

CE5 BASICS PDF

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CE-5 Initiative Basics: Principles and Assumptions

- **Principles of the CE-5 Initiative – and how they should be reflected by all participants, basic agreement for Fieldwork**

The CE-5 Initiative was started by CSETI as a way of increasing bilateral diplomatic contact between the people of earth and civilizations which are from other star systems. With that in mind, a basic sense of clarity about who these ET intelligences are, how they travel and how they communicate is important for us so that we can do effective work as ambassadors. This information can be found at <http://siriusdisclosure.com/expeditions/>

If high-level confirmed contact is to be achieved, it is crucial that all participants in a CE-5 fieldwork group are in complete agreement with the basic assumptions and principles of how this work is best carried out. Once one is familiar with the reality of CE-5, the overarching principles of fieldwork will be simple to understand and agree with. A Basic Agreement set of principles can be found in Appendix 3 of this document.

- **Training materials and tools available (books, cds, dvds, etc.)**

The quickest way to establish an overall sense of the scope of things involved in CE-5 is to become well acquainted with the literature and resources available from Dr. Steven M. Greer. He has done meticulous work to document the best evidence and consider the implications regarding the subject of contact with ETI (extraterrestrial intelligence). He has also taught many people how to go from surface-level knowledge to a deep personal experiential knowledge on this subject. That deep knowledge comes from doing the work on the level of consciousness and actually taking the steps to go out to do fieldwork.

It does not take very much to build a solid foundational education for CE-5 ambassadorship. Simply by reading some of the papers or watching some of the lectures available at siriusdisclosure.com, one can prepare quite well for actual CE-5 contact on an intellectual level. We also recommend reading through some of the detailed books available through Sirius Disclosure, such as the comprehensive ‘Extraterrestrial Contact: the Evidence and Implications’. Of course, the larger educational packages of working group resources (such as the DVD sets and CSETI Working Group Training materials) are super useful and relevant for anybody who feels called to devote more time and energy into this wonderful cause.

While the possibility of having a confirmed CE-5 contact experience can happen regardless of having consumed any of the above literature, the resources above will definitely allow for a deepening of CE-5 and its possibilities for all members of any working group.

We have included a list of recommended reading and resources in Appendix 1 of this document.

Consciousness and CE-5

- **Cosmology, consciousness science, and contact**

As will become clear as you dive into the CE-5 protocols, the science of consciousness is at the heart of the process. The basis for contact depends on the recognition that ETs are conscious sentient beings in the same way that we are conscious sentient beings.

Consciousness itself is a universal field which is boundless in time and space, and also existing beyond and before time and space. You can imagine the universe as a sea of awareness, with the material and temporal aspects of reality (matter, physical reality, time, sensation) like the surface of that ocean. As one travels deeper from that surface, so one comes to know that the sea is an infinite expanse of pure awareness. Our own ability to transcend through deeper aspects of the mind itself is inherent in ourselves.

Through meditation, prayer, and other practices, humans may come to experience these different states of consciousness, and under the right circumstances accomplish what in the Vedic tradition are known as ‘siddhis’, or special abilities. These abilities are only possible by transcending the usually perceived limits of time or space. (These include but are not limited to remote perception, telepathy, telekinesis, astral travel, spontaneous healing, etc.)

CE-5 itself is a refined ‘siddhi’ which is initiated by combining elements of other siddhis such as remote perception and communication. That is not to say that CE-5 occurs ‘only in the minds’ of the people utilizing the protocols. CE-5 events are very often marked by physical phenomena (such as some element of physical or near physical manifestation of ET craft or ET biological life-forms), and these manifest in direct response to the conscious action of the group members present. CE-5 events can also be confirmed within a group when different aspects of contact can be consciously perceived by different members, and then confirmed back to the group, often in beautifully synchronistic ways. (More on that in the Fieldwork Protocol section later in this document.)

The ‘new cosmology’ as has been outlined by Dr. Greer is really not so ‘new’ at all. It just so happens that the current underlying dogma of both mainstream science and mainstream religion have not recognized this cosmology in its fullness. The cosmology of a unified field of mind is found both in ancient spiritual and mystic traditions, and also in current scientific theories based on studies in quantum mechanics and on more direct double-blind studies on whether human consciousness has an effect of ‘action at a distance.’

- **“Ways in” – variety of tools, practices, and approaches to meditation which can be useful for you in general and also within the context of CE-5**

There are very many approaches to reaching higher states of consciousness, and any of those may work as a ‘way in’ to CE-5 contact. Meditation takes many forms, and each person often responds to different practices in different ways. It is helpful to try out some different approaches to meditation as a way of figuring out which works best for you, and to choose to utilize the methods that are most accessible to the members of the group gathered together for the purpose of CE-5.

