with the all. She is our vessel upon which we sail the cosmos and that upon which we are all entitled to live. She lives so that we may live as her children. She is alive so that we can live. We have turned our backs in her as we have scarred her face and poured acid into her bowels. We must change and learn to be careful with her. We must again RE-learn her songs and love her as our mother and do for her as she has done for us. As she sings to us, we must sing to her and cherish her love for us. She gives so much light into the Universe and we are ready to resonate our green, blue indigo energies with it through our living simply, patiently and compassionately and our universal love and respect of her and CE-5. It all goes hand in hand as it is all one in the same.

CE-5 GLOBAL INITIATIVE

CE-5 and the monthly global initiatives where people gather to do CE-5 create in their way a spiritual collective mind-body-spiritual complex unified loosely in space-time to achieve a state of love and light (understanding) and to give it by projecting it and receive in return the light-love and unity of the infinite and eternal Creator as symbolized and made complete by the appearance and presence of our ET/NHIB brothers and sisters of higher densities who have responded out of love to our call.

Imagine, if you will, each individual or group as a love-light shining from Earth into the Cosmos - all on the same evening around the globe connected to all source energy by its own energy and living vibrational patterns. To those ETs and NHIBs the earth will be a glowing for them to come. They will know at least some of us are getting it and have joined the harvest from third dimensional, third density beings to that of fourth density beings who have chosen service others over service to self.

EINSTEIN ON LOVE

I would like to start this meeting with a letter that has been attributed as one having been written by Albert Einstein to his daughter Lieserl. Whether it is from Doctor Einstein is even someone else, it is none the less true.

"When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us.

This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force.

Love is light, that enlightens those who give and receive it.

Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness.

Love unfolds and reveals.

For love we live and die.

Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation.

If instead of $E = mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer! "

Your father,
Albert Einstein

SIMPLE

"The purpose of universal consciousness and of existence just might be for love of the infinite creator to experience itself through the vehicle of humans and other sentient beings." How's that for a divine sort of Existentialism. Simply stated: "Likes attract other likes and love draws others together in one being and understanding". Simple

WHY LOVE?

"Love is the basis of connection. It was all along. It is how we transcend the density of this dimensionality into the next. One need not be erudite to live and convey it. It (Unconditional, indiscriminate and universal love and acceptance) is the currency of exchange for inter dimensionality and the spiritual transcendence into the next density and dimensional planes of existence. We all know and feel that three dimensional reality is too confining for us. It is love that is this next spiritual realm of fourth dimensional density that we all seek." - NMM 3/8/18

MEDITATION AND THE ANALOGY OF THE TREE

Deep and spiritually consciousness devouring states of meditation are unnecessary for CE-5 Contact. Most people don't realize (to use a tree analogy to the meditative state) that all one really needs to do is get beneath the bark of reality to the cambium or phloem and need not meditate themselves into the pith in order to make contact with ETs (Extraterrestrials), ED/IDs (Extra-dimensionals, Inter-dimensionals) or NHIBs (Non-Human Intelligent Beings). A simple, happy, relaxed, rested, loving and "mindful" (state of non-attachment) state combined with a sincere wish (prayer, desire) to give loving gratitude through visual or physical and spiritual connection is enough. Once such a state is in place and without expectation of event, then significant contact begins.

That's the big secret, that this is so simple and easy. It takes some non-ego work to get there, but once there, it's surprisingly simple. I teach a very simple protocol to neophytes because it is a good fall back, but once they have been with my group for a few times, one of us sets forth a simple statement of intention and we dispense with the formalities and go right into comfortable meditation for 7-8 minutes and send out our combined love and then just let it ride. Wonderful results.

In the words of my mentor Kosta Makreas might also agree with the simplicity of it all, there is this:

"Yep, I agree with the simplicity, Mike. Elevated vibrations of love and goodwill towards each other (group bonding) and towards our Star Friends are the basic thing needed. They detect us by the vibes. Other things can be added to enhance the experience...but in the end we are known by the frequency we have in our heart. ET Intelligence uses that to find us. And the heart is simple...it LOVES." Pretty well sums it up I'd say. In your service, Peace, Love and the light of our infinite creator to all, NMN 3/24/18

Today extremism and lack of human compassion and the undervaluing of all human and other intelligent life are the problems. Far left mirrors far right in a paradigm of conflict. Just as the Buddha taught, it is the balance of the golden middle that should be sought. In the heart and at the center is where solutions are found. Today's politics is all about control and power. An eye for an eye and a tooth for a tooth is not the answer and never was. This divisive dichotomization and other self imposed illusions that seem to divide us will come to an end soon. Hatred and separation will die their own meaningful deaths as humanity begins to realize the existence of unified consciousness and the damage some have done and have been doing for quite a long time to destroy it. Again, the answer is not political but spiritual. What we do to and for each other we do to and for ourselves. The left-right paradigm is just an illusion just as separation is an illusion. Everything is united in one gigantic unified whole. What we do to or for each other, we do to and for ourselves. As a consequence of what some have called "The Law of One of the Infinite Creator" and

others the “Tao”, we are here to be patient and compassionate with each other, not kill each other or fight but to identify problems and to creatively collaborate to find solutions to our physical and mental problems so that our spirits may be free to experience true love and understanding of unity consciousness and evolve beyond our present dimensional density to the next, beyond and into what Lao Tzu refers to as “The subtle realm from which all things are given birth”. This unity of spirit and consciousness through the experience of heart-felt loving acceptance of each other and our indiscriminate, unconditional love and its projection is what the “Star People”, the orbs and Extraterrestrials (ETs), Extra-dimensional (EDs) and Non-human Intelligent Beings (NHIBs), Celestial Beings and Divine Entities and intelligences of higher spiritual densities are trying to help us to do. It is time we started paying attention to them and quieting our hearts in meditative contact and projecting love, understanding, care, kindness and compassion to them and each other. This has been the message from virtually all the “ascended masters”, Christ, Buddha, Lao Tzu, to name but a few. To abandon the ego and its constant service to self and serve each-other and the universe and beyond is to serve the infinite creator and unite with it. No doubt that those who learn this practice soon will. In truth, each one of us is our brother’s and sister’s keeper. We are to live our lives so as to be the living light and example to all. Peace, love and the light of understanding to you and yours brothers and sisters. - NMM

INTRODUCTION TO INITIATING THE CE-5 ENCOUNTER

ADVANCED PREPARATION IN INITIATING THE ENCOUNTER

If you have been invited to the ranch, please take some time to familiarize yourself with CE-5 Protocol and the You Tube Videos of the numerous reported sightings that are out there. UFO craft are generally not craft that are seen every day. Their light patterns are quite different from Airplanes, jet planes, helicopters, drones and satellites. If it is safe for them, they will come in close and present themselves with great brilliance. They will not try to hide if summoned.

