

CE 5 Protocol

by Steven Greer (and the CE-5 Copenhagen group)

(More information: <https://ce5cph.dk/onetone-front-page/ce5-contact-protocol/>)

Dr. Greer's method for initiating positive contacts with UFOs and ETs aims at building respectful mutual connections, where we, as diplomats and representatives of Earth's humanity, demonstrate a peaceful and open attitude, rather than considering them to be potential military adversaries or acting from the motive of egotistically commercially, profitably exploiting their more advanced technology.

MAKING CONTACT

Close encounters of the 5th kind = CE-5

– is recognized as human or ET initiated bilateral communication.

ACTIVITY IN THE SKY

When looking up at the sky, it is important to discern satellites, rockets and general air traffic from real UFO activity.

For Android, the app Heavens Above is a good tool.

For iOS, Sky Guide is a good option.

CE-5 SKYWATCH

Choose a location where you will not be disturbed and with minimal light pollution. The best time to do it is around dusk. A CE-5 Skywatch event usually lasts 4 hours at the location.

Take a deep breath and tap into feelings of love and peace. Imagine or say out loud that you invite the ETs to join your gathering and your wishes for making contact. Have intentions of respect towards them, rather than expecting entertainment. Ask them to come as close as possible while still being safe for them.

You can visualize a spacecraft in the sky and if you feel ready, landing in front of you to physically meet the ETs.

If this scenario is currently too much for you, just send thoughts of gratitude for their presence. They will show up in whatever form they prefer. You can also ask them the question "who are you?" and they will show you.

In preparing for contact, it is recommended to do an energy increase / group alignment before the official contact protocol. Do it how you see fit.

CE-5 Copenhagen suggests this method:

Light some incense, and do an energy chakra boosting on each participant. Then play the Puja in the app which is recorded by Dr. Steven Greer. End the energy increase / group alignment with each participant inhaling the aroma of rosemary oil. This fragrance will sharpen concentration during meditation.

The next step is to play the official contact protocol from the app. The contact meditation is around 30 min. long and after the meditation just sit quietly or walk around calmly and observe the sky. Feel the connection and be open to whatever happens.

Sometimes the connection occurs on a very personal level. Usually there are both internal and external experiences. There will often be sightings of small orbs, out-of-body experiences, physical sensations and other paranormal activity near you. This is a natural part of contact. Look out for massive spheres of white or coloured light orbs in the sky that moves and changes direction. Big flashes can occur both in the sky and on ground.

At the end of the CE-5 Skywatch, do a grounding exercise. CE-5 Copenhagen's suggestion is:

Stand in a circle and hold hands. Send thanks to the ETs and UFOs for joining the gathering. Imagine a bright light slowly descending from the top of your head going down through your body and through your feet into the ground. Imagine growing roots from the feet and connecting with nature and the physical earth. Eat some light snacks.

It is recommended to bring a portable speaker for the device playing the app, headlamps, camping chairs and laser pointers. Remember to never point these at airplanes, since it disturbs their view and safety.

Other electronic artifacts to bring can be recording devices such as cameras, night vision, Trifield Meter, audio recorders and more, so you can detect, record, and confirm subtle energies, interdimensional presence and tones around you.

MEDITATION

As daily meditation practice or to prepare oneself for the days up to a CE-5 Skywatch, you can listen to the meditations in the app. There are also free meditations, recorded by Dr. Steven Greer, which prepare you for inner and outer connection with star civilizations.

You can play the CE5-meditations at -
<https://ce5cph.dk/onetone-front-page/ce5-contact-protocol/>

ET CONTACT TOOL

Everyone who wants to learn how to make contact with the ETs and UFOs can use the official CE-5 Contact Protocol developed by Dr. Steven Greer.

The app for this is called ET Contact Tool. The price is around 85 Danish Kroner and is available for both Android and iOS. The link to buy it is:

<https://shop.siriusdisclosure.com/pages/ce5-contact-app>