Generally, it is useful to gently focus on a stimulus such as observing the breath, or a sound, or a mantra as a way of turning awareness in on itself so that the meditator gradually becomes aware of pure awareness. Pure awareness is simply the observer, the watcher and the knower. When the meditator sees awareness in its boundless state, it becomes simple and easy to go to any place in space or time in consciousness. It is in this way that we are

able to reach out in CE-5. We gently intend to connect with ET beings wherever they may be, and we ask them to join us in consciousness or in whatever form is appropriate so that we may work together in a spirit of universal peace and ambassadorship.

To reach higher levels of consciousness as a CE-5 group, it can be useful for an experienced meditator to lead the group in a guided meditation or to use one of the guided meditation audio recordings available on CD or download from Sirius Disclosure, or on the 'CE-5 Contact Tool' app available on both iOS and Android.

- **CE-5 as Citizen Diplomacy - Consciousness states as they develop, relating to ETs and their civilizations based on level of consciousness**

The possibilities of CE-5 are endless since the universe is teeming with intelligent life. It is our responsibility to go into CE-5 fieldwork in a spirit of hope, peace and care if we are to serve as good ambassadors from our civilization to the many that we may encounter out in the field.

Star-faring ET peoples are as varied as the many forms of life on earth, with different evolutionary backgrounds and home-planet environments. While the reasons behind it are not certain, it does appear that there is a relatively common humanoid morphological pattern (two arms, two legs) amongst many ET species. But actual physical appearance can vary greatly depending on what type of species they may have evolved from (such as primates, birds, felines, canines, cetaceans, fish, rodents, insects, etc.).

It is crucial that we do not approach CE-5 from a vantage point of nativism, racism and xenophobia. Those attitudes will hinder the possibility of contact. They are aspects of humanity that we need to evolve out of if we are to thrive as a people on earth and in relation to ETs. Only when we let go of xenophobia will we be able to connect with other civilizations in a spirit of fellowship and genuine unbiased scientific and social curiosity.

Developing higher states of consciousness through meditation will allow us to better integrate the experience of ET contact. We will be better able to recognize that the consciousness within ourselves is, on the deepest level, the same consciousness as is present in all other sentient life, whether we are dealing with other humans on Earth or with people from other star-systems.

Contrary to the fear-inducing notion pushed by mainstream and subculture UFO propaganda that interplanetary civilizations may be most interested in invasion and annihilation, the evidence as it stands shows that...

1. ETs have probably been visiting our planet for millennia,
2. they seem uninterested in most kinds of open direct intervention to our way of life,
3. there is some element of interplanetary order or confederation which has something like a 'prime directive' (like in Star Trek) that seems to leave the fate of planets such as ours in our own hands, and
4. what contact has been made seems to confirm that they have a keen interest in the progress and development of humanity, and in the health of our planet as a whole.

If we are to live well on Earth and become an interplanetary civilization ourselves, there is much we can learn from these other civilizations which will have evolved and developed many thousands and even millions of years further than our current level of being, technologically, socially and spiritually.

- **CE-5 as activism - non-local effects of CE-5 through the holographic field, context of this moment in history**

Though our main goal is to take on the role of ambassadors, CE-5 is not just an act of citizen diplomacy. In the current political and ecological climate, it is also a powerful form of civil disobedience and activism toward a new state of being with each other on this planet.

The overall goal is that humans may live in peace with each other, in material abundance, sustainably and in harmony with all of the life-processes happening on Earth. Right now, there are major barriers to the development of that goal, and most of those are in relation to the flow of information and power. While we can engage in traditional activism (like working to change the broader economic conversation or alter the bureaucratic mechanisms of power in our institutions), we should also cultivate and utilize the more non-linear powers of intention and consciousness.

The effect of conscious intent to effect outcomes at a distance has been proven in studies at Princeton University, at the PEAR (Princeton Engineering Anomalies Research) lab by Dr. Robert Jahn, and many different studies around the world. This field of study has driven the work of people like Rupert Sheldrake, Dean Radin, Lynne McTaggart, Michael Talbot, Dr. Larry Dossey, Bruce Lipton, Dr. Joe Dispenza, Deepak Chopra, the members of the Institute of Noetic Sciences and others.

They show that the non-local effect of consciousness, that intention, meditation, and prayer actually have real effects that seemingly ripple out through the universal field of consciousness and effect the morphogenetic field (a term coined by Rupert Sheldrake). Through this field effect, conscious attention actually effects what becomes possible in consciousness and in physical form, non-locally. So that even just meditating and putting an intention on a peaceful world has a measurable effect in lowering crime rates and increasing levels of well-being.

