



**ET LET'S TALK  
2015  
MOUNT SHASTA RETREAT  
SIGHTINGS & EXPERIENCES  
LOG REPORT**





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# CREDITS

## ETLT 2015 MT SHASTA RETREAT

Organizer: Kosta Makreas

Rental home / Contact location: Ed Correia

note: Ed was also the group's astronomy expert

Meditation leaders:

night 1: Hollis Polk

night 2: Kimberly Porth & Mark Sims

night 3: Kosta Makreas

## ETLT 2015 MT SHASTA RETREAT REPORT

This report is based on the personal reports submitted by the members of the ETLT 2015 Mt Shasta Retreat and the notes and audio recordings of David E.

- Report initiated and compiled by David E.
- Sighting logs written by David E.
- Member reports written by the participating members
- Reports proofread and edited by Ed Correia
- Photos: David E., Paddy Sheehan, Cameron Herndon
- Translations: We would like to give big thanks and appreciation to the Galactic Channelings Translator Group . They are translating this document into many languages which will reach around the planet. This will educate people in many countries about our ETletsTalk ET Contact mission and how to become involved in it. You can contact the coordinator at: [luisavasconcellos2012@gmail.com](mailto:luisavasconcellos2012@gmail.com).
- Videography by Cameron Herndon

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=010Qs8PUGV8](https://www.youtube.com/watch?v=010Qs8PUGV8)

For more information go to:

[HTTP://ETLETSTALK.COM](http://etletstalk.com)

[HTTP://ETLETSTALK.COM/MEMBERS/ETLETSTALK-SHASTA-2015-RETREAT](http://etletstalk.com/members/etletstalk-shasta-2015-retreat)

[HTTPS://WWW.FACEBOOK.COM/GROUPS/1593375944256413](https://www.facebook.com/groups/1593375944256413)

# WELCOME

Welcome to the ETLetsTalk Community - where 5400 everyday people in more than 50 countries are making successful daily, weekly and monthly contact with benevolent ET Star Nations!

I am Kosta Makreas, who founded this ETLetsTalk community in Oct., 2010, and who currently facilitates it on [www.etletstalk.com](http://www.etletstalk.com) and in our Facebook Group, "CE-5 - ETLetsTalk.com - SIRIUS".

This "Shasta ET Contact Retreat 2015" document is the result of a 3-day retreat undertaken by 28 ET contact enthusiasts at Mt. Shasta from August 13 - 16, 2015, followed by an additional night of ET contact involving 8 people from the original group. These people came from many parts of the United States.

## WHY THIS DOCUMENT?

It is our intention here to show how easy it is to get people together to make ET contact. Those new to this topic can learn from our experience about how to work together and what they can expect to see in the sky and on the ground as the result of successful ET contact.

Please distribute this document to your open-minded friends, families, co-workers, etc. who may wonder what it is we are doing and how they can make the same ET contact.

We are everyday people who have a passion for connecting with the benevolent Star Nations who are visiting us in large numbers. They are willing to communicate with us and help us. We have to make the effort and have to know how best to reach them. To that end, we have learned CE-5 ET contact protocols as taught on [www.etletstalk.com](http://www.etletstalk.com) - where I urge people to join as free members. In that ETLetsTalk community they will learn from others, find others with the same interests, and discover a place where they can safely tell their own stories of ET contact without fear of ridicule.

In this document you will find first-hand personal accounts of ET contact from many of the participants in the Mt. Shasta retreat. We all came together to this sacred mountain in Northern California in a spirit of joy and discovery. Most of us had previous experience with ET contact; some did not. Many of us were already acquainted; others were newly introduced to the rest and quickly integrated into the group.

Our ET contact process relies on group cohesion and harmony, but there was no way to guarantee how well this large, diverse group of people would function as one. We need not have worried. From the first group meeting on Thursday, August 13, there

was camaraderie. Following the meeting, the group dinner at a popular Mexican restaurant in the town of Mt. Shasta was soon abuzz with excitement, enthusiasm, loud conversation and laughter to complement the great food and drink. Viva Jose Cuervo!

That fun and successful dinner set the tone for the following 3 days and nights of individual and group meditation and ET contact. Most of the contact occurred in the backyard of a large rental property where 10 of the retreat attendees were housed. The location was on the edge of the town of Mt. Shasta and was surrounded by other occupied properties. Those conditions, however, did not deter us from connecting with ET intelligence.

Each evening was full of sky contact and some ground contact. In this document you will experience that contact through the eyes, ears and hearts of different people. Everybody who participated in this retreat had some kind of repeated ET contact. Many of us witnessed the same phenomena. Others offered their individual perceptions which contributed to the group's combined perception of events in the sky and on the ground.

Overall, this retreat was a resounding success on a personal, collective, and cosmic level. We felt that as representatives of the One Humanity, we could convey our highest aspirations to extend peace, love and goodwill to our galactic neighbors. And they responded often and in manifold ways.

I invite you to take the time to soak in the experiences presented here. Just imagine! We are privileged to be alive at a time when spiritually advanced Star Nations are seeking to communicate and cooperate with us on a large scale. It is desirable that people by the thousands and millions begin to do this! Never before has it been so easy to do.

So in our growing numbers ... WE are the "People's Disclosure Movement." We are not waiting for governments or officials to tell us what we are seeing. We are experiencing it ourselves, educating each other and becoming our own authorities. This document is proof of that.

So go grab some friendly human company and create ET contact experiences of your own!

Great contact to all!

Kosta Makreas  
kosta@etletstalk.com  
San Bruno, CA

# ET CONTACT SITES

## MT SHASTA HOUSE

- Located a few miles northwest of the town of Mt Shasta, 10 miles west of the Mt Shasta summit at 3600 feet MSL (1100 meters)
- Hills to the west of the property
- Neighboring homes around the property
- See other picture of the property in the first page
- CE-5 contact site for nights 1, 2, and 3



Above: Driveway towards the house and facing west

## PANTHER MEADOW

- Located on the southwest side of Mt Shasta at 7600 feet MSL (2316 meters)
- Looks towards Avalanche Gulch
- Nearby parking lot
- Location is often occupied late at night by other people visiting the area (not recommended for CE-5 contact)
- CE-5 contact site for night 4 (bonus night)



Above: Panther Meadow with the view of Avalanche Gulch

# PRE-RETREAT EXPERIENCES

## **KOSTA'S MAGICAL MANIFESTATION MESSAGE**

My life is full of meaningful events that I am able to tie into my activities in some way. When I look at the symbolism of such events I am amazed at how I discover synchronicities and messages which I believe are meant to help me better understand my life.

What do I mean by this?

For example, I was preparing to drive from my home just south of San Francisco to the Northern California "ETLetsTalk Mt. Shasta 2015 Retreat" on Thursday, August 13, 2015. That is all well and good.

The day before the drive, I rented an auto. I parked it in front of my home. But before going into the house I decided to familiarize myself with the controls. So, my fingers pulled knobs, pushed buttons, turned dials and more. As I reached under the front console on my left to see if I could find the latch that releases the hood, my hand accidentally struck the front cover of the fuse box. The cover must not have been put in tightly because it fell into my open palm as I struck it...along with a rattling and clinking...of coins!

Coins? From the fuse box?

The fuse box is a vertical face of...well...fuses with a flat plastic front panel that snaps into place. There are no ledges or such for coins to be placed.

But there they were in my open palm. An American quarter and 3 pennies.

Now understand that for many years I have had multiple instances of money-coins -literally falling out of my open palm onto the ground or coins appearing out of thin air in front of me and falling to the ground. I am not delusional! I have joked about how I am able to manifest money, though not at will nor when I want, and never in the vast amounts that I really want it. :-)

And so, as I sat there with my jaw hanging open and with the coins in my palm, I thought: "Aha! Money has manifested AGAIN for me. How cool is that?!" I was pleased and could not wait to get into the house to tell the story to my wife, who would soon be coming home and who has heard many of these stories.

If you are willing to accept the fact that these coins didn't really belong in a fuse box because there was no room for them...then read on. Otherwise, call me delusional and move on to something else. :-)

As background to this coinage event (there's more story to tell, folks!), just know that as the main organizer of this Shasta 2015 retreat event, I had been using email for weeks to communicate to those who would be attending-providing them with schedules, contact info for each other, requests for room-sharing and carpooling and more.

Some of our email conversation involved the fact that we wanted to bond as a group by stating our intentions for having various types of ET contact during the retreat, to become a nucleus of a single group consciousness composed of many individuals-in order to make our contact and to be of service to our planet as we create a Golden Age. All to the good. We had our individual and group intentions.

The number of people attending the retreat was always in flux, so my emails were always updating the entire group with the latest number of attendees.

Just a few hours before renting my car on Wednesday morning, the number of attendees had finally stabilized at 28 people. Now back to my original story...here I was, going into my home after the coins dropped into my left palm.

A few hours later, 3 ETLetsTalk friends attending the retreat arrived from Michigan to stay overnight with us before the drive to Mt. Shasta the next day. They were seated in my living room as we all chatted about many topics of interest, including the retreat.

As we chatted and I told the coin story, I had an intuitive flash! Coins. Fallen into my hand. A quarter and 3 pennies. That's 28 cents falling out of the fuse box. The fuse box of my rental vehicle. The vehicle I was intending to drive to Mt. Shasta for the retreat. I totally understood the message being given to me!