Preparation is important, but by preparing I mean that one should be relaxed and rested in order to engage in a night time of CE-6. Get good sleep the night before. Exercise, relax, so whatever you need to find that “Zen” state. You should also purchase a gravity chair for the night sky watch. They are inexpensive, \$30 to \$80 and will give you a complete view of the sky. A blanket and pillow will also do. Some prefer camp chairs though I do not. Plan on being in the field for at least two hours. After the initial meditation that takes place in the circle, we can get comfortable and relax in a calm, peaceful state of meditative intention to have contact

MEDITATION

Meditation and the calm and loving meditative state is the key to opening the doorway to the universal divine consciousness ie., love, peace and our willingness to give and share these with our ET-Relatives necessary for both essential and profound CE-5 contact. Meditation lowers our defenses to a reality beyond time and dimension. It opens the doorway to contact. Peace, love and harmony and the willingness to share these emotions bring them in.

VIDEO/AUDIO SELECTION

What follows are some video clips and audio recordings of various lecturers, artists and practitioners of CE-5 that may be helpful to the beginning practitioner and enjoyable to others. In CE-5 the protocol is important for beginners so they can begin by learning a tried and true path. Eventually variations on the protocol theme arise and each CE-5 practitioner will find the path that best resonates with them and will use it. This list is not exclusive but merely suggestive of ways and sounds for those unfamiliar with either meditation or CE-5 to use to heal and relax into a calm and peaceful state.

INTRODUCTORY BLESSING

JAMES HURTAK

<http://youtu.be/dqke5O7Nn8A>

How to summon UFO: Ultra simplified

<https://youtu.be/pphUoZ1L1Gg>

INTRODUCTION TO MEDITATION

Alan Watts on Meditation & Centering yourself

<https://youtu.be/ouw85QJBmJE>

HOW TO SIMPLY MEDITATE

<https://youtu.be/Q-L2ZKYMsag>

Mindfulness Breathing Meditation,

how to meditate the easy way

https://youtu.be/mMMerxh_12U

Burt Harding, Real Meditation: Facing the truth

<https://youtu.be/4hXKmA96Hpk>

HOW TO DO CE-5 CONTACT

(Pete N Rae) Simple, to the point and well done.

<https://youtu.be/ashFehrPhk0>

Another view on how to make contact: (simple and easy)

<https://youtu.be/FMOZDBTiVjM>

“How to Make Easy Contact”: for those who want to learn a little more about CE-5 and prefer someone with an Australian accent in his presentation. <https://youtu.be/7qu-Jwpp70>

UFO SIGHTING VIDEOS

TYPES OF ET/UFO ENCOUNTERS

CE-5 Academy, Ashley Epstein:

(Shows a wide variety of flashbulbs and orbs, slow and fast travelers, power-ups):

<https://youtu.be/IEWucJV8RXE>

Fast Walker Example:

https://youtu.be/5_m4-uEjuXg

Slow Walker Example: “Flaring” or “Power up”:

<https://youtu.be/T2mjIjRsfe8>

Multiple orbs at low elevation

(night time and day time)

<https://youtu.be/dWKurtZiuBE>

Stationary Regularly Pulsating Orb:

Video by N.M.Murburg:

<https://youtu.be/GVP9vTQSLRs>

Pulsating Orb (irregular pulse)

<https://youtu.be/eNg5Zph2wWE>

Some other helpful CE5 videos can be found as follows:

<https://youtu.be/sZtm9mPAbw0>

<https://youtu.be/G5Ax8A2GOC0> https://youtu.be/F8F_5MCDTVE

RELAXING SOUNDS

These links can help you relax the evening of the CE-5. Almost anything that can get you in a calm and enjoyable mood is good. Remember that it is this joy that you want to share with others as well as the celestial beings that will be drawn to it.

Humans with a frequency between 25 and 100 Hz, though 40 Hz is typical. According to a popular theory, gamma waves may be implicated in creating the unity of conscious perception (the binding problem.)

AUDITORY GAMMA WAVELENGTHS

40 Hz AUDITORY GAMMA WAVELENGTH:

<http://youtu.be/EVPLIZotdrg>

https://youtu.be/ZGHbKWGgH_E

Schumann Resonance

<https://youtu.be/BJ9pkEiI4OQ>

The Schuman Resonance 785hz

<https://youtu.be/k1GUN0k7Y9I>

FREQUENCIES SOLFEGGIO:

(These may be helpful to use to relax and heal in the days or hours in travel or in approaching your CE-5 "fieldwork" and contact endeavors.)

432 Chakra cleanse

<https://youtu.be/NPVX75VIpqq>

Aohmmm at 432mhz

<https://youtu.be/SBiwLibZqfw>

528 Solfeggio

<https://youtu.be/Bus1QxvS7vk>

Solfeggio 432, 528 and 639 hz

<https://youtu.be/sTHSfMcn7TY>

Some may also find the following frequencies calming and helpful for

CE-5 preparation: Listening to these earlier in the day may help you prepare for help awakening your higher "gamma" waves. (A gamma wave is a pattern of neural oscillation.)

All 9 Frequencies: (Full Body Aura)

https://youtu.be/goyZbut_KFY

432Hz (Ambient Angelic Tones)

https://youtu.be/0s1kh_IK5eI

525Hz Pure Tone: (played with 528Hz to open portals)

https://youtu.be/2o4_JuAAVTA

528Hz (Heart Chakra Balance)

<https://youtu.be/aHpJQJ4gPOg>

852Hz (Letting Go of Fear)

<https://youtu.be/-vvpsIiUVKY>

OTHER RELAXING AND SPIRITUAL MUSIC AND SOUNDS THAT MAY HELP PREPARE ONE TO RELAX AND FURTHER ENABLE OR AUGMENT THE CE-5 EXPERIENCE

CE-5 RELAXATION PLAY LIST

Marconi Union - weightless 33 min

<https://youtu.be/sYoqCJNPxv4>

Marconi extended version

<https://youtu.be/qYnA9wWFHLI>

Moby, Ambient 4 hours

<https://youtu.be/sxzXcJKIFoM>

Beautiful Space Music #3

<https://youtu.be/vr-jtDjTalc>

Pachelbel's Forest Garden

<https://youtu.be/jjWMeSoNOzs>

Tchaikovsky's hymn of the Cherubim

https://youtu.be/SZQzW_QfPew

Soothing Relaxation (Medieval lute and flute)