In the scientific literature this has also been called the Maharishi effect, the hundredth monkey effect, or quantum entanglement. “Spooky action at a distance “ is what Albert Einstein called it. It’s been shown in quantum physics where when you separate two subatomic particles like photons in space, and you do something to one of them, the other one that was attached to it responds in like manner even though they are not connected by magnetic or gravitational fields anymore. There is some kind of link there, which is seemingly unbreakable, and that link is presumed by many to be the zero-point field. For our practical purposes that field is consciousness, that place of the placeless, that is connected to all places, all things, all beings, and all times.

And that’s the ground from where we work in the CE-5 initiative. That’s the basis for this work, and that’s also the basis on which our civilization going forward will stand. Consciousness is the major science of the next 1000 years, as Dr. Greer likes to say. So, we’re moving into a stage where we must be prepared; we must take responsibility and initiative as citizens to come together around these topics.

Forming a Working Group

- **The basics of group coherence**

A sense of group unity and coherence is one of the most important elements of group fieldwork in the CE-5 initiative.

This can be cultivated in several ways:

1. Have each new prospective group member fill out a questionnaire or have a pre-interview with them to ensure that they are appropriate to join your group. [See Appendix 4 for an example.]
2. Have all interested members of any expedition agree to a set of common principles and guidelines prior to any fieldwork. [See Appendix 3 for an example]
3. Have a group gathering prior to a fieldwork expedition to discuss any questions or concerns regarding the upcoming event, and/or to meditate in preparation for that event. This can happen days or weeks in advance and can happen in-person or over group video or voice call.
4. Jumping off from the last point, as an individual you can prepare for group gatherings by doing meditations which help set the intention of the group. You may choose to focus on a sense of group unity and oneness, and you can also begin the CTS process whereby we invite the ETs to join us and interact with us. Let the ETs know the date, location, and group members that will be gathering together in a spirit of peace. You may also choose to do a remote view of anything related to the upcoming expedition. This could include any precognition of what types of contact may happen, if there are any specific locations or clock times that stand out as significant to pay attention to when out in the field, words, numbers, feelings, colors, etc.
5. Create an open and non-judgmental group atmosphere where each person can feel safe sharing their own experiences. It helps to state this as an intention at the beginning of any CE-5 working group gathering. The more comfortable we are sharing with each other, the more we will be able to individually confirm shared contact experiences, especially those involving remote perception. This elevates the quality of contact to another level and also has a magnifying effect on the CE-5 initiative in general.
6. Group bonding: Enjoy more time together with group members doing fun non-CE-5 related activities like eating together, or going for a hike or a swim.

- **The basics of group safety and best practices**

Safety needs to be a priority when planning any fieldwork experience. Often times fieldwork can take place in rugged, remote and dark terrain so much care needs to be taken. It is recommended that group coordinators visit any new fieldwork site during day-light hours to scout any dangers (such as loose barbed wire, broken fencing with protruding nails, sheer drops in terrain, etc.)

A standard rule for CE-5 work is that there are to be no recreational drugs or alcohol consumed in the lead-up to or during fieldwork. These impair the ability to meditate and impact the overall coherence of the group. They can also be major safety hazards.

It is also recommended that there are no firearms or other weapons brought to CE-5 events.

Discretion should be used when it comes to the use of laser pointers. In many places, it is illegal to use a laser pointer in outdoor settings, and they can also be very dangerous if used incorrectly. If a laser pointer is to be used as a way of drawing the group's attention, it is recommended that there be only one and that it is never pointed directly at any object traversing the sky. Instead, try circling the object of interest.

[More related to basic group agreements can be found in Appendix 3.]

- **Basic Questionnaire for Prospective new members (Appendix 4)**

It is recommended from my own experience, that the basic quality of a contact experience can be greatly improved by taking the simple step to ensure that all members are on the same page, *literally*, regarding the purpose and method of what you will all be doing together. This can be achieved by having each prospective member fill out a questionnaire form prior to joining the group. A sample questionnaire is provided in Appendix 4 of this document.

- **Basic Agreement for Fieldwork Team (Appendix 3)**

Group Principles – Group coherence and unity is paramount. Standard rules include no drugs/alcohol, no laser pointer, you may be asked to leave the group at discretion of organizer. In addition to a basic questionnaire as mentioned in the previous bullet point, a basic signed agreement by all group members prior to fieldwork will generally ensure good group compliance to the principles that allow for a fun and successful CE-5 expedition. The risk of NOT reviewing a set of basic agreements can lead to incoherence between the members of the group and lower levels of contact overall. I recommend that each prospective fieldwork event attendee sign such an agreement or confirm that attendance to any CE-5 event signals their agreement. A sample agreement is provided in Appendix 3 of this document. Depending on the structure of your group organization, you may also want to consider points related to things like a release of liability or privacy of group member identity.