This symbolic parade of coin magic and car renting was saying: "You have the intention to take your vehicle (your auto, your body) to drive to this retreat where 28 people will FUSE together." You can't talk me out of this. It's my story, and I'm sticking to it!! :-)



## **ED'S COMMENTARY: COINS, 28, AND THE URANUS CYCLE**

When Kosta first told me of this remarkable experience, I was reminded of a similar “coin manifestation” that occurred in May 1990 on my first visit to Sedona during a 10-day trip to the Southwest. The well-known Airport Vortex was within walking distance of the motel where my companion and I were staying. On our second night, I still wasn't sleepy at 11 pm, so I decided to walk down the road for a late meditation at the vortex. As I arose to leave around midnight, I noticed something shining in the moonlight near my feet. I reached into the sandy soil and discovered several coins, whose value came to \$0.42.

42 quickly revealed itself as the “signature number” of the whole trip, as it manifested persistently throughout the remainder of the 10 days. The most dramatic of these came several days later when we arrived at Lake Powell. 42 popped up in our motel bill, at breakfast, and as the exact fare (\$42.00) we each paid for the half-day boat ride to Rainbow Bridge (here there were already hints that 42 could also be seen as half of the total of 84). It got better: at the base of the largest natural bridge on the planet, I discovered a National Park Service plaque relating the story of the first white man to see Rainbow Bridge, led to this spot by his Native American guide. I was startled to realize that I was born 42 years TO THE DATE after this historical event. During the

long return trip to the marina, I fell into an altered state in which the whole span of my life was revealed as though from a higher perspective. I intuitively realized that my 42nd birthday, still a few years off, would be the exact midpoint of my life—that I would die just short of turning 84. Since then, I have had a few visionary experiences confirming this.

From my life-long study of astrology, I was familiar with the orbital period of Uranus, the 7th planet, which is almost exactly 84 years. Some astrological theorists see the Uranus cycle as the symbol for the current archetypal lifespan of man, and that this lifespan can be divided into 7-year developmental periods (e.g., many cultures observe “initiations” of their young around the ages of 7, 14, and 21). Beginning with the Ascendant, Uranus “activates” the four angles (corners or compass points) of the natal chart every 7 years in a counter-clockwise movement. At age 28, Uranus symbolically returns to the Ascendant for the first time, completing a cycle of educational development (in the broadest sense) and consolidating the foundation for full conscious entry into adulthood as an autonomous, self-directed individual. [Much attention has been directed at the phenomenon of pop-culture stars self-destructing just before reaching the age of 28. Jim Morrison, Jimi Hendrix, and Janis Joplin come to mind, along with a tragic new member of this club, Amy Winehouse.]

Age 56 marks a second return of Uranus to the Ascendant. This is a time when parents are usually relieved of the responsibilities of child-rearing and are free to participate in their communities and societies in a more altruistic, future-oriented way. Others will be led to scale down and simplify their lives, moving away from materialistic values and toward redefinition of themselves in terms of transcendental, spiritual goals.

Let us now take another look at the number 28 and its implications for the Global CE-5 Movement, or the People’s Disclosure. In the days leading up to this Shasta retreat, several of us (perhaps most notably Mark and Kosta) had speculated that this weekend would mark a significant turning point in the growth of the global CE-5 network. Have we built a secure foundation for this work, learned our lessons, survived the dangers of infancy and adolescence in our push toward maturity? Are we indeed ready to play a more visible role on the world stage, to make use of all available media to disseminate our message, and accept a greater responsibility to inspire, encourage, and guide those who are new to the concept of human-initiated contact with beings from other worlds? Do we have the wisdom to be leaders among equals, and to avoid the errors and pitfalls that have undermined the pioneering efforts of others in this field?

I must stress that “28” (or any of the other multiples of 7 derived from the Uranus cycle) should not be taken literally as a specific number of years, months, or anything else when we are applying its meaning to an idea, movement, business, organization, or other social entity. Its oracular value here is symbolic, in its power to reveal where we stand in the macro-cycle of growth, maturity and fulfillment of purpose. There is no need to extrapolate or attempt to calculate exactly when contact with ET civilizations

will be openly, “officially” acknowledged, or when our political and cultural institutions will finally quit their addictions to secrecy and denial. It is enough to stay “on message,” to be true to our vision, to love and support each other, and to leave the particulars of unfoldment to Gaia, the ETs, and the celestials, those enlightened transcendent beings who bless and protect us in our efforts.

“28” applied symbolically suggests that the global CE-5 initiative has just completed its first cycle of development (of undetermined length, and with two more cycles or “acts” to come), and that we should now be ready to step onto the world stage as a stable, grounded “individual” and accept our dharma and the challenges of becoming fully engaged in the global drama as we take it to the next level. Act II will likely be concerned with maintaining the integrity and thrust of our movement as we welcome and absorb new working groups from all over the world into our network. We can expect to have to live with some degree of tension between the need for unity of purpose and adherence to core values on the one hand, and the opposing pull of diversity of approach and emphasis, the “local dialects” of individual styles of making contact on the other. As long as there is definite and consistent evidence of contact, I think we can tolerate a very high degree of diversity and autonomy in our component members. Our greater concern is sure to be the threat to the old paradigms that we represent in the minds of those who cannot accept in any way the possibility of the benign presence of visitors from elsewhere. I suppose I could go further and speculate about the meaning of Act III, but that can surely wait for a more appropriate time and place.

## **KIM'S PRE-RETREAT EXPERIENCE**

The night before I left for the Mount Shasta gathering, as I lay in my bed just before sleep, I experienced a strong buzzing sound just to the left side of my bed, and a minute later a hissing sound on the right side of my bed. Both sounds were very clear and audible. The sounds continued for a few minutes, then stopped.

Through my contact work over the last few years, I have developed a sensitivity to sound and a capacity for receiving sound transmissions or downloads. The 2 distinct sounds that I experienced were a signal to me that the ET's were present and supporting us for this event.

It was a pleasure to be in a circle with so many adept CE-5'ers, and to watch everyone take on a role. It made for a powerful team effort. I learned a lot and am eager to bring this experience from Mt. Shasta to my group here in Michigan. Imagine if we all lived in the same community!

## **NATE'S PRE-RETREAT EXPERIENCES**

I'd like to start off by first mentioning how much I appreciated meeting so many new friends and especially getting the opportunity to spend time with the crew from San Bruno, whom I miss very much.

Secondly I must also say that we were very fortunate to have such clear skies for the weekend of the retreat. Here in Mount Shasta for several days prior to the retreat, we were inundated with smoke from all of the wildfires in Northern California and Southern Oregon. For most, if not all of those nights, one was lucky to catch a quick glimpse of a star and the mountain was completely obscured. However, beginning on Tuesday of the week of the retreat, the wind became slightly more easterly and the smoke cleared. Although the smoke did push in a little during the daytime, we were treated to perfectly clear nights for the three days of group sky watching. Whether it was the group intent, assistance from our Star Friends, just plain luck or a combination of all three, we were very blessed to have such great atmospheric conditions for three nights of CE-5's—especially considering that within a few days after the retreat ended the smoke once again filled the skies.

On Wednesday evening, the night before everyone was to arrive, I met with Ed C. to go up to Bunny Flat to look at the stars and watch the Perseid meteor shower. Before Ed arrived, my wife and I were standing on our front lawn watching for meteors. I noticed a bright flash out of the corner of my eye and then both my wife and I saw multiple flashes from a craft moving northward. The initial flashes were in the vicinity of Cassiopeia. This was the first time my wife has seen, as she put it, “flashy thingys” and I was very grateful that we were treated to such a display. Eventually Ed arrived and we went up the mountain. While up at Bunny Flat, in addition to numerous Perseid meteors and fireballs streaking across the sky, we saw two sets of flashes. The first was near the Corona Borealis and the second was above the Big Dipper in the constellation of Draco.

Unless I am the one in charge of reading a satellite chart, I do not often make notes and keep track of when sightings occur during CE-5's. Also the three nights that the group spent together have all somewhat blurred together in my memory. As a group we were treated to multiple “flashbulb” events and “alleged” satellites flying past. Most of the flashes were either in or near the Big Dipper or Cassiopeia. What was so special for me was that everyone in the group saw something each night. Whether it was piggybacking on a flyby of the I.S.S. [International Space Station] or flashing repeatedly in the same location, our Star Friends made sure that all of us had several sightings over the course of the retreat.

Nate Kundin  
Mount Shasta, CA  
August 30, 2015

## **DAVID'S FLASHBULB CONFIRMATION**

The night before leaving for to Mount Shasta and right before going to bed at about 12:35 am, I decided to go into my backyard to do a quick mini CE-5.

Through thought projection, I asked the ETs who have appeared before in the sky over where I live, if they would be present at the Mt Shasta retreat over the weekend to show their support for the group, and if this event would run smoothly and be successful.

Within about 2 to 3 minutes, 20+ flashbulbs appeared in the eastern sky at about 20 to 25 degrees above the horizon, and below the two neighboring stars of Sheratan and Hamal in the Aries constellation.

