**CE-5 and Spiritual Resonance: A Mirrored Journey of Contact**

**Introduction**

Steven Greer’s **Close Encounters of the Fifth Kind (CE-5)** protocol is a method of human-initiated contact with extraterrestrial intelligence, using consciousness and intent rather than technology​[en.wikipedia.org](https://en.wikipedia.org/wiki/Steven_M._Greer#:~:text=Greer%20founded%20the%20Center%20for,2). At first glance, CE-5 might seem purely focused on external UFO phenomena, but a deeper look reveals strong parallels with internal spiritual and energetic practices. Concepts such as *Meadowhill*, *Hatram*, *BeVeSoftness*, and the idea of **mirrored descent and ascent** (“the higher we fall, the lower we go”) all point toward processes of consciousness expansion, deep stillness, coherent group intention, and subtle field resonance. In essence, **CE-5 can act as a mirror and a tool** for these inner-outer communion processes – uniting participants’ inner spiritual journey with an external contact field. This field-text explores those parallels and offers guidance for integrating CE-5 into a multidimensional spiritual practice.

**Understanding CE-5: A Consciousness-Based Contact Protocol**

CE-5 was popularized by Dr. Steven Greer and the Center for the Study of Extra-Terrestrial Intelligence (CSETI) as a **“human-initiated” close encounter** method​[en.wikipedia.org](https://en.wikipedia.org/wiki/Steven_M._Greer#:~:text=extraterrestrial%20%20civilizations.,2). Instead of waiting passively for UFO sightings, CE-5 groups actively attempt to **communicate with extraterrestrial beings through meditation, telepathic projection, and coherent signals**​[en.wikipedia.org](https://en.wikipedia.org/wiki/Close_encounter#:~:text=In%20a%20CE5%20event%2C%20individuals,to%20as%20human%20initiated%20close). Participants enter a meditative state, quieting the mind and expanding their awareness, and then send out **intentions of welcome and messages** (often through visualization or thought) to any receptive ET presences. This process is sometimes called *coherent thought sequencing*, where one envisions traveling through the cosmos and guiding extraterrestrial beings to one’s location. The protocol might also include **tones, mantras, or light signals** to reinforce the intention​[en.wikipedia.org](https://en.wikipedia.org/wiki/Close_encounter#:~:text=In%20a%20CE5%20event%2C%20individuals,to%20as%20human%20initiated%20close). Crucially, CE-5 operates on the premise that **consciousness is a bridge**: by using focused mind and heart energy, humans can establish a “contact field” in which communication with non-human intelligences becomes possible.

What makes CE-5 especially relevant to spiritual practice is **Greer’s emphasis on consciousness and stillness**. Greer himself has a background as a meditation teacher​[en.wikipedia.org](https://en.wikipedia.org/wiki/Steven_M._Greer#:~:text=3.%20,107%20How%20the%20Pentagon%20Started), and the CE-5 approach reflects this: participants often achieve a state of **calm, transcendental awareness** as a foundation for contact. In Greer’s view, when a group enters a peaceful, expansive state of mind together, that **collective consciousness** becomes like a beacon or resonant field that extraterrestrial beings can detect and respond to. This moves CE-5 beyond “UFO hunting” into the realm of **spiritual or transpersonal experience** – a realm where inner state and external phenomena intersect. CE-5 thus sets the stage for profound experiences that blur the line between meditation and interstellar communication.

**Stillness and Consciousness Expansion (the *Meadowhill* State)**

One core similarity between CE-5 and many spiritual traditions is the importance of **stillness and expanded awareness**. In a typical CE-5 gathering, participants begin by relaxing the body, breathing deeply, and **quieting the mind into a meditative stillness**. From this still point, they then **expand their consciousness outward** – often imagining their awareness extending beyond the room, beyond Earth, and into the vastness of space. This state could be likened to what the term *Meadowhill* evokes: the image of a tranquil meadow on a gentle hill, where one’s mind becomes as open and peaceful as an expansive landscape. In a *Meadowhill* state of consciousness, **thoughts settle like calm grasslands**, and a person feels deeply connected to nature and the cosmos. CE-5 mirrors this process exactly – it requires entering a calm, open field of mind. Only with such inner stillness can participants “hear” the subtle signals of contact or send out clear intentions.