- **How to find people**

The simplest way to find new people to practice CE-5 with is by using the ET Contact Network app made by Sirius Disclosure. Instructions for how to use this app can be found at this link:

<http://siriusdisclosure.com/apps/free-etcontactnetwork-app/>

You may want to send new contacts in your local area a message like:

“Hi there [*contact name*], I am very interested in forming or joining a CE-5 working group in [*city name or region*]. If you are interested in being a part of it, let me know so we can organize a group gathering where we can meet and prepare for fieldwork together.”

- **Education prior to outing, training materials and tools available (books, cds, dvds, etc.)**

As mentioned before, it is highly recommended [if not a basic requirement] that all who are going to be involved in a CE-5 working group have access to and be familiar with the educational resources available from Sirius Disclosure.

[See Appendix 1 for our recommendations.]

- **Deciding on a time and location – night sky and weather, public and private land options, indoor option**

Where and when you end up going for your fieldwork depends on the availability of your group members, the weather forecast, and local location options.

For locations, I recommend your own private property if you have access to a good spot [either belonging to a group member or temporarily rented property]. Depending on your jurisdiction, local parklands with clearings or beaches can be good options. If planning to use public land, you **MUST** ensure that you have permission from any relevant authorities to be out there at night with a group of your size. If you don't want to draw excess attention to yourselves, you could consider saying that you are an astronomy group. The best locations will have a decent sized clearing with enough space between nearby trees or hills that it allows for a clear view of most of the night sky. This will allow ample opportunity for at least some types of materially confirmed contact via light in the sky. Enough space to walk around on the ground will also make it more likely for ground-based contact activity.

For timing in relation to work schedules, Saturday nights are often good for CE-5. Once chosen, I recommend that you stick with the scheduled date, even if the weather takes a turn for the worst. While sitting under a starry sky is awesome, contact can happen anywhere at any time. Some of the most interesting contact experiences I have been involved in took place indoors or inside of parked cars during rainy weather. Go for it!

- **Equipment List – (Appendix 2)**

Successful CE-5s can and often do occur all the time without any special equipment, so don't let a lack of fancy equipment ever hold you back from going out into the field. Of course, there are some basics which come in handy when you will be spending long periods of time outside at night. There are also some really excellent tools that past CE-5 groups have made use of, whether for documenting confirmed contact events or for adding to general comfort levels.

[See Appendix 2 for our recommendations.]

- **Pre-fieldwork meeting, training, discussion –**

This can be very useful, especially if new members are joining. It can be nice to gather even just prior to a fieldwork outing, for dinner at the home of one of the participants, discussion and an intention setting meditation for the evening. Lengthier afternoon sessions are also great times for longer discussion and for practicing meditation techniques, if team members are able to attend.

Examples of things you can do at a pre- fieldwork meeting:

1. Introduce all members of the group to each other and reflect on each other's individual knowledge and experiences as resources for your work together.
2. If the group is of 4 people or more, set-up a buddy-system so that each person can have at least one direct contact for group logistics.
3. Decide who is group leader or who will facilitate orderly conduct of the group. Having a group leader is not always necessary, but for new or larger groups one or two leaders can be vital.
4. Assign other group roles (note-taker, satellite chart checker, recorder of video, photo or audio, meditation leader, security person, etc.)
5. Discuss logistics related to the fieldwork, e.g. access to the site, timing concerns, etc.

Fieldwork Protocol

The following notes are based on my own experiences of how great CE-5 fieldwork expeditions often go. Feel free to try any of this out and see what works for your own group.

- **1. Orientation and setting the stage**

Make a circle with group, check in with each other, and provide orientation to the night sky.

- Inform everyone about the location, how to handle disposal of rubbish, toilet facilities, etc.
- Direct everyone to speak up and share with the group with a sense of openness and non-judgement. Any interesting perception that arises has the potential to enhance group oneness.
- Check in with each member of the group as to any recent contact experiences, remote perceptions, premonitions or experiences in meditation related to this gathering.

For ease of communication regarding sky-related contact, review the following as a group:

- The cardinal directions (north, south, east, west),
- Where the zenith is (highest point in the sky) and how to refer to locations in the sky using degrees. 90 degrees is the zenith and 0 degrees is the horizon. (e.g. I just saw a flash of blue light at 65 degrees up in the north east. Did anyone else see that?)
- Any notable stars, planets or constellations for reference

Orientation is also a great time to play fieldwork tones, and do any basic light signaling in the direction of the zenith (highest point in the sky) or at specific stars or constellations of interest.

- **2. Sync the attention and intention of the group** [‘group’ can include the people in the group, the natural setting of the fieldwork site, any animals or plants in the area, humanity and the earth in general] – This can involve a ceremony, such as a puja, which invokes a sense of reverence, or can involve synchronized group activities such as chanting, gentle breathing or movement exercises. Most typically, the best way to sync the groups attention is with a simple guided or silent meditation that centers the group in a place of expanded awareness, facilitating the next step below.

- **3. Remote viewing and Coherent Thought Sequencing (for tutorials, see related podcast eps)**

This is the most consistent portion of any CE-5 gathering, since it is the basic process by which contact is usually initiated. Depending on the development of the individual group, the experience level of those attending and the familiarity with the process, this step could begin very soon after arriving on site. Oftentimes, fieldwork events can be enhanced when they are preceded by some remote viewing and CTS by the group members leading up to the date and time of the actual physical group gathering. If there is a guided meditation, this process is usually narrated at the end of it so that all group members can be engaged in the process at the same time.

- **4. Making Contact** – sharing of experiences, visual or sensory phenomena, intuitions.

Activities during confirmed contact will vary. If the group is new or there are new members, it is common for ETs to do a ‘scanning’ process and assess the coherence of the group. CE-5 may escalate into higher levels of contact, and each group should prepare at the beginning for the most intimate level of contact they would be comfortable with, including but not limited to having individual interfacing with ET beings or boarding an ET craft. During this portion of the fieldwork, it is useful for there to be ongoing and open communication between group members as much as possible, with primary attention on any leaders of the group. Some expeditions can result in little to no confirmed contact events due to various reasons, and that is ok. CE-5 is a practice like anything else and benefits greatly from experimentation, repetition and persistence.

- ***If fieldwork is extensive and lasts over the course of several hours, it is recommended to repeat steps 2,3 and 4 with short 10-15 minute breaks for drinking water, using the ‘toilet’, having snacks, and general conviviality.

- **5. Closing of the circle for the evening**

The closing of the gathering is a great opportunity to bring the attention of the group toward a sense of community and gratitude for being able to engage in this beautiful work together. As with all of the previous steps, there is flexibility in how this may happen. In my experience, this often involves standing and holding hands or having an extended group hug. Then there can be some rounds of group chanting or humming together. Anyone who feels so moved may share their sense of gratitude with the group.

- **Optional Post-Session: Conviviality**

If the energy of any of the group members is still high, some or all of the group can gather together after the official session for some time to hang out over snack or drink. This can be a great opportunity for group members to get to know each other better, review the events of the night or share stories from previous expeditions.

What to do after a successful CE-5 expedition?

- Create a detailed written log/report that includes the date, number and names of people who attended, and any notable contact events. Attach any relevant photos, videos or audio that were recorded. Keep this for your records and share with the team.
- Please feel free to share any and all experiences with me by connecting through the podcast website, or with the Sirius Disclosure team. I know they love receiving reports and they are especially interested in photo and video that they could use in the new documentary.

Tips for continuing your journey as a CE-5 ambassador

- Create a regular schedule for contact events for your local working group. For best views of the starry sky, it is useful to go out near times of the New Moon when the sky will be darkest.
- Connect with other CE-5 working groups when traveling to new locations.
- Teach others to form their own working groups and initiate contact independently. You can do this in local or regional settings or connect via online social networks to coach and mentor other members of this global initiative. Once learned it is the responsibility of all to follow the wise medical maxim for passing on the learning of a skill such as CE-5:
‘See one, Do one, Teach one.’

Guide to the Appendices

Please feel at liberty to copy the text in the **Sample** sheets to create your own versions that reflect your own individual working group structure.

Appendix 1: Recommended Resources – Page 11

Here is a list that includes where to find the best resources [mainly from the Sirius Disclosure team] on everything CE-5 related.

Appendix 2: Detailed Equipment List – Page 12

This is a great list which includes all the basic options for what to pack for a group CE-5 fieldwork expedition.

Appendix 3, a & b : General Agreement for Participants [Sample] – Pages 13 & 14

This sample agreement was compiled so that all participants in your fieldwork will be on the same page literally and also figuratively. It includes the basic principles of the CE-5 initiative. There are two versions, one with the option for a signature (Appendix 3a), and one without (Appendix 3b)

Appendix 4: Questionnaire for Prospective Group Members [Sample] – Page 15

This sample questionnaire was compiled so that you as a group organizer can evaluate whether a new person will be ready to join your working group in fieldwork.