<https://youtu.be/Va7ZWmpNOiI>

Tibetan Energy Cleanse 10 mins

<https://youtu.be/XHeLr1kHNB8>

Tibetan Bowls 3 hrs

<https://youtu.be/Y6QTdvbu0uI>

Tina Turner Lotus Sutra 2 hours

https://youtu.be/OBgN849_nOs

Tina Turner: Peace mantra 5 mins

<https://youtu.be/6XP-f7wPM0A>

Tibetan bowls 8 hrs

<https://youtu.be/YDSmWBs6tJ8>

Chinese Zen Music 48 min

<https://youtu.be/cyBBZGfUnMs>

Tina Turner Spiritual Message "Beyond"

<https://youtu.be/GOVYDIHeecA>

Moola Mantra: Deva Premal

<https://youtu.be/KLsiWN5b-hQ>

Shaharanam: Sudha Moola Mantra

<https://youtu.be/oNHoqLKGaUI>

Persian Flute Music 7.5mins

<https://youtu.be/384wt6tznwE>

Sufi Flute and autoharp deep meditation 10 min

https://youtu.be/-XkatZYoz_0

Indian Flute Raga 14 mins

https://youtu.be/TXSb_OIMNQg

Healing flute raga (Indian/Asian) 10 mins

<https://youtu.be/fBY2hkAEGR8>

Sittard meditation 14 mins

<https://youtu.be/1MprTjhlBoM>

Sunset Raga (Indian Asian)

<https://youtu.be/WhuzYxmaPlc>

Night Ragas 48 min

<https://youtu.be/OnEdiP0CBCI>
<https://youtu.be/DofUwZjMLeQ>
Glory of the Dark Raga 38 min
<https://youtu.be/WhuzYxmaPlc>
Ravi Shankar Flute Meditation 30 Min
<https://youtu.be/4gztRNNmSqw>
Reiki
<https://youtu.be/PThQT1eMEog>
Spiritual ascension music
<https://youtu.be/EukxHmAAYt4>
Children's meditation (dreamy and instrumental flight) <https://youtu.be/gIU2FrNFLGM>
Pineal activation harmonies (pure tones only)
<https://youtu.be/uAbUeZfZNOI>
Lucid dreaming (tonal deep space)
<https://youtu.be/-mtcv9Z-Wss>
5th dimensional (Buddhist-very light/ethereal shy watch)
<https://youtu.be/b3ceYNSwQWA>
Astral projection (good relaxing sky watch play)
<https://youtu.be/DM1ICkEo7NI>
<https://youtu.be/hj3Yt6BVwvU>
Native American Modern Lakota Peyote chant (opening field music)
<https://youtu.be/MR489bwOhcA>
Native American Church Lakota Peyote chant https://youtu.be/d_afgeTAooc
Native American Church Rhythmic
The Life Song 8 min. Simple drum chant (end of evening) <http://youtu.be/OpAo9mr8y5k>
Native American flute (relaxing) <https://youtu.be/jO01kemz1kY>
Native American flute (deep field instrumental) <https://youtu.be/gMKdMmpK1T8>
Native American Rhythmic drums
<https://youtu.be/kSgAo-nWiIs>
Female Native American 11 hrs
<https://youtu.be/-7erj0SsT2U>
Tibetan Flute music and Ahomm (heavy male mystic)
<https://youtu.be/cMHmwHJJGZE>
Shamanistic relaxation (heavy male drums and chant)
<https://youtu.be/Pj4q0Mc08EY>
Shamanistic relaxation (heavy male mystic)
<https://youtu.be/Pj4q0Mc08EY>
Peru Ahyuasca Native chants (enjoyable light male with wildlife)
<https://youtu.be/pTeH3wGOZ84>
Australian shaman: drums digereydo
<https://youtu.be/28wBrNjHXOM>
Tantra slow drum
<https://youtu.be/IWIbdQ0K88E>
Tantra Ethereal
<https://youtu.be/n5AVJV-9C6s>
DMT Activation

<https://youtu.be/CkK2fL61ZsE>

Celtic

Fairy Mountain, (calming lute, heart-warming)

https://youtu.be/mbCd_IMCiEs

Mermaid Music (Relaxing 1 hr.)

<http://youtu.be/KE20r9WSM8g>

Rainforest

https://youtu.be/-IAfg_Iy7n8

Bamboo Fountain

<https://youtu.be/aJaZc4E8Y4U>

Waterfall

<https://youtu.be/02NQkhhbjALg>

Waterfall instrumental

<https://youtu.be/1E6RYpe9IT0>

Rainfall with Thunderstorm

<https://youtu.be/kygoJiJAWG4>

Dolphin sounds

<https://youtu.be/ZgGYp41bGx8>

Whale sounds with instrumental

<https://youtu.be/v2-X-larihI>

Whale DNA set to music

<https://youtu.be/Bus1QxvS7vk>

Plants singing

https://youtu.be/SNr_JNvO_f8 <http://youtu.be/HR5iCvFevWw>

Plant duet

<https://youtu.be/2jSZ5FmTIVA>

MUSIC AND TONES OTHERS FIND JOYFUL OR HELPFUL

3.14

<https://youtu.be/OMq9he-5HUU>

Calling all Occupants of Interplanetary Craft (The Carpenters)

<https://youtu.be/teBV0EoJJY8>

ERIC CLAPTON: communion

<https://youtu.be/qfbk7mPxD0w>

Pink Floyd: wishing you were here

<https://www.facebook.com/218113442021220/videos/260841977748366/>

After the Gold Rush

Neal Young

https://youtu.be/1e3m_T-NMOs

Dolly and Emmy Lou

<https://youtu.be/tHTuxSzUacg>

Acapella

<https://youtu.be/d6BzTCQ6Nqo>

Patti Smith

<https://youtu.be/32wz7jiMLhM>

THE META SONG (closing doxology)

https://timhammmusic.com/track/622797/the-metta-song?trackship_id=674686

FOR FURTHER EDUCATIONAL CE-5, ET/NHIB INTEREST

More CE5 related videos:

Dr. E. Mitchell (PhD. MIT) 6th man on the moon: Interviews:

<https://youtu.be/5Z20Y4TsEI8>

<https://m.youtube.com/watch?v=XR9X6WRITn0>

DR. EDGAR MITCHELL: UFOs and consciousness.

<https://youtu.be/ExCeqjJ2-G8>

Rey Hernandez: The FREE Mitchell Study

<https://youtu.be/qt2wakcaVw4>

Dr. Rudy Schild, (Harvard Astrophysics) MECOs, Black Holes, White Holes, Space-Time, Thought: exceeding the speed of light, String Theory, Holographic Consciousness and Quantum States, Quantum Theory , Brain Tubercled, Cosmic Intelligence, Storage and the Limitations of 13 Dimensional Universe. <https://youtu.be/rXgYDdoTALY>

Dr. Rudy Schild, FREE

<https://youtu.be/LLSMCWKoCos>

DR. JOHN MACK, M.D. (Harvard Medical School) Transcending dualism

<https://youtu.be/PNMsbFcn32g>

DR. JOHN MACK, M.D. Human Encounters with Aliens

<https://youtu.be/-U1WecFObQw>

CONSCIOUSNESS COLLAPSING WAVE FUNCTION

(The Quantum physics of the double slit experiment)

<https://youtu.be/nRSBaq3vAeY>

Dr. Joseph Burkes, M.D.