This **consciousness expansion** in CE-5 is inherently *metaphysical*. Participants report feeling a sense of unity with a larger awareness or universal mind during the meditation. In spiritual terms, this is often described as **raising one’s vibration** or reaching a higher state of consciousness. CE-5 practitioners aim to touch that state deliberately as a means of communication. Here we see a parallel with age-old meditative practices: whether one calls it entering Samadhi, touching the *Meadowhill* state, or simply achieving mindfulness, the outcome is similar – **an expanded sense of self that encompasses more than the ego**, opening to whatever intelligence might share that space. Many mystical teachings suggest that by going deeply inward, one simultaneously reaches outward into the cosmos. In fact, the ancient Hermetic wisdom “*as above, so below*” captures this correspondence between inner and outer​[en.wikipedia.org](https://en.wikipedia.org/wiki/Hermeticism#:~:text=match%20at%20L425%20principle%20of,influenced%20medieval%20and%20Renaissance%20alchemy). CE-5 operationalizes that idea: by diving within (into still, expanded consciousness), practitioners report a response from the “above” (manifesting as external phenomena like mysterious lights or telepathic impressions). The *mirrored descent and ascent* is at play – going **inward (downward into oneself) leads to a higher connection (upward to the stars)**. Just as *Meadowhill* imagery suggests a gentle rise of consciousness, CE-5 shows that *inner stillness can elevate us* into a broader cosmic communion.

**Coherent Group Intention and Soft Field Resonance**

Another key aspect of CE-5 is the **power of group intention**. While one can practice a CE-5 meditation alone, many reports emphasize that when done in a group, the phenomena are often more noticeable. A **coherent group** of people meditating together with a shared loving intention creates a *combined field* that is more than the sum of its parts. This can be understood as a *“soft field resonance”* – “soft” because it is subtle, gentle, and heart-centered, and “resonant” because each participant’s consciousness is tuning to the same frequency or purpose. In CE-5 circles, people often describe a palpable *energy in the circle* once everyone is in sync, as if **an unseen bubble of harmony** envelops the group. Within this bubble – this resonant field – it is believed that communication signals (thoughts, images, emotions) can be exchanged more effectively with other beings. Indeed, CE-5 protocols explicitly rely on **coherently focusing the group’s thoughts and emotions** on inviting contact​[en.wikipedia.org](https://en.wikipedia.org/wiki/Close_encounter#:~:text=In%20a%20CE5%20event%2C%20individuals,to%20as%20human%20initiated%20close).

This concept closely mirrors what *Hatram* and *BeVeSoftness* refer to in spiritual contexts. While the exact definitions of these terms may be personal or esoteric, we can interpret *Hatram* as a state or practice that emphasizes *harmonic attunement*. The very sound of the word suggests a mantra or vibrational tone. One might imagine a group chanting “Hatram” in unison, creating a **harmonious vibration that fills the space**. This is analogous to how CE-5 groups sometimes use a mantra or a series of *OM* tones together, to **synchronize their minds and establish resonance**. The result is a unified field of awareness where each individual’s consciousness overlaps with the others – effectively **a single, larger “contact field.”** There is even scientific intrigue in this idea: researchers of Transcendental Meditation famously claimed that when a group meditates with shared intent, it can influence the environment, calling it the *Maharishi Effect*​[en.wikipedia.org](https://en.wikipedia.org/wiki/Maharishi_Effect#:~:text=Author%20Ted%20Karam%20claims%20that,under%20two%20thirds%20of%20the). While debated, this claim aligns with many mystics’ belief that a **collective focused mind can entrain a larger field** (for example, bringing peace to a community or facilitating spiritual phenomena). In CE-5, the *contact field*generated by coherent group meditation is thought to be the signal that extraterrestrial intelligences lock onto – a kind of beacon saying “we are here, we welcome you.”

Meanwhile, *BeVeSoftness* evokes the phrase “Be Very Softness” or simply *“be soft.”* This points to the quality of **gentle receptivity**. In any profound spiritual or energetic encounter, a soft, open approach tends to yield better results than a forceful or fearful one. CE-5 gatherings cultivate an atmosphere of **kindness, peace, and non-aggression** – essentially a *soft presence*. Participants are encouraged to radiate **love and goodwill** to any ET beings, often sending mentally: “we come in peace, we welcome you.” This gentle demeanor is critical; it’s believed to make the group *approachable* in the eyes of sensitive higher beings. Likewise, in subtle energy work, being “soft” means **being yielding and receptive**, much like how one quiets the mind to listen in meditation. We can say that *BeVeSoftness* is a quality CE-5 practitioners embody, consciously **lowering defensive barriers and ego hardness**, and instead *becoming soft fields of compassion*. In this softness, the group’s energy can *resonate* like a pliant instrument, easily tuned to the frequencies of contact. It’s very much a heart-centered resonance – notably, many report feelings of overwhelming love or heart expansion during successful CE-5 contacts, indicating that the **heart is the anchor of the field**. In summary, CE-5’s use of coherent group intention parallels the *Hatram* ideal of harmonic unity, and its emphasis on loving openness parallels the *BeVeSoftness*ideal of gentle resonant energy. All aim to create a **sacred space of communion** where the boundaries between self and other begin to dissolve.