This flash sequence pretty much came from the same source and spot in the sky at an average of about 1 to 2 flashbulbs a second as the whole sequence lasted roughly about 20 seconds. The frequency of the flashes was not consistent, though similar to what would be seen with an aircraft strobe or beacon light. The flashes certainly did not come from an aircraft or satellite.

I certainly took this as a clear confirmation and then went to bed with a big smile on my face. :D

The whole Mt Shasta retreat event did indeed involve a lot of contact sightings and great coherence from the working group, as has been noted on the report below, which I have initiated with the cooperation of the retreat participants, who contributed narratives of their own personal experiences and insights.

# NIGHT 1 - 08-13/14-2015

## Location:

Mt Shasta rental home

## Attendance:

28 Humans

## Day Activities:

- Introductory group gathering
- Group dinner at Mexican restaurant

## Night Meditations:

- Meditation and Coherent Thought Sequencing (CTS) led by Hollis
- This is practiced with all members of the group holding hands

## Sky Condition:

- Crystal clear
- Perseids meteor shower

## Satellites:

- Heavens-Above.com and the GoSatWatch app were used as cross references to look up for known visible satellites.
- Iridium Satellites: no flares scheduled during the skywatch time period

## Man Made objects observed in the sky:

- Airplanes
- Satellites, rockets, International Space station (ISS)

## Equipment:

- Ipad with a 3G signal used to read the star & satellite charts
- Iphone to take notes of sightings and experiences
- Magnetometers: 2 trifield meters

# NIGHT 1 SIGHTING LOG

NOTE: All times are based on U.S. Pacific Daylight Time (PDT).

21:27

- Several people in the group witnessed a dim alleged satellite traveling towards the east-southeast sky.
- It varied in brightness intensity and even disappeared at times.
- At one point the object did increase its brightness intensity for 1 or 2 seconds like a bright flash.
- No satellites or iridium flares were scheduled around this time, according to Heavens Above and the GoSatWatch app.
- This alleged satellite appeared when the group was coming into the circle to get ready for the CE-5 contact night.

21:53

3 flashbulbs witnessed in the northwest sky, left of the Big Dipper.

## During the Meditation

- Kosta, Annie & Paul had the feeling that they needed to open their eyes.
- All 3 witnessed 1 or 2 crafts in the southwest sky which consisted of a white light at the front and a bigger flashing red light in the back.
- Please read Kosta's and Annie's reports in the "Night 1 Member Reports" section for more details.

22:41

- 3 to 4 flashbulbs witnessed in the northwest sky towards the right side of the Big Dipper.
- A few seconds later, 3 or 4 flashbulbs are witnessed in the north-northwest sky in the area between the star Polaris and the Big Dipper.
- The object creating these flashes was seen traveling towards the northeast.

### 22:56 to 22:59

- David felt like he needed to turn around to look at the Big Dipper in the northwest sky and noticed a very bright moving object traveling towards the southeast and the group at about 15 degrees above the horizon.
- Tim, sitting next to him, confirmed seeing a moving object and then called it out to the group.
- Within seconds multiple flashbulbs appear for a timespan of about 2 to 3 minutes around the Big Dipper area of the sky.
- The bright moving object was later identified by David, using his satellite apps, as the International Space Station (ISS).
- It is quite possible that the ETs used the presence of the ISS to get the group's attention in that sector of the sky to then start their light show.

### 23:39 to 23:41

As Mark was explaining to the group about how his Michigan contact group sets a time as a group intention for the ETs to show up, multiple flashbulbs appear around the constellation of Cassiopeia during a 2-minute span.

# **NIGHT 1 MEMBER REPORTS**

## **KOSTA - COULD KOSTA HAVE SEEN A MOTHERSHIP?**

On the first night of our ETletsTalk Mt. Shasta 2015 Retreat, my wife, Hollis, led the group meditation. More than two dozen of us were seated in a circle in the sprawling backyard of the rental home on the edge of the town of Mt. Shasta. We had a clear sky, comfortable temperature, little wind and much anticipation. Hollis eased us into a deep comfortable space.

We had agreed beforehand that if sky phenomena were to appear during our meditation to make ET contact, we would not interrupt the contemplative process.

Wow -- was I soon sorry I kept that promise! :-)

So, after Hollis finished speaking, and while sitting in that ET-contact silence with the group, I had the urge to open my eyes.

Straight ahead of me in the southwest sky, just 10 - 20 degrees above the horizon, and without even having to move my head, I saw two lights slowly traveling toward the southeast, one to the right of the other, i.e. behind it.

The lead light on the left was white, maybe magnitude 0 or 1, unchanging in brightness. I saw no navigation lights as I might expect from a plane. At arm's length, at about an inch or more to its right, was a bright, flashing, totally-red light. It flashed periodically every few seconds. That light kept a perfectly constant distance behind the lead white light as they traversed from right to left, southwest to southeast.

There was no sound of engines during this whole episode of observation.

I was puzzled. I had never seen anything like this in my many years of ET contact. These were not behaving as planes because I kept looking for the navigation lights but never saw any, nor did I hear engines as I had with multiple other sightings in the previous hour.

As the pair of lights reached the southeast corner of their straight-line path, the distance between them decreased more and more until I could see only the flashing red light. It kept traveling to my left and got dimmer until it disappeared.

I said nothing aloud to the group, keeping my promise to stay silent. At the beginning, as I realized I was not seeing anything normal, I was tempted to interrupt everyone

anyway and ask them to open their eyes and look. I wish I had. The whole traversal lasted a couple of minutes. Everyone would have had the chance to see and comment!

I realized the next day that what I was seeing was likely ONE object with a front white light and a rear bright flashing red light. Other people from the circle told me later that they had opened their eyes and saw exactly the same thing I had seen.

So this was likely one object that took a right turn (from my vantage point), I finally surmised. If a single craft were doing that it would appear to my line of sight as if the distance between the two lights decreased...until the rear light obscured the lead light and then itself faded away as the craft headed away from me. The other observers also saw this and agreed.

None of us could identify what this might be. I definitely believe it was not man-made based upon my years of observation. Appearing an inch or more wide at arm's length, as a single craft this would have to be hundreds and hundreds of feet across-some people would say even miles across. It was LONG-longer than any terrestrial craft that I could imagine.

Could I have seen a mothership that slowly and deliberately showed itself...possibly from deep space? Just askin' ...

## **ANNIE - THE MOTHERSHIP**

Paul and I also experienced the possible "mothership" visual, along with Kosta, when during the opening meditation both Paul and I were motivated to open our eyes and look to the south, where we saw a bright smaller white light and then a larger red light, following each other in a straight line, parallel to the horizon-moving north to south until it was out of view.

## **CAMERON'S DAY & NIGHT 1 REPORT**

Upon arriving the morning of 8/13/15 after driving through the night, I was so excited to be greeted by such a beautiful place and such wonderful human souls full of love. All 27 of the other ETLT members there for Mount Shasta CE-5 2015 from all around the US gave me so much positive energy that the tiredness quickly passed. What a pleasure to be around such like-minded individuals who are all on the path of ascension and human-initiated contact with our highly intelligent friends. The most notable quality of this fine group was the diversity. So many fantastic talents from intuitive empaths to the best group organizer one could ask for (Kosta) to an awesome human [Ed. note: insert "alleged"] who nailed down a fantastic CE-5 location (Ed) to an amazing engineer-type data logger (David) to incredible meditation narrators (Hollis, CE-5 Michigan Kim and others) and so much more!

The first night, 8/13/15, our intelligent ET friends (as well as the lawn sprinklers lol) could not wait for us to even sit down and begin. Flashbulbs be-an to appear, mostly near Cassiopeia and the Big Dipper. The spot for the CE-5 circle was a very nice spot with low enough light pollution to allow us to see the Milky Way and thousands of stars. This first night I wasn't sufficiently familiar with my new Pulsar Rekon 750V monocular, so I decided to focus on meditation and my heart chakra.

## **TIM'S DAY & NIGHT 1 REPORT**

On the drive up from the San Francisco Bay Area to Mt. Shasta, my carpool mates and I reached the city of Redding, which is about 60 miles south of Mt. Shasta; I felt the energy of the mountain from that spot. We eventually arrived in the town of Mt. Shasta to meet with the other members of the group, and they all had great energy as well.

Later that evening we began our CE-5 protocols at our contact site. Within the first hour or so we had our first sightings in the Big Dipper. This sighting could be described as repeated flashes, which were definitely exo-atmospheric, and did not have the characteristics of a satellite or man-made space debris. Eventually toward the end of the evening we had another set of identical flashes appear in the Cassiopeia constellation.

# NIGHT 2 - 08-14/15-2015

## Location:

Mt Shasta rental home

## Attendance:

28 Humans

## Day Activities:

Group gathering:

- Discussion of previous night's sightings & experiences
- Mark's project presentation
- Hollis's psychic training

## Night Meditations:

- SA TA NA MA breathing exercise & meditation led by Kim
- Hu chant meditation led by Mark
  - <https://www.youtube.com/watch?v=magoCruPSNE>
- Breath of Fire breathing exercise & OM chant meditation led by Olga later in the night when the group got smaller
- Coherent Thought Sequencing (CTS) is performed during the chant meditations
- Group focus on one particular spot in the sky technique
  
- With Mark's instruction and recommendation, all meditations were practiced with the group holding hands in the following fashion:
  - Right palm down with right thumb pointing left, left palm up with left thumb pointing left. This allows one to have both thumbs pointing to and energy flowing toward the heart.