Appendix 5: Logistics Sheet for a Local CE-5 Working Group [Sample] – Page 16

This sheet, titled ‘Logistics and Equipment Recommendations’ is a sample quick guide to a local CE-5 group to make it easier to onboard new members. You can copy the text from this page to create your own version that reflects the details of your group, such as where and when you meet.

RECOMMENDED RESOURCES

Sirius Disclosure website and email list

<https://siriusdisclosure.com/>

Sirius Disclosure CE-5 Expeditions

<http://siriusdisclosure.com/expeditions/>

Sirius Disclosure CE-5 Resources

<https://siriusdisclosure.com/expeditions/preparing/>

Contact Training Program

If you want to get a comprehensive education in CE-5 quickly and you can afford it, this is the way to go. So much detail included, one might imagine it is comparable to attending a basic week-long training with Dr. Steven Greer.

<https://sirius-disclosure.myshopify.com/collections/training-programs/products/contact-training-program>

Apps

CE5 Contact app – An excellent compact training guide for CE-5, with tools that are useful in the field. And a great way to meet new people in your area who are interested in CE-5. Formerly two separate apps known as the ET Contact Tool and the ET Contact Network. Here: <http://siriusdisclosure.com/apps/>

Papers, Books, and eBooks

Papers: <https://siriusdisclosure.com/cseti-papers/>

Books: <https://sirius-disclosure.myshopify.com/collections/books>

E-books: <https://sirius-disclosure.myshopify.com/collections/ebooks>

Documentaries and Videos

Unacknowledged <https://siriusdisclosure.com/videos-on-demand/> Also Netflix and iTunes

Sirius <https://siriusdisclosure.com/videos-on-demand/>

Witness testimony, Sirius and other videos available at <https://www.youtube.com/SDisclosure/>

Close Encounters of the Fifth Kind: Contact, Consciousness and the Human Future – watch this film at <https://geni.us/CE5KPrime> or <https://geini.us/CE5K>

The Cosmic Hoax: An Exposé – a new important film for 2021 <https://www.ce5film.com/>

MP3s and CDs

<https://sirius-disclosure.myshopify.com/collections/mp3>

<https://sirius-disclosure.myshopify.com/collections/cds>

Expeditions and Trainings Booking Page

The best way to learn about upcoming trainings with Dr. Steven Greer is by signing up to the email list at the Sirius Disclosure website. New trainings are also updated on this page:

<https://sirius-disclosure.myshopify.com/collections/tickets>

Podcast – <https://ce5podcast.com/>

Of course, keep listening to the CE5 Podcast for CE5 stories and inspiration. The CE5 Podcast is an independent program produced by myself, Andre Cardoso. While I love and honor the work of Sirius Disclosure, the opinions expressed in the podcast and this PDF are not directly affiliated with Sirius Technology and Research LLC, CSETI or Dr. Steven M. Greer.

DETAILED EQUIPMENT LIST

If you want your equipment to be effective it is important to practice with it at night in advance. Coordinate with your group regarding specialized equipment. It is not necessary for everyone to have electronic gadgets, the main factor in CE-5 is a meditative state of mind and this is priority. Do NOT bring tarps or other materials that could blow in the wind or make a lot of noise at any time. Do NOT bring any drugs, alcohol, firearms or weapons to a CE-5 Contact event.

Essential items to bring for outdoor group meetings and fieldwork:

- Portable chairs –such as a foldable camping chair [these are comfortable and easy to carry] or a hard plastic chair, Ultraportable small-pack options are available from brands like Helinox. The best chairs are the “zero-gravity” chairs available at many hardware or camping stores, but they are big and bulky and only practical if you are driving.
- Appropriate clothing – suggested are sleeping bag or blanket, and [depending on expected weather] winter coat, hat, gloves, warm socks, long underwear, sweaters, polar fleece vest or jacket, rain poncho, high-top hiking boots or athletic shoes (thorn-proof). It is strongly suggested that no matter what you think the weather might be you should bring: 3 layers of long sleeved shirts, a warm vest, 2 sweaters and a winter jacket plus gloves and hat. Long underwear for under long pants and perhaps a shell to go over the long pants are also suggested. You may not need them but sitting out for hours at night under the stars can get very cold.
- Snacks and water. Simple items like fruit, granola or chocolate are nice options for snack foods.
- If the fieldwork site is remote from toilet facilities, you may want to bring toilet paper. If you do, please bring a small plastic bag to contain it after use.

