

## **Q: How can I communicate with ETs?**

This question is arising more and more frequently from scientists, researchers and people in all walks of life who are convinced of the existence of extraterrestrial life and want to take the next step of communicating with who or whatever they are. Interestingly, even some experiencers who have been in touch with alien beings for years are now asking how they can initiate contact, rather than continuing to wait for ETs to come knocking on their doors. And yet, despite the growing interest, 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 we hear about, negative contact events are still 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 person want to risk initiating contact with alien beings?

Skeptics and non-believers can't imagine why anyone in their right mind would want to waste time trying to communicate with beings who (a) probably don't exist, (b) if they do exist, probably don't possess technology advanced enough to get here, and (c) if they do exist and are able to get here, will only be interested in destroying or enslaving humanity. 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 to avoid attracting the attention of the more powerful, possibly hostile, residents of the galaxy. And they're not the only members of the human race who aren't exactly eager to reach out and touch ETs. Many experiencers who have suffered through negative, traumatic contact with alien beings cannot comprehend why anyone would willingly expose himself to such experiences.

But if you ask scientists, investigators and explorers in any field of endeavor why they venture outside their safe, warm laboratories and libraries into the vast, mysterious unknown, they will tell you they do it to satisfy their curiosity and expand the scope of human knowledge.

If you ask Ufologists and contact researchers why they want to talk to ETs, you'll get the same answers. Boundless curiosity and a thirst for knowledge are hallmarks of the human race.

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. Those individuals are not interested in learning how to communicate with ETs. Instead of opening the lines of communication, they want to keep them firmly and permanently closed.

At the same time, other people 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 get from military, government and even certain ET sources, they believe negative ET contact events are really hoaxes perpetrated by human groups for political and militaristic purposes. Genuine ETs, they say, desire

communication with humans purely for the benefit of both parties and are open to human efforts to connect with them.

### **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 call. There have probably always been humans possessed of a natural ability to communicate with alien beings, but they are rare. Some contactees/abductees who experience multiple and on-going contact report that they can sense when ETs are nearby and contact is imminent, but 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's what we thought.

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 exists in the realm of communication with beings from other worlds, and 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 we reached out and began to create a level playing field with ETs, the game began to change. So how do we find that level playing field?

### **Nuts and bolts = only 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 and if so, why, what are their intentions and when do they plan to disclose their presence - still remain unanswered. Historically, the organized UFO community has utilized scientific methods in an effort to provide undeniable physical proof of the existence of an extraterrestrial presence on Earth, while conscientiously avoiding the other aspect of the phenomenon where those methods don't work - the uncharted, unquantifiable realm of contact and consciousness. Until we figure out how to navigate that realm, each of us may possess bits of the puzzle, but the whole, unmitigated truth of the UFO/ET phenomenon will remain hidden.

### **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 ours and theirs. Humans are conscious beings and, based on their behavior and interactions with us, it appears that some extraterrestrial beings are too. Forward-looking researchers and investigators believe it's time to expand our investigations into the realm of consciousness and a new approach to human-ET communication.

On March 22, 1996, Adrian Dvir received the following remarkable message from the alien medical team that he had been working with:

*“Life - the development of complex biological systems that reproduce themselves - is the most wondrous occurrence in the universe. An additional, wondrous event occurring in the universe is the development of consciousness - that is, the conscious being.” Adrian Dvir*

### **A reactive approach**

Since the 1960s, mainstream Ufologists have utilized a formal system created by Jacques Vallée, based on an earlier system by J. Allen Hynek, to describe and categorize UFO sightings. The system consists of letters and numbers from AN1 (anomalous behavior of an object) to CE5 (a close encounter with an object). While still the method most commonly used by UFO investigators, by its nature it is an observational system based on a paradigm of ET-initiated contact that relegates humans to the role of passive observers.

### **A proactive approach**

Three decades after J. Allen Hynek and Jacques Vallée created their systems, Dr. Steven Greer updated them to express a category of close encounters characterized not by passive observation, but by human-initiated communication. Based on overwhelming evidence of extraterrestrial presence on Earth, the CE-5 Initiative promotes a new paradigm, proposing that as contact between ETs and humans matures, the relationship will require a more proactive outreach by both humans and ETs, and asserts that instead of passively waiting, humans can actively reach out to other beings who desire communication.