## Sky Condition:

- Crystal clear
- Perseids meteor shower (post peak)

## Satellites:

- Heavens-Above.com and the GoSatWatch app were used as cross references to look up for known visible satellites.
- Iridium Satellites: No flares scheduled during the skywatch time period

Man Made objects observed in the sky:

- Airplanes
- Satellites, ISS

## Equipment:

- Ipad with a 3G signal used to read the star & satellite charts
- Iphone to take notes of events
- Wireless speaker for CSETI tones and meditation music
- Magnetometers: 2 tri-field meters
- Night vision: Pulsar Recon digital night vision camera

Video: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0IQqS8PUCV8](https://www.youtube.com/watch?v=0IQqS8PUCV8)



Above: View of Avalanche Gulch

# NIGHT 2 SIGHTING LOG

## NOTE:

- All times are based on U.S. Pacific Daylight Time (PDT).
- CSETI tones were played before the start of the CE-5 event for several minutes.

## 20:48

Moira sees a flashbulb in the western sky while walking towards the circle of chairs, which was still empty.

## 21:10 (estimated):

- Tim notices 2 flashbulbs within a 5-second interval in the eastern sky just a few degrees above the roof of the house.
- Each flashbulb appeared in a different location above the roof.

## During the Hu chant meditation:

- About 2/3 into the chanting meditation, Ed notices a craft immediately above the group at the zenith which pulses several times. This craft traveled and sent pulses through the constellation of Lyra. Lyra (the lyre) is the only constellation depicting a musical instrument.
- This constellation is associated with Apollo, the god of music and prophecy. Mercury, Apollo's younger brother, fashioned the lyre from a tortoise shell and reeds. Apollo saw its value and accepted it in exchange for his 50 missing cattle, which were eventually tracked to Mercury's cave (cows tend to leave a telltale trail). What would Jesus have tweeted Apollo? "Cows you shall have with you always, but check out that righteous lyre, bro!"
- Ed strongly felt that this appearance was in response to the Hu chanting.
- Mark mentions that the Hu meditation has often helped the Michigan contact group to get great contact results.
- At 21:56, Tim and David witnessed a flashbulb in the northeast sky between the Polaris star and the Cassiopeia constellation during the Hu meditation.

## Time unknown but after the meditation:

- 2 tri-field magnetometers located on opposite sides of the circle activate at full strength with the lights showing red and the sounds audibly indicating the detection of an electromagnetic disturbance.
- Olga witnesses a plasma of energy over the group.
- Olga, Pete and Kim feel the presence of non-human beings around the group.

22:05 (estimated)

Kevin notices 2 Flashbulbs from a faint moving craft about 75 degrees up in the sky.

22:08

- Mark sees 1 flashbulb 70 degrees above the horizon in the western sky to the left of the Big Dipper.
- The group then witnesses another flashbulb from a faint craft.
- This craft was moving northeastward through the Big Dipper, then in turn through the constellations of Draco and Cassiopeia.
- The brightness of the craft varied throughout its trajectory where it faded in and out at times in the clear sky.
- Since the initial flash, this craft emitted several more:
  - 1 flashbulb near Draco
  - 1 flashbulb approaching Polaris (Little Dipper or Ursa Minor)

22:10

- An alleged satellite appears about 85 degrees above the horizon coming from the south and moving northward with a magnitude of about 2.5 to 3.0.
- Initially it acted like a normal satellite with a constant brightness and steady trajectory.
- David mentions that the group should ask it to flash them. 15 seconds later it emits a flash going through the constellation of Aquila near and north of its first-magnitude star Altair.
- At 22:11 it emits another Flash while moving northward.

22:19

A faint craft moving northwards brightens up and gives 2 flashes.

22:20.

A bolide meteor (large fireball) is witnessed in the southwest sky.

22:24

Big and bright flashbulb in the western sky at about 50 to 60 degrees above the horizon and within the Corona Borealis constellation.

22:27.

Multiple people heard a single-pitch chime, but interestingly enough it was heard as if it came from a different direction for each person. Some thought it came from the west, others from the south, and one person thought it came from the northeast.

22:47

2 Flashbulbs over the Big Dipper in the northwest within a 15-second timespan, from the same spot in the sky.

23:08

1 Flashbulb in the northeast sky on the left side of Cassiopeia.

23:10

Cameron sees a fast moving object with his night vision monocular in the northeast sky at about 45 degrees above the horizon.

23:13

Cameron sees another fast moving object with his night vision monocular going from the northwest to the southeast at about 45 degrees above the horizon. Object was about 1 degree wide in the sky. [Ed. note: this is about twice the diameter of the full moon.]

23:33

Above the Aries constellation, 2 northbound moving objects are observed.

23:39

- 3 flashbulbs observed below and then above the handle of the Big Dipper in the northwest sky.
- The first flash started below the Big Dipper handle at about 40 degrees above the horizon; the next 2 flashes occurred above the handle at about 45 degrees and then around 50 degrees above the horizon.

NOTE: Smaller group of people now observing from the circle.

0:11 (Saturday)

Mark and Tim observe 2 flashbulbs below Cassiopeia in the northeast sky.

0:18

Cameron films with his night vision camera an orb approaching him very closely.

See the video at 9 seconds in: <https://www.youtube.com/watch?v=oiogs8pUCV8>



Above: Picture of the Orb filmed by Cameron at 0:18.

0:33

Big flashbulb observed by the group below the Cassiopeia constellation again.

1:28

1 flashbulb appears slightly to the right and underneath Cassiopeia after the smaller remaining group talks about doing another Hu Meditation.

2:07 (estimated)

- Mark notices 2 flashbulbs followed by very dim flashes from the same object.
- David noticed the second flash away from the circle and from the porch of the house.
- Flashbulbs were located in the north.

2:31

1 bright flashbulb in the north 60 degrees up in a black patch area of the sky.  
(where the clear sky looks black and no stars are visible to the eye).

2:33

2 flashbulbs observed at the lower left hand area of Polaris, 35 degrees above the horizon.

3:13

David, now solo in the yard, sees a bright flashbulb in the north at about 10 degrees above the horizon and just above one of the trees.

3:37 and 3:43

David hears a chime sound coming from the west side of the yard.

This is similar to the chime which was heard earlier that night by different members of the group.

It could have been something clanging against a pole or similar object, but it should be noted that the wind has been blowing throughout the night, so if this were the case, the group should have heard this sound throughout the night.

This sound was heard only during the second skywatch night.

# **NIGHT 2 MEMBER REPORTS**

## **CAMERON'S DAY & NIGHT 2 REPORT**

The second day we had an incredibly energetic meeting led by Hollis Polk and worked on feeling/describing each other's energies, which was fascinating and educational. We also practiced some remote viewing of what was in "the box", which is always fun and insightful.

That second night 8/14/15 the sky just lit up with flashbulbs, satellites, crafts, orbs (mostly near Cassiopeia and the Big Dipper again) - it was fantastic. I was starting to learn my monocular better and this is the night that I was able to capture an orb which floated along as I followed it and then flew into me. I was startled at first and then felt an immense feeling of joy come over me. I captured a few ET craft as well as flashbulbs. The single, double and triple flash bulbs were much more difficult to capture with that small field of vision, but the slow-moving craft and flashbulbs were easily documented. They mostly travelled from northeast to southeast, including the orb which flew into me. CE-5 Michigan Mark Sims led an incredible group Hu chant and Kim taught us the SA TA NA MA breathing exercise; through these processes the group beamed love and energy to all matter within the cosmos.

## **TIM'S DAY & NIGHT 2 REPORT**

In the afternoon the group met in a local community center to practice our remote viewing. Shortly after we began, I saw a flash from a diamond-shaped light about the size of a softball, which appeared in one of the corners of the room. Unfortunately, the speakers had already begun the session and I didn't want to interrupt, as we were on a set time schedule. I believe someone else mentioned that they saw a flash of light in the room during the session.

Later that evening during the CE-5 we had much satellite activity. Many of the satellites were identifiable from the Heavens Above website. Eventually we decided to do a specific meditation where we chanted the sacred 'HU' tone for twenty minutes. During the last minute of the meditation I opened my eyes and saw flashing next to the star Polaris, which is between the Big Dipper and Cassiopeia. A few of the other members next to me saw this as well. Throughout the rest of the night, we had repeated sightings of this flashing that would appear in either the Big Dipper or Cassiopeia.

## **ED'S NIGHT 2 REPORT**

About  $\frac{2}{3}$  through the Hu chanting (the first time we employed sound in a meditation), I spotted a suspicious looking alleged satellite approaching us high overhead from the south. As though a calculated act, it passed through the heart of Lyra, the lyre, directly above the group at the zenith. As soon as I grasped the musical point, it slowly pulsed on and off a couple of times. Not wishing to disturb the ongoing chant, I shook the arms of my neighbors, Moira and Nate, nearly dislocating their shoulders in my frenzy to share this meaningful event. The light flared up dramatically after clearing the constellation, then slowly faded into near imperceptibility.