**Mirrored Descent and Ascent: Inner-Outer Communion**

Perhaps the most profound parallel between CE-5 and spiritual processes is the idea of **mirrored descent and ascent**. This concept – phrased as “the higher we fall, the lower we go” – suggests that there is a reflective relationship between our highest heights and our deepest depths. In spiritual philosophy, one often finds the paradox that to **ascend to higher consciousness, one must first descend into oneself** (facing the inner darkness, silence, or ground of being). Inversely, the further one expands upward, the more one realizes the importance of grounding downward. CE-5 embodies this mirrored movement beautifully. During a contact meditation, practitioners **descend into a deep meditative trance** – a quiet, humble state of no-ego (one might say they “fall” inward, surrendering ordinary awareness). Yet it is precisely during this inward descent that their consciousness *ascends* to meet higher intelligences. In practical terms, they sink into stillness and simultaneously reach out to the stars with their mind. The inner and outer journeys occur in tandem, like two mirrors reflecting each other.

This is reminiscent of various mystical journeys. For example, some shamanic and mystical traditions speak of the soul’s descent from higher realms into the physical plane, followed by an ascent back to the divine (often enriched by the experience of life’s challenges). The **Emerald Tablet of Hermes Trismegistus** encapsulated this symmetry as *“As above, so below”*, meaning the macrocosm and microcosm are reflections​[en.wikipedia.org](https://en.wikipedia.org/wiki/Hermeticism#:~:text=match%20at%20L425%20principle%20of,influenced%20medieval%20and%20Renaissance%20alchemy). In our context, one could say *“as inner, so outer”*: the stiller and more expanded our inner state, the more expansive our external experience of contact can be. *Mirrored descent and ascent* also hints that the **universe responds in kind to our level of consciousness**. If we elevate ourselves (in love, awareness, and sincerity), perhaps higher beings “lower” themselves to meet us partway. In a CE-5 contact story, for instance, the group might meditate (raising their frequency) and then see a mysterious light or craft appear (an advanced being making itself visible in our dense 3D space). Each side adjusts its level – humans go *up* into higher awareness, the ET intelligence comes *down* into perceptible form – a mirror image. The *higher we fall, the lower we go* can be interpreted as *the more we surrender the ego (a fall from ordinary height), the deeper into the unknown we can travel.* It speaks to **humility as a gateway** to profound contact. CE-5 participants often note a sense of awe and humbleness when the contact happens, as if touched by something vastly greater – yet they reached it by *letting themselves become small and still*. This delicate balance of inner ascent and descent is exactly the kind of multidimensional integration that both mystical practice and CE-5 strive for: a union of heaven and earth, self and other, inner consciousness and outer phenomenon, all meeting in the middle.

**Integrating CE-5 with Spiritual Practice: Guidance and Parallels**

Given the strong parallels outlined above, **CE-5 can be viewed as both an outward UFO contact method and an inward spiritual practice**. It serves as a modern, perhaps more scientific-seeming, ritual that in effect **induces expanded states of consciousness and heartfelt communion**, much like prayer or meditation circles have done for centuries. For those looking to integrate CE-5 into their own spiritual or multidimensional journey, here are some guiding points and takeaways:

