# Advice for Close Encounters-5 Practitioners

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The Close Encounters-5 (CE-5) protocol or “human to alien contact process” uses meditation as a baseline skill to accomplish the communication. As a seasoned Buddhist monastic, I have good experience with preparatory things to not do while getting ready for a serious meditation session. Since many CE-5 group events are scheduled events, I tend to look at them like little mini-meditation retreats.

Prepping for a meditation event should start 48 to 72 hours prior to the event. This preparatory work is mostly related to food and beverage intake. At least 48 hours in advance of a retreat meditation session, cut most, if not all, intake of alcoholic beverages, caffeinated drinks and soda pop. Alcohol is a depressant, Caffeine is a stimulant. And soda is gassy. These beverages have an impact on meditative practice.

Now let’s put some wisdom on the table about this. A cup of coffee in the morning is one thing, and so is a small glass of table wine with dinner. But multiple cups of coffee at work followed by super-sized, high-sugar, high-caffeinated soda is another. Nothing impacts meditation worse than caffeine jitters or soda-induced gas movement within the body.

Experience has taught us that certain foods aren’t conducive to good meditative practice, either. Cauliflower, onions and garlic can cause gassy responses that are unsettling in meditation, if not noisy. Spicy sausage, pepperoni and pizza are certainly not advised during the same day of an evening meditative CE-5 event.

On the day of a CE-5 event, give yourself plenty of time for a leisurely drive to the event. Arrive early, then give yourself a chance to “cool down” after the agitations from highway driving. Take a settling walk at the CE-5 site and relax.

It’s also important NOT to engage in any recreational drugs or alcohol prior to meditation. You are only setting yourself up for failure or at least a seriously diminished experience. CE-5 protocols forbid such practices at the events.

While we’re on the subject of mind-altering substances, they have no place in the meditative experience. Anyone who tells you that some substance will enhance your meditative experience is lying to you.

The objective at a CE-5 event is to quiet your mind and shift your consciousness in such a way that your reality is expanded and you establish a common ground where it’s possible to consciously communicate with extraterrestrials.

As one of my teachers once put it, “While you’re in a meditative state, take a step toward the sky dancers and they’ll take two steps toward you.”

Best of luck with your next meditation and your next CE-5 effort.[snt]

If you have a UFO sighting to report, use one of the two national database services: [NUFORC.org](http://NUFORC.org) or [MUFON.com](http://MUFON.com). Both services respect confidentiality.

Breakhead: On The Road

Cheryl’s future speaking engagements include:

Feb. 8, 7 p.m.: Liverpool Public Library, 310 Tulip St, Liverpool, N.Y.blog

Feb. 14-18: International UFO Congress, 10438 N. Fort McDowell Road, Scottsdale, Ariz. [ufocongress.com](http://ufocongress.com).