Nate told me later that he shifted his position slightly to follow its continued faint motion northward. It apparently changed course somewhat, only to brighten up again, producing some of the flashes near the Big Dipper and Polaris that were reported by others shortly after the meditation concluded. A fairly lengthy sequence of phenomena was thus seemingly triggered by the coherent power of our chanting.

With all the activity in and around Cassiopeia, it would be easy to overlook the special nature of the flashbulb at 0:33. If I remember correctly, this was the most spectacular, brilliant single flash (i.e., not part of a series) of the weekend. It blinked on and off at about half speed, shifting its position slightly but very noticeably before disappearing.

# NIGHT 3 - 08-15/16-2015

## Location:

Mt Shasta rental home

## Attendance:

28 Humans

## Day Activities:

- Sand Flat (on Mt Shasta) group meet-up
- Shastice Park group picnic

## Night Meditations:

- Meditation and Coherent Thought Sequencing (CTS) led by Kosta
- Hu chant Meditation
- All meditations were practiced with the group holding hands in the following fashion:

Right palm down with right thumb pointing left; left palm up with left thumb pointing left. This permits one to have both thumbs and the energy flow directed toward the heart.

## Sky Condition:

- Crystal clear
- Perseid Meteor Shower (post-peak)

## Satellites:

- Heavens-Above.com and the GoSatWatch app were used as cross references to look up for known visible satellites.
- Iridium Satellites: No flares scheduled during the skywatch time period

## Man Made objects observed in the sky:

- Airplanes
- Satellites, ISS

## Equipment:

- Ipad with a 3G signal used to read the star & satellite charts
- Iphone to take notes of events
- Wireless speaker for CSETI tones and meditation music
- Magnetometers: 2 trifield meters
- Night Vision: Pulsar Recon Digital Night Vision Camera

Video: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0IQqS8PUCV8](https://www.youtube.com/watch?v=0IQqS8PUCV8)

# NIGHT 3 SIGHTING LOG

## NOTE:

- All times are based on U.S. Pacific Daylight Time (PDT).
- Night 3 was the last officially scheduled contact night of the retreat as well as the monthly Global CE-5 event for August.
- CSETI tones were played before the start of the CE-5 event for several minutes.

## 21:10

- 1 flashbulb in the eastern sky at about 40 degrees above the horizon.
- This happened while the group was settling into the circle.

## During The Meditation:

- Cameron got a vision that more and more CE-5 working group light emissions toward space were appearing around the Earth over time, thanks to Kosta's Global CE-5 Initiative. Once the critical total of the number of CE-5 groups is reached, such as in the "hundredth monkey effect", humankind's consciousness rapidly rises to the point where all human beings are practicing CE-5 and the Earth is one giant glowing sphere of energy from the beams of light coming from all the millions of CE-5 groups around the globe. The beginning of a new era for the whole planet!
- Kim was observing the group in the circle where she could see:
  - Energy moving all over the ground in swirls.
  - Streaks of white light circling clockwise and counterclockwise around the group.
  - Small flashes of light appearing over the heads of people sitting across from Kim.
  - Intense balls of energy around Kim coming around and through her.
  - Kim felt the presence of non-human beings really close to the group on this third night.
- Hollis got a definite impression that many beings were looking back at the group, as the group was raising its intention to see them.

## 22:06

2 flashbulbs appear with a 30-second separation in the northwest and right of the Big Dipper at about 45 degrees above the horizon.

22:32

1 Flashbulb in the northwest just above a tree.

22:49

1 flashbulb in the northeast near Cassiopeia.

22:52

- In the northwest between the Big Dipper and Cassiopeia a total of 9 flashbulbs were observed within a 20-second time span.
- Cameron was able to see a craft using his infrared camera.
- No satellites were scheduled to appear in that part of the sky at that time.
- No iridium flares were scheduled for that whole third night.

22:59

1 flashbulb in the northwest sky located above the Big Dipper.

23:01

In the northeast, about 40 to 45 degrees above the horizon and to the right of Cassiopeia, a series of 5 flashbulbs appeared within about a 50-second timespan.

23:21

Mark observes 2 flashbulbs below Cassiopeia in the northeast sky.

23:31

Mark observes a flashbulb in the northwest over the Big Dipper.

23:32

- Mark observes a flashbulb over the Big Dipper handle in the northwest sky.
- The group then sees 2 more flashbulbs in the same general area.
- Right after the last flashbulb appeared, a “shooting star” object dropped straight down from the Big Dipper’s handle.

23:33

- A huge flashbulb is observed on the left side of the handle of the Big Dipper.
- 30 seconds later another flashbulb appears above the handle.
- 1 bright flashbulb then appears in the northern sky about 40 degrees above the horizon and below Polaris. [Ed. note: the angle of inclination of Polaris is always equal to the latitude of the observer's location, which in this case is about 41.5 degrees.]

0:08 (Sunday)

A dim alleged satellite appears in the northwest sky near the Koshab and Pherkad stars of the Ursa Minor (Little Dipper) constellation moving northeastward and emits one bright flash before fading out.

0:12

Pete and Cameron observe 1 flashbulb in the northwest within the Big Dipper.

0:13

Pete observes another bright flashbulb by the handle of the Big Dipper, about 20 degrees above the horizon.

0:25.

1 large bright flashbulb is witnessed in the northwestern sky near the handle of the Big Dipper.

NOTE: Only a few members are left observing the sky after 12:30 a.m.

# NIGHT 3 - THE GRAND FINALE

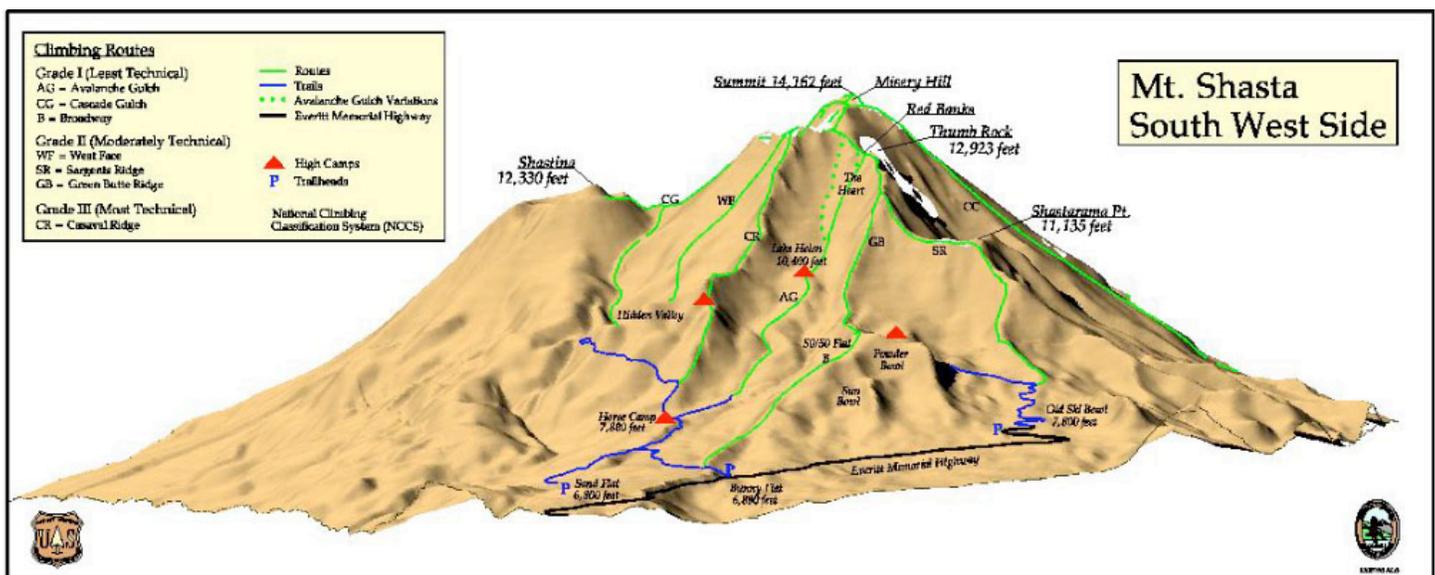
## Mount Shasta Flashes and Orbs

1:35 (estimated)

- Ed observes the first white flash to the east on the southwest side of Mount Shasta.
- Please read Ed's report in the "Night 3 Member Reports" section for more details.

