

## Q: How can I communicate with ETs?

This question is arising more and more frequently from scientists, researchers and investigators who are convinced of the existence of intelligent extraterrestrial beings and who want to take the next step of communicating with them. Interestingly, even some experiencers who have had contact for years are asking how they can initiate contact, rather than having to wait for ETs to come knocking on their bedroom doors at night. And yet, despite the growing interest in the subject, this may still be the most controversial of all the forbidden questions.

### Why communicate with ETs?

Regardless of the many positive human-ET contact experiences that we hear about, negative contact events are also still being reported, and the human-ET contact phenomenon remains a risky business with no guaranteed safe harbor in sight. So, why would any intelligent, level-headed human being want to risk initiating contact with beings who seem capable of inflicting so much pain and unhappiness? If you ask scientists, investigators and explorers in any field why they step outside their warm, safe laboratories and libraries and venture out into the vast, mysterious unknown, they will tell you they do it to challenge themselves, to satisfy their curiosity and to expand the scope of human knowledge. Likewise, if you ask Ufologists and contact researchers why they want to meet and talk to ETs, you'll get similar answers. Boundless curiosity and a quest for knowledge are hallmarks of humanity, regardless of the field of endeavor.

Skeptics and non-believers can't imagine why anyone in their right mind would want to waste their time trying to communicate with beings who they believe (a) don't exist, (b) who, if they do exist, don't possess the technology to communicate with us, and (c) who, if they do exist and do possess the technology to communicate with us, will almost certainly be interested solely in conquering or destroying us. The great scientists of our day have come out and said as much. In their view, the smart money is on keeping our mouths shut and maintaining a low profile so as not to attract the attention of the more powerful, perhaps hostile, residents of the Universe. And they're not the only members of the human race who aren't eager to reach out and touch ET. Many experiencers who have suffered through negative, traumatic contact with alien beings can't comprehend why anyone would willingly open themselves up to such experiences.

Some researchers and experiencers believe that extraterrestrial beings are interacting with humans for purposes that are suspect, at best, and malicious at worst. They take as their evidence the many testimonies of individuals who have been abducted and subjected to abusive treatment by alien beings whose interest in humans extends only as far as it serves their own agendas. These individuals are not interested in how to communicate with ETs. Instead of opening the lines of communication, their desire is to keep them firmly closed.

At the same time, there are others who believe there is no such thing as negative human-ET contact, and that genuine ETs do not abduct or harm humans. Based on information they claim to have gleaned from military, governmental and certain ET sources, they say that what appear to be negative ET contact events are, in fact, hoaxes created and perpetrated by human organizations for political and militaristic purposes. Genuine ETs, they believe, desire communication with humans purely for the benefit of both parties.

### Don't call us – we'll call you

In the past, communication between ETs and humans has been either non-existent or a one-way street. There are, and have probably always been, individuals who possess the natural ability to communicate with alien beings, but they are rare. Some contactees/abductees who experience multiple and ongoing contact report that they can sense when ETs are nearby and contact is imminent; but even then, they have no input regarding the upcoming contact event nor any means of preventing it if they don't want it to happen. Historically, humanity has been at the mercy of ET agendas, or at least that has been our belief.

But in the past decade, researchers and experiencers have realized that this “don't call us, we'll call you” routine isn't the only paradigm that can exist in the realm of communication with beings from other worlds, and, consequently, they have developed methods that are changing human-ET communication radically. When one party only talks and the other party only listens, there is no communication, but when both parties talk and listen, in turn, communication happens. It seems that once human being reached out and created a level playing field, so to speak, with ETs, the game began to change. So how do we find that level playing field?

### Nuts-and-bolts = nuts-and-bolts

Sadly, after decades of formal, scientific investigation, Ufologists aren't any closer to a true understanding of the UFO/ET phenomenon and human-ET contact than when we began. Essentially, the nuts-and-bolts, standard scientific paradigm we have embraced all these years has not yielded the answers we seek. The big questions – are ETs really here, if so why, what are their intentions and when do they plan to disclose their presence – still remain unanswered. And while each of us may possess bits of the puzzle, the whole, unmitigated truth of the UFO/ET phenomenon has not yet been pieced together. The truth, the whole truth and nothing but the truth has yet to be discovered.

Historically, the organized UFO community has attempted to utilize scientific methods in an effort to provide undeniable proof of the existence of ETs, while conscientiously avoiding the other aspects of the phenomenon where the scientific method doesn't work: the uncharted, unquantifiable area of human-ET contact and consciousness. Understandably, it has been important to gain the respect of the scientific community and the general public by utilizing accepted investigative techniques and standards, and those should not be abandoned where they remain appropriate, but nuts-and-bolts research can produce only nuts-and-bolts answers, and as we near seven decades without answers to the big questions, I believe it's time to seek out other means that can, hopefully, explain what's going on between humanity and ETs, and guide us into the future.