Very Useful items for CE-5:

- Gear bag– to hold and transport equipment
- small LED light (red preferred) as opposed to a bright flashlight.
[note: you should try to minimize use of flashlights due to their effect on eyes and night vision]
- smartphone or tablet with the 'ET Contact Tool' application. Be sure to set your device to airplane mode.
- walkie-talkie or other radio transmitter for transmitting tones
- boombox for playing tones, and the CD with those tones. Phone with speakers, either direct connection or Bluetooth. to play the CSETI beeping fieldwork tones.

Additional items to bring (if possible, when appropriate, and if you have skills to operate):

- Satellite chart: At least one person in the group needs to bring a satellite chart as its important to know what satellites will be traversing the sky while the group is out, so an ET craft is not mistaken for a satellite or vice versa. One program for iPhone or iPad people have found useful is called Sky Guide, (by Fifth Star Labs). You put in your location and the dates, and it will give you the information about satellites during that time.
- notebook or audio recorder for keeping notes when in the field
- camera - photo or video camera with tripod. Sony A7 cameras are excellent for this work.
NO FLASH photography is to be allowed during fieldwork as this impairs night vision and also creates artifacts in photos which may look like anomalous activity but which will normally be inadmissible as photographic evidence of contact.
- binoculars (if you have them)
- compass or star chart for directional orientation
- high quality green laser pointer (to be used only sparingly by one member and not pointed at aircraft)
- night-vision equipment
- anything to assist in meditation (e.g. prayer bowl, chimes, sacred art, rattle, drum, etc.)

Optional items for measuring electrical anomalies, must be battery powered:

- Radio wave detectors (walkie-talkie of any type)
- Radar detectors (like you would use in a car to detect speed traps)
- Stormtrackers (Thunderbolt Pro recommended)
- Electromagnetic detectors (TriField meter recommended, with sound option).

GENERAL AGREEMENT FOR PARTICIPANTS

Thank you for registering for our CE-5 working group. The purpose of this working group is to make contact with Extraterrestrial Visitors in the spirit of Universal Peace and to thereby advance human civilization so that humans may become a positive, active part of Cosmic civilization. This is a serious group and may not be appropriate for everyone.

Below are listed fundamental principles that we expect everyone in this group to accept and adhere to. Thus we are clearly enumerating them. By choosing to participate in any CE-5 event organized by this working group, you signify your agreement to the following statements:

GENERAL PRINCIPLES:

1. I recognize that the ET Visitors are non-hostile and I welcome open contact with ALL ET civilizations. This expedition is a diplomatic initiative and we do not discriminate against any ET civilization or species.
2. I recognize that the fundamental coherence of our group is essential for contact.
3. I understand the basic CE-5 philosophy and cosmology and the use of consciousness to make contact with the ET Visitors.
4. I understand that the ETs are getting to Earth using extraordinary new energy technologies - forms of which have been reproduced by humans in classified projects.
5. I understand that this expedition may constitute a training for newer members and an on-going practice for people who are already familiar with the CE-5 protocols.
6. I will do my best to be well-acquainted with the CE-5 protocols prior to the start of the expedition by engaging with the recommended educational materials provided to me.
7. I understand that these listed agreements are important and binding.
8. I understand that, in order to maintain group cohesion and function, violation of the above principles and policies may result in my being asked to leave the group/event.

If you agree with these statements, you are ready to participate in a CE-5 working group expedition. If you disagree, you may wish to pursue your interest in the ET visitors with a different group.

Please sign below and return this page to the group coordinator before the start of the expedition.

I, _____, have read, understand and agree with the above principles and realize their importance for the group coherence and effectiveness.

_____ (signature) _____ (date)

_____ (printed name)

GENERAL AGREEMENT FOR PARTICIPANTS

Thank you for registering for this CE-5 working group expedition. The purpose of this working group is to make contact with Extraterrestrial Visitors in the spirit of Universal Peace and to thereby advance human civilization so that humans may become a positive, active part of Cosmic civilization. This is a serious group and may not be appropriate for everyone.

Below are listed fundamental principles that we expect everyone in this group to accept and adhere to. Thus we are clearly enumerating them. By choosing to participate in this and any event organized by this working group, you signify your agreement to the following statements:

GENERAL PRINCIPLES:

1. I recognize that the ET Visitors are non-hostile and I welcome open contact with ALL ET civilizations. This expedition is a diplomatic initiative and we do not discriminate against any ET civilization or species.
2. I recognize that the fundamental coherence of our group is essential for contact.
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7. I understand that these listed agreements are important and binding.
8. I understand that, in order to maintain group cohesion and function, violation of the above principles and policies may result in my being asked to leave the expedition.