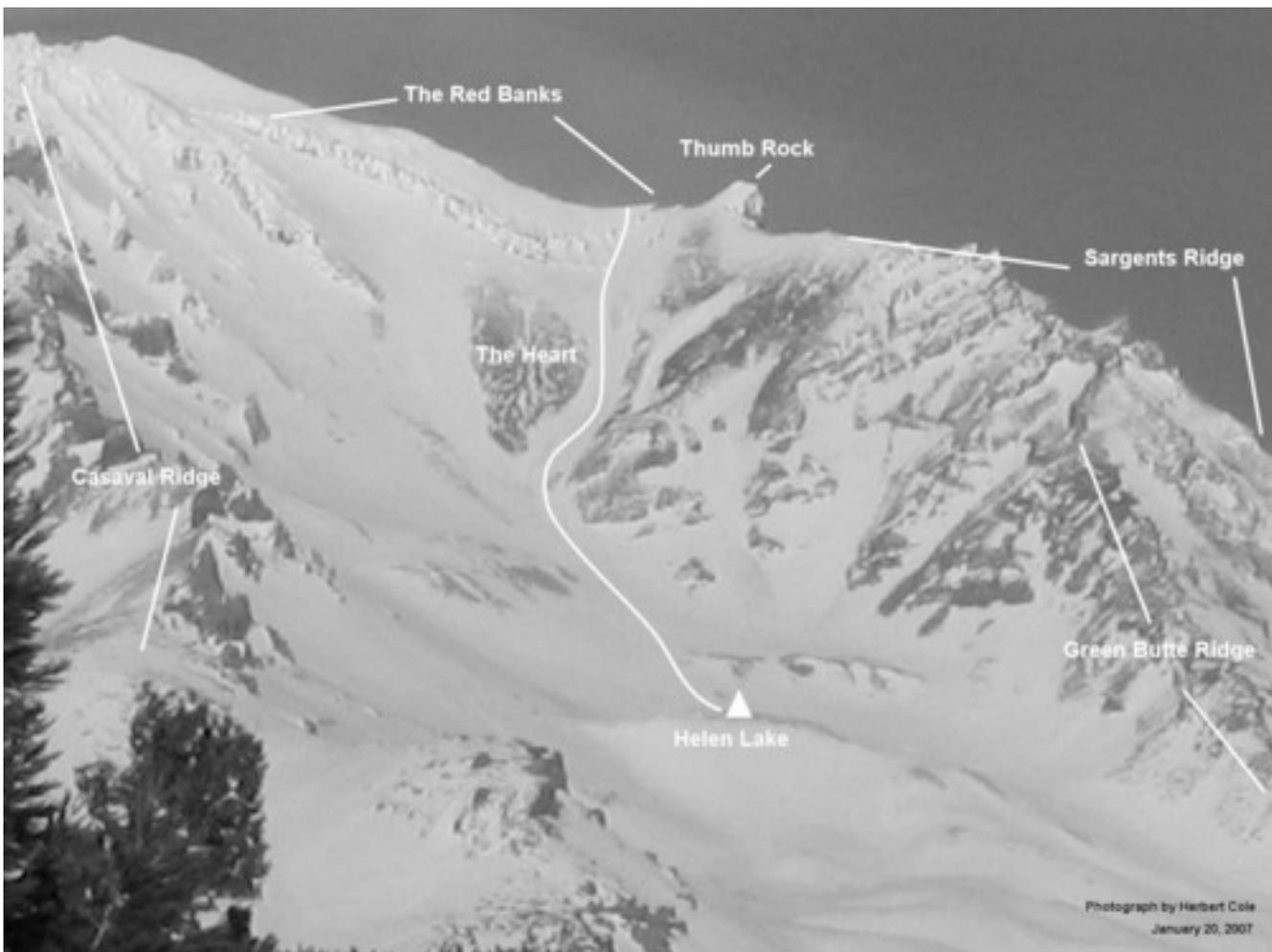
1:35 to 4:30

- Multiple flashes during a 3-hour period are observed in the Avalanche Gulch section of Mount Shasta, with several intervals of inactivity.
- The flash location varied throughout the 3-hour period.
- This activity started as isolated flashes and then progressed as multiple flash sequences varying in brightness and location.
- From 1:35 on, most of the sky activity was occurring around Mount Shasta and the nearby skies. Other sightings are noted below.
- This long sequence of activity was like the big finale of the official 3-day ETLT contact retreat.
- 7 members got to witness these mysterious flashes on the mountain.
- Cameron was able to record some of the first flashes observed on the mountain with his night vision camera.
- NOTE: Tim mentioned that he witnessed flashing lights on Mt Shasta in the Avalanche Gulch area when he was there in 2011.
- Video: Go to the 1-minute mark at the following video to see some of the flashes on the mountain: <https://www.youtube.com/watch?v=oiogs8pUCV8>





- Above:
- Actual picture of the member's view of Mt Shasta from the house's backyard, 10 miles away.
  - Most of the flash and orb activity happened between the tall tree on the right and the Mount Shasta peak on the left. This represents an approximate 2.0 mile (10560 feet) width.
  - The elevation of the light activity sector varied from about 11000 feet to 14000 feet.



Above: Avalanche Gulch, Thumb Rock & the Sargents Ridge

### 3:41 - 4:30

NOTE: From about 3:00, only 3 members are left to observe the mountain and sky activity: Moira, Ed and David.

- Instead of just the typical flash sequence that these 3 members were getting used to observing on a pretty frequent basis, a bright and constant white light appeared on the mountain for several seconds near the left side of Avalanche Gulch and then started moving slowly toward the right.
- The light (or what we might call an orb) then started moving up and down as well as laterally.
- The orb eventually started moving, appearing and disappearing in a random fashion.
- The light source/orb was basically “bouncing” and “jumping” through the air and space.
- Ed noticed, using his binoculars, that there were 2 distinct light sources on the mountain, but only one source would light up at any given time and be visible to the naked eye.
- This type of movement and flashing continued until at least 4:30, but with some intervals of inactivity.
- The movement of these orbs was mostly within a 2-mile range, between about 11,000 and 14,000 feet.
- The orbs would appear to jump “through space” via an appearance and disappearance act and travel at a relatively fast speed for their location.
- These could not have been:
  - An aircraft: not capable of such maneuvers, no standard aircraft lights, and no noise.
  - Hikers or climbers with headlamps playing around in the middle of the night - just not humanly possible!
- Could it possibly be a form of visual hologram that only the members of the retreat could witness and nobody else in the valley?
- As the time got closer to 4:30, the activity started tapering down. The 3 members decided to retire at about that time as they had to pack up and get ready to depart for home later that morning. It is quite possible that the orb activity continued on beyond 4:30.
- David did mention to the others several times that, from his experience, some of the best times for contact work were between the hours of 2 am and 4 am.

## Other Sightings between 1:35 and 4:30

2:36

1 bright flashbulb above Mount Shasta and about 25 degrees above the horizon.

3:13

2 bright flashbulbs far above Mount Shasta on the lower side of the Auriga constellation.

3:19

1 flashbulb between the Draco and Ursa Minor constellations.

3:23

- Ed notices a dim alleged satellite traveling from the south toward the north at about 60 degrees above the horizon through the constellation of Perseus.
- The craft flares up brilliantly and then dims away.

3:25

1 flashbulb appears between the constellations of Cassiopeia and Perseus.

# NIGHT 3 MEMBER REPORTS

## MOIRA - THE BIG FINALE

On the final night of our three-night CE-5 in Mt. Shasta, we were down to the stalwarts - 9 of us. It was a little after 1:00 a.m. when we pulled our chairs in closer to make a tighter circle, and then we did a Hu chant for several minutes. At 1:30, we made a group decision that it was time to pack it in for the night because we had stayed out late the two previous evenings, we were very cold, and there didn't seem to be an immediate response in the skies to our chanting.

Right before I left the circle to go inside and warm up with some hot tea, Ed mentioned to me that he thought he might have seen a light in the vicinity of the mountain (Mt. Shasta), but he wasn't sure. He was so tenuous about what he had seen that I felt no remorse in going inside. As I was picking my way in the dark, trying not to trip over anything, David repeated once again, as he had several times throughout the night and the previous two days, "The best contact occurs between 2:00 and 4:00 a.m." His enthusiasm was infectious and made me laugh, but I said to myself, "Right, David. Good luck with that." I had absolutely no intention of staying up until 4:00 a.m.

I was happily ensconced in the warm cozy kitchen of the house where we were staying, eating a delicious tomato salad and waiting for my kettle to boil when Ed came in at about 2:00 a.m. and said in the gentlest of tones, "We've been watching flashes from the mountain for about 25 minutes and I think you should come outside." YA THINK??!! Were it not for Ed, I would have slept through the grand finale, so I am grateful that he tore himself away long enough to find me, the prodigal daughter!

As a veteran of many, many CE-5s, I was savvy enough to know that 25 minutes of sustained flashing from one general location was not something to ignore, so I waited a few more minutes for the kettle to boil (which never did, but everyone knows the saying "a watched pot never boils") and then I grudgingly turned off the burner, grabbed my shoes, and went back outside.

Once outside, I had to wait a short while before the first flash appeared. While I was waiting, Ed, David and Kim animatedly told me how they had been watching the flashes for the past 25 minutes. Once I started observing the flashes for myself, I saw that they were of varying intensity and brightness, that they occurred at varying intervals, and that while they came from the same general area on the mountain, the location of the flashes shifted around. Kim finally succumbed to the cold and went inside, and then it was just me, Ed and David standing around and talking.

As the minutes and hours passed, and we continued to see flashes, we moved ourselves to sit in some nearby chairs and talked about why the three of us were graced with seeing this magnificent event. I tried to express verbally what I'm saying

now in writing - I think there's an alchemy that is created, a seemingly magical process of transformation and creation, when people who have a warm comfortable familiarity and ease are united in a common goal. Ed and I have been San Bruno CE-5 team members for years; we have shared many unforgettable moments under the stars; we do not doubt or question - we've got coherence.

