



## The Journal of Abduction-Encounter Research JAR Has Arrived!

Urgent issues confront us all. In response, we, the editors, announce a new, quarterly, email magazine—the *Journal of Abduction-Encounter Research* or **JAR**. The mission of **JAR** is to be a global platform on which to debate the significance of the extraterrestrial presence. **JAR** will publish all cogently argued points of view that give us insight about who the UFO intelligences are, what they are doing, what they want, how human beings are reacting to them, and how the extraterrestrial presence may influence the future of the human race. Subscription price is \$20/year.

All ufology knows we are living through the start of the most important development in human history. What is the nature of this development? How are we to react to it? And are the visitors truly extraterrestrial?

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— the Editors of **JAR**

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## A Message From the Editor ...

Welcome to the first issue of the *Journal of Abduction-Encounter Research*. It's time for a new endeavor, and we at **JAR** have decided the time is right for a publication—a lively and sincere discussion of the implication of UFO visitations and contacts, which show no sign of letting up.

It is fitting to describe the UFO-nauts as "aliens," as they are most assuredly *alien* to our ken. This is not to imply, merely by our use of the term, that the *only* accepted explanation of the UFO phenomenon is extraterrestrial. It could be better described as inter-dimensional or ultra-dimensional. Words sometimes fail as we describe something so very alien to us.

Suffice to say, the ultimate solution to the ultimate mystery will likely involve some sort of other intelligence; perhaps an all-powerful trickster, directing all sorts of mayhem for his own amusement. Or maybe a diversity of ETs; each group vying for power over this gem of a planet; some trying to bring us up-to-speed in the intergalactic brotherhood; some trying to decide how best to dispose of Earth's occupants as they plot their take-over.

Stimulating and thought provoking, the UFO abduction mystery is vitally important. In this issue, Barbara Lamb outlines a primer on the abduction experience, which she optimistically feels can be transformationally positive after proper therapy. Helen Littrell, author of the 2005 book, *Raechel's Eyes* gives us her very personal perspective on meeting an alien-human hybrid face-to-face. Her complex and poignant case lends support for the idea there is a population of hybrids somewhere—out there—anchorless and with a deep need for both a real mother and a real sense of belonging.

John Carpenter cautions against definitive labels such as "good" or "evil" when it comes to experiences, while Craig Lang points out the massive infrastructure needed if UFO abductions are truly physical. Lang's observation—that the immense resources directed for this project should have "profound implications for the future of humanity"—is an understatement.

Derrel Sims and Elaine Douglass bring individual cases to bear in an emotional portrayal of the phenomenon. Sims gives us a first-person narrative while Douglass features a "nest" of cases from her files. Budd Hopkins and David Jacobs, both UFO research pioneers, bring the wisdom of thousands of regressions to the fore and discover—chillingly—that the alien agenda seems to paint "a picture we may not wish to gaze upon."

Get ready for some fine reading, folks  
Until next time ...

Susan Swiatek, **JAR** Editor



# An Alien Agenda Involving Hybrids

by Budd Hopkins  
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**Abstract:** (This article is based on a presentation given March 3, 2006, at the International UFO Congress held in Laughlin, Nevada.) Ever since the 1966 disclosure of the Hill abduction, researchers have had an abundance of corroborating cases that point to a systematic human-alien breeding program that is producing hybrid beings. Though actual coupling may be forced upon the abductee, most accounts describe harvesting of sperm and ova. Female abductees have reported seeing hybrid infants and “nurseries.” These hybrids have now matured and are reportedly driving cars, shopping, and conducting strange “job interviews” while maintaining their alien abilities of mind control and telepathy. The interlocking data point to alien infiltration into our world for goals unknown.

The most recent and perhaps most disturbing aspect of the abduction phenomenon that I’ve looked into is the issue of hybrid beings. These beings, probably genetically engineered with a mix of human and alien characteristics, seem able to maneuver in our human world. It is an undercurrent I have noticed for a long time, and one I do not think I wanted to face.

Both David Jacobs and I have written about the production of hybrid babies, a program we felt was some kind of basic alien agenda. I first began to see it in 1984, some 22 years ago, and by the time my book *Intruders* was published, in 1987, I had uncovered many of these cases. In fact, Kathie Davis, whom I wrote about in *Intruders*, described a small, obviously not-fully human, child which she was made to feel was her own.

The Barney and Betty Hill case marked the beginning of the public’s knowledge of abductions, and it is important to understand that even in this early case there was a reproductive aspect. When I heard about the Hills in 1966, I did not understand that apparently ova were retrieved from Betty Hill’s body by way of a needle put into her navel. What we also did not know at the time—it was not made public and was seen as too delicate to put in John Fuller’s book, *Interrupted Journey*—was that a sperm sample was taken from her husband, Barney Hill.

With the Hill abduction, we should have gotten the point that the aliens are primarily interested in human bodies, in our physical properties. As time went on, we found the aliens were taking samples of peoples’ tissues in addition to what seemed to be in many, many cases, ova and sperm. This alien interest in the human body is anything but spiritual, contradicts the idea the aliens are benign beings here to help the human race. Instead, they seem to have their own agenda, which involves the production of hybrid beings.

Dave Jacobs and I also had early reports from abductees of beings who looked quite different from the standard grays. They did not have the typical big black alien eyes—some had whites in their eyes—and their heads had a more human shape. I have a series of drawings done in the early 1980s of aliens that

(HOPKINS continued on page 9)

## Reflections From “Raechel’s Eyes”

by Helen Littrell, Helen5thworld@aol.com

One thing that never lets go is the memory of my first meeting with Raechel. Even as I write this, the scene unfolds before my eyes, as it always does, and every time it’s always exactly the same. Nothing has changed in the more than 30 years since that seemingly innocent scenario with Marisa and Raechel on a warm summer evening in 1972. I still remember what each of us was wearing, where we stood, what we said. The moment I recall it, a portal opens to this vivid segment of the past and I instantly step through, again a participant.

I’d stopped by to visit my daughter Marisa. I was also hoping to meet her unusual roommate Raechel. The two were college students and had been living together only a short while. Marisa had already mentioned several bizarre things concerning Raechel and my interest was piqued, but it turned out Raechel wasn’t home yet from a late class.

As I was about to leave, standing in the open doorway, saying goodbye to Marisa, we heard Raechel’s footsteps coming up the stairs. Passing between us, she paused only long enough for Marisa to introduce us, then continued to her room to retrieve class notes she said she’d forgotten.

As she returned, something happened...the beginning of

**Abstract:** Helen Littrell describes her first meeting with Raechel; an event etched into her mind. Raechel was her daughter Marisa’s college roommate in the 70s. When her daughter passed away suddenly in 1990, the author felt it was her duty to record the story in the book, *Raechel’s Eyes* (2005). This article describes the journey of writing that book about Raechel, a hybrid human-alien being.

### Meeting Raechel for the First Time

Raechel returns through the living room, and heads toward the doorway where Marisa and I are

my awareness that Raechel was not an “ordinary” person. Even the manner of her participation in the introduction, with her measured, mechanical-sounding speech, was in itself a “red flag” that signified all was not what it seemed to be. Actually very little of what occurred during the next few minutes was what it seemed to be. Or, perhaps I should say, it was far more than it seemed to be....

still making small talk. Just before reaching the doorway she trips on the carpet and loses her balance. Making no effort whatsoever to catch herself, her body ramrod straight, she falls forward still clutching the papers in her right hand.

It looks as though she is going to land flat on her face so I reach out to save her. I turn slightly to my right, take a couple of steps toward her, and grab her left arm with my right hand. The sleeve of her long-sleeved jumpsuit slides up and I am holding firmly onto her left forearm. I return her body to an upright

(LITTRELL continued on page 12)



# A Picture We May Not Wish to Gaze Upon

by David Jacobs, PhD  
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The abduction phenomenon is something so strange, so unusual, it is very difficult to gain an understanding of it. When I was a UFO researcher strictly examining the outside shells of anomalous objects in the sky, most people thought the abduction phenomenon was purely and totally psychological. Even though there was, of course, the Barney and Betty Hill case. The Hills were obviously not 1950s-style contactees—which primarily meant charlatans.

One was required to have a lot of evidence to accept the idea that not only were there complex individuals inside the UFOs, but they were kidnapping humans. Furthermore, the Barney and Betty Hill case had embarrassing elements in it, such as a sperm sample taken from Barney, and a needle put in Betty's navel (which she said was a pregnancy test, although it almost certainly was not). When more abduction cases were reported and researchers began to study them, the Hill case provided a model for understanding what was happening.

**Abstract:** (This article is based on a presentation given March 3, 2006, at the International UFO Congress held in Laughlin, Nevada.) The UFO phenomenon is very difficult to understand. Early on, the data pointed to an experimental model with reproductive and neurological features. Now the data indicate a move to a new phase, a "program" model. The production of hybrid beings has gone on for many years; abductees are now seeing alien hybrids along a continuum of early-stage to late-stage. The latter wear human clothes and can visually pass as humans. These beings are meeting up with abductees in their everyday life and seem to be trying to learn basic skills and behaviors, to try to fit-in and possibly infiltrate.

What happened to the Hills, and to others, seemed to suggest an experimental model; this was a learning situation. Aliens were running tests on humans to understand our physiology and our mental processes.

The experimental model fit and there was little reason to doubt it. The model became so strongly accepted it seemed to

explain most of the evidence from 1966 to the early 1990s. I fully accepted this model in the first seven years of my abduction research. Then as the evidence mounted, I realized the experimental model was not holding. The evidence did not explain how this could be an experiment when they are doing certain procedures on people repeatedly around the

world. For example, how many times does one have to run an experiment to learn that when people see horrible scenes of death and destruction, they experience anxiety?

*(JACOBS continued on page 15)*

## The Big Picture of Extraterrestrial Contact Experiences & How Regression Therapy Can Help

by Barbara Lamb, MS, MFT, CHt  
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Regression therapy is the most helpful and effective way I know for getting to the source of a continuing problem, such as fear, trauma, confusion, or feeling victimized by an unknown source. After 15 years of conducting psychotherapy and seven conducting Regression Therapy, I discovered that the source of some people's distress or trauma is experiences they have had with extraterrestrial beings.

These beings cause various responses in the people they contact—everything from wonder, awe, and enlightenment to extreme anxiety, fears and phobias, anger, resentment, and (rarely) the inability to function normally. Regression therapy and integration work can help people with any of these responses make sense of bizarre experiences and function better in their lives, even though the experiences may continue to happen to them.

Many ancient sources indicate interaction between

extraterrestrial beings (who seem to come from the heavens or space) and humans for thousands of years. In recent times, contacts and abductions have been reported since the early 1960s. According to polls taken during the 1980s and 1990s an estimated five to eight million Americans have had these experiences, and it is a world-wide phenomenon as well.

Since 1991, when I first worked with a traumatized extraterrestrial Experiencer client, I have regressed more than 500 people to various experiences of extraterrestrial contact—perhaps 1500 regressions. I am currently working with 15 abductees, and I lead a monthly support group for Experiencers as well.

I prefer to call people who have had encounters with extraterrestrial beings "Experiencers," rather than "contactees" or

*(LAMB continued on page 19)*

**Abstract:** In her 31 years of psychotherapy and regression work, the author has come to realize that the source of some clients' trauma is the experiences they have had with extraterrestrial beings. She prefers to use the neutral term Experiencers to describe this group, as events can run from terrifying to transformational. Many patterns are very clear in ET contact; the beings fit recurring type descriptions; Experiencers go through a myriad of common experiences, including involvement with a hybridization program. Regression Therapy can be very effective in helping this population process their memories and experiences.