<https://youtu.be/A5LngzGCzPI>

Dr. Robert (Bob) Davis

<https://theufophenomenon.com/>

Mary Rodwell: star children and indigos <https://youtu.be/guN042-WESY>

THE UFO HISTORY AND GOVERNMENT SECRECY AND DISCLOSURE

Dr. Stephen Greer, M.D. the disclosure movement director, CE5 Interview

<https://www.facebook.com/timetraveller8/posts/1225512217555309>

SIRIUS: Documentary, UFOs and Government Non-Disclosure: Dr. Stephen Greer

https://youtu.be/5C_-HLD21hA

UNACKNOWLEDGED: Movie, Dr. Stephen Greer, 2017

<https://youtu.be/gCZTpPYCsw4>

UFOs: OTHER BOOTS ON THE GROUND

Paul Hellyer (Canadian Defense Minister Retd.), Government records on UFOs

https://youtu.be/t8uXi_pf0Jk

<https://youtu.be/CLM3m0JvzSA>

The Battle of Los Angeles 2/25/42

Not really a battle when they don't fire back and can't be hit.

<https://youtu.be/vzYSJB6GkXY>

Rauni-Leena Tellervo Luukanen-Kilde née Valve: Finnish physician and Minister of Health and contactee/abductee who wrote and lectured on parapsychology, ufo and nature of her contact.

UFOs OVER THE WHITE HOUSE 1952

<https://youtu.be/3ufusvXDiFg>

EISNER, DISNEY AND UFO

(President Jimmy Carter's contact, Illegality of contact)

<https://youtu.be/KCUmX8Lw5to>

REAGAN KNEW

(Beware the false weaponization of ETs and false flags)

<https://youtu.be/UaWT954-aWA>

HAWKING AND HERZOG ON THE MULTIVERSE (article)

<http://www.thespaceacademy.org/2018/05/stephen-hawkings-final-theory-about-our.html>

STAR CIVILIZATIONS

Dr. Michio Kaku: UFOs are real:

<https://youtu.be/2pw13F7ahjY>

Dr. Michio Kaku: Types of Interplanetary Civilizations:

<https://youtu.be/9QP-15JoRz0>

THE OMNIVERSE: THE TENTH DIMENSION WITHOUT TIME: (It all boils down to the single point within the heart that is timeless and collapses the universes and all ten dimensions into itself)

<https://youtu.be/zqeqW3g8N2Q>

EXPLAINING THE OMNIVERSE OF TEN DIMENSIONS

<https://youtu.be/zqeqW3g8N2Q>

THE ZEROETH DIMENSION:

<https://youtu.be/emlcwyvns0>

MOVING INTO THE 5th DIMENSION

(This is where connection occurs after the meditative state has been found)

<https://youtu.be/1XiWQandm9s>

Burt Harding: We are an eternal universe playing an eternal role

<https://youtu.be/a6qrceFmLpo>

THE DALI LAMA, Meeting an Extraterrestrial

<https://youtu.be/zKTu6VBhU2A>

Terrance McKenna: UFOs and the Psychedelic Mushroom and Iowaska (DMT) connection, Controversial)

https://youtu.be/D_19Ep5GBYQ

DMT AND THE PINEAL GLAND

<https://youtu.be/D7eBQfM3UrA>

DMT and human evolution: TED TALK

<https://youtu.be/MxvQusr9cwc>

INITIAL PREPARATION

When you get to the Ranch, first we will *set a group intention* for the session — we will discuss a common goal. Discuss Fear and the "lowest common denominator". It is important that all want contact and have left their fear at home. This is called “Close Encounters of the 5th Kind” for a reason. If you do not want a close encounter, then this CE-5 is a place where you should not be. If you are not yet ready, your fear will keep the ETs away. The mutual contact experience is entirely love based. If there is fear or trepidation in any one in the group, then that fear will limit the potential success of the contact. The ETs are very sensitive to our feelings, especially fear. They seem to understand the profundity of their appearance and impact upon the "contactee" or "experiencer". Having some experience in doing TM or breathing meditation may also be helpful. A non-judgmental, non-dichotomous mind and an understanding of “non-duality” and “Unity Consciousness” may be helpful. These things may be discussed over dinner or at an informal briefing before the field work begins.

Because meditation and contact initiation involve an acute awareness and a consciousness experience, any drugs or substance that reduce consciousness (like marijuana or alcohol) and foster a state of “unconsciousness” is generally not acceptable for the 24 hours preceding the meditation. I am not against their use as relaxants but as a general rule, abstinence before a CE-5 is the best rule to follow for the collective good of contact. Additionally, I have found it more effective to have been on a vegetarian diet for the few days before and including the night of field work, though vegetarianism is not mandatory, I also have had excellent success making contact after eaten a steak dinner and relaxing and having a beer with an old friend. The relaxed state is essential to contact. However, generally speaking, it is probably consistent with contact involving an ET species to not be digesting the flesh of another animal or being intoxicated by any substance while trying to make peaceful intelligent contact with other beings.

INTENTION

The "Law of Energy Return" says that what we put out comes back to us. So what we want to give to our ET friends and "put out there" is what we want in return: a mutual desire for reaffirmation through visual contact and the establishment of spiritual and physical connection. We do this through mutual unconditional acceptance and indiscriminate love. Underlying this love is "unity consciousness": the realization that all is connected in oneness, beyond the seen and the unseen. Our connection to the ETs is beyond the dimensions of the visible universe and pierces the "veil of being" to the state of "non-being". There our desire for unity with all ET beings and a desire for their appearance and contact connects us.

Be pure of intention. Invite safe contact (for the group and the ETs) to occur in a manner that is feasible and safe at the time for both. Be without any hidden motive. The Invite contact with the intention of surrounding yourself and the group with your and our common desire for contact and know and understand that our ET friends are already here and awaiting our invocation for mutual, loving universal contact.

If contact is made spiritually, visually, telepathically or by auditory means, at the close of the encounter either invite your contact to come with you or ask them not to. Either way, they will understand. Contact and consent are almost synonymous. Be loose. Relax, everything is going to be alright.