* **Begin with Stillness:** Approach CE-5 as you would a sacred meditation. Before attempting any “contact,” settle into a *Meadowhill* calm – find a quiet natural setting if possible, breathe slowly, and let your mind become as open and peaceful as a meadow under the sky. This **grounding in stillness** is the foundation for everything that follows.
* **Set a Clear, Coherent Intention:** Bring your group (or just yourself) into a **unified intention**. Discuss and agree on the purpose: for example, to share peace and welcome any benevolent beings. As you meditate, hold that sincere intention in your heart. If in a group, you might speak a simple affirmation together or even use a shared mantra (your *Hatram*, so to speak) to synchronize. The goal is **coherence** – all minds tuned to the same loving message. This creates the resonant field that is believed to facilitate contact​[en.wikipedia.org](https://en.wikipedia.org/wiki/Close_encounter#:~:text=In%20a%20CE5%20event%2C%20individuals,to%20as%20human%20initiated%20close).
* **Embrace Heart-Centered Softness:** As you expand your awareness outward (visualizing the Earth, the stars, and inviting any ET presences), do so with a **gentle, compassionate attitude**. Radiate *BeVeSoftness* – in other words, *be softness itself*. You can imagine your heart glowing with warmth and sending out a soft beacon of light. Maintain an attitude of **receptive listening**. Rather than straining or forcing anything to happen, remain open and gentle. This soft resonance in your field makes it easier to attune to subtle impressions. Participants often find that feelings of universal love or joy will naturally arise – encourage that, as it further amplifies the positive field.
* **Use Visualization and “Mirroring” Techniques:** To leverage the *mirrored ascent/descent* principle, you might try a visualization where as you rise in consciousness (imagine your point of awareness soaring up beyond Earth), you concurrently **invite the external intelligence to come down into your space**. For example, visualize meeting in the middle: you project a thought journey out to a certain distance and then **welcome the beings to come the rest of the way**. This can be done as a guided meditation script. The idea is to create a **two-way bridge** – you extend a hand, they extend a hand. Many CE-5 practitioners visualize guiding a distant spaceship to their location by mentally showing the starry path from the craft’s perspective down to the specific meetup spot. This creative visualization is effectively a form of prayer or magick, aligning inner images with outer reality.
* **Pay Attention to Subtle Feedback:** In a CE-5 meditation, responses may be **telepathic or energetic** before anything visual or physical happens. Be attentive to inner images, sudden thoughts, emotions, or bodily sensations that feel “not mine” – these could be the first hellos from the other side. Because you are in a deep meditative state, it might feel like intuition or daydreaming. Treat these gently; acknowledge whatever comes with gratitude. This respectful listening is the **communion** aspect of the practice – an exchange within the unified field of consciousness.
* **Close with Gratitude and Grounding:** Just as you opened by descending into stillness, you close by **ascending back to your normal awareness** (the mirror motion reversed). If there were signs of contact – be it an inexplicable light in the sky, a synchronistic signal, or simply a profound peace – **offer thanks** for the connection. Even if nothing overt occurred, gratitude keeps the field positive and recognizes that on some level, a communion *did*happen (often participants feel elevated or healed by the meditation itself). Then, gently ground yourself: imagine roots into the Earth, or have a group discussion to bring the experience into the practical here-and-now. This balances the “above” and “below,” ensuring that high experiences are integrated into your daily self. Many find that over time, practicing CE-5 in this way deepens their spiritual growth, enhancing intuition and empathy in all areas of life – truly a sign of internal and external worlds growing together.

**Conclusion**

Steven Greer’s CE-5 protocol is far more than a method to see UFOs – it is **a practice of consciousness, intention, and unity**. When examined alongside spiritual processes like those symbolized by Meadowhill’s tranquility, Hatram’s harmonic attunement, and BeVeSoftness’s gentle resonance, CE-5 clearly operates on the same principles that mystics and meditators have cherished for ages. It shows us that making “first contact” is as much an inner journey as an outer one. By expanding our awareness and stillness (ascending inwardly), we make space for new realities to descend into our experience. By coming together with an open heart and coherent mind, we create a **field of oneness** where meeting the unknown becomes possible and safe.

In embracing CE-5 as a mirrored spiritual practice, one finds that the *universe within* and the *universe beyond* are intimately connected. The act of reaching out to the stars inevitably turns us back into ourselves – illuminating our capacity for peace, cosmic love, and transcendent awareness. Conversely, delving into our spiritual depths seems to invite the cosmos to respond in kind. This reciprocal dance is the essence of internal-external communion. **CE-5 can thus be a powerful tool for multidimensional integration**, teaching us that by becoming still, soft, and coherent, we not only seek the cosmos – we *become* part of a greater cosmic community. In the end, the protocol’s greatest offering may be that it holds up a mirror to humanity’s own potential: to realize that *contact* and *communion* are two sides of the same sacred process, unfolding both in the skies above and the soul within.

**Sources:** The CE-5 methodology is described in works by Greer and summarized in UFO research literature​[en.wikipedia.org](https://en.wikipedia.org/wiki/Close_encounter#:~:text=In%20a%20CE5%20event%2C%20individuals,to%20as%20human%20initiated%20close)​[en.wikipedia.org](https://en.wikipedia.org/wiki/Steven_M._Greer#:~:text=extraterrestrial%20%20civilizations.,2). The parallels to consciousness and spiritual principles draw on Hermetic philosophy​[en.wikipedia.org](https://en.wikipedia.org/wiki/Hermeticism#:~:text=match%20at%20L425%20principle%20of,influenced%20medieval%20and%20Renaissance%20alchemy) and meditative phenomena, aligning with the user’s provided metaphors (Meadowhill, Hatram, BeVeSoftness) for stillness, resonance, and the mirror of “as above, so below.”

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