## Consciousness

Human-ET contact has taken many forms throughout history, and human beings have played varying roles in that grand drama. While, typically, we have been relegated to the position of unwitting and ineffectual objects of alien manipulation, we are now finding another role to play based on a deeper understanding of consciousness – both our own and the ETs'. Humans are conscious beings and, based on their behavior and interactions with us, it appears that ETs are too. Forward-looking researchers and investigators believe it's time to expand our research and investigations into the realm of consciousness to include new approaches to human-ET communication.

### A reactive approach

Since the 1960s, mainstream Ufologists have utilized a system of rating UFO sightings based on a scale ranging from AN1 (anomalous behavior of an object) to CE5 (a close encounter with an object), with sub-classifications under each designed to scientifically and logically describe each type of sighting and, in rare cases, contact. Called the "Vallee Classification System, and formulated by Jacques Vallee, Ph.D. (based on an earlier system by J. Allen Hynek), it is based on a paradigm of ET-initiated contact in which human investigators observe and report, in most cases with no insight or interaction. While it is still the system most commonly used by UFO investigators today, by its nature, it precludes a full understanding of contact and relegates humans to the role of passive observers and reporters.

### A proactive approach

Three decades after J. Allen Hynek and Jacques Vallee created their systems, Dr. Steven Greer introduced the CE-5 Initiative, updating the Vallee Classification System's CE-5 to express a category of close encounters with ETs characterized not by passive observation, but by human-initiated conscious communication. Based on overwhelming evidence of ET presence on Earth and human contact, the CE-5 Initiative posits that as the relationship between ETs and humans matures, it will require a more proactive outreach by both humans and ETs, and asserts that instead of passively waiting around for ETs to contact us, humans can and should step up and actively reach out to communicate with other beings who desire communication with us.

### A level playing field

As conscious beings, all our thoughts and actions are informed by our consciousness, and that aspect of ourselves cannot be separated from our actions. So it is with everything we say and do, including our experiences with ETs. Human-ET contact is not only a matter of physical action, but also a matter of consciousness. We may be radically different from them in most ways, but if the ETs who seek communication with us are conscious beings like we are, then consciousness appears to be a level field upon which communication can happen. And even better, it doesn't require building space ships, learning how to navigate the galaxy or figuring out how many peanut butter and jelly sandwiches it will take to get us from here to Zeta Reticuli and back.

### How to find the level playing field

The desired outcome or goal of any communication is understanding. Whether we seek to communicate with ETs or the people next door, the process doesn't just happen; it requires initial and continuing effort. Some humans have the ability to communicate with ETs and do it naturally, but the rest of us will probably need some help getting started and much guidance along the way. Certain types of meditation, remote viewing and focused consciousness exercises have been found to be effective. If you want to give them a try, Steven Greer, Lyssa Royal-Holt and other contact researchers provide protocols and exercises. Communication with ETs may not be easy, for a number of physical, mental and technological reasons. It's a big Universe, and even if we are able to bridge its vastness with the power of our magnificent minds, it is going to require a willingness to embrace a new way of thinking about ourselves, ETs, consciousness and the act of communication as well. But it can be done and is being done by individuals and groups all around the world now.

### The bridge

Altered state and deep meditation protocols have been studied in human-initiated ET communication and higher consciousness research for many years. Unlike abduction events in which ETs are in charge, this type of research highlights the importance of the human being's role in contact events, and increases our understanding of the function of the human mind and consciousness as a bridge in human-ET communication. Meditation techniques such as Yoga Nidra and brainwave entrainment have been found helpful, when practiced correctly and perfected. The book, "Preparing for Contact: A Metamorphosis of Consciousness" by Lyssa Royal-Holt specifically discusses the importance of the Theta brainwave level in human-ET communication, and the CE-5 Initiative contact protocols place an emphasis on brainwaves in the process of human-initiated contact with ETs.

All religious stories and texts tell of humans who saw, spoke to and received messages and guidance from other-worldly beings in prayer, dreams and other altered states of consciousness. Obviously, consciousness is the bridge that has connected humans to other beings, including ETs, throughout human history, and can continue to do so.

Are there certain ETs we might not want to communicate with? Possibly. Are there certain human beings that ETs might not want to communicate with? Possibly. Clear and deliberate communication with ETs will require a level of maturity, trust and, yes, a measure of risk, but no more risk than we can handle when we truly understand how to communicate with other conscious beings as equals.

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