VISUALIZATION

Though it is not necessary, from time to time, I personally like to use my Google Earth to visualize where I am before I go out to a strange field and begin meditating in order to help form my present intention.

Prepare, sit, lie down and quiet yourself. Be comfortable, Just enjoy being and knowing that you are, and let contact happen

THE 17 STEPS TO CE-5 FIELD WORK

- Step 1. THE CE-5 CONVOCATION**
- Step 2. FORMING THE PRAYER CIRCLE AND INVOCATION**
- Step 3. CENTER YOUR SELF**
- Step 4. RID YOURSELF OF NEGATIVITY; EMBRACE FORGIVENESS**
- Step 5. EMBRACE GRATITUDE**
- Step 6. EMBRACE LOVE, CARE AND COMPASSION**
- Step 7. BEGIN MEDITATIVE BREATHING**
- Step 8. BEGIN "MINDFULNESS", EMPTYING THE MIND**
- Step 9. RELAX, JOIN AND REJOIN HANDS**
- Step 10. CENTER THE LOVE**
- Step 11. VISUALIZE INITIATING THE ENCOUNTER**
- Step 12. CONNECT**
- Step 13. ALLOW CONTACT**
- Step 14. OBSERVE**
- Step 15. BE PATIENT**
- Step 16. POST ENCOUNTER**
- Step 17. DEBRIEFING**

Step 1. THE CE-5 CONVOCATION

Before engaging in field work, I find it helpful to do a convocation with my group. This may be done before going outside to do your meditation or at the site. I do the convocation with everybody in my kitchen area with everybody around. This sets the attention for the group. The convocation may be recited by any member to the group in order to set the stage for open love and enlightenment. The group may read it as well, but it is important for all to read or listen to it at some point in the evening prior to contact work so that everyone is on the same page emotionally and spiritually.

UNIVERSAL CONVOCATION

“To those in the dimensions and densities in and beyond our own and into the subtle realm, past density, dimension, vibration, time and fear, we are here to unite in unconditional love and acceptance and request that all greater interdimensional and intelligent Celestial Beings, children of the infinite divine intelligence that is our eternal creator harken to hear our call.

Please come and join with us here in celebration to share in our peace and in our mutual, unconditional, indiscriminate, universal and unconditional love as well as our peace and gratitude for each other’s existence. - Please come to this Congress and show us your kindness and benevolence, by making your appearance. Please allow us to embrace you with our open, joyful and loving hearts. Please let us share our love with you.

We and our world are in a state of critical transition and we need your appearance to reassure us that we are on the right path. Life on this earth may never survive without your love and care. We share a common bond in the unity of our consciousness, our creator and in our common destiny.

We know and understand that you have higher capacities in your own spiritual advancement, intelligences and hearts to know our most intimate thoughts and understand our heart of hearts. - We know that you have the ability to telepath messages through the vast unknown densities and the inter-dimensionality of space-time and time-space, to speak with us in a way that is beyond words.

Some of us have already experienced your love and care and have shared our hearts with you. You have shared your love and care with us in return. We have every faith that you and your wise, ancient, peaceful and loving ways will help us, because that is what love does.

Please our brothers and sisters of light, come into our present physical world. Manifest here and in this special place give us your wisdom; share your thoughts and your healing patience and compassionate energy. Won’t you please give us a sign that we’ve reached you and that we have moved your hearts with our love and our need for your presence in our lives.

We ask only that in your compassion that you touch our hearts and cure our longing for your presence with your reassuring appearance, contact and love and that you impart unto us your wisdom, patience, compassion and your infinite, indiscriminate, unconditional and universal love and understanding as part of the same one immortal and universal soul.”

After I say the meditation with everybody in the ranch house, I remind them to have no expectations tonight and that **“CE-5 is like a box of chocolates; you never know what you are**

going to get. Remember that at the very least tonight you will get some great meditative time and time to reflect inward with others who are doing the same and are here to love and support you.” We then proceed to the field for field work and observation where orientation will be made to directions north and south and to elevations.

Step 2. FORMING THE PRAYER CIRCLE

I have had success both using the circle and not using the circle, but best results are had with forming a circle where we initiate our invocation while holding hands and later when we break. It is my belief that this circle creates a toroidal energy field essential to contact. When a circle is utilized, we begin by forming a circle, noting the North, South, East and West as well as some of the major constellations that may be visible. I indicate 10, 30, 45, 60 and 90 degrees (zenith) relative to the horizon and plane elevations 5,000' to 35,000' so that the group may share their observations and point out visual experiences to the group. I announce that we will join hands.

Then all stand and I announce verbally what our intention (Invocation) is and to have others join in announcing our common intention for peaceful and beneficent, reaffirming contact. With hands joined comfortably, we center our individual and group intention to the center of the circle where I like to place a few stones, sort of as an altar to the universal divine life force that unites us all. Others may want to place quartz or candles in the center of the circle and that is fine. There is great ceremonial power in the energy of even a small flame. In my group we actually like to use citronella candles placed in the center of our circle (It keeps the mosquitoes away in the torrid humidity of Florida summers and I have gotten quite used to them and encourage their use seeing that there have been more positive manifestations than not when three to four are used in the center of the circle). After this I will do a short 3-4 minute guided meditation. I have included an example below, but honestly, what I find the most effective invocation goes like this.

“My dear friends, we are here tonight to make contact with ETs and NHIBs, Celestial Beings, angels, it doesn't really matter what you call them but they are real and they will come, but only if they are attracted to our loving and peaceful intention. I have found it most helpful in my own contact work to remind myself and feel once again, the love I had for my son both before and after he died and the love I have for my daughter and granddaughter now. For you, it may be a parent or child, any living thing for whom you feel the most love. It is our ability as humans to feel and project great emotion. This makes the human race special among all the races and our ability to share our great and deep love is what brings ET home here to us. So please go deep now and find that love and the gratitude that you have for it and project that love up when I ask you to tonight in order to signal those who will come to be here from the great beyond to share that love with us. If you have already had contact, I'm asking you now to try and feel that same deep profundity of connection and spiritual elevation that you felt on that or those occasions of contact when you felt your soul elevate with their connected appearance to generate that emotion out as well because this will call the same entities back to be here. It's almost like just pressing the speed dial on your phones. It really will help because they are your friends and want to come and be invited here tonight. Finally I will ask that all of you recognize that the love that we know and feel from each other be shared from hand to hand as we circulate our love and energy here and lift it up to beyond the stars and understand that the love that we have for each other that connects us here now is also the love and care that connects us with our celestial family tonight.”

Since it has worked for me both alone in single cultivation with ET/NHIBs and group cultivation doing CE-5, I truly believe that this heart-felt finding of one's love core is the quintessential and most important part of establishing contact for CE-5 groups and as individuals who cannot do this in a group and who must meditate alone.

