



Full "How To" Video on *The Pete N Rae Pathways Show*, a YouTube Channel

THE BASIC STEPS (CE-5 PROTOCOLS)

TERMS:

CE-5, Close Encounters of the Fifth Kind (Human *initiated* contact with nonhuman Beings)
HICE, Human Initiated Contact Experiences

NOTE: These steps can be followed by a solo person, indoors or outdoors, or by a group.

STEP 1: LOCATE/DESIGNATE AN APPROPRIATE SPOT FOR YOUR CE-5. Find a quiet and/or remote spot in your home, or outdoors. If outdoors, choose a remote spot, preferably away from city lights and with a full view of the night sky. CE-5 can be done during the day or at night. Night time is usually preferable, as sky viewing for starships, flashbulbs, or other anomalies is done before, during and after your protocols, and of course, easier to spot against a dark sky. If CE-5ing indoors; after your protocols, walk outside and look up into the sky if you feel compelled to do so. Sometimes, after a CE-5, you will see nothing in the sky, however instead, have an ET themed vivid dream or other experiences of the ethereal, spiritual, or benevolent high strangeness kind.

STEP 2: PREPARE YOURSELF FOR MEDITATION. At your designated spot, if in a group outdoors, place camp or lawn chairs in a circle and sit facing each other. If at night, be sure to wear warm clothes, and consider bringing a blanket or poncho. Have a flashlight handy for convenience and safety. Sit up in your chair with a straight spine as much as you are able when meditating. Preparations for your meditation can include breathing exercises, playing music, singing bowls, chanting, playing a prerecorded meditation, and other techniques. At this point, you may also state intentions as well or introduce yourselves to each other. (Most highly advanced nonhuman Beings are telepathic. They can also feel your intentions, so staying heart centered and sincere throughout **is key**).

STEP 3: MEDITATION, STATE INTENTIONS (OUTLOUD OR INWARDLY). Start your meditation. Meditate for at least 20 minutes. Use a guided meditation or meditate in silence. Remove all random thoughts and worries of the day and focus on a solo target; your heart chakra or 3rd eye. (the spot between your brows.) Use appropriate instrumental music if it helps you to go into a deeper meditation. Your thought should be centered on **one** thing, such as your heart chakra, love, peace, and calm, joy, happiness, or cosmic expansion in consciousness (by focusing on the 3rd eye chakra). The mood should be upbeat, happy, joyous, and peaceful.

STEP 4: FOCUS ON YOUR HEART CENTER. MENTALLY PROJECT YOUR PEACEFUL INTENTIONS AND INVITATION OUT INTO THE COSMOS. After your meditation, focus on the heart center. Mentally (or telepathically) project your intentions with friendship and love (such as asking the ETs to join you, or meet you half way in an effort to help heal the planet, humanity, or to help with spiritual self-development, understanding, universal peace, or even confirmation that they truly exist!.) You may also project your location if you wish. (Though not necessary, as they are telepathically advanced). After you have projected your intentions with sincerity, sit calmly, clear your mind of random thoughts or fears, and be open to receiving a telepathic message, visual responses, unusual or otherworldly sounds, or other mystic experiences or phenomena too varied in nature and type to list.

STEP 5: SCAN THE SKIES FOR ET CRAFTS OR VISUAL PHENOMENA. **BE OPEN TO POSSIBLE TELPATHIC COMMUNICATION**, or any other ET or nonhuman contact phenomena you may experience, even hours after your CE-5, or the next day. Repeat any of the above steps if you wish.

STEP 6: WRITE DOWN, OR JOURNAL YOUR EXPERIENCES. DEBRIEF! Of utmost importance, if you are holding a group CE-5, is the debriefing as the final step. It is highly recommended to hold a debriefing with the group right afterwards, either that evening, or first thing in the morning. This is a time of sharing. Oftentimes, when working with a group, you will find during your debriefing, that group members had unusual synchronicities or linked experiences, before, during, or after. The combined individual experiences between group members are like puzzle pieces... each and every person in the group is an important piece to the puzzle of the overall picture or experience, bringing clarity and understanding to your human initiated contact experiences (HICE).

TIPS:

- CE-5 Protocols do **not** include mind altering substances of any kind! This is to insure credibility of your experiences and sightings, as well as attracting only like-vibrational Beings of higher consciousness and higher realms of existence, including the very Spiritually advanced Beings. In addition, it is advisable to abstain from meat and/or heavy meals 1-3 days prior, and during CE-5 events. Heavy meals and meat tend to cause drowsiness, (you don't want to fall asleep during meditation) and also can lower your vibration, making it more difficult to achieve a calm, peaceful, and high state of consciousness and perception.
- After selecting a suitable area for your CE-5, it is advantageous to continue to use this same spot for subsequent CE-5s and meditations. This is because, as you are using this same area repeatedly, it retains the higher vibrations and positive energy of your meditations and ET contact efforts and experiences. So each time thereafter, by using the same spot, it becomes easier to instantly go into those deeper meditations and higher states of awareness. This higher energy place you have created, also magnetically attracts the highly advanced Beings or ETS.
- ABOUT FEAR: If ETs, or nonhuman Beings, feel (detect) that you are showing an overabundance of fear, then the experiences facilitated by them, may be pulled back a bit, such as leaving it at visual sightings from a distance. As you are "ready", so will you have the more profound or direct experiences. **TIP:** If you are feeling excess fear, immediately focus back on your heart chakra. The vibration of love, and an activated heart chakra, does not allow for fear to enter. There is only love, and empathic understanding.
- **You do NOT have to be an expert meditator to make ET Contact!** Many people, whom have never meditated, have had profound contact experiences. The CE-5 protocols include meditation because meditating raises your vibration (being present in higher states of awareness). It also instills calmness, removes fear, and helps you to develop telepathy, remote viewing, and empathic abilities. Meditation fine tunes your perception or senses *beyond* the external 5 senses (3D senses) of sight, smell, touch, hearing, and taste. Meditation brings you into a higher state of consciousness and awareness – which is where some very profound and amazing contact can take place!

For additional tips and details, watch the companion video to this handout on YouTube; The Pete N Rae Pathways Show: How to Make ET Contact using CE-5 Protocols

NOTES: