

General Information

Schedule:

2:00 pm – 3:30 pm: Mindful Movement Workshop

4:00 pm – 5:30 pm: Energetic Dowsing Workshop

6:00 pm – 7:00 pm: Group Meal

7:15 pm – 7:30 pm: CE5 participants gather

7:30 pm – 8:15 pm: Travel to the CE5 site, set up chairs & equipment, broadcast contact tones

8:15 pm – 8:45 pm: Blessing and meditation

8:45 pm - ?: Active CE5 session

This schedule of events has been crafted specifically to “set the stage” for a positive and enjoyable evening of CE5 work. The Mindful Movement and Energetic Dowsing workshops both offer skills and experiences that are conducive to achieving connectivity and a state of mind that is most beneficial to making contact during the CE5 outing. The group meal supports this by strengthening the bond between participants.

Participants may register for all of the day’s events and the CE5 outing, or they may choose to sign up for only what interests them. If you want to attend one of the workshops and nothing else, that is perfectly fine. If you want to join in the group meal just for the conversation and then head home, that’s okay too. If you just want to participate in the CE5 outing without signing up for anything else, that is not a problem. Just remember – we suggest participating in as many activities as you can. Doing so increases your awareness, offers new skills, and helps everyone to achieve a cohesive mindset that is favorable for CE5 work.

Additional information:

- Detailed information on locations for all events will be emailed to you following registration. The workshops, group meal, and gathering of CE5 participants will take place at a single location; the CE5 outing will take place at a different location. Both locations are within 20 minutes of one another.
- Regardless of which event(s) you choose, please make plans to arrive 10-15 minutes early. This helps us to stay on schedule.
- If you plan to participate in either (or both) of the workshops, please wear loose, comfortable clothing, especially in warmer weather. Working with energy can raise your body temperature.
- Be sure to bring a folding chair, warmer clothes, drinks, snacks & maybe a blanket for the CE5 outing (read the CE5 handout carefully for detailed information, suggestions, and requirements).
- If you have questions or concerns, please send an email to: shea@ownthelight.org.

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Trayfoot Mountain Studio Presents

The Mindful Movement Series:

Still Water Workshop



Imagine you are standing in a large, placid lake. It is peaceful and safe. Beneath the surface, beautiful hues of blue and green slowly shift and merge as the warm sun dances through the shallows. You relax, close your eyes, and your senses become heightened. You begin to feel weightless. The warm water gently rocks your body back and forth as the waves ebb and flow along the shoreline, weaving a rhythm of sensation and sound that inspires movement. You respond, gracefully bending and turning in slow, gentle harmony with nature's melody, taking in the healing energy. You leave the water refreshed, balanced, and at peace, deeply connected with the natural world around you.

This beautiful scene exhibits nature's economy of movement – simple, focused, and powerful. There is no wasted energy, no superfluous effort, and no needless complexity. The movements are uncomplicated but profound – they are *mindful*.

You can learn these movements inspired by nature, quickly and easily. *Still Water* utilizes mindful movement, developed to relax your body, relieve stress, increase strength & flexibility, and offer healing energy to all your body systems, both physical and energetic. It is easy to learn and fun to do and it does not damage joints, strain muscles, or create shin splints! And although *Still Water* can most certainly be performed in a lake or stream, we will be enjoying this form on dry land, so no bathing suit is required.

After the trauma of the last year, our stress levels, health issues, loss, isolation, and financial hardships have outpaced joyful living. I created this Mindful Movement Form to be a restorative experience for those who have been negatively impacted by recent events, but it is suitable for anyone who is simply seeking to bring peace and balance to heart, mind, and body. It is especially suited to group experiences where a collective sense of tranquility, unity, and connectivity is desired, such as CE5 Outings and similar events.

This form can be done sitting or standing and can be as gentle or as dynamic as you choose. This is truly a moving exercise for anyone!

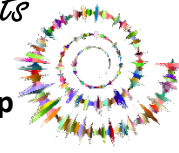
Schedule:

- The workshop begins at 2:00 pm. Please plan to arrive 10-15 minutes early.
- Workshop duration is 90 minutes, concluding at 3:30 pm.

Instructor: Jennifer Stroop Hensley, Certified Tai Chi and Qigong Instructor

We Own the Light presents

Energetic Dowsing Workshop



Energy is everywhere. It emanates from us, and from everything around us.

Many times, people imagine this energy to be something resembling an amorphous blob, just kind of oozing around and blanketing everything in a generic, unseen haze.

Nothing could be further from the truth. Nature is comprised of structure and patterns, and energy, being a foundational component of everything in existence, is no exception.

Energy takes on various shapes and forms, depending on its purpose, frequency, who or what it is anchored to, and who or what it is influenced by. And while it's true that energy ebbs and flows, it is not shapeless in an unorganized way. In fact, as with everything else in nature, it is VERY organized, forming predictable and detectable patterns that you can identify and work with as a means to improve your environment, your home, your health, your "sixth sense" and beyond.

For many, their understanding of how the universe works is very small – they believe that reality is only defined by what they can hear, touch, see, taste, smell, or otherwise quantify in physical terms. They do not understand that the physical world is only a tiny fraction of our reality, and that by limiting their experiences to only the physical, they are missing out on a much bigger picture – that of the energetic universe.

I teach Energetic Dowsing to introduce folks to the magnificent cosmos beyond the five physical senses. It is the perfect bridge between the physical and the energetic because it allows participants to explore the world of energy through familiar physical sensations and verifiable feedback. Learning the basics of Energetic Dowsing is simple, and anyone of any age can do it.

In this workshop, you will learn to use a set of dowsing rods to detect specific energy patterns that are present, and by the time we are done, you will know how to feel those same energetic patterns by using only your hands. With these basic skills, you can begin your explorations into the energetic universe.

Note: dowsing rods will be provided for the workshop and will also be available for purchase.

Schedule:

- This workshop begins at 4:00 pm. Please plan to arrive 10-15 minutes early.
- Workshop duration is 90 minutes, concluding at 5:30 pm.

Instructor: Shea Willis, founder of We Own the Light

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Group Meals

It has always been customary for our CE5 groups to share in a meal of some sort prior to beginning the contact initiative, but in previous years that effort was never standardized. Some evenings we would put up a table and have a full-blown dinner, and other times we would eat granola bars and peanut butter crackers as we scurried around trying to get equipment set up.

Regardless of the cuisine, when there was time to sit and talk with one another, the custom was always a pleasant one, bringing people close by the simple but powerful act of breaking bread together.

So, for the 2021 season, we have decided to dedicate an hour to holding a group meal, where everyone can sit down, talk, share stories, ask questions, and enjoy one another's company while they have a bite to eat. Participation in the group meal is optional, and you are certainly welcome to join us just for the conversation, if you'd rather not eat.

Group meals will be held "brown bag" style – participants are to bring their own food & drink, and we will provide the gathering space.

Important things to note:

1. If you want to bring food to share with others during the meal, such as cookies or other items not requiring refrigeration, please feel free to do so.
2. We strongly suggest that your meal choice be limited to things which are easy to transport and require little or no preparation. There is a gas grill available on the premises that can be used for quick-cook items such as hotdogs. If you would like to use the grill, PLEASE LET ME KNOW AHEAD OF TIME so I can be sure there is adequate propane in the tank.
3. Even if you participate in the group meal, you should bring snacks and drinks for later in the evening.

Schedule:

- Meal begins at 6:00 pm. If you plan to use the grill, please arrive a little early.
- Meal concludes at 7:00 pm. It is important that we end on time, as the CE5 outing immediately follows.

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Details and Information for Participation in a CE5 Outing – 2021

So you've registered for an Outing (or want to), and you're wondering what to expect or maybe you have some questions? We've put together this document to try and help with some of that. After you read through it, if you are still unsure of something, drop us an email at: shea@ownthelight.org.

The sections are as follows:

1. What to expect/sequence of events
2. Protocols
3. What you need to bring
4. What you are not allowed to bring
5. Liability
6. FAQ

1. What to Expect/Sequence of Events

Here's a basic agenda/schedule:

7:15 pm – 7:30 pm: CE5 participants gather

7:30 pm – 8:15 pm: Travel to the CE5 site, set up chairs & equipment, broadcast contact tones

8:15 pm – 8:45 pm: Blessing and meditation

8:45 pm - ?: Active CE5 session

2. Protocols:

It is a long-proven fact that well behaved people rarely make history. It takes rebellious, radical, fearless, free thinking, outspoken people to change the status quo, and anyone willing to support the CE5 Initiative ranks at the top of this list.