David provided the high expectation and enthusiasm to our mix. Each time the flashing would begin again after a short interlude, David was jubilant and sometimes erupted in giggles. He was obviously delighted to be having this shared experience. Before coming to Mt. Shasta, David had asked for a sign whether we would have a significant weekend and his response was approximately 20 flashes from the same part of the sky (I'll let him tell you that part). [See "Pre-Retreat Experiences."]

Besides the alchemy and high expectation, we also had history going for us. Ed is a veteran of several Dr. Greer ambassadorship trainings in Mt. Shasta. He was regaling us about the sightings he had in years gone by at Shasta, and when we asked him how this night compared to those, he noticed what appeared to be an object moving through Perseus over our heads. I had a flashlight with me, so I circled the moving object with my light. It traveled a few more "feet" and then flared up in a brilliant acknowledgment before disappearing. Ed said that this flare-up was personally significant to him since a similar event in Perseus had occurred on the final night of his very first CSETI training, which happened to be at Mt. Shasta!

Besides the Perseus flare-up, we also saw several additional flashbulbs in other parts of the sky.

Meanwhile, the flashes on the mountain morphed from one every so often to being this almost continuous dancing light that stayed lit and danced up the side of the mountain. I asked myself several times, "Am I really seeing this?" "Is this an illusion?" It wasn't.

So, David, I will agree with you that "the most significant contact occurs between 2:00 and 4:00 a.m."

Below: Ed & Moira at their seats watching the light show on Mt Shasta.



## **ED'S NIGHT 3 REPORT**

Maira's report above has jogged my memory with respect to one very important contextual detail: that the Perseus sighting immediately followed her and David asking me to compare this eventful final night to memorable nights of my several CSETI trainings. The ET's, if I am not being too presumptuous, made the perfect connection for me before I had a chance to respond. Similar to the Lyra sighting on Night 2, this "craft" drew my attention and aroused my expectations well before it blinked a few times in the heart of Perseus. Soon thereafter, with Maira and David tracking now, it bade us farewell in a burst of light.

What made this the most personally poignant part of the weekend was the sudden realization that Perseus was also at the heart of a powerful farewell experience on the final night of my very first CSETI training in 1999, which was also Dr. Greer's inaugural Shasta training [an excellent account of this groundbreaking week may be found in the CSETI literature]. I couldn't tear myself away from the field after such a life-changing, dramatic week; I asked my carpool driver to indulge me for a few minutes while I lingered at our now-abandoned site to make my farewell. What followed was spontaneous, uncalculated, and too personal to adequately capture in words. All I need say, however, is that in a trance-like, unblinking state, I kept my eyes riveted on Perseus while I offered thanks to the ET's, nature spirits, indigenous ancestors, celestials, astral beings and whoever else was present and party to this celebration of spiritual communion. Their response was, in short, ineffable and unforgettable.

I can't add much of significance to what David and Maira have already related about the lights on Mt. Shasta. They had a humble beginning: as some of our group were leaving the property to return to their lodging, I shifted my focus from the sky to the social scene — goodbyes and final hugs for those who would not be able to return the next morning before check-out. I watched as they walked past the garage, down the long driveway to their parking spots. It was then that I first saw a light or two twinkling through the pines and Douglas firs that stood between us and the mountain. It took some minutes to convince myself that I was clearly seeing something on the flanks of Shasta rather than in the foreground. Soon Kim, David, and Cameron were at my side to confirm and clarify.

Being firmly rooted in the 19th century, it was some time before I broke out my low-tech binoculars and modestly-endowed green laser (it was now down to just the Die Hard 3: David, Maira, and me). The binoculars proved that there were at least two distinct light sources during these latter phases, and the laser was invaluable in provoking a response from the mountain when the activity died down. I would signal with a tight, repeated triangle pattern, which was usually rewarded with a prompt series of flashes in response. In general, we've become very cautious in our use of lasers, but this gratifying episode of interactivity seemed to justify whatever risk was involved.

## ANNIE - ORBS

Moira, Alyson and I were chatting about midway through our Saturday night CE-5 event. Folks were taking "orb" photos behind us, Peter was sharing his night vision goggles with folks in front of us, and the three of us were sitting watching the sky when we started chatting about orbs in general.

Sharing experiences - I'd mentioned that my oldest dog was "passing" along, back in February, and I'd been asking my orb friends if they could help her pass more "gently"...

Alyson asked me if I felt the orbs were loving and responsive, and at the very moment I said "yes" we saw a huge flashbulb in the sky which repeated, several times. Paul had the night goggles and we watched the flashbulbs migrate from the northwest toward due north, a series of least 9 flashes.

Alyson then said something like, "Wow, that might be a confirmation of our question about whether the orbs are indeed real!" and we both looked up to see a HUGE WHITE SPOT coming out of two stars and moving swiftly north toward the North Star. It was as big as the ISS but NOT THE ISS, as it faded in just a few moments, and we all know we can see the ISS for a while as it passes by. To me, it was a confirmation that our ORB FRIENDS are real and here to be of help, if asked.

By the way, my dog eventually succumbed to her health challenges and she's now in a better place, as all dogs "go to heaven". We'll see her again when our time comes.



Above: Pete, Mark, Kim, Cameron & David (behind the camera), the folks who were taking orb pictures in the background.

## **KOSTA - THE TWO LIGHTS**

On the third night of the ETLetsTalk Mt. Shasta 2015 Retreat, I led our group ET Contact meditation at our field site, which happened to be the backyard of the rental house where almost half of our retreat attendees were lodging.

It was a beautiful night; clear, just slightly warm, no wind. We had been experiencing great camaraderie. The group was also experiencing “flashbulbs” in the sky plus other ET Contact phenomena. I had seen quite a few sky flashbulbs too.

Halfway into our evening contact session I left our backyard group circle to take a bathroom break. I walked in the dark toward the house, which had a spacious deck containing a large door leading into the living room. As I walked on the soft grass and approached the deck, I was startled by two bright, soccer-ball-size lights next to each other and right in front of the door where I was headed. This was about 30 ft. away. I thought maybe they were the flashlights of two people emerging from inside the house back to the outside. But the lights did not “blind” or hurt my eyes as bright flashlights in the dark would do. There was silence. The lights remained stationary as I approached. Then 20 feet from the door, they blinked out. When I reached the door a few seconds later, there was no one there.

Once inside the house, in the living room on the right a member of our group was lying on a couch, not feeling well and taking a break. She mentioned seeing two (or more) lights inside the living room. I hope she has the opportunity to write up her side of this story because it is more dramatic than mine.

I feel satisfied that I experienced anomalous phenomena here. Were they Beings? I don't know for sure, but I know I saw the two outside lights and then once inside I was validated by the other team member. This is all in a night's work of ET Contact. :-) Sometimes you don't know what it means, but it sure is weird and unexpected.

## **CAMERON'S DAY & NIGHT 3 REPORT**

The third day 8/15/15 I felt that I needed to follow my heart chakra. It told me I had to go to Castle Lake and meditate there. I was going to head there solo and then to my delight CE-5 SD Pete & Olga plus CE-5 Michigan Mark & Kim wanted to go there as well. If you have never been, I highly advise it. Olga was told that the Native Americans who resided there peacefully before they were forced out by the Europeans used this lake for healing and their special baptism ceremonies. Mark, Olga & Kim did the baptism ceremony in the lake while my camera was filming it from a tripod and I was in deep meditation. It was an exceptional moment. Once completed, I felt the overwhelming feeling of diving into the lake and swimming to the rock to meditate, which I did. It is a moment that is seared into my heart for eternity.

That third night, 8/15/15, Kosta led an incredible guided meditation which spoke of all the CE-5 ambassador teams around the world doing CE-5 simultaneously and visualizing every one of them on the planet turning into a beam of light shining into space. The vision came to me of more and more CE-5 ambassador lights shooting out into space from Earth and once the Hundredth Monkey tipping point was reached, the entire earth turned into a ball of light beaming into space, thus turning into a beautiful star of love and consciousness.

Flashbulbs in the sky were seen that night and then the grand finale of the week: flashbulbs on the Shasta Mountain around 11,000 feet or so. I was able to document a few minutes of this beautiful moment as our highly intelligent ET friends were saying goodbye for now with a wonderful light show on gorgeous Mount Shasta. Until the next CE-5.

## **TIM'S NIGHT 3 REPORT**

During the last night of our retreat we had many sightings. These flashes began before our group could settle into their chairs. Again, these phenomena were limited to the Big Dipper and Cassiopeia. Later on we saw what appeared to be a satellite creating bright flashes in three-second intervals. I believe forty-plus flashes were seen as it traveled the sky and descended into the horizon. After that we had more random flashes appearing in the Big Dipper and Cassiopeia. Eventually it got late and I had to retire, but remaining members reported seeing lights on Mt. Shasta.

# NIGHT 4 - 08-16/17-2015

## Location:

Panther Meadow on Mount Shasta at about 7600 feet MSL (2316 meters).

## Attendance:

8 Group members who were still in town decided to do one more bonus night of ET contact but this time they would try it directly on the mountain.