# One kid who didn't buy it

by Derrel Sims, [derrelwsims@yahoo.com](mailto:derrelwsims@yahoo.com)

**Abstract:** This article is an edited excerpt from the author's new book, *Alien Hunter: the Evidence in Light*, 2006. A very personal account of alien abduction has been burned into the mind of the author. He brings us into the emotionally-charged events, almost frame-by-frame. The lifetime of abduction experiences—some involving his family—takes its toll on the author and molds him into who he is today—The Alien Hunter.

The very first time I saw the entity, I would not accept his suggestive command, "You will not remember."

Let me start at the beginning with my first conscious event. The year is 1952. I am between 3½ and 4 years old and lying in my bed at 1005 S. Kay St. in Midland, Texas. An A/C unit not quite fitted to the window allows cold night air into the room. There is a name on the cooler unit, but I can't read yet so I can't tell what it says. I can't read the name on the brown radio either.

My bedroom, at the rear of the house, has a blanket over the doorway to keep the chill from the rest of the house. The lights are off. Only the small light from the well house outside comes through my window. Mom has come in to tuck the warm covers snugly around me against the cold night. She always makes sure I have plenty of coverings, and a quilt with square designs lies on top of me so I will sleep nice and warm.

No speech or communication of any kind comes from this "thing," whatever it is. The arms and legs are long and skinny, the body and neck, thin. The bulbous head, like an upside down teardrop, is cocked slightly to the side. I can see him from head to crotch, and he doesn't have a "tee tee" or a belly button! Does he have knees? I can't see them and I want to know what his feet look like too. He had a strange faint smell. It smelled awful....

I think it is a *he*, though I don't know exactly why. It sure doesn't have any mom or lady qualities about it. Suddenly, I realize it has become aware that I am aware and that I am able to move. Horror wraps around my small frame as his eyes seem to move or rotate. He definitely is now in control of me physically.

## Suddenly I Am Paralyzed

I cannot understand how I was fine (as I always had been) and now I am paralyzed and overwhelmed with a horrific fear, all while conscious. I wasn't paralyzed until now! Why? I have never felt fear before. This is the moment in time ... when I suddenly realize there is something wrong with the perfect world in which I live. For me, that moment was, "Mommy and daddy aren't coming—*He* is, or *they* are!" He convincingly suggests that my parents don't love me. They are not my parents!

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My eyes closed, I am lying there quietly awake when I sense something in my room. Somehow, I know I am to keep my eyes closed, but I don't. At this point, I am not afraid that he is there. It is as if I know "it" and am familiar with its presence, though I have never seen it in the conscious state as I do now. Not afraid, I am stunned, and wonder why he just stands there not saying a word, not doing anything! He is not tan, olive, black or some other skin color of people I have seen in my home. He is pure bright white with large round eyes. He is not the "Whitley Strieber type of alien" with elliptical eyes. When I first heard that description, I thought someone had made it up!

## What Did I Remember?

Later in life, I realized this was the end of the event. I had just been brought back and he is surprised I am awake and aware. In most cases, whenever you remember the event, it is a mistake on their part, or else, what you "remember" isn't memory at all; it is an "installed memory" for you.

I suddenly know there are others like him, and they do other things....

I feel the paralysis hit me as he just stands there, emotionless and motionless with those large black, doll-like, shark-like eyes looking at me. Immense fear overwhelms me as he moves toward me. Because of his suggestion, I think I cannot move or make a sound. I fight the paralysis as the entity comes closer, bringing his face right up to mine. I squirm my tiny frame as hard as I can to get away. When the feel of the wall is against my shoulder, I push so hard the old army-styled single bed pulls away from the wall. This seemed to startle the entity (and me!) as with a thud, I hit my shoulder blades against the cold, hard floor. I can protect my head, and do; the paralysis is wearing thin here.

Here is the picture: My arms and chest are wound up in the covers. I am wedged between the wall and the bed, and my

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# Breaking Bones in Utah

by Elaine Douglass, MS  
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It wasn't an important case. And it wasn't recent. Just some nocturnal lights seen by three people in Utah in 1979. But when I looked into this old, insignificant sighting it turned into a large and disturbing story of abduction of members of a family, their friend, and extreme physical injury to two of these people.

As I say, an insignificant sighting. Some 27 years ago, Jeff, the reporting witness, was a college student. One night he and a buddy ran into a young woman who insisted she could take them to a place they would see UFOs. She did, and they did. For an hour the three watched lights zipping around the night sky. The fellows were impressed, and the female said, "I told you so!" In 2006, Jeff reported the sighting to MUFON. "What made you report it now?" I asked. "Oh," Jeff said nonchalantly, "I just ran across your website."

Most of the "sightings" I investigate here in Utah turn into abduction cases. I find this out by asking, "Has anything else ever happened to you that you cannot explain?" Some witnesses already know they are abductees; some don't. As for Jeff, he didn't know that as he began to unravel the extensive history of things that couldn't be explained, it would present to this investigator as one of the most disturbing abduction histories I have looked at. As for the other people involved in this history—Jeff's family, their friend—some have looked at the truth, some are unable to.

## Jeff Begins His Story

The first unusual memory Jeff told me of was when he was 14 and camped out in the backyard with a school friend named Jerry. In the middle of the night, Jeff sat bolt upright in his sleeping bag, with an acute sense something was wrong. Soon Jeff and his friend discovered Jeff's brother Paul, 16, one of twins, walking down the driveway toward his car. Paul was fully dressed, including shoes.

Summoning himself, Jeff ordered his brother, "Get back in the house!" It wasn't easy to get Paul back in the house, Jeff recalled, and the next day Jeff had a revealing conversation with the other twin, Larry. "So that's where all the gas has been going!" Larry said. Paul and Larry shared a car. Often, when Larry went to use it, it was out of gas, and Paul couldn't explain why. The consensus was Paul had been sleepwalking, and "sleepdriving," as well.

## Paul Describes His "Sleepdriving"

In addition, Paul told Jeff there was "a guy waiting for me" in the car. He was good looking and well dressed, Paul said, and was in the habit of telling Paul to drive through red lights. Years later Paul remembered that this "guy" had once materialized in the passenger seat beside him and Paul almost hit a VW while driving through a red light.

The next unusual event Jeff reported was a peak experience the summer of 1975 at Lake Powell, Utah. "I was in a motor boat with three guys," Jeff recalls. "It was a beautiful

day," and as the boat headed back to shore a "vision of peace" descended on Jeff. For some 20 minutes Jeff felt he'd "gone back thousands of years," to a time when Native Americans "left nature alone."

## An Intense Romantic Attraction

Later that summer, Jeff recalls one of his male friends—who had been with him in the motorboat—manifested an intense romantic attraction for him. Jeff rejected the advances, and neither of the young men bore ill will as a result. Jeff recalls his friend was extraordinarily handsome, having an almost perfect physical beauty. Years later the two met again, and the friend helped Jeff out of a difficult circumstance.

Another unusual event was a single episode of sexual abuse when Jeff was only eight years old. The perpetrator was a neighborhood teenage boy. Jeff says the episode was unfortunate but left him with no lasting trauma—and his tone of voice and choice of words describing the incident suggested to me this is so. Jeff said the only reason he brought up the event was to contrast

it to purported episodes of childhood sexual abuse recalled in adult life by his brothers. Specifically, Jeff's twin brothers believe they too may have been molested as children, but they only dimly recall the purported events. By contrast, Jeff

emphasizes, he clearly recalls what happened to him at age eight.

All this was described in answer to my question, "Is there anything else you cannot explain?" In his final recollection Jeff, age six, woke in the night afraid. On the way to his parents' room Jeff passed through the dining room where, he says, "I saw a silhouette, a moving shadow."

## Twins Paul and Larry Speak Out

So many unusual events had happened to Jeff's twin brothers that I asked to speak to them, and I got a call from Paul. "My twin brother Larry and I live in different states," Paul said, "and Larry is a high executive in a large firm. Twelve years ago, he called me and said 'I'm having a struggle,' and it turned out I was too!"

It seems Larry would "break into a sweat" whenever he gave a business presentation and people formed "a circle of chairs" around him. It was more than simple stage fright. As for Paul, he was having "flashbacks." The brothers theorized "there were instances of child abuse in our backgrounds that we'd suppressed. We both entered therapy and weren't allowed to speak to each other about this. Our wives participated and said our stories were similar. My brother Larry got so bad off he quit his job for six months," Paul said.

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# ET Air Traffic Control, the Logistics of UFO Abduction

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For as long as I have been involved in UFO research, the nature of UFO abduction has been a topic of vigorous debate. Over the years I have noted that, excluding skeptics and debunkers, there are least two camps of belief on the topic. One argues that UFO abduction is in some way non-physical or parapsychical in nature. The other—which appears to me to have the largest number of adherents—claims that the entities responsible for UFO abduction are physical beings, coming to Earth in physical craft.

Our means to explore scientifically a metaphysical or paranormal model of UFO abduction is very limited. However, a physical “nuts-and-bolts” extraterrestrial hypothesis is something we can more objectively evaluate. From UFO sighting reports and accounts related by abductees, we can estimate the magnitude of the alien effort. How many UFO abductions are occurring? How many UFO flights would be required, what type of an infrastructure would be necessary to support such an effort?

**Abstract:** According to the Roper poll of Unusual Personal Experiences, the number of possible abductees appears to be somewhere between 0.2% and 1% of the population. Other sources suggest that there are a large number of abductions over a lifetime. What does this imply about the number of UFOs and ETs required to support such an endeavor? Based upon estimates of the frequency of UFO abductions, if it is assumed UFO abduction is a “nuts-and-bolts” phenomenon, there must be a tremendous number of UFO flights to and from Earth each 24-hour period. This volume of traffic would require a large physical infrastructure. Otherwise, one or more alternative theories of the abduction phenomenon must be true.

## How many experiencers are there?

According to the 1998 Roper poll of unexplained experiences,<sup>a</sup> the number of people who may be close encounter experiencers (people who answered “yes” to four of the five indicator questions) may constitute up to approximately 1% of the population. If one takes a more rigorous criterion, requiring affirmative responses to all five indicator questions in the poll, then the number drops to about 0.2%.

When speaking about UFO abduction at conferences, science fiction conventions and other venues, I often ask for a show of hands as to who has had an experience they cannot explain. Depending upon the venue, the number of hands is usually about 1 to 2% of the audience. Thus, informally, this tends to concur with the 1% number in the Roper poll. However, not all unexplained events are necessarily UFO abductions. There are other strange things one could “experience,” and some people I have met during my talks have described unexplained events that are probably not UFO-related. Thus, to be as rigorous as possible, let’s require that all five of the indicators be present. For the purposes of this article, I will take the most conservative Roper poll estimate of 0.2% experiencing all five indicators.

## How many abductions?

Within their lifetime, how many times is an experiencer abducted? I have heard one researcher claim that there may be up to 200 such events. However, from what many experiencers have told me, I estimate that during the abductee’s young adult years (from puberty at age 13 to approximately age 43), there seem to be approximately two abductions per year. In childhood and in later life, this rate appears to be less. Thus, I (very) informally estimate that around 75 abductions occur during the experiencer’s lifetime—though this number is simply an order-of-magnitude estimate. If we assume a typical human lifespan of approximately 75 years, this would result in an average rate of about one per year over a person’s lifetime.

## Regional Scope

In a major metropolitan area of approximately three million people (such as the Minneapolis-St. Paul metro area), an abductee percentage of 0.2% of the population implies six thousand experiencers there.

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# Abductions: Good or Evil?

## An Essay on Abductee Attitudes

by John S. Carpenter, MSW, LCSW

There are three topics one should never discuss in a social group: Religion, Politics, and whether Alien Abductions are good or evil. Why? Because there is no definitive answer in any of these areas of discussion. A group of people engaged in such a discussion on any of these three topics will typically become overly emotional, defensive, upset, and insistent his or her viewpoint is correct—based upon personal opinion and/or personal experience. Wars have begun and been waged over the first two topics; we certainly do not need that kind of escalation and hysteria in the realm of alleged alien abductions. Most of the world would first debate whether alien abductions actually occur or not. Yet, those who already believe in the reality of alien encounters will debate whether this is a positive, negative, or neutral type of experience for mankind. Well, I have news for you! No matter what the personal experience has been and the resulting impressions are, *there is no definitive answer* to this question. The conclusions of researchers also depend upon which participants they have interviewed as well as the researcher's own perspective and opinion as to what all the information means.

Participants in this bizarre world of alien encounters have had very difficult and confusing experiences that are nearly impossible to comprehend, explain, or even describe to others. They are met with great disbelief, ridicule, and criticism. Yet, each participant in this phenomenon *knows what he feels* about his experience. This leads to the development of a strong opinion based solely on his or her personal perspective. Attempting to convince a participant that his or her experience means something else will go directly against their emotional perspective about which he/she feels so strongly.

Try telling the survivor of a Nazi concentration camp that he did not suffer that much. Try to convince the victim of rape that she should not feel badly.

Participants in alleged contact with alien entities claim a variety of emotional reactions. Nobody clearly comprehends what is occurring or for what reasons. We are left to *guess* or make *assumptions* based solely on the feelings and details of the perceived experience. But perception is formed from one's own focus of attention, ability to concentrate, emotional distraction, interpretation, and quality of memory. Opinion is shaped by attitude, personality, present mood, and prior experiences. Therefore, many variables contribute to the final personal opinion of what these experiences are all about.

A common demonstration of this occurs when a crowd of people attend the same movie at a theater. They are all exposed to the same content for the same length of time under the same

conditions. For example, one hundred people of all ages saw *Gone with the Wind*, lasting three hours in a theater chilled by an improperly-operating air conditioning system. When they walked out, they were interviewed by researchers. Here are some of their reactions from that experience:

- "I hated the movie because it lasted three hours, and I can't sit still that long."
- "I loved this epic love story! I cried through the ending! It was so moving."
- "I thought this was a family movie—I cannot believe he cussed at the end!"
- "I hated Scarlet O'Hara—I've known women just like her in my life! Ugh."
- "I missed part of it because I started daydreaming about that new girl I like."
- "The theater was too frickin' cold! It just ruined it for me."
- "I could really identify with poor Scarlet as the victim in her unfortunate life."

**Abstract:** Whether alien abductions are good or evil is a topic not recommended for discussion in social groups. Wars have been fought over religion and politics (other forbidden topics); we don't need emotional escalation, now, over abductions. Some participants in alien abduction feel quite negative while others feel positive. The same polarization is evident among researchers. We need to look at all perspectives to get a complete picture.

- "I loved the movie but hated the ending—that was just not right to end like that!"
- "Oh, I don't know ... I was kinda bored ... It was just another movie to me."
- "It was a good story, but they really crammed way too much into it ... not good."

- "The people behind me kept talking—so I was very distracted much of the time."

Therefore, what can we conclude about the quality of this movie? We do not have any kind of a consensus—just a variety of different experiences, leading to mixed opinions. And yet, they all experienced the same exact input at the same time under the same conditions.

When we listen to what alleged abduction participants tell us about their experiences, we hear the same variety of opinions, reflecting various perspectives. As a researcher and psychiatric hypnotherapist, I have noted that despite encountering nearly identical abduction scenarios, there has been a diversity of emotional reactions. Listen to this collection of various opinions:

- "I am amazed by what I have recalled. It is wonderful to know that there is life beyond our planet, and they have chosen to visit us and study us."
- "Nobody asked my permission to take me and

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looked rather human—at least more human than the standard gray head—but we did not know what to make of them. (Some researchers chose to call these beings “Nordics.”)

In those early years we were given reports from abductees who were shown strange-looking little babies, and it became clear these tiny infants were being presented to abductees to hold and touch. And in 1983, with the Kathie Davis case, I had the first real breakthrough. After Kathie’s improbable pregnancy disappeared, she was re-abducted and shown a small child for which she felt enormous affection. She said the child looked partly like us and partly like the aliens. The child she described had straw-like, very blond hair that did not evenly cover her scalp. Her head was too big; she had odd and very large eyes, but relatively normal features otherwise.

At the time we did not understand why the aliens were producing these beings with a mix of human and alien features. Was it for them, or for us, or for reasons we could not guess? Were they going to live on earth? Populate someplace else? It took a long time for us to make sense of these new data.

I began to get these cases from all over. A Turkish “mother” of a hybrid child she was shown, who might or might not have been partially hers, sent me a drawing of the infant. But, she kept saying, “There’s something the matter with the head.” The hair was not right. Some of these children apparently grow up to adulthood because through the 1980s and into the 1990s we also received a number of adult hybrid reports. These beings were often described as female with, sometimes, very black eyes and, sometimes, more human eyes. And they all had odd hairdos, as if they were wearing, as several abductees said, “cheap wigs.”

We also got reports in which male abductees were apparently made to have sexual relations with these female beings. The males were paralyzed and were mounted by the alien females, who perhaps were trying to use their feminine hairdos to look more like human females and thus to make the whole sexual act easier to carry out. Some of these cases are difficult to handle from the point of view of the researcher, requiring far more tact than other cases we’ve looked into.

In another example, I received a report from a man from Lebanon who awoke with a human-like female on top of him engaged in sexual activity. He was unable to move. It is very important to realize that emotionally these abductees have a difficult time coping with such experiences. They are not sexually excited in a normal manner. They are appalled, often repelled, and helpless, and it appears the whole thing is carried out through some control the aliens have over our neurological system. The man found this creature sitting astride him, with another female off to

one side. He had the feeling in his horror that this astride figure was instructing the other one as to how to have sexual intercourse with a human male. Some of these apparently hybrid creatures can almost pass as human in our world; their bodies and faces are quite human; however they may have been created. The point is they can operate, to some extent, here in our world.

I investigated the reports of two women who described seeing an adult male hybrid wearing glasses. Each made a drawing of the hybrid, and the two drawings are amazingly similar. Both portray a strange-looking man, with sharp cheeks, wearing oddly-shaped glasses. The two women independently drew the same person. Some of these hybrid beings have been seen by more than three people at once and they are described by the witnesses the same way.

As far as hybrids operating in the human world, we have many reports of them driving automobiles, shopping in stores, and behaving more or less naturally in other mundane places, but manifesting the kinds of powers aliens seem to have, i.e., the ability to control minds, and to communicate telepathically. The powers the gray aliens possess in the world can entail a complex series of repeated similar events, as if these adult hybrids do not really understand our world and our behavior but are trying to learn exactly how we act and what we say, all of which gives us an uneasy feeling of what their agenda might be leading to.

There definitely is strong evidence that an infiltration into human society is taking place. There is no sign this infiltration is evil, or malevolent, or anything like that; it is as if they want to accommodate themselves to earthly ways, earthly manners. They want to learn how we do things. I could have illustrated that these odd types go far back in the history of the UFO phenomenon, but some of these wilder aspects were bypassed by me and, I think, by David Jacobs and others, because it is extremely difficult to deal with and to explain. It is not something any of us want to be true.

The fact is we received these extraordinary stories from people we believed when they talked about the other (less extraordinary) aspects of their abduction experiences. One case from my book *Sight Unseen* follows this pattern: A young woman had many abduction experiences—she was, incidentally, a very, very solid witness—and about ten years ago she mentioned she “had a very strange thing happen once with a job interview.”

She said, “I don’t know if it’s connected or not to my abduction experiences.” She had been 16 years old at the time and one day she was with some girlfriends at a pizza parlor. A man came over, a normal-looking, gray haired man, and he said, “Would you like a summer job?” It was the beginning of summer

*(HOPKINS continued on page 10)*



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vacation for her and she said yes. He told her "I'll pick you up at your home tomorrow at 2:00 and we'll go for a job interview." She said, "Wonderful," but she's not sure that she gave the man her address.

At 2:00 the man pulled up in a normal car, and this very innocent 16-year-old told her mother she was going off with some man to a job interview. The mother, oddly, said, "Fine." She told me her mother was usually very protective of her and at the time she thought, "Oh, I'm a lucky girl, my mother doesn't care," and she went out and got in the car with the man. However, she said, "The minute I got in the car I felt very tiny. I felt very strange." And they started driving.

He said to her such and such must have been very difficult when you were three years old and your grandmother died and so forth, one thing after another, showing he knew virtually everything about her life, including very personal things, such as an abuse incident with someone in the family, an incident she had never told anyone about. She was getting very frightened but felt helpless and weak.

The man, who seemed to be in his fifties, said to her, "I know what you did with your boyfriend yesterday." On that day she had lost her virginity in a private room. She had no idea what was going on. How did this stranger know about what had happened the day before?

As they arrived at a small office building she got out of the car with this man and, instead of running for help or thinking,

seemed disappointed. She said, "I think I'd better go." They went out, down the stairs, and she inexplicably got back in the car with him. He drove out into the country and she realized she was not going home—this is in New Jersey—and she became more and more frightened.

He pulled into a field and she saw what looked like a little round glass house in the field. She told me she sat in the car while the man got out and went into the little glass house. I said, "I imagine you locked the doors of the car or you got out and ran," and she said no, she did not lock the doors, she did not get out and run, she just sat there. When the man came out of the little round house, he was with a group of small gray aliens. They came to the car, one thing or another happened—this part is still unexplored—and eventually he took her home.

By the time she got home she had no memory of the field, the glass house, or the aliens. She remembered the job interview, but put it out of her mind. Years later, she told me what she remembered of these events. We looked into it, and out came this bizarre account with the gray-haired man cooperating completely with the aliens, leading her to the round house and not behaving the way any normal man would behave.

Then I got another phone call from somebody in Ohio, a woman who had had many abduction experiences and with whom I had worked. She said, "You know, I once had this funny job interview. I got asked to come to this particular place for an interview." I asked her, "Did you see an ad in the paper or how did you hear about the job?" She said, "It's funny, I don't know

## Write for JAR!

**JAR's Board of Editors invites all members of the UFO community to write for the magazine. JAR will publish all cogently argued points of view concerning the nature and activities of the UFO intelligences and their impact on the human race. Contact Sue Swiatek, Editor, for JAR's Guidelines for Writers.**

"I've got to get away from this guy," she just dutifully followed him up the stairs of the small building. That the power to control is built into these beings we know from the abductions. The aliens have the ability to make people see things that are not there and to make them do things they would never otherwise do.

She went into an office that was completely empty. She said there might have been a chair and a wastebasket, virtually nothing else—little to suggest it was a business. The man told her she was going to have a wonderful job and it was going to involve "routing units" or something equally vague. She had been asked nothing about her previous job experience and the man never mentioned what the company was, what the hours would be, the salary or anything like that, but still she stood there dutifully. Then he said, "All you have to do to get this job is to do with me what you did with your boyfriend yesterday."

The previous day's lovemaking had taken place in a closed room and she just could not believe that anything like this could be known. She refused the man's proposal, saying, "I can't do that" and backed away from him. He made no move toward her. He did not attempt to seduce her. When she said no, he

how I knew about it."

I asked her if somebody called her. She said, "No, I just sort of knew where I'd go or I had instructions, I don't remember." She went to a place she said was unfurnished and like a factory no one used anymore. There, similar things happened to her as happened to the woman from New Jersey.

After that I got another call from a young woman, also with many abduction experiences, who was around age 18 when the following took place: When she went to her "job interview" she found an odd, nervous-looking woman seated at a desk. "I would like to use the ladies room. Where is it?" she said. At this, the woman at the desk looked panicked and shrugged. She did not appear to know where the restroom was! There was no furniture in the room except a desk, a wastebasket and perhaps a telephone. There were not even any pieces of paper.

The young woman was ushered into an office where a man was sitting behind another desk. He stared at her and she told me, "Budd, I fell asleep while he was talking to me about this job." I told her that I had never heard of anybody falling

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asleep during a job interview. She said, "There was something about his voice—I fell asleep. I was so embarrassed when I woke up. I felt very uncomfortable and for some reason had to adjust my underwear." Obviously, various other things had happened during this "job interview."

I received a call recently from a man in Canada who had read my book, *Sight Unseen*, and who has experienced many abductions. He said, "I had a job interview years ago that I've never really understood. But when I read your book I thought, 'Boy, that's what happened to me.'"

He was age 19 or 20 when it happened. Now in his forties, married with children, he is a very intelligent man who is presently a technician and an inventor who works with computers. As a young man, he recalls being asked to go to a job interview. He does not remember how he knew about the interview, but he went to an office in Toronto.

When he got there he found a couple waiting to interview him. All that was in the room, he said, were two chairs, and they had not been unpacked, as if they had been just brought from the store. The "interview" was conducted standing up. He said the two were really beautiful people; a handsome man and a gorgeous woman. "They treated me like they were thrilled to meet me," he said. "They told me I would have to go to Philadelphia for this interview. They were just so nice that even though they told me nothing about it, I felt great—so I went. Somehow I went to Philadelphia. I don't know how I got there."

Coming out of the Philadelphia airport, he saw a stretch limousine parked. The driver called him over and said he had come to pick him up. I asked if the driver was holding up a sign or he had earlier been told to look for a limo. He said "I don't remember. I just have these powerful memories of pieces of it."

He got in the car and was driven a long distance, probably, he thought, to somewhere in New Jersey. He got out and went into a building. The two people who had requested the interview met him. In the building he saw offices and some people. It was a big, open room with not many cubicles.

A man sat him down and started asking him questions about physics. He was studying physics at the time, but he was in only his second year, and he felt extremely embarrassed because he did not know the answers to the questions. He remembered quite vividly how hurt he felt at not being better at answering the technical questions.

Then it was time for him to leave. Again, there were no pieces of paper evident, no discussion about the work, no salary mentioned, and nothing about hours or location. He recalls three people escorting him out of the building.

During this incident he said one detail was extremely vivid: In the middle of this building was a room with walls that went up to the ceiling—a kind of small, isolated room. The door to this room was open, and as they walked by he looked in. He saw a door, a steel door, at the far side of the room which looked like the type of door found on a ship. It looked like a battleship door with bolts around the sides and a sill, a little lift and corners around that, and above the door was a large red light, which was on. He saw nothing else in this room.

He assumed the steel door must lead somewhere, and he remembers turning to the man next to him and saying, "Cool," as

if this door was quite remarkable to the 19-year-old he was at the time. At the end of the "interview" with all the physics questions, he went outside to the waiting limo and he doesn't recall how he got home.

When he got home his mother remembered he had gone for a job interview because he had told her. He does not know how long he was gone. He feels there are major gaps in his recollections, and that this might have been a whole day event.

We do not know why these "job interviews" are going on. It has taken us a long time to realize that the hybrid program is deliberate, repetitive and straightforward, and not just a series of random experiments.

There are other odd "hybrid events" that are difficult to understand and similar to the interview scenario. For example, a young woman Dave Jacobs and I both worked with was taken into a room on board a craft. The aliens brought in a tall, awkward-looking man who seemed basically human, but strange, and she said he wore a peculiar, ill-fitting suit from another era.

A gray alien brought her over to this tall, gawky person who spoke telepathically, and rapidly asked her one question after another, such as: When you go to work in the morning, what do you say to the people? What do you do first? Do you have some kind of food when you go there? How do you work a computer? How do you punctuate sentences? How do you work a copying machine? All this was asked in rapid succession.

She was stunned by these questions and obviously could not answer them in a simple manner. She also felt her mental organization of thought was being picked up quickly by the tall, awkward man. He wanted to know the most mundane things, again suggesting the hybrids need to learn how to operate in the real world, how to fit in. We have many cases of an abductee being asked elementary questions as if the hybrids are intent on acquiring basic, simple information.

Another thing we discovered is a situation in which an abductee is examined physically and then is ushered into another part of the craft and confronted with a highly emotional situation. For example, in a case from the mid-1980s, a man, after he was taken off the table, was brought into a room where a normal human was tied to a chair. A gray alien handed the abductee a pistol

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A pioneer in ufology, Budd is responsible for bringing the UFO abduction phenomena to the attention of the public and the UFO research community. In 1989, he founded the Intruders Foundation, [www.intrudersfoundation.org](http://www.intrudersfoundation.org), a witness support organization. Budd makes his home in New York City.



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and said, “This is a very evil man. You must kill him.” The human in the chair pleaded and begged for his life. “They’re lying!” he said. “It’s not true! I am not evil! You can’t do this!” The alien insisted the human was evil and said the abductee would not be let off the ship unless he did what he was told.

During hypnosis this man was weeping. He described to me that he had finally pointed the gun at the alien and said, “If anybody’s going to be killed here, it’s going to be you because I can’t do this.” At that instant, the human tied to the chair stood up, and he was an alien. There was no chair. The man looked down at what he was holding in his hands, and it was not a gun. They moved him then into another room without comment.

We have many reports of this kind, which Dave Jacobs has referred to as “staging,” suggesting that the aliens want to find out about human emotions, as opposed to the physical dimension of trying to find out how human bodies work. When they create these staged situations which elicit emotions, or thought reactions, from the abductee, it may be that telepathically they pick up those reactions, perhaps retaining them, and perhaps are able to produce these reactions where appropriate in the human real world.

One aspect of all this I find touching has to do with the little hybrid babies. When Kathie Davis told me 26 years ago about being handed a small child, a hybrid toddler, to hold—she wanted to hug it—the most embarrassing and sad thing to her was that the child seemed afraid of her. Kathie is a big woman and the only people this little toddler had seen were skinny aliens, so the child tried to pull away from Kathie. But as Kathie held her, she felt a wave of love for it, and she realized the aliens were staring at her as if they were absorbing her response, learning how a normal human relates to an offspring.

I feel that the aliens, who probably have not produced babies the human way for a long time, have had their maternal and paternal feelings atrophy. It seems to me that when they hand these little babies or toddlers to humans, they want to absorb—perhaps by osmosis or telepathy or some other way—emotions of parenthood and caring for children. It is something we possess they seem to be envious of and want to possess. If they desire to move into our world and produce offspring of their own by normal birth, they have to learn how to treat a baby.

I have told the following story before, but it is worth repeating. Of the abductees I have worked with who were presented with these little babies or toddlers, they notice that the children’s hair is spotty or sparse, and standing up. Three abductee mothers have said to me under hypnosis, “Their hair looks awful. No one’s taking care of their hair. No one’s brushing their hair. They don’t understand hair.” These seem to be the natural responses of real women, real mothers, who want to nurture and groom these odd little beings.

It was touching to me that perhaps the aliens are watching this and the hybrids are learning about grooming and other mundane things that have to be done. In the job interviews, they could be learning about the pressures a person is under in these circumstances, perhaps learning how to go through job interviews themselves if they’re going to, as it were, infiltrate corporations.

So we have a thousand questions, but as Dave Jacobs has said, we also have tremendous amounts of data, all interlocking’ which point in the direction of infiltration, even though we do not know what the final goal is going to be. The mystery is still there.



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(LITTRELL continued from page 3)

position. My fingers are grasping skin I immediately realize with shock is not regular skin, not human skin. It has a cool, spongy feel to it. It reminds me of the way mushrooms feel.

A sudden flash of memory reminds me of my doll, Beverly, a Christmas gift from my aunt many years ago when I was six. Her skin was advertised to feel “nearly human, you can hardly tell the difference.” The skin on Raechel’s arm does *not* feel human, and I *can* tell the difference.

I continue to steady her for a moment, at the same time noticing the large, dark, wraparound sunglasses that she is wearing have slipped down almost to the tip of her tiny nose. I am now very close to Raechel’s face, looking straight into huge, rounded eyes that extend clear around to the sides of her temples—huge green eyes the color of the inside of an avocado, with vertical black slits and no pupils. My eyes hold hers and I am mesmerized. Then I realize I’m staring, so I break the gaze, look away momentarily, and release my hold on her arm since she has regained her balance.

She thanks me in a mechanical voice and leaves hastily. I am confused by what I have seen, no longer able to say goodbye to Marisa and go home as I had planned. I know I have seen

something not of this world and I am stunned. Briefly, when I first looked into those eyes, I was frightened, but now the fear is gone. Yet my mind is racing, with my emotions going every which way. I’ve never felt like this before.

Marisa suggests I sit down, says she has something important to tell me. I agree, since I’m in no condition to drive home. Marisa doesn’t appear to have noticed anything out of the ordinary, but she’s only partially-sighted. Maybe that’s the reason. Somehow, though, I think there’s more to it than that.

### Memory of Daughter Marisa Spurs Me On

The events related above are exactly what I’d always remembered, before hypnosis, before I did the digging that was involved in writing the book *Raechel’s Eyes*. The memories had remained stationary for 30 years. I’d dealt with their strangeness by keeping them “locked in a little box” in my mind. Whenever I chose to take them out, which was not often, I felt safe in the knowledge that they could at any time be put back in the little box and locked up until I might choose to deal with them again.

It is now three years since *Raechel’s Eyes* was published.

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The book is the story of the events my daughter, Marisa, and I experienced with her college roommate, Raechel, a hybrid human-alien being, and with Raechel's human adoptive father, Air Force Col. Nadien. It is also the story of my dawning realization that I had a hidden history as an abductee, and the mystery of what might be the interrelationship between that and the strange events involving Raechel.

Ever since 1972 I'd struggled with the question of whether I should go public with the story of Raechel. Then, in 1990, Marisa passed away suddenly from complications of diabetes. During the grieving process the story was constantly on my mind. It became evident the fear and apprehension that had plagued me all those years was something I needed to face. And I needed to do it now. I hoped the process of writing a book would help me through my grief. Besides, it was something Marisa and I had planned to do—someday.

Writing a book seemed overwhelming, but I began it in tiny increments. Recalling one incident at a time, bit by bit it began to come together. Always, however, was the nagging feeling that everything I knew about Raechel was only the tip of an iceberg. If only I could recall more, I thought, the story would make more sense. To make matters worse, Raechel was a subject I had never been able to easily discuss with anyone but Marisa.

Now, Marisa was gone, and it was up to me. There was a little saying she used frequently that seemed appropriate now: "Whatever it takes!" That's what she had always said.

### Could Regressive Hypnosis Help Me Recover My Memories?

I had heard regression hypnosis could be useful in helping to recover memories. Would hypnosis help me fill in the gaps in the bits and pieces of information that periodically floated to the surface?

In early 1998, a colleague contacted June Steiner, PhD, and she graciously agreed to conduct several regressions with me in what she considered a fascinating case of possible human-alien contact, one of the areas in which she specializes.

At first a bit apprehensive about meeting June and undergoing regression, I ultimately decided that whatever I might discover couldn't be more frightening or bizarre than what I already knew. Any remaining doubts were laid to rest the moment I met June, and her husband, who accompanied her to our first long weekend of several sessions.

Although the memories evoked during the regressions were stressful, most difficult of all was transcribing the taped regression sessions. Under hypnosis, I'd been in a trancelike state which cushioned the reliving of each event. However, as I transcribed the tapes, I was fully awake and aware, listening carefully in order to correctly capture each word and nuance, hearing the raw emotion in my voice as well as June's. Frequently, tears streamed down my face until I could barely see. When this happened, I simply stopped for a few moments, listened to some calming music, had a cup of tea, and resumed transcribing. Looking back, I realize the truth of what a friend

told me a few months ago. Reliving all the original events, bizarre as they were, had been good for me. I'd come out the other side unharmed, a much stronger, better person.

### The Book Is Released—Worries Vanish as Support Grows

Once the book came out, my concerns were how it would be received and, more importantly, how I might be perceived. I have been a medical transcriptionist for many years. Would my clients now find me too controversial to do business with? Would my friends decide I was too "far out" for them? Would I begin receiving hate mail and threatening letters?

These worries vanished as the emails and phone calls arrived. Many were from readers who were fellow abductees and experiencers. Often, this was the first time they had dared to speak about their experiences, stating they'd never felt comfortable or safe in doing so. I understood the courage it took to contact me, a complete stranger, and I knew only too well the fear and reticence connected with stepping forth. Fortunately, they were not seeking advice, because I had none to offer. They simply wanted a compassionate listener, and they found one in me.

I now saw that *Raechel's Eyes* had become an instrument of comfort and hope to many, and I knew that going public was the right thing to do after all.

### Details Emerge Under Hypnosis

The first regression took me back to my initial meeting with Raechel in the apartment.

June began by assuring me I was safe. Next she moved me back through time to the moment I first met Raechel. I relived the whole event in minute detail, down to the actual conversation with Marisa as we stood in the doorway saying goodbye, both of us wishing I could have met Raechel. When Raechel appeared, I described her in detail...the "big glasses, the scarf tied around her head and under her chin, her face extraordinarily small," the light blue color of her long-sleeved, one-piece jumpsuit, her somewhat awkward body build, and her general "funny-looking" appearance. I re-experienced the queasy sensation I'd felt as she stood in front of me and I stared at her, powerfully compelled to keep looking at her huge, riveting eyes.

June next asked what Raechel's hands looked like. Nausea kicked in as I described them as "not right." I distinctly saw her hands as somehow artificial in appearance with only four fingers all the same length on each hand, and no fingernails. I'm again feeling that peculiar queasy feeling as I write this.

The session continued and I heard Raechel's mechanical, expressionless voice speaking words during our introduction in a tone of voice that also was "not right," although her words were entirely appropriate. At that point I began sobbing, but June once again comforted me, and in a few moments we continued.

Next we moved to the incident where Raechel tripped and I caught her. Now my feelings changed. I found myself staring deep into her huge, avocado-green eyes, mesmerized by the vertical black slits, initially terrified. I felt the slits themselves were pulling me deep inside them, and I felt from her a desperate

"I learned from Raechel what my mission was to be, and in the course of writing *Raechel's Eyes*, I have accomplished it."

effort to communicate something she was unable or unwilling to verbalize. Now my fear vanished. I realized Raechel was the one terrified. She was attempting to communicate telepathically that she meant no harm to me and hoped I meant none to her. My stare still unbroken but the apprehension gone, I then appreciated the real beauty of Raechel's eyes as they pulled me so deeply into them, beauty I hadn't realized existed until now.

Following a full weekend of regressions wherein I revisited familiar and not-so-familiar places and different dimensions, my head was crammed full of details that had to be assimilated. Relief accompanied the realization that at last I was aware of some of the details buried so many years. I also learned that the reason I couldn't fully remember them previously was that I'd been programmed not to recall them until the time was right. And that may have been a good thing, because during the period in 1972 when these events had taken place, I believe I wouldn't have been able to handle them emotionally.

Another thing. At least now I knew the events had *actually occurred*—no more of the old, at best fuzzy, recall up to a certain point, followed by the old familiar brick wall. I was no longer fearful of what *might* have happened. Now I knew what *really* took place.

### A Transformational Experience

After 30 years, my life was finally beginning to make sense, at least to me. And nothing would ever again be the same, and neither would I. There was also a sense of knowing that although many answers had been provided, many had not. But, perhaps there was no need for that.

Bringing *Raechel's Eyes* to the public has provided the means to create dramatic, positive changes in how I feel, how I think, how I act, and most importantly, who I am. It has opened portals I never dreamed existed, guided me to worlds I could only have imagined, and allowed me to participate in experiences still hard for me to comprehend. The word "portals" is significant to me because one event during the summer of 1972 was neither a doorway nor a window, at least not as we know it, although it was an entranceway.

A dramatic episode revealed under hypnosis occurred on another afternoon when I stopped by Marisa's apartment. Marisa was still at class. Raechel, however, was present and she immediately initiated an intense dialogue, emphasizing she wished I were her mother. I responded that there was no way I could be, but I'd love to be her friend. Apparently not satisfied, she restated her wish, adding that she wanted to show me the place where she'd been raised.

### Raechel Takes Me on an Unforgettable Visit

At this point I remember standing in the kitchen leaning against a porcelain-topped kitchen table with my left hand on the edge of the table top. The apartment was hot and stuffy in the early summer heat, and the cool porcelain felt good. I distinctly recall that pleasant sensation on my hand even as I'm writing this. Raechel stood approximately five feet from me, in front of the refrigerator, at the side of which were lined up several large, clear jugs containing her drinking liquid, the only fluid she was allowed to consume. As she stared intently at me, I felt pulled

into those vertical black slits in her huge, avocado-green eyes.

Suddenly I found myself standing in a large, oval, white-walled enclosure where windows surrounded an inner, smaller, oval-shaped room. I was on the outside of the windows while Raechel was on the inside. She instructed me to come inside with her, and I responded that I couldn't; there was no doorway. She replied I didn't need a door, that I should place the palm of my hand on the window in front of me, that she would place hers in the same location on the *inside*, and that I could then come through. I did as she asked and almost instantly found myself in the inner room beside her.

I clearly recall the uneasy sensation of passing through

Helen Littrell is the author of the immensely popular book *Raechel's Eyes*, published in 2005 by Wildflower Press ([www.5thworld.com](http://www.5thworld.com)). The book is the true and mysterious story of the relationship between Raechel, a human-alien hybrid, Helen, and Helen's daughter Marisa. Helen works in the field of medical transcribing and medical terminology and she is the author of six medical terminology books that have been distributed worldwide. She makes her home in southern Oregon.



the glass. My body felt elongated and wavy as I passed through, similar to ripples created when one tosses a pebble into a pool. On finding myself inside the windows, standing beside Raechel, I was instantly back into my normal body.

Several extremely bizarre, unsettling events occurred once Raechel showed me what was inside the oval-windowed room, events that, as I relived them during regressions, were very emotionally disturbing, and continue to be.

Next, I was back in the kitchen, still leaning against the table, my left hand still in its position on the cool porcelain. Raechel was where she had been, near the refrigerator, facing me, but no longer staring at me. And Marisa still had not returned. I said goodbye and quickly left.

My outlook on life changed drastically from that moment. I may never know all the reasons Raechel took me to that room inside the windows, although I have my own ideas and they will forever haunt me. Of one thing I am sure. On that summer afternoon I journeyed through a portal to another dimension with her, to the place she called home. During one of the regressions in 1998, when I dealt with this event, I discovered it was a turning point in my life. In that most bizarre of all places I learned clearly from Raechel what my mission was to be and, in the course of writing *Raechel's Eyes*, I have accomplished it. The whole experience has given me the incentive and ability to "*be who I am*."

As a result, I'm able to lend strength and courage to other experiencers by listening quietly as they relate details of abductions, sightings, contacts, whatever disturbing memories they choose to share. I have no suggestions, no answers, nor am I sure there are any. What I do have to offer is a sympathetic ear, and perhaps most importantly, compassion, which may be the greatest gift I, in turn, have received from *Raechel's Eyes*.



(JACOBS continued from page 4)

Rather than an experimentally-based endeavor, the evidence began to conform more to a “program” model. As a program it has a beginning, a middle, and an end, and it is goal-directed. The ultimate objective of this program has eluded both Budd Hopkins and me. We do not know why this phenomenon is happening. But, we have an enormous amount of information about what is happening, how it is happening, what the plans are, and how they have been developing it over the years. It is something I find extremely disquieting.

From the beginning, this program had many facets. One was a strong reproductive aspect, and another was a neurological feature. Budd Hopkins had discovered egg harvesting and sperm extraction taking place in sterile-looking environments. Oftentimes I found these procedures were accompanied by a strange procedure in which an alien might stare into an abductee’s eyes from a distance of a few inches away or closer. The abductee is unable to avert his or her gaze. They feel something happening inside of their minds. They “see” both static and flashing images. Emotions are generated of one sort or the other. Memories are looked at.

A whole world of neurological patterns is happening in their minds while this kind of neural engagement is occurring—which I unfortunately called “Mindscan” in my book *Secret Life*. I have regretted using that term ever since, because it sounds so “science fiction-y” but, in a sense, everything is “science fiction-y” about this phenomenon.

The taking of sperm and ova, the insertion of embryos into the woman, and the extraction of fetuses from her, are also commonly reported aspects of abduction activity. After these types of procedures, a small alien might take an abductee into a room filled with tanks containing a liquid in which fetuses are suspended—an incubatorium. For some reason when a woman is shown these tanks she is led to believe this is a gestation area in which the fetuses are growing and some of them might be hers.

Budd Hopkins also first discovered the “baby presentations” in the early 1980s. These entail aliens taking an abductee into another room onboard a UFO and having the abductee hold one or more babies in sequence. Sometimes abductees are required to feed the babies. The babies look like a mixture of human and alien. Some look more alien, some more human, and most a balanced mixture. Budd coined the term “hybrid” to describe them.

But what was the purpose of creating these children? Although at first there appeared to be no evidence for a motivation, the evidence was there; it just took some years of digging to find it.

The first clue came to me in a session with a young abductee in the mid-1990s. She had been engaged in conversations with an adult hybrid male who visited her often

and whom she had known since she was a child. She would see this hybrid both onboard a UFO and in her home setting. During the conversations, she asked him about his mother and father. He told her his father was like him, and his mother was like her.

Suddenly I realized the concept of hybridization was different than I had envisioned. I had originally thought the aliens would take an egg and sperm, put them together, then alter or add something—perhaps DNA—to the zygote, and then implant it in the woman. Eventually, it would grow into a hybrid whose appearance fit on a bell-shaped curve: Some of the offspring would look mainly alien, some mainly human, and most would look like an even mixture of both alien and human. But what her hybrid said was different than that, and I began to realize the hybridization process was far more complex than what I had originally imagined.

What I posited was that rather than adding just alien DNA to the fertilized ova, the DNA from a hybrid is put in that zygote. What results is a skewed bell-shaped curve where more of the offspring look human-like, less look in the middle, and less look alien-like. When the aliens repeat that process enough, the

product is hybrids in various stages of increasingly human appearance.

I have arbitrarily divided these hybrids into early-stage, middle-stage, late-stage, and human-stage hybrids. The early-stage ones look quite alien, although they have some hair, they are very thin, and they have large black eyes with a little bit of white corneas in the eyes. They have very thin, wispy hair and oddly shaped faces with pointed chins. Their bodies are thin as well. They are

seldom seen outside the confines of a UFO, in which they do tasks required of them to help out with the abduction program.

The middle-stage hybrids look more human. They have large black eyes with more white showing. They have thin, but more, hair. They have bodies that are not so thin. They also help with abduction procedures.

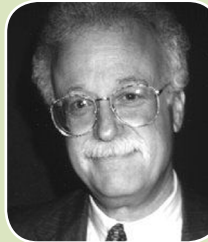
The late-stage hybrids are attached to abductees as personal friends and help the abductees to learn to work projects for “the future.” They are seen in public and can often pass for human. They live onboard the UFOs and make forays into normal human life as part of the abduction program. They do not have a life here among us.

The human-stage hybrids mainly deal with abductees in their normal human environment. They are, on the surface, indistinguishable from humans. They have different biological and neurological processes than humans that give them special abilities, such as being able to control humans.

Most hybrids onboard a UFO can be identified by their clothes, which I call “hybrid garb.” For the females, it is a pull-over shift, usually with three-quarter length sleeves, that comes to about six inches above the floor. The males wear slacks and a

(JACOBS continued on page 16)

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*(JACOBS continued from page 15)*

top, both of which are usually beige or off-white. Early- and middle-stage hybrids almost always wear this type of clothing. The late-stage hybrids onboard an object may at times wear the same hybrid outfit, but more often they wear regular human casual clothes. The human-stage hybrids wear human clothes.

For the past ten years abductees have been describing more hybrid activity onboard a UFO than they did before. The growth of hybrid activity is exceptionally significant when trying to discern the motivations for the abduction program. For a number of years I have heard reports of abductees taken into a room and their attention is directed to a screen-like device on a wall on which they might see images. They might see a scene of normal human activity, for example, a picnic. People are at a barbeque, kids are throwing a ball, there is a table and chairs, people are standing around talking. Everything is typical and they

Envisioning), or, they might be displayed on a screen attached to a console with operating equipment on it.

For example, one woman was shown an interactive screen attached to one such console. She had a control panel in front of her which she was supposed to operate to save an alien running from a mob of enraged humans. She understood she had to maneuver a UFO to a point where the alien could be rescued. She was able to do this and the aliens were very pleased with how well she had performed.

At first I was extremely skeptical of these accounts. Skepticism is the competent abduction researcher's most important tool. But then, people with whom I had been working for years, and whose accuracy had been tested positively over and again, told me of these procedures. Repeatedly I heard this, and those who were telling it to me did not know other abductees were saying it as well.

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will hear a voice in their mind that says, "Can you tell the difference between you and us?"

The abductee will look at the screen and say, "No, I can't tell the difference. Everyone looks the same to me." Then they will hear, "See? Isn't that wonderful? Soon we'll all be together. Soon we will all be here and everyone will know his place."

I have heard accounts of abductees seeing a family reunion-style photograph with everyone standing in a big conglomerate. The abductee gazing upon this picture will hear, "Point out which ones we are." The person will look at the people in the "photo" and have a great deal of difficulty doing it. Sometimes they will be able to do it, but most of the time they will not be able to separate out the hybrids from the humans. They also would hear, something like, "See, we can blend in really well. Isn't this wonderful?"

There was another aspect to these odd events. Some abductees were describing rescue scenes in which they had to save an alien or a baby, either from a natural event, a flood or fire, or from a human-caused event like warfare. These rescue scenes might be played out in a person's mind through a neural engagement procedure that generated the scenario (what I call

I also began to hear disturbing accounts of other procedures that abductees had to perform but that seemed far more realistic than the rescue scenarios. An abductee will be told he or she has a specific job to do in the future. One of the most common jobs is crowd control. The abductee is to stand on a street and move people along—panicked humans, running and screaming. His job is to calm them, tell them it is okay, "everything is going to be all right, just move this way, keep moving, keep moving this way." I wrote about this in my book, *The Threat*, and I have had all sorts of accounts like this since. I think to myself, what does this mean?

I remember Budd telling me accounts of bizarre "job interviews" early on in which a person goes to a job interview under mysterious circumstances, has an interview with nothing said about the job description or salary, and then returns with some memory loss. I had no idea what this kind of event could possibly mean. However, some years later I also began to hear of situations very similar to these interview accounts. People were taken into abandoned buildings but for reasons other than job interviews. Hybrids might be there for sexual encounters and other procedures with abductees. And there were other even more ominous cases that had a strange "normal world" aspect to them.

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For example, a woman was driving in a small town in New Jersey on an errand. She passed by a block of abandoned storefront buildings with empty apartments on top of them (the buildings were to be torn down). She noticed a woman standing in front of one of the buildings and she immediately and inexplicably pulled over into a parking space. She sat in her car and waited.

The woman who had been standing on the sidewalk came over and opened the car door. The two went inside an open store, walked back to a staircase, and went up to an apartment. They entered an empty room where two chairs were set up and four or five adolescent or young adult human-stage hybrids were standing there.

She sat down on a chair, and one of the female hybrids came over and stared into her eyes. A rapid flow of questions began about human relationships: What kind of relationships are different? Which are the same? What is the relationship between a husband and a wife? With children? With friends? Why would you do things for friends? All of this was very quick. The female hybrid asked an array of questions, all relating to human relationships of a specific kind, yet relating to human relationships in general. Then she left and another hybrid came over, an adolescent boy.

hypnosis sessions it is fascinating to discover change in abductions over time. (Multiple people who are unaware of the original accounts must, of course, corroborate these changes.) One woman, with whom I have had many sessions over a period of five years or so, had been doing a variety of tasks, including crowd control. But for the past year or so, she has been describing other functions that she now has.

She relates an experience where she is going onboard a UFO within the context of a standard abduction, but then she is taken into a room with other human abductees. After standing there a short time, five or six human-stage hybrid adolescent boys come into the room. They have standard human clothes on—shoes, shirts, pants, even sports coats sometimes. The abductees are supposed to look these young people over very carefully and then comment on their attire. “Will the way they look allow them to blend in, or will they stand out? How do their shoes look? Are they correct? Are their shirts okay? Are the pants all right?” And the abductees would say, “Yes, this looks okay,” and so on.

In one situation she was in, the shoes were in question. A male abductee said most people do not wear shoes like that anymore but these would nonetheless pass muster. It was apparent this exercise amounted to one of the final steps before these particular hybrids would enter into society. The woman, with whom I work with regularly, has now been doing this on

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He also asked all sorts of questions but he focused on computers. “How does a computer work?” She did not know. “Is a computer static or does somebody change it?” She did not know what he meant. He asked, “Does it just stay the same?” She answered that you can replace parts of it, you can put certain software in it, you can change it, and you can do all sorts of things with it. “Why would someone want to do that?” he asked. “What kind of things can you put on it?” These questions continued for a while.

When he was finished, another one came over to her and told her she was not going to remember anything (I assume he was doing this because she was a person who had been giving them trouble by remembering events consciously). He carefully and very strongly pounded into her she would not remember these events, especially the location of the “meeting.” I did a session with her the day after it happened and she related to me exactly what she was not supposed to remember. This event happened in February 2006, but I have many other events like this that are happening constantly now. Furthermore, this is occurring across the country and almost certainly in other countries as well.

I have worked with many people for long periods of time. Some of them have been with me for many years. During

almost a weekly basis.

I have heard other stories of people seeing a hybrid and being required to teach them how to fit into society in a real world situation. An abductee and human-stage hybrid go into a department store and the abductee teaches the hybrid how to buy something: how to pick something out, stand in line at the register, and give the cashier the merchandise. The abductee tells the hybrid the cashier will process the transaction and ask for payment. The abductee instructs the hybrid to give the cashier the required amount of money (they usually have it), and wait for change. The cashier might say something and they will respond by saying “Thank you,” or, when first coming up to the cashier, saying “Hello.” Then the cashier will put the objects being bought in a bag and the hybrid can take it out of the store.

Recently, I had a case in which a woman walked into a supermarket and found a familiar late-stage hybrid waiting for her there. He told her to go about her normal shopping and he would watch. She went about shopping and he asked her questions about each object that she put in her cart. “What are these?” “These are eggs.” “How do you make eggs?” “You can fry them. You can boil them. You cook them in some other way.” He continued to ask questions of the items and she was required

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to answer. At one point she put a loaf of bread into her cart and he said, "Do you cook that too?" He was trying to learn.

In the last eighteen months I have been hearing these types of accounts from people with whom I have worked for many years. All of these accounts, to put it bluntly, point to a future in which human-looking hybrids will be here amongst us. The evidence is now so strong I can no longer look at alternative motivations for them. Everything I have learned about this subject in the past 20 years inexorably points to this conclusion. I cannot escape it.

I have heard everything about abductions many times over in the past 20 years. I have investigated over a thousand abduction accounts. In the standard abduction scenario, procedures continue according to a set, albeit flexible, plan. Therefore, the accounts in which I hear the same thing repeatedly help in building up verification and validation. After one researches abductions in a systematic way and learns what happens in them, one finds that the information flow to the researcher proceeds at glacier-like speed. Only about every seventh session would I hear something I have never heard before. It might be a procedure the aliens did a little differently, or a new way of doing something, or it might be something else that was related to the standard procedures that I had not heard before. That would keep my interest up and help to propel me forward intellectually.

Now I am constantly hearing things I have never heard before. All sorts of people who for many years had been telling me primarily the standard abduction procedures now tell me new things. And new people with whom I have just begun to work tell them to me too. Furthermore, people with whom I have not had a hypnosis session for many years, come back and want to have a session so that they can fully remember the new and extraordinary events that have happened to them recently. Why is this happening? Is something changing? Are we in a new phase now?

In my research in the mid-1990s, I had heard the aliens talking about what they called "The Change" when they would be here with us. What this meant exactly I was not sure. I was even less sure when it would happen. They used the term "soon" which is somewhat meaningless. I thought that if this were to happen, perhaps it would take 30 years or so to begin. Now I am not sure. Now I think that the evidence indicates "The Change" might be happening a lot sooner than I had thought.

It was not very long ago, when people would ask me if I thought hybrids were walking around in normal human settings, that I would answer, "Of course not!" To me, the evidence had never indicated that. And I knew that to answer affirmatively would label me even more fringy than I already sounded. Even then, however, I would think to myself, "Maybe I am wrong. Maybe they have learned how to do a *job interview*. Maybe they are walking around in human society." But I never voiced this publicly because the evidence was not strong enough for me.

Now what I hear is much more about interfacing with hybrids, and teaching hybrids, and getting hybrids "ready," and

making sure everything is all right. One woman, for example, told me she went into a room that was set up like a cafeteria. There were about 15 or 16 adolescent hybrids getting food (a brown, hard substance), and sitting at a table and eating it. (Before hypnosis, the abductee consciously thought they were eating hamburgers.)

They were adolescents so they were talking with each other and playing around, that sort of behavior. She was supposed to say if everything was okay, and if not, teach them the proper methods of obtaining food in a cafeteria. She said that everything was not okay. She pointed out one must first obtain a tray. Then the food must be put on a plate which in turn is placed on the tray. One would need eating utensils as well. The hybrids then asked a number of questions about why one would need a plate, tray, and the function of utensils. They were serious about this. She also said there was too much "horsing around," and they had to be quieter. She was a school teacher many years ago, and she has definite ideas about proper decorum.

So I get the sense we are now in a stage of movement. New things are being reported. A few years back Budd Hopkins, John Mack, and I participated in a symposium put together to help publicize the Steven Spielberg-produced TV series, *Taken*. I gave my introductory talk about the element of surprise in the abduction phenomenon—how it has surprised us at almost every turn. In spite of the glacial pace of change, over the years we have found enough things that take us aback, that we had never

thought of before, in terms of how the abduction phenomenon works and is being played out.

For example, the questioning of abductees about separating

out hybrids from humans was something I never expected to hear and would never have thought of. Debunkers often accuse abduction researchers of using hypnosis to lead people into certain areas of thought and to have them tell us what we want to hear. In fact, it is the opposite. They have been telling us things we could never have imagined, and they are telling me things I *do not want* to hear. Researchers are being pulled along for the ride.

All of this is to say that one of the things I am focusing on in my research is the possible process of hybrid insertion into the society. Originally I thought we might wake up one day and "they" would all just be here. That is what popular culture teaches us. Abductees tell us a very different story. It is much more complicated and different than we had thought.

The evidence seems to suggest that it takes a great deal of coordination between all sorts of different aliens and hybrids who have been trained in different functions for the smooth operation of this program. Every one of them appears to have a job. They all seem to have their task to perform and so do some abductees. So, what we might be dealing with is a much more complicated phenomenon, both for hybrids, for aliens, for abductees and, of course, for researchers who are trying to discern what is happening. Researchers do not have guides explaining how to do this; everybody is learning on the fly. We are learning things as they are being revealed to us in bits and pieces and trying to make sense of them.

(JACOBS continued on page 19)


**"We still do not know why this entire program of integrating into society is happening."**

*(JACOBS continued from page 18)*

We have gathered an enormous amount of information about the subject. It is not disparate information; it is confirmatory, and substantive. It is rather like putting the pieces of a puzzle together. We do not have all the pieces, but we can see the picture clearly now. Each piece adds to our understanding. Each piece gives us insight into the motivations and goals of the picture's creators. There are, of course, many important pieces to fill in. If researchers accept abductee accounts, then we must ask why people are being trained in crowd control. We do not know what the role of non-abductees will be in the future. We do not know how the power of neural engagement will be used on humans once they integrate into the society. Neural engagement means they can control us and we cannot control them. We still need to learn a lot more about this most perplexing and unnerving program.

Obviously, we do not know everything. Most importantly, we still do not know why this entire program of integration into the society is happening. This lack of knowledge is actually extremely important because if this were psychological, we would know why this is happening; if abductees were psychologically generating all this material, many, if not most, would generate the ultimate reason for the project as well. But they don't.

In popular culture, many outer space-themed movies have involved a flying saucer coming to earth, an alien coming out of a flying saucer and saying, "My name is Xabdork. I come from Venus. I have come because you have been doing unacceptable things. You must shape up." In these movies, we know exactly who they are, where they are from, and why they are here. But this phenomenon does not follow popular culture, as skeptics would want us to believe. It has its own internal dynamics apart from the abductees and the researchers. As John Mack said, the phenomenon is what it is. That means it is not what we want it to be.

Budd Hopkins and I have been doing this work for a cumulative total of over 45 years. We have interviewed, listened to, read letters from, and worked with thousands of abductees and we still do not know why the aliens have initiated this program. In a sense this lack of knowledge helps to validate what we have learned. Once we know the aliens' original motivations for starting the program, we will have gone far towards answering the ultimate question about abductions. In the meantime, we have greatly progressed towards answering most of the important questions about this phenomenon and those answers are both surprising and disturbing. They are not answers I had ever expected. They are not answers I wanted to hear. The pieces of the puzzle form a picture I do not wish to gaze upon. 

*(LAMB continued from page 4)*

"abductees." Many of these individuals have some encounters they consider negative (and therefore might be thought of as "abductees"), and some they consider positive (and therefore might be thought of as "contactees"). Since the interpretations put upon their experiences by these individuals vary so much, it seems best to refer to them using the neutral term "Experiencers."

### **Conducting Therapy With Experiencers**

The field of therapeutic work with Experiencers is a recent development. One of the first ET contact cases went on record in 1964 when psychiatrist Benjamin Simon hypnotically regressed Betty and Barney Hill back to their disturbing 1961 abduction by unusual beings in New England. Dr. Simon was not familiar with the emerging phenomenon of human abduction by extraterrestrials, and he concluded the Hills must be suffering a "shared delusion." Later evidence, perspective, and other people's experiences validated the reality of the Hills' encounter.

Nonetheless, most mental health practitioners have failed to come to grips with the abduction phenomenon, and in many cases do not believe the phenomenon is real. Thus, Experiencer clients are often erroneously diagnosed, medicated, and treated. This leaves them feeling misunderstood and worse than before they sought professional help. Experiencers are also subject to ridicule from family members, friends and associates. As a result, they learn not to talk about extraterrestrial experiences and the sometimes severe anxieties which result, and therefore receive no help dealing with these experiences.

The Academy of Clinical Close Encounter Therapists (ACCET) is a good source of professional psychotherapists and regression therapists to which Experiencers who desire to receive professional help can be referred. ACCET is an international organization of professionals who appreciate the challenges faced by individuals who experience extraterrestrial encounters, and who are trained in regression therapy. Contact ACCET at [Barbara\\_lamb@verizon.net](mailto:Barbara_lamb@verizon.net).

Experiencers may suffer pronounced anxiety, especially in certain situations which remind them of extraterrestrial encounters, but most are not inherently medically or psychiatrically disturbed. This is amazing, considering the intensity of the trauma they have experienced. Most are normal people to whom very unusual things have happened, but they may still need therapeutic help to deal with these events.

Now that the subject of alien abductions is being aired in the media, more Experiencers are coming forward. They want validation and understanding from persons who know something about the phenomenon. Experiencers often attend UFO meetings

*(LAMB continued on page 20)*

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*(LAMB continued from page 19)*

and conferences to see if there is evidence of crafts and beings coming from space. They may share their stories with researchers in the UFO field long before daring to tell a therapist. If Experiencers find a knowledgeable therapist, they are relieved to be taken seriously and to have their experiences validated.

### **Working with Experiencers**

I believe trained regression therapists have the necessary skills for working with Experiencers if therapists are open to the possible reality of unusual encounters. Regression can help the Experiencer uncover buried memories of strange encounters, even though the aliens often have specifically influenced these individuals "not to remember" anything. Fortunately, everything is recorded in the subconscious mind and the memories can be retrieved through regression. This enables expression and release of the associated feelings and eventual integration into the person's conscious life.

A therapist's initial contact with an Experiencer is important, whether the contact is in person, by letter or by telephone. Experiencers are often afraid to disclose the bizarre and unexplained things that have happened to them, so it is crucial the regression clinician be open-minded and take what the client says seriously, even though the therapist does not yet know if the individual is a true Experiencer.

It can help to ask about the client's general life and functioning, and a brief description of anything the client thinks might be related to the unusual experiences, including dreams that seem to be "more than dreams," sensing or seeing unusual beings in their room, flashbacks to glimpses of unusual creatures, UFO sightings, "missing time," unusual and unexplained markings on the body, or anything else that seems relevant. It is also important to tell the client from the start that if it is discovered through regression that they are Experiencers of extraterrestrial contact, their lives and their notions of reality may be changed forever.

In the first session, before the therapist begins a regression, it is important to determine if: any other crisis or major life issue is going on in the client's life, whether the client has a history of being abused, and whether he has psychiatric symptoms or serious depression or anxiety. If any of these conditions are found, they should be taken care of therapeutically first before exploring the possibility of extraterrestrial contact.

As the client describes unusual experiences and offers clues that something anomalous has happened, the therapist does well to notice where the client is most intensely emotional. Look for "irrational" anxieties, flashbacks, and vivid dreams. Explore the client's fear of uncovering possible abduction material. Clients may fear they are going "insane" because of the bizarre experiences, and it is necessary to reassure them this is not so. Clients may need help in setting up support systems which help the client feel stable and accepted as he or she goes through the regression work. They are helped by being acknowledged for their courage in coming for help, and for being willing to explore what may have happened to them.

During the first sessions it is better the therapist not indicate whether he believes the client has experienced a true abduction. The client should draw his or her own conclusions about this, but should not do so until after at least one or two regression sessions.

It is also helpful to prepare the client for what the process of hypnosis is like: a state of deep relaxation in which we can access memories buried in the subconscious. During the regression the client will hear the therapist's voice, follow the guidance, and answer the therapist's questions. He will answer out loud describing the details of what he is recalling in the episode being revisited. At moments he may be aware of the position of his body. He will mostly be aware of reliving the experience he has regressed to, moment by moment, though at times he might be briefly aware of the "here and now" and his current thought process.

It is important the therapist reassure the client the therapist will be with him in the experience, every moment, will assist him in handling what is happening, and will help the client come out of the experience any time he needs to, or when the episode is completed. The therapist can reassure the client that if he does not want to fully experience what is being remembered (such as a painful medical procedure) that the therapist is prepared to assist the client in removing attention from his body in order to figuratively view what is happening from the side or from above.

It can be helpful to learn the sequence of events comprising the experience, even without fully reliving painful physical sensations. The client benefits from being reminded before the regression starts, and here and there during the regression, that he *will* return from the experience he is reliving, and *will* continue with his life and his everyday functioning.

The therapist should help the client choose the focus or subject for the particular regression. The focus could be a fragment of memory, such as a few seconds of an unusual experience. It could be whatever happened just prior to a period of missing time. The focus could be looking at the source of flashbacks of a disturbing experience. Or the focus could be whatever happened that caused the client to suddenly have unaccountable scars or other markings on his body. Or, it could be what happened after seeing unusual beings by the side of the bed at night and being unable to move or call out for help. Or, what happened after seeing a bright light above the client's car while driving, being followed by this light, having the car motor mysteriously stop and beings approach the car. Or the client may want to look at the source of a disturbing, recurring dream. The focus helps the client's subconscious mind locate the incident being explored, and make it available to be relived in detail.

Sometimes the focus is other than a specific incident. It may involve going back to the source of intense feelings (often fear or discomfort) which the client has in certain everyday situations, which remind him of something anomalous and disturbing he does not quite remember. For example, the client

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may greatly fear being in a hospital, or shopping mall, or airport with light-colored shiny floors, and discover during regression the fear stems from being in a spacecraft (which had bright shiny floors) during an abduction. Sometimes the regression focus is more open-ended, such as asking the client's subconscious mind to take him back to whatever is most important to remember at this particular time.

It is also helpful to assess the client's primary "mode" of accessing information and memories, whether visual, auditory, kinesthetic, scent awareness or intuitive knowing, in order to ask the kinds of questions during regression that will bring about the clearest memories and information.

The therapist can explore any beliefs the client may have in a "higher source" to call upon for help, if necessary, during the reliving of traumatic memories. If the client has a sense of spiritual resources, the therapist can reassure him that some "higher guide" will accompany him and make sure he is returned from the experience. If the client has no sense of spiritual resources, the therapist can reassure him the therapist will accompany him in every moment of the experience.

The client does not have to relive an entire abduction experience during one session if the experience seems overwhelming or too distressing for him. The session can be ended any time he wishes or feels it necessary. Each client needs all possible reassurance he will be "safe" in the process of recovering his memories. He may also need practice getting into the altered state sufficiently to relive the experience he is choosing to explore, and it may take the client some time to trust the therapist to help open the way for the experience to be relived.

Experiencers may consciously recall elements of their abductions before being regressed. Some remember only fragments. Others think they remember the entire episode only to discover through regression there was much more to the experience than they had thought. Some remember nothing about an abduction experience for years until "triggered," perhaps by seeing a picture of an alien or a UFO, or hearing of someone else's encounter, or having a vivid dream.