We are at the forefront of the most significant evolutionary process that the human race has ever known – we are leading a revolution that has the potential to elevate our collective society out of darkness and into the light of universal consciousness.

It will be generations before this movement carries us to a place where we will be truly enlightened, but without the courageous few who are willing to step out in front and lead the way *right now*, the concept of that evolution and enlightenment will merely remain the platitude which it has become. Personally, I have no intention of allowing that to happen.

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We must remember that, while it is our fearlessness, our independence, and our rebellious nature that gives us the ability to lead this movement and the strength to see it through, these qualities are also the very ones which can also cause us to create independent “camps”, based on our thoughts and beliefs.

We are leaders, and if we are to lead effectively, we must combine our strengths and leave the weakness of our dogmas by the wayside.

By virtue of our involvement in, and support of, the CE5 Initiative, we are, as Dr. Greer would say – “Ambassadors to the Universe”, and to that end, we ask that everyone observe and abide by the following protocols:

1. Respect

- Group members:
 - When we are in a group, we are in solidarity. Age, sex, creed, color, lifestyle, beliefs, and all other characteristics that are typically used to define the separateness between individuals have no place here. When we come together to initiate contact, we transcend that smallness and stand as equals.
- The natural world:
 - Respect of the natural world is every bit as important as respect of each other. Upon our arrival at a contact site, one of the first things that we do is to collect and properly dispose of any trash that others may have left behind as a way to show our respect for the environment and our willingness to be stewards of it. Our unspoken rule is “leave it better than you found it”.
- Our “Visitors”:
 - A CE5 event offers the chance to communicate with beings who are not “from here”, societies of advanced civilizations who have the potential to assist us with our own growth and evolution, if we are capable of accepting it. It is critically important that we approach this opportunity with open hearts and minds, and with a high level of respect for our “visitors”. Please do not refer to them as “aliens”, but instead, use the term “ET”, “Extraterrestrials”, or just simply “visitors”.

3. What you need to bring:

- Snacks and drinks:
 - anything that transports well is fine. Hydration is important, so make sure that you bring plenty of water or other beverages. You are welcome to

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bring a small cooler, if you like. Be sure to bring some snacks – CE5 is a lot more fun if you're not hungry.

- NO ALCOHOL IS ALLOWED, UNDER ANY CIRCUMSTANCES. If you have alcohol or have been drinking, you will not be allowed to remain with the group.
- Comfy outdoor chairs:
 - We use “anti-gravity” chairs because they allow you to recline and see the sky without craning your neck for hours on end. However, any chair that you are comfortable in will do. If you would rather lay on the ground and look at the sky, that's fine too – just make sure that your blanket or whatever you choose to lay on is thick enough to be comfortable on uneven ground (and that you don't mind if it gets dirty – we are often in cleared areas with very little grass).
- Light-weight blanket:
 - It may seem odd to think about needing a blanket during the heat of summer, but once the sun sets, the night air can get very cool in some of the locations that we frequent, and during the times when we are fairly quiet and still, it's possible to get a little chilly. Other options would be a jacket or a solar blanket.
- Bug spray:
 - If you are one of those unfortunate souls whom the bugs love, you will probably want to bring some bug spray with you.
- Equipment:
 - All items are 100% optional – you are not required to have any of these, but if you do, you are welcome to bring them:
 - IR (“night vision”) camera
 - Laser pointer
 - EMF meter
 - Tri-field meter
 - Dowsing rods

4. What you are not allowed to bring:

- Weapons:
 - Under no circumstances are weapons allowed to be on-site during a CE5 outing. If you are truly fearful of being outdoors in the dark, then please let us know, and we will help you work through that.
- Alcohol/drugs:

- As stated previously, alcohol is not permitted before or during a CE5 outing. If you have alcohol with you or arrive inebriated, you will not be allowed to remain with the group.
- Illegal drugs are a no-brainer. Don't bring them. If you do, you will not be allowed to remain with the group.

5. Liability:

- We Own the Light acts as an organizer/facilitator for CE5 events so that people who are interested in experiencing potential contact on their own or with their own group are able to do so. You are welcome to participate with us as often as you like or simply take from us what will help you to create your own group elsewhere. Regardless, your participation in any CE5 event is voluntary, and as such, you are responsible for yourself, your guests, your vehicle, and any possessions which you bring with you. Neither We Own the Light nor any of its representatives can or will be held liable for any person, vehicle, or possession which may be present during an event.
- By requesting to accompany us on a CE5 outing, you understand that this is an outdoor event which carries inherent risk associated with an outdoor environment, and you assume all responsibility for any potential risk that may be present.

6. FAQ:

- How do we maintain social distancing and safety requirements, in light of the COVID-19 pandemic?
 - All portions of an outing are conducted outside, with plenty of space for social distancing. The only exception to this is the portion of the ride to the contact site which requires 4-wheel drive access. If you do not have your own 4-wheel drive vehicle, you will need to ride with someone else for a short distance. There will be at least one pick-up truck available with an open bed to carry anyone who does not wish to ride in the cab of a vehicle. We ask that everyone observe current safety protocols and at a minimum, bring their own mask and hand sanitizer. Masks are not required to be worn when we are outside, but if you elect to ride in the cab of a vehicle with someone else, they will be necessary.
- What happens if it rains?
 - If there is imminent rain in the forecast on the day of the outing, the event may be cancelled. You will be notified by email and/or text.
 - If rain develops during an outing, we will vote on whether to "wait it out" or terminate the event early.

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- If severe weather, such as a dangerous thunderstorm develops, the event will be terminated for the safety of the participants.
- Dense cloud cover in the absence of rain can also be a reason for ending the event early, if majority votes in favor.
- Can I bring my dog?
 - The short answer is “sorry, no”.
 - The longer answer is “tell us more about your doggie and how he interacts with other people and a strange environment, and we’ll see”.
 - If it’s determined that your doggie is a candidate for participating, the rule is that you MUST have your companion on a leash AT ALL TIMES and you are responsible for his/her behavior and care.
- Can I bring a child?
 - That depends. Children can often be a wonderful addition to a CE5 outing because they are generally more “open” to such experiences than adults are. We try to evaluate this on a case-by-case basis. If you have a child that you would like to bring, please contact us so we can discuss.
- I’m a smoker – is this an issue?
 - Nope, not an issue. However, please be mindful of others who are not smokers or who may be adversely affected. Stay clear of them. Also – make sure that you have a place to dispose of your cigarette butts. Under no circumstances are they to be thrown on the ground.
- Will I get “abducted”?
 - Good lord – NO. However, if you did, you’d be the envy of the rest of us. We’re all vying for a ride.
 - All kidding aside – forget the “abduction theories”. We are seeking contact with advanced, hyper-intelligent beings who primarily operate in the realm of energetic consciousness and “zero point energy”. By comparison, we’d be considered the barbarians in this scenario. We’re the ones who shoot them out of the sky and try to weaponize their technology, not to mention the horrors we commit against any of their populace unlucky enough to be caught on the ground.
- What about wild animals?
 - Most often, our events are held at high points in forested areas which have a good view of the sky, so yes, we are in an environment which supports a variety of wildlife. However, the animals normally give us a wide berth – they generally don’t want anything to do with us. Occasionally, deer will come in close, especially after dark, and we will see a bear or a few coyotes every once in a while, but we have never had

a negative experience with any animal. Their presence is actually a delight to observe.

- What about cryptids, such as “Bigfoot” Do you ever see anything like this?
 - Full disclosure: We have seen/experienced possible evidence of “Bigfoot” and other “unexplained phenomenon” in some of the areas that we frequent for CE5 work:
 - “Bigfoot” – we have observed what looked like Sasquatch tracks, and have experienced howling vocalizations, knocking sounds, and movement in the brush at two of the locations that we visit.
 - “Unexplained Phenomenon” some examples:
 - Our cameras often capture what we call “cosmic butterflies” in and around wooded areas. We have seen these both at night and in full daylight. They are not actual insects, but are beautiful, brilliant energetic signatures of something that we suspect is related to the presence of the Extraterrestrials.
 - Our cameras also frequently capture other unexplained energetic anomalies, shadows, and lights that cannot be seen with the naked eye.
 - At our “home base location”, we have repeatedly witnessed an animal that has yet to be identified.
- What’s the difference between “aliens” and “Extraterrestrials”?
 - In a nutshell, the difference is in your own mindset. To us, the word “alien” is the equivalent of a racial slur. We have the utmost respect for our cosmic neighbors, and until we are familiar enough with them, as individuals, to be able to call them by name, we prefer to use the terms “Extraterrestrial”, “ET”, or just simply “visitors” when referring to them.
- What if I have to use the bathroom?
 - Yep – it happens, and the truth of the matter is that 99% of the time, we are nowhere near restroom facilities during a CE5 outing. The best option is to take a flashlight and find a suitably large tree nearby to go behind. We also suggest that you learn to identify Poison Oak/Ivy prior to this. If you don’t know what they look like, let us know, and we will show you. Welcome to the outdoors!
- Can I use my phone during an outing?
 - Absolutely! But ... a few pointers:

- Please refrain from using your phone during Blessings or Meditation. We ask that everyone silence their phones for the hour or so that this is underway.
 - If you need to text or talk during an outing, please keep your volume AND your backlight turned down low enough that it is not a distraction for others. If you must take a call, please move away from the group during your conversation.
 - If you would like to “live stream” or video portions of the event using your phone, we ask that you inform everyone present of that, and make sure to get their permission first.
- I’m not real comfortable being in the dark. Can I keep a flashlight on during the outing?
- While we understand your discomfort, no, you may not keep a flashlight on during the outing. We frequent places with little or no light pollution so that all aspects of the sky are as visible as possible. The presence of a constant light source defeats this purpose. If you look at the dates for scheduled outings, you’ll notice that all of them are on or around the new moon – we do this on purpose so that the night sky is as dark as possible. If it helps, all members of our group can vouch for the fact that an outing is an extremely safe environment. You will also find that, without artificial light present, your eyes will quickly adjust to the night and you will be able to see more than you thought possible. Flashlights are permitted to be used to go to the bathroom, find something that you may have dropped, or to locate something in your vehicle. Other than that, we ask that they remain off. If you truly have a fear of the dark, please contact us ahead of time, as we will help you work through that prior to the outing. Another option is to observe the sky from your vehicle, if you are not comfortable out in the open.
- What do you see on an outing? Are there ships? Beings? How do you know that what you’re seeing isn’t just satellites?
- While no two outings are exactly alike, the things that we experience during nearly EVERY outing are lights in the sky (which seem to behave like “ships” quite often), and the presence of beautiful energetic entities at ground level. We also see what we call “sparks” very frequently – these appear as either single flashes of light in a range of colors or sometimes as multi-light bursts that look like small fireworks in the trees or on the ground.

- We also almost always experience energetic presences – the distinct feeling that something or someone is very close – sometimes close enough to touch – but is not visible. This is not at all unusual, as ET's are most certainly capable of manipulating their environment energetically.
- On a number of occasions, we have had what can reasonably be described as a “ship” fly overhead at very close range. However, in each of these instances, the “ship” was traveling so fast that it was either not visible at all or only appeared as a quick flash of light. Fortunately, we have been able to capture this on film at times, and when the frames are slowed down, we are able to see that there was definitely something there which seemed to be responding to our presence.
- On one occasion, we captured still pictures of what appears to be a “being”.
 - A lot of the footage from these events is available for viewing on our YouTube channel. Just search for “We Own the Light”.
- As to the question about satellites – yes, we definitely observe satellites (and airplanes) frequently, and we are able to tell the difference between these and potential ET craft in a number of ways:
 - Experience: Having spent hundreds of hours observing the night sky, we are very familiar with how satellites and airplanes differ from ET craft.
 - At least two of our members always have a program running on their phones which track the night sky in real-time. We can confirm the presence of satellites with this technology.
 - Behavior: Often times, the “lights in the sky” that we observe behave in ways that are impossible for man-made craft to do. They often stop, change direction, change colors, or respond to our requests for verification of their presence.
- **What should I wear?**
 - Something comfortable and suitable to being in the wilderness.
 - Shorts, t-shirt and tennis shoes/hiking boots are the norm for us in warmer weather. We advise against flip-flops or open-toed sandals; they are generally not suitable for walking on rocky, uneven ground, especially in the dark.
 - In cooler weather, we strongly advise that you wear warm clothing, dress in layers, and bring a blanket, even on evenings that you think you may be warm enough without it.

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