## Day Activities:

- 18 members gather at the Mt Shasta house & have a group picture
- Group lunch
- 20 members depart back to their home towns
- 6 members visit the Lake Siskiyou recreational area

## Night Meditations:

- Hu Chant Meditation
- Dr. Steven Greer "Im Namah" Mantra Meditation
- Coherent Thought Sequencing (CTS) is performed during the chant meditations
- All meditations were practiced with the group holding hands in the following fashion:

Right palm down with right thumb aiming left, left palm up with left thumb aiming left. This permits one to have both thumbs and the energy flow directed toward the heart.

## Sky Condition:

- Crystal clear
- Smoke visible below the elevation of the contact site
- Perseid Meteor Shower (post-peak)

## Satellites:

- Heavens-Above.com and the GoSatWatch app were used as cross references to look up for known visible satellites.
- Iridium Satellites: No flares scheduled during the skywatch time period.

## Man Made objects observed in the sky:

- Airplanes
- Satellites, ISS

## Equipment:

- Ipad with a 3G signal used to read the sky & satellite charts.
- Iphone to take notes of events.
- Wireless speaker for CSETI tones and meditation music.



Above: Panther Meadow

# NIGHT 4 SIGHTING LOG

## NOTE:

- All times are based on U.S. Pacific Daylight Time (PDT).
- CSETI tones were played before the start of the CE-5 event for several minutes.

## Late Afternoon

Kim saw 2 flashes on Mt Shasta while driving up to the site, as observed the prior night from the house.

## 21:51

Several flashbulbs appear nearby the Arcturus star as the group was getting ready to start the meditation.

## 21:54

3 Flashbulbs are observed in the western sky near Arcturus.

## During the Meditations:

- Kim reports the visions she received during the meditation:
  - With her eyes closed, she could sense and “see” different kinds of ETs who showed themselves to her where she could “see” their faces very vividly and felt that they were very pure and beautiful in spirit. When she opened up her physical eyes, she could see the faces of some of the spirits of the mountain standing behind and around the circle. Their faces looked very old, big and bearded.
  - Behind Chuck, she saw a big lion-spirit face which told Kim that he was here to support Chuck and encouraged him to learn more about the medicine of the lion.
  - She then also saw a very vivid wolf spirit that appeared in the middle of the circle.
- David decides to watch the sky at one point to see if ETs would show up visibly during the meditation. About 3 to 5 minutes later and around **22:35**, he observes a couple of flashes in the northeast sky within Cassiopeia just between the 2 stars that form the right side of the “W”. A craft with a dimmed white beacon was then seen traveling through the near center of Cassiopeia’s “W” and toward the northeast. The craft did send another brighter flash near the middle of the constellation.

This craft was located at a very high altitude, much higher than a standard flight altitude flown by a jetliner, with no noise to be heard as well. The craft then disappeared once it reached the left side of Cassiopeia's “W”. It could not have

been a satellite because a white beacon was noticed throughout the whole trajectory, and it could not have been a jetliner because of the altitude, lack of noise, and the way it just appeared and disappeared within a crystal-clear sky. At 22:49, once David finishes reporting this observation after the meditation to the group, Mark and Dave both see a very fast alleged meteorite moving northeastward and right towards Cassiopeia, acting like a potential confirmation.

- Chuck reports seeing a Flashbulb in the Big Dipper during the meditation as well.

### 22:50

- In the east, David reports seeing a potential flashbulb just above the Sargents Ridge at about 10 to 15 degrees above the horizon. Right after Mark witnesses a flash himself in the same location.
- Since the Algenib star from the constellation of Pegasus was located just about where both flashes were observed, they were wondering if that could have been an atmospheric effect which caused Algenib to have a flashing or scintillation effect.
- This was not seen again after those 2 observations.

# MEMBER REPORTS

## **CHRIS'S MT SHASTA RETREAT REPORT**

Expecting an historic ET event for the CE-5 August 13-15 in Shasta with old and new friends, we were first offered a gift of tiny Lemurian crystals from a lovely green-eyed young woman named Olga from San Diego. Pete and I carried our crystals on our persons the entire weekend, as probably most everyone else did. Very nice, Olga!

Our weekend also included an offer by Hollis to instruct us all in some psychic training and although it was very interesting and a fun exercise, my most memorable moment of the weekend was Mark Sims sharing with us his extensive collection of 3,000-year-old Mexican relics.

We each got to personally examine about 30 pieces while Mark answered our questions about where they came from, the story of how he acquired them and speculation about what the artist meant to convey to us through the etchings on all sides of each stone piece. It was an experience I'll never forget. I would also encourage everyone to watch Mark's YouTube videos giving more details about what changed his life and started him on this journey. They are excellent.

During our socializing moments, Pete and I were enthralled by our conversations with Paddy Sheehan; we learned he is the brother and employee of Harvard Law School graduate, author and university lecturer Danny Sheehan, who has participated in some of the most important public-interest cases of the last forty years. Paddy is in charge of security protection for Danny's legal team. Learn more about the exciting work of Danny Sheehan on YouTube.

Also of interest was meeting Kevin Wanamaker, who joined us and interviewed several CE-5 participants. Kevin also generously gifted each of us with a music CD he put together and titled CSETI Motivation. Pete and I are really enjoying the music and the lyrics, and it's especially meaningful listening with headphones. The audio interviews will be used in an upcoming podcast series, CE-5 Minneapolis: <http://directory.libsyn.com/episode/index/id/3624364>

Another CE-5er, David, joined us to document this weekend for his upcoming ET-contact website.

It is with regret that we didn't get to learn more about the other participants. Special thanks to Ed Correia, who wowed us with his knowledge of the heavens and who found us a terrific place for the 3 nights of CE-5's where I saw the most 'flashbulbs' EVER!

## **DAVID'S MT SHASTA RETREAT REPORT**

The first ETLT Mt Shasta Retreat has been such an amazing experience to be part of. It was full of wonderful people who came from different working groups from around the country. New friendships were easily made.

The great group coherence resulted in a lot of contact activity throughout the whole weekend: there were a lot of flashbulbs every night. Several alleged satellites appeared with varying intensities followed by a flash in areas of the sky that were not scheduled to have either satellites or flares, using the Heavens-Above.com site and the GoSatWatch app as references. The most impressive sighting that I got to witness was the orb that appeared on the third night, which first appeared as flashes on the southwest side of the mountain. It eventually became a constant light or orb that initially moved up and down and then more randomly, combined with an appearance and disappearance act within a 2-mile range on the mountain, between 11,000 and 14,000 feet, for a span of 3 hours.

Eight of us who were still in town decided to do a fourth night of ET contact, but on the mountain itself this time at about 8000'. The activity was mostly at the beginning of the night with flashbulbs. Later on, I saw a craft right during the "Im Namah" mantra meditation that we selected to try; it appeared on the right side of Cassiopeia with a couple of flashes and "flew" through the near center of it, then disappeared upon reaching the left side of the constellation. Once I finished reporting my sighting after the meditation, Mark and I noticed a high-speed meteor which appeared to be going right toward Cassiopeia, like a confirmation.

## **OLGA'S MT SHASTA RETREAT REPORT**

I had a "tap tap" on my shoulder during our visualization and psychic training led by Hollis on day two.

On the second night when the EMF detectors went off, there was a white fog over the group. I felt the presence and support of the cosmic beings.

On the last night, we had most of our sightings happening in the region of Andromeda and Cassiopeia.

## **PETE'S MT SHASTA RETREAT REPORT**

I was so happy to see this historic west coast long overdue gathering and hope to join with the east coast folks in continuing education, workshops, meditation and ET contact.

All 3 nights we had the usual flashbulbs but this time with experienced teams, these phenomena were recorded with time stamps and locations by CE-5 San Bruno and CE-5 Utah teams. So nice with all these seasoned groups. Most of the flashbulbs occurred in or near Cassiopeia and the Big Dipper.

On the second night, the EMF tri-field meter detectors went off. I sensed beings around us; Olga and Kim confirmed that. Orbs could have been around but no one took pictures.

The third night we had orbs which only showed up on David's camera. My theory is his flash could be the right frequency to capture or he has a relationship with orbs.

# CONCLUSION / ENDING NOTES

- Sky coverage:

It is interesting to note that the sky was crystal clear from Tuesday August 11 through Monday August 17. But before and after those dates the sky was covered with smoke once again from fires in California and Oregon. Prior to the start of the retreat, some members did meditate and ask for help with the extinguishing of the fires and to have clear skies during the time the retreat was scheduled to happen. Was that wish heard and answered, at least in having clear skies during the ET contact nights?
- Flashbulbs:
  - Flashbulbs have been the most common sighting each night.
  - Flashbulbs were usually seen as the group was getting ready to settle in and start up the CE-5 night.
- Alleged satellites/crafts were the second most common sighting.
- The most unusual sightings of this retreat were:
  - Tim's diamond-shaped light flash in the afternoon meeting room on day 2.
  - The two soccer-size lights /orbs witnessed by Kosta and Monique on the third night.
  - The Mount Shasta orbs and flashes on the third night which appeared on and off during a 3-hour period.
- The hot spot in the sky was between the Big Dipper and Cassiopeia.



- Primary contact was the one made between the 28 beautiful human souls who participated in this retreat, which resulted in a wonderful group coherence and new friendships.



Above: 18 of the 28 members of the ETLT 2015 Mt Shasta retreat at the contact location.