We then begin our first standing meditation. (A subsequent standing meditation is always possible and recommended later in the night to reassert and regain the group's connective abilities and focus them and their love and gratitude toward contact. This especially may be the case if after a couple of hours the night has a lull or others wish learn to lead a meditation in the field in order to focus the group's contact intention and to regain a peaceful meditative state.

As to breaking the hand held circle and afterwards, remaining in a circle while laying down, sitting or reclining is advisable. Be comfortable is the rule as a calm meditative state requires physical comfort. My preference is to lie down after the standing meditation so that I may observe the entire sky. I also remind myself that the Tao teaches us to "keep our hearts as open as the sky". Some of my group members prefer "gravity chairs" to the ground and I provide these at the ranch. Remember, just be comfortable. There are many times when activity is slow that I will simply call the group to stay where they are and re-meditate and then send up their love and desire to connect with my request. My regular group has great luck with later evening contact this way, and sometimes even from our barely recognizable disheveled circle. But keeping a circle formed throughout the evening does seem to help increase the number of visual contacts for the group.

FIELD INVOCATION

How to send the energy up: In the field we will stand and hold hands and pass our energy left to right but before this the CE-5 leader will set the group's meditative field intention. This is one I like and have used in the past.

"We will close our eyes now and quietly meditate and follow the ancient and eternal subtle divine way to you and connect our hearts with yours. We will pass our energy from hand to hand, left to right and pass our love on to the group as a whole and then we will lift up our hearts and love together focusing our love into the center of the circle and imagining it to be brighter than the sun itself and send that ball of love and understanding as if it were a beam of loving light right up into the skies past the stars and universes and into all known realms and into the eternal one.

Now we will open our eyes and concentrate and still sending our universal love and desire to reach out and give our love and connection to our celestial family with every thought that we think. Then we will rest in the hope that the love that binds us here now as a group brings you and us all together here tonight and that this love continues to be the love that binds us with you forever.

Together with the unanimity and the magnanimity of infinite, indiscriminate and unconditional universal love, we will travel with your enlightenment as one upon the great evolutionary spiritual path which all beings made by our divine source, the infinite eternal creator of all are made to travel, in peace and united in the highest densities of love, light, unity of heart, spirit, mind, being, consciousness and the unified field.

We are unafraid. United in love and purpose. Please, send us your message and give us a physical sign that you have heard and understood us and that you know that we are here and that we are here for you as your willing and loving friend. We would love for you to come and share our love, joy and peace here in this place tonight. You will always be welcome here and in our hearts.

We will now break from the circle and begin our own personal meditation and restful watching of the skies. Please sit and quiet yourself. Be comfortable. Please speak up if you see, hear or feel anything that might be of interest or meant for the group."

Step 3. CENTER YOUR SELF

Before, during and after the Invocation, relax and center yourself. Use what works for you. Remember this is an evolutionary and learning process. Breathing is important and you may be able to get into your “Zen” mode with as few as three or four minutes of breathing in and out while concentrating on the air coming and going past your nasal septum. Sometimes I have a hard time “getting out of my own head” to meditate, so I begin a ritual and begin to meditate by closing my eyes and shift my awareness from the external world to the one within. I will sometimes do this symbolically in a manner similar to how one begins making the sign of the cross, by bringing my hand from the center of my forehead or “third eye” and bring my hand down to touch my heart. This (Much like beginning the “Sign of the Cross” begins my meditation by reminding me that it is not the mind that connects one spiritually to the universe but the heart. In this contact work the heart chakra plays a predominant role as it creates the love affinity that calls out to the universe for connection. (It has been my experience that my ET family picks up on this heartfelt need for connection to them and they respond accordingly.) Then relax, let your hands fall to your knees, palms up. Lie down if you like to meditate, but mind you that you may end up snoring because you have gone too far into restfulness. So remember to be well rested and take a nap in the afternoon, if you can before the event.

Step 4. RID YOURSELF OF NEGATIVITY; EMBRACE FORGIVENESS

Having a kind and open heart are absolutely necessary for meaningful contact work. Embracing forgiveness is part of the internal work one must do prior to and during your CE-5 field work in order to maximize one’s contact abilities and experience. It is tough to experience unity consciousness and universal love while harboring hatred or resentment in one’s heart. So, begin your evening, prior to coming to the field by embracing forgiveness. Admit to yourself what irritates or bothers you. Let go of it. Let go animosity. Let go of ego and anger. Forgive all and everyone who has ever hurt you. Open your heart as wide as the sky. Love will flow into your heart in return. Internal peace and an open heart are necessary for most sustained and successful contact experiences. So make sure to do your spiritual work beforehand so that you can bring your true magnanimity into the prayer circle with you.

Step 5. EMBRACE GRATITUDE

Just like embracing Forgiveness, embrace your emotions of Gratitude: "Just for the fact that one is alive is enough to give one eternal gratitude." Without life, how meaningless would life be? What a gift to be given this life and consciousness and opportunity to be with wonderful people and beings with whom to make contact. Be grateful for life and this opportunity to live in awareness and the ability to communicate with yourself, with others and all beings of the world and the universe and beyond. Thank the great Creator, the Tao, "the God of all Gods" if you are so inclined. This too is something that should be practiced in preparation before during and after you get to the CE-5 field and do not forget to give gratitude for all who attend your CE-5 because the more who do their spiritual work and attend, the closer and better your encounters will be. And do not forget to thank the ET/NHIBS who show and communicate with you. A “**Hello! Thank you! We love you**” will go a long way in getting a return visit and even more interaction with our celestial friends and family.

Step 6. EMBRACE LOVE, CARE AND COMPASSION

Embracing love, genuine humility, care and compassion is an important part of your CE-5 preparation and field experience. So while in the field, if not before, embrace the infinite love and care that we have for each other as human beings and for all forms of life. Embrace the Compassion for the lives of all beings and all things. Embrace and exude intent for unconditional, indiscriminate, universal love for all. Embrace the unity of all within the seen and unseen fields of being and non-being in the entirety of the multiverse.

Step 7. BEGIN MEDITATIVE BREATHING

Through meditation you are connecting with the universal consciousness. This is the awareness that connects all beings.

We begin our meditative process when we begin our standing meditation and later on when we separate from our hand-held circle and again begin to relax and go in and out of meditative states as the ETs arrive. For those who are new to meditative breathing, it is done by focusing one's attention on the tip of one's nose and feeling one's breath come in and out slowly in 6-7 second intervals. It is usually three seconds in, a short reflective pause and with four seconds breathing out followed by yet another reflective pause. So, focus on your breath coming into your lungs and down into your chest, heart, and abdomen. If you want to go further, continue on and go lower down your back with the breathing and relaxing focus all the way down to your "kundalini base" at the bottom of your spine and pelvis. This is where the power of all your physical energy resides. Once there, then return your focus through your abdomen and back, back up to the heart and its energy chakra when you are relaxed and ready in order to truly awaken the living energy of your heart. (This may take about 7-10 minutes, perhaps a little longer but not really much.) Relax your breathing. Meditation is important but it is nowhere near as important as generating your love, intention and desire for contact and sending it up.