If you agree with these statements, you are ready to participate in this CE-5 working group expedition. If you disagree, you may wish to pursue your interest in the ET visitors with a different group.

Please check in with the group coordinator before the start of the expedition. By attending this expedition, you signify that you have read, understand and agree with all of the above principles and waive the need to personally sign this document.

QUESTIONNAIRE FOR PROSPECTIVE GROUP MEMBERS

The following questions must be answered and sent to the group coordinator in order for membership to be confirmed.

QUESTIONS: (Short answers will suffice.)

1. What is your contact information? [This is requested in order to keep in contact.]

Full name:

Telephone:

Preferred email:

City/Town of residence:

Any other details you would like to share (age, occupation, general interests, etc.):

2. Why do you wish to be involved in the CE-5 Initiative? What do you hope or intend to accomplish through CE-5 field experience?

3. What is your primary interest in extraterrestrial intelligent beings and UFOs? Why?

4. What do you feel is true or false about the present motives or intentions of extraterrestrial intelligence with reference to human beings and planet Earth?

5. What are your views on the different ET races?

6. What type of CE-5 training/study have you done, if any (and what books or materials do you have on the subject)?

7. Please describe any practices of silence, prayer and/or meditation you follow:

8. Do you believe you will be able to observe extended periods of silence, contemplation, and meditation during a CE-5 expedition?

9. If the intensity of the inner and outer work done at this training were to precipitate a high-level CE-5 encounter with extraterrestrial intelligent life, do you feel you would be able to deal with it, participate in the event, and maintain control?

10. Do you have any physical, mental or emotional conditions that may impact your involvement?

11. What role do you feel telepathy, remote viewing, precognition, dreams and other nonphysical experiences or events play in CE-5 work? What experiences or abilities do you have with these?

12. Please list any fears or concerns that might make CE-5 fieldwork difficult for you:

13. What specific skills and abilities would you bring to CE-5 work?

14. Comments:

Signature: _____

Date: _____

LOGISTICS & EQUIPMENT RECOMMENDATIONS

LOCATION & TRAVEL:

Our fieldwork expeditions normally take place at a private property in the open fields about 40 minutes west of town. The best way to get there is by car. Search for '345 Open Field Rd' in a map application to get detailed directions.

For regular group meetings, we meet at Happy Valley Inn and Restaurant located on 123 Main St, and occasionally at our group coordinators home at 555 Happy Valley Rd.

ACCOMMODATION:

If you need a place to stay nearby, the most affordable accommodation option nearby to our fieldwork site is Open Field Motel. The prices range from \$50 to \$150 a night. Prices may vary according to date and the list prices do not factor in discounts.

TENTATIVE SCHEDULE:

For this year, we plan to meet every first weekend of the month for a group social function on Friday, a possible group afternoon session on Saturday, and for a CE-5 fieldwork session on both Friday and Saturday nights. All times are approximate and may be subject to change. You will be notified of any changes beforehand. [Additional nights of fieldwork may occur if there is strong a desire to do so.]

Friday: Welcome meeting and group dinner 6-8pm. Evening fieldwork from 8pm-1am.

Saturday: Occasional afternoon meeting from 3pm-5pm, evening fieldwork 8pm-1am.

NOTE: You can, of course, skip out on any meetings or days that you aren't able to attend.

COME PREPARED:

Essential items to bring for outdoor group meetings and fieldwork:

- Portable chairs – either folding or hard plastic.
- Appropriate clothing – no matter the time of year or forecast, be prepared for rainy or cold conditions as well. You may want to bring a sleeping bag, blanket, or boots.
- Snacks and water.

Additional items to bring (if possible):

- small LED light (red preferred) as opposed to a bright flashlight which affects the eyes
- satellite chart, to rule out any errors in pointing out apparent satellites or ET craft
- notebook or audio recorder for keeping notes when in the field
- binoculars (if you have them)
- compass or star chart for directional orientation
- photo or video camera with tripod. NO FLASH photography allowed.
- radar detectors or Tri-Field electromagnetic detectors
- high quality green laser pointer (to be used only sparingly and not pointed at aircraft)
- smartphone or tablet with the 'ET Contact Tool' application
- boombox with CD for playing tones, or phone with Bluetooth speaker for the same
- walkie-talkie or other radio transmitter for transmitting tones
- night-vision equipment
- anything to assist in meditation (e.g. prayer bowl, chimes, sacred art, rattle, drum, etc.)

NOTE: Drug use will NOT be tolerated at this event. It is distracting and detrimental to group coherence. Also, a clear head is good for meditating and being receptive.

Do NOT bring any drugs, alcohol, firearms or weapons to CE-5 Contact events.