### **A level playing field**

Human-ET contact is not only a matter of physical action, but also a matter of consciousness. As conscious beings, all our thoughts and actions are informed by our consciousness, and those aspects of ourselves cannot be separated from each other. So it is with everything we say and do, including our experiences with extraterrestrial beings. We may be radically different from them in most ways, but if the ETs who seek communication with humans are conscious beings like we are, then consciousness appears to be a level field upon which an exchange of ideas and information can take place.

*“If we want to begin to function on [the extraterrestrials'] level, we have to begin to BE on their level . . . if a big part of their existence is in the realm of nonlocal mind - consciousness - then we have to begin to look at that.” Steven Greer*

And even better, consciousness doesn't require constructing spaceships, learning how to navigate the galaxy or calculating how many peanut butter and jelly sandwiches it will take to get from Earth 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 magically happen - it requires initial and continuing effort. Some humans possess the ability to communicate with ETs and do it naturally, but the rest of us will probably need some help getting started and 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 for use by individuals or groups.

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, to achieve success will require concerted effort and a willingness to embrace a new way of thinking about ourselves, ETs and the act of communication itself. But it can be done, and is being done now by individuals and groups all around the world.

### **The bridge**

Altered state and deep meditation protocols have been studied in human-initiated communication with otherworldly beings and higher consciousness research for some time. Unlike contact events in which ETs are in charge, this type of research highlights the importance of the human being's role and increases our understanding of the function of the human mind as a bridge in human-ET communication.

Meditation techniques such as Yoga Nidra and brainwave entrainment have proved helpful when practiced correctly and perfected. The CE-5 Initiative contact protocols place an emphasis on brainwaves in the process of human-initiated contact with ETs. One experiencer described her first, life-changing CE-5 contact experience like this:

*"A few years ago I had my first real conscious communication with ETs. Until then I had no real memories of contact but I knew a lot about it and was open-minded about it. When it first happened I was doing a guided session with a group of people to see if we could communicate with ETs. It was the last meditation of the evening and I was in a deep focused state when I opened my eyes and saw a glowing being a few feet in front of me floating just above some nearby scrub bushes. It was morphing into and out of different shapes and colors sorta like a kaleidoscope and I watched it, trying to figure out what was happening. After what was probably just a couple of minutes, it sort of folded in on itself and disappeared. I didn't know what it was but I knew it wasn't just in my mind. No one else in the group mentioned seeing it, so I didn't say anything, but I knew something special had happened. The next day I described it to the group leader and he told me that most likely I had received a personal message from an extraterrestrial entity and that if I was open to it, there would probably be more. Within the next few weeks there were more things that happened and every time they did it was just as I was going into or coming out of either sleep or meditation. As I researched communication with ETs, I found that it was all happening at or near the same brain wave level, the Theta level. So now when I want to communicate with ETs or other beings, I take my consciousness to that level and it's almost like they're waiting there for me." FG*

All religious texts and stories tell of human beings who saw, spoke to and received messages and guidance from otherworldly beings through prayer, meditation, 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? Probably. Are there certain ETs who might not want to communicate with us? Most likely. Communication with beings from other worlds will require maturity, trust and yes, a measure of risk. Humanity as a whole isn't ready to take that risk yet, but some individuals are, and others will be as time goes on.

We still have a long way to go to a full understanding of consciousness. But I think it's like driving a car - you don't need to fully understand how it works in order to use it, you just need to use it wisely.

*"I don't believe that consciousness is generated  
by the brain. I believe that the brain is more of a  
receiver of consciousness."*

*Graham Hancock*

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Jacques F. Vallée – venture capitalist, computer scientist, author, Ufologist and former astronomer, co-creator of the Scale of UFO Classification. [www.jaquesvallee.net](http://www.jaquesvallee.net).

Joseph Allen Hynek (1920-1986) – astronomer, professor and Ufologist, best known for his work on Project Blue Book and the Scale of UFO Classification.

Steven Macon Greer, M.D. – retired medical doctor, Ufologist, founder of the Center for the Study of Extraterrestrial Intelligence (CSETI), the CE-5 Initiative and the Disclosure Project.

Lyssa Royal-Holt – contact researcher, seminar leader, author. [www.lyssaroyal.net](http://www.lyssaroyal.net).

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