Step 8. BEGIN "MINDFULNESS", EMPTY THE MIND

Central to staying centered and the CE-5 meditative state is for one to be able to empty the mind and let go of one's thoughts. This meditative state applies through as much of your CE-5 experience as possible and should be practiced even before the experience in the field. So, whether you are in the prayer circle or outside of it, let ideas and thoughts that float into your consciousness flow back out. Do not try to hold on to them or control them. They come in on their own accord. Just let them go their own way as if it were a gentle breeze or gust of air moving through a church with its windows open. Soon the thoughts will disappear and cease on their own accord.

Step 9. RELAX, AND JOIN-REJOIN HANDS

Whether you are in the prayer circle to invoke contact with ET/NHIBs, or outside of it, relax. Whether it is early in the evening in the prayer circle or later on in the evening when you and your group may want to rejoin hands and circulate your love and energy and send it up again. This activity may be done seated or done while standing. Personally, I have had excellent results just seated, but relaxed, with hands joined or un-joined. The key is the meditative state of relaxation and comfort among your CE-5 partner or group. I do believe that the hand-held circulation of energy produces the most wonderful of results, especially after a short standing prayer for invocation.

Step 10. CENTER THE LOVE

One "Centers the Love" by serenely focusing on the love one has for one's loved ones and for all beings that exists deeply in the center of the human heart. After you find this love deep down in your center direct your love from your left hand and let it pass through your body into your right hand and into your partner's left hand. Receive it from your partner in your left let it run through you (You may not be able to feel it, but it does). Allow that current to flow and in an open and accepting manner, focus the love from the flow and from your heart eventually into the center of the group circle when directed.

Step 11. VISUALIZE

Visualization is an important part of opening your CE-5 contact consciousness. This is done first while standing in the prayer circle and afterwards. When you "Visualize", think of your love as a glowing light or "Love-Light" from your heart chakra or the center of your chest – when you circulate your love and light from left to right with your CE-5 partners, think of the light flow thru your right arm and into your right

hand to the person to your right through their left hand. Visualize light energy flowing around the circle and flowing into your left hand and back into your hear and out to your neighbor on your right. Allow the energy to continue around the circle as it picks up more energy and love. Then when instructed, from your heart center visualize the light moving into the center of the circle, where the rocks, crystals, small post, candle or other focal point that you have placed there as an anode (the positively charged electrode by which energy or electrons leave a device) and then like a beam of light going straight up into the cosmos - past the moon, past the sun, past the Jupiter and all our planets and continues on out as far as your imagination can go. This is the “Pillar of Universal Peace, Love and Light” that creates an empathetic-telepathic beam that summons in the extra-terrestrial beings by letting them know that we are gathered to make peaceful contact.

So when requested by your prayer leader, send up your heartfelt LOVE AND LIGHT and your energies LONGING for connection. Send them up like a “PILLAR OF LIGHT” with your heart and mind, thoughts and your yearning "need" for contact and desire to communicate with members of your star family up to the heavens. Focus these intentions intensely for a minute or two or longer if you can.

Step 11. RELAX BE SERENE. FIND PEACE

After you have gone through the sending up of your love and energy, you may notice some natural energy loss. What you have just done is big and it is real. So now relax. What you have just done is to have sent a group message for contact out there into the infinite reaches of the cosmos. Than is no little deal. You may be tired or even exhausted. I know that I get this way. So after sending up your love, it is time to relax and to be serene. You have just gone through a very spiritual exercise and a somewhat altered physiological spiritual and mental state. Now relax, find peace and wait for contact. It may begin immediately, or you may have to wait for air or road traffic to calm down and cease. Even a temporary break in the air traffic may do it and give an ET/NHIB a chance to appear. Otherwise just rest quietly in peace and be patient.

Step 12. CONNECT

Enjoy the increased perceptions you will have for the sights and sounds of nature. Once you begin to connect with nature, it seems to me that ET/NHIB contact begins to happen as it inevitably will happen. Connect yourself to the universe that is beyond your senses. Enjoy your state of heightened awareness, your acute ability to hear, see and smell. You have now become awakened. Open your eyes. Time to see ET.

Step 13. ALLOW CONTACT

Do not fear contact but invite and allow it. The CE-5 experience is about making contact. It is about close and even closer encounters. The ET/NHIBs are attracted to love and a human’s desire to give love and to understand them and make to make contact in order to foster further love and unity between our kinds. So, do not put forth your desire to “get” or receive contact but put forth your desire to give love and care to your ET counterparts. Contact will follow by allowing contact to happen with all your senses, sight, hearing, touch, smell and intuition. Just relax and allow contact and the multiverse to unfold around you.

Step 14. OBSERVE

Observation is part of the fun, if not an initial goal of using CE-5 as a mechanism for ET/NHIB contact. Watch the skies with calm. As the car and air traffic calm down, contact shall begin to occur. Remember that contact happens in many ways and will happen in unexpected ways. It is individually tailored for some though for others there will be visual and auditory group experiences.

Step 15. BE PATIENT

Sometimes, for whatever reason, contact does not occur. It may be unsafe for ET to show themselves. We are dealing with life forms that are from other universes, light densities and dimensions. We cannot really even begin to imagine the "How" of their appearance. There can be some conjecture as to the why. So it is the "where" before our very eyes that is so reaffirming. Contact, like a call from one's teenager away at college may come at any time during and even before the field work when group intention is right. ET contact may even occur when leaving the field after your fieldwork and for days afterwards because some entities were not able to uncloak or reveal themselves.

The contact either before, during and after your field work may be brief. It may and can be long. Contact events can be multiple and solitary. It may involve both opportune and importune natural phenomenon. It is all about universal contact and the universe has at its means a multiplicity of ways to communicate, from the symbolic to the serendipitous and synchronistic. Do not be surprised at what you may see, hear, feel or experience. Keep an open heart and an open mind. Remember that everything that you experience is real and that IF you think that you saw something, no matter how small, bring it up to the group. You will be surprised at how many will have seen it too but were afraid to say something because the flash was distant or small and they were afraid not to be right. So speak up please so others can affirm the sighting. This will also give group attention to the area which, in turn, will cause other ET phenomena to appear there or elsewhere nearby.

Step 16. POST ENCOUNTER

Post contact: At the end of the section we will break by giving thanks and gratitude to each other and the creator. Address the desire for continued contact and "co-travelers" to come or go as you please.

If you have connected with ET intelligence, either invite the life form to come along with you or not. But please be intentional in your thoughts to define your boundaries. You may also let them know that you are not ready for continued connection and ask them to leave until you invite them to join you again. They take no offense and will understand. Contact, especially in the early stages and years can be intensely profound. However, once contact is established it gets easier and easier, just like any good and true friendship normally does. With each contact comes greater internal peace and spirituality. I have found that the persons with the most contact experiences to be truly the most wonderful and spiritually honest and elevated people that I know.

Step 17. DEBRIEFING AND DISCUSSION

Debriefing is important for many reasons. It is also important to jot down your notes for the evening. At the ranch we keep a journal. So much of what we see is meant for us individually and as a group. No one person is going to see everything in a successful evening. So at debriefing, after you leave the field, feel free to discuss anything that you either saw, heard, felt, smelled or otherwise sensed. Please convey anything known or received that is not otherwise explainable and any information gained from sources that may have been empathic or telepathic in nature. Make sure that you record your observations that same night. The experience will be a profound that it may later eclipse some memories of details. All should keep notes. I keep a running log for the group throughout the evening and the time of the phenomenon as well as contact with other groups with whom my group is joined remotely. Remote viewing and joining of groups as phenomenal-sounding as it does work. Peace, love and light, NMM

WAVIER AND RELEASE OF LIABILITY

"Where there is an open mind, there will always be a frontier."

INTRODUCTION AND DEFINITIONS

CE-5 is a complete paradigm changing experience for everyone who is able to make visual and spiritual contact. It is an epiphany or metanoia to be sure.

CE-5 is defined as a "Close Encounter of the 5th Kind". It is human Initiated encounter with non-terrestrials, "celestial beings", golden orbs, etc., in which the human observer consciously seeks, sees and experiences the observational or sensory presence of another non-earthly being NHIB "non-human intelligent being" or UFO " Un-identified Flying Object".

A simple definition of a UFO is an object, craft or vehicle usually located in the sky that is not man made and that makes movements that are impossible for man-made human built aircraft.

CE-5, human Initiated contact is real. CE-5 also involves NHIB "non-human, intelligent beings" who are beings that communicate with telepathy, waves, rays, voice, written dreams, symbols and physical entities, unconscious means, archetypes and even Morse code and light signals sometimes. Through CE-5 and the NHIB and UFO phenomenon we are all being consciously united and brought together for the purpose of world peace and unity consciousness.

Because we are dealing with natural, supernatural or supranational entities and activities, the short term and long term effects of contact are still unknown and undetermined. Because of this and the potential for interfacing "ferreae naturae" animals and beings that are wild and found in nature, as part of the legal consideration that the undersigned is expected to receive, I am asking that this release be read completely and signed.

KNOW ALL PERSONS BY THESE PRESENTS That I, _____ (NAME), am of firm and sound mind and body and that I am attending a CE-5 retreat at 13411 Bellamy Brother's Blvd. Dade City, Florida on or between the following dates: _____ - _____ of my own free will. In doing so, I agree to the terms and conditions of this Wavier and Release and Norman Michael "Mike" Murburg, Jr. his staff, agents, affiliates, employees, members and participants in return for sufficient consideration including but not limited to CE-5 instruction, my presence upon the premises aforesaid and/or the opportunity to make UFO and/or NHIB contact, the receipt and sufficiency of which is hereby acknowledged. I do hereby and release Norman Michael "Mike" Murburg, Jr., his agents, servants, employees, successors, and assigns, affiliates, and their respective heirs, personal representatives, successors and assigns as well as any and all persons, firms and/or corporations liable or who might be claimed liable, whether or not herein named, none of whom admit liability to the undersigned but all expressly denying liability from any actions, causes of actions, lawsuits, claims and demands which I now have or may hereafter have, arising out of or in any way relating to any and all injuries and damages which I now have or may hereafter have arising out of or in any way relating to any or all injuries and damages of any and every kind, to both person and/or property and also any and all injuries and damages of any and every kind that may develop in the future as a result of or in any way relating to CE-5 instruction, UFO and/ or NHIB contact of any kind or any accidents or negligent acts or occurrences in the event that my participation in any event in any manner or capacity, or the malfunction of any equipment used at the event that leads or may lead to physical, emotional, psychological or mental injury or harm, including but not limited to my death or disappearance that may occur to me at 13411 Bellamy Brother's Blvd. Dade City, Florida.

IT IS UNDERSTOOD that UFO and/or NHIB contact may constitute an ultra-hazardous activity the risks of which have yet to be fully determined. It is further understood that this release is made in full and complete settlement and satisfaction of all actions aforesaid, causes of action, claims and demands arising from any and all acts and/or activities engaged in on and between and after the dates specified above; that this Wavier and Release contains the entire agreement between the parties, and the terms of this Agreement are contractual and not merely a recital. Furthermore, this Wavier and Release shall be binding upon the undersigned and his or her respective heirs, executors, administrators, personal representatives, successors and/or assigns. This Release shall be subject to and governed by the laws of the state of Florida where venue shall also lie in any action now or at any time hereafter between the parties.

By signing this Release, the undersigned recites that he or she has fully read, contemplated, understand and fully and voluntarily agrees to the terms of this Wavier and Release. By signing this document I understand that I am giving up considerable any and all future legal rights

concerning my presence at 13411 Bellamy Brother's Blvd. Dade City, Florida and my CE-5 Training and field work presence, instruction and or UFO and/or NHIB contact experience or any accidents or negligent acts or occurrences that may occur on the aforesaid premises. I have signed this Agreement freely, voluntarily, under no stress, duress or inducement, promise or guarantee that has been either implied or communicated to me. My signature below is proof of my intention to execute a complete and unconditional Wavier and Release of all liability to the fullest extent of the law. This Wavier and release shall remain in effect until I revoke this release in writing and it is sent and received by certified mail, return receipt requested by Norman Michael Murburg, Jr. I also attest that I am at least 18 years of age or older and that I am mentally competent to enter into this Wavier and Release.

_____ (Signature) _____ (Printed Name)

(Date)

NIGHT

Zig-zag streamer



Strait shoot streamer



Single Plasma



Plasma Array (Fleet)



DAY

Shape-shifter pyrite



Tendril type



Light orbs in formation



Silver orbs



Shape-shifting orb cluster



TYPES

The various UAPs connected to my HICE experience

HUMAN INITIATED CONTACT



UFO SIGHTINGS SET 1



80 UFO MODELS BASED ON ACTUAL SIGHTINGS

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