It seems the extraterrestrials affect the Experiencer with a form of amnesia or forgetfulness. This is powerful and may be reinforced by the Experiencer's own internal protective mechanism of denial. Unconsciously, many Experiencers feel a strange kind of bonding with the aliens they encounter, as in the Patty Hearst abduction case, and feel disloyal to them by remembering. (In the infamous Hearst kidnapping of 1974, the victim appeared to become sympathetic to the cause of her captors, the Symbionese Liberation Army. This bonding phenomenon is called "Stockholm Syndrome" after a similar Swedish bank hostage incident in 1973.) Such clients need to be reassured they have a right to know what happened to them, and no harm will come to them or to the aliens by remembering and sharing the experience with someone they trust. They will benefit by being reminded they have survived the experience, no matter how bizarre or disturbing it may have been.

Whatever comes to the client's awareness during the

regression should be explored as thoroughly as possible, including going over some details again and again and deepening the brain wave state if necessary. Since the client is liable to fill in the gaps between moments with his own confabulated ideas, it can be helpful to relive the episode more than once to be sure to retrieve it accurately. As in conducting any regression, the therapist should not influence the material with leading suggestions, assumptions, and planting of ideas.

Some traumatic details may not appear during the first sessions due to the client protecting himself from unwanted distress. Clients experiencing fear during regression should not be forced to remember details they are not ready to face. The therapist should move slowly, following the client's lead. The therapist can suggest the client move backward or forward in time; this is possible in the altered state of consciousness, which is a very fluid state of being.

Before ending the regression, the therapist can direct the client to "move ahead to the conclusion of this experience." This gives the client closure of the material in that session and brings him back to where he was at the beginning. The incident can be revisited later, and the client will feel some completion for the time being.

The frequency of abductions varies greatly from one Experiencer to another. In my research it appears most Experiencers have been abducted more than once, often many times, starting in childhood, infancy or even life in their mothers' wombs. Intervals between abductions may be weeks, months, or years; yet some people report several abductions in one night.

Some Experiencers at first recall only frightening events. These stand out dramatically,

attract the psyche's attention, and need therapeutic work. Later, Experiencers often discover they have been interacting with a variety of aliens and that some occasions have been educational, enjoyable, even enlightening. I encourage my Experiencer clients to continue with their regressions so they can discover the probable positive aspects of their extraterrestrial contacts as well as the negative elements.

### **Indicators of Abduction Experiences**

Experiencer clients often present indicators of extraterrestrial contact, and more therapists should be aware of these special clues. The Experiencer often has on-going irrational anxiety, disorientation, confusion, and frequent panic attacks. At worst, the individual may discontinue work or school or other activities. He or she may avoid getting needed treatment due to a fear of doctors' offices, hospitals, and medical instruments and procedures. Some have panic attacks in settings where the lighting is indirect from an unknown source.

Many Experiencers have sexual and relationship problems and difficulty trusting others, especially authority figures. Some have compulsive or addictive behaviors; yet they may also have psychic abilities and experiences. They may fear animal eyes, owl eyes, spiders, snakes, and praying mantis

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insects, which unconsciously remind them of extraterrestrial beings encountered.

Many Experiencers fear the dark, fear being left alone, going to bed, falling asleep, fear bedroom closets, fear being “watched,” driving alone at night, and being followed by bright lights. They may have unusual sleeping habits, such as sleeping fully clothed and with shoes by the side of the bed, so that they can make a quick “get away” if visited by unwanted creatures. They may sleep next to the wall for a sense of protection, and position themselves away from windows so they will not be seen from outside. They may lock the doors and windows of their homes, turn on a monitoring system and check the system again and again before retiring for the night. They may wake up at a particular time at night, every night, or may do everything possible to stay awake until that particular time has passed and they inexplicably feel “safe.”

Experiencers may describe being “slammed” awake, or recall the sensation of being dropped to the mattress from above. They may wake up in strange positions on the bed or on top of the bedcovers, or somewhere else in the house or even several miles away from home; they may wake up with grass or dirt on their feet, and not remember having been outside during the night. They may find their hair completely wet upon awakening and have no awareness of how that happened. They may have their sleeping clothes on backward or inside out, even though they remember having put the sleeping clothes on properly before going to bed. They may even find themselves wearing clothing not their own.

There are also body clues of extraterrestrial contact. The Experiencer might find small scoop-shaped scars, triangular burn marks, a bead of pus in the navel, straight thin cuts, bruises in the shape of a grouping of fingertips, pin-prick marks organized in distinct patterns. There may be a small lump near one ear, or in the forehead, or the base of the head above the spine. There may be vibration in his forehead, his ears may ring or buzz, or he may feel pressure in his ears. He may have had frequent nosebleeds since childhood, and may wake to find drops of blood on his pillow. He may have chronic sinusitis and other nasal problems, as well as chronic headaches, and strange sensations in one ear, or behind one eye, or in the sinus area.

Additional clues are back or neck problems, soreness in the genitals, or stiffness anywhere in the body. He may have a strong sensitivity to certain lights and sounds, and electronic equipment may turn off or malfunction when he is nearby. Some Experiencer women may say they became pregnant without having had sexual activity, and then two or three months later discovered the fetus had mysteriously disappeared even though there was no abortion or miscarriage. Or they may say one of a pair of twins mysteriously vanished from the womb, with the cord cut and sutured perfectly.

Experiencers may remember being paralyzed, unable to call out, being levitated and floated out through a closed window or a solid wall, and then transported up on a beam of light and

into a spaceship where various procedures happen.

### **Types of Extraterrestrial Beings**

According to reports from thousands of people worldwide, there are many types of aliens—tall and short, with hair or bald, uncaring or compassionate, and in all cases they are very different than life forms we are familiar with. It is always a shock to encounter any of the types, because they are unknown and strange. It is disconcerting that they suddenly appear “out of nowhere.” We do not know what to expect of them. We feel vulnerable, at their mercy and helplessness.

The most common type of beings reported are the “little grays,” described as three to four feet tall with grayish skin, big black almond-shaped eyes, tiny noses, small slits for mouths, no outside ear flaps, very large heads with pointed chins, no hair, and thin, delicate-looking bodies. They often move stiffly, like robots. They are described as going about their tasks diligently and efficiently, with a matter-of-fact attitude and no apparent regard for the Experiencer's reactions or discomfort. No wonder Experiencers feel mystified and often repulsed when approached by these beings.

Similar in general appearance are the “little whites.” They have big round eyes with some white areas in the eyes and seem to Experiencers to be sweeter, gentler, and less threatening than the grays. The little grays and the little whites are the ones who pick up the abductee and take him or her to other beings who perform various procedures. Sometimes they do not remove the Experiencer, and instead perform medical procedures in the Experiencer's bedroom.

Other gray beings of various heights are reported, some with large, black, almond-shaped eyes, some with so-called “beveled” eyes. Some stare into the Experiencer's eyes from a distance of only an inch or two, seeming to draw out all the person's thoughts and memories—a most frightening and unnerving experience for the Experiencer. There are also bronze-colored and whitish aliens that are five-feet eight or nine inches tall; some have large, faceted eyes. Others have huge pointed ears and big feet. Some are very tall pure white aliens with wispy hair and skin drawn tightly over a skull-like face. Some are reported to look like “Sasquatch,” i.e., large, ape-like beings with hairy, shaggy skin.

Very disconcerting and frightening are some large, muscular reptilian types of beings with snake-like golden eyes with vertical pupils and uneven, mottled and bumpy skin, often described as alligator-like or snake-like. Some of these fearsome beings wear armored plates covering their chests, padding on their shoulders and thighs, which make them appear even bigger and more powerful. Some wear regal clothes with insignia, crests, or rows of medals. They tend to have the size and stature of a tall, athletic human male. They approach people aggressively and have sexual intercourse with them, without any negotiating or gaining consent.

Another type of being is the tall, thin “insectoid,” with huge bug-like eyes wrapped around the sides of the head. As disconcerting as these “praying mantis” beings appear, they often turn out to be unconditionally loving and kind. Once an

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**“Experiencers may have unusual sleeping habits, such as sleeping fully clothed with shoes by the bed so they can make a quick getaway if visited by unwanted creatures.”**

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Experiencer gets past the unusual appearance, he may report a great fondness for these beings. Shorter, stockier, bug-like aliens with big bulging eyes do not seem to radiate that kind of lovingness, and are often shunned by those who encounter them.

Some aliens appear quite human-like, including the “hybrid” type, which seems to be a combination of human and extraterrestrial. They often look human at a distance, but appear alien upon closer contact. The eyes seem more human than alien, but the expression and demeanor are non-responsive. Allegedly, some hybrids can pass for human and sometimes intermingle in human society.

Many aliens wear robes with large hoods, or spacesuits, or formfitting suits of varying kinds. Although no external genitalia can be seen, abductees sense the beings are “male” or “female.” Some seem more attuned to the needs and feelings of humans than others; one of my clients was told that, “aliens who have had recent human incarnations manifest greater understanding of human beings.”

There are also athletic, handsome, human-looking alien beings, often blond with intense blue eyes. Referred to as “Nordics,” these often make a positive impression on Experiencers although they conduct their procedures methodically and often without explanation.

Some beings seem to be other-dimensional and ethereal, and greatly inspire and thrill Experiencers, on whom they bestow transformational experiences. Some “ethereal” beings are so unconditionally loving that Experiencers feel deep grief and loss upon returning from these contacts.

During abductions, many of the aliens described above work together onboard a rounded craft. Certain beings take the Experiencer to the craft; others perform medical and reproductive procedures on the Experiencer who is lying on an examining table. Still others do deep scanning through the Experiencer’s eyes, and another type comforts the Experiencers by touching their foreheads or shoulder with one hand. A “leader” type observes the procedures from the background. Some aliens do complicated healings on abducted humans and are reported to have healed conditions such as cancer, long term back pain, kidney problems and a congenital heart defect. With one of my clients they did emotional healing by relieving her deep grief over the death of her father.

After physical examinations and medical or reproductive procedures are completed, Experiencers are sometimes taken to another room and shown “holographic” scenes of earth catastrophes such as floods, earthquakes, or nuclear or ecological destruction. Sometimes they are shown pleasant, positive scenes. Sometimes the aliens holographically

“stage” emotionally stirring events, such as the Experiencer’s child being struck by a car, or a cherished lover or departed loved one suddenly appearing. During these staged events the aliens study the Experiencers intently, watching their reactions as if they are trying to learn about human emotions, or perhaps they hope to derive energy from the intensity of human feeling.

### **Lifelong Experiences**

People seem to begin their extraterrestrial contacts early in life, sometimes even before birth. One male client was treated by an extraterrestrial for a congenital heart defect while still in his mother’s womb. The being placed his hands on the outside of the womb and sent energy into the embryo inside. He said to the embryo, “You will not be able to live with this condition, so I am placing an invisible electro-magnetic strip over the hole in your heart.” The treatment was repeated by the extraterrestrial every year or so, during abductions, until the man was 48 years old and received surgery by human doctors for the officially-diagnosed congenital heart defect.

Children respond to contact in various ways, ranging from terror and dread of sleeping alone to thoroughly enjoying their “special friends.” Children are taken from their beds at night or from play areas during the day, medically examined on the spaceship, apparently to be sure they are healthy, and sometimes given a tour of the craft. Some children are introduced to “hybrid” children and asked to play and teach them how human children play.

Some children find themselves in a classroom setting on the spaceship with other abducted children, being taught such things as “mind ball” (moving things with only their minds) and other psychic skills. These learning games are taught and monitored by a variety of extraterrestrial beings. Some children recognize one another from their lives on earth, and develop strong bonds with each other and with the beings. In many instances the children enjoy these experiences, and yet are mostly unaware of them and their own paranormal abilities after being returned to their homes.

### **Hybridization of Humans and ETs**

When Experiencer children enter adolescence, an additional, traumatic, experience may begin. There seems to be an on-going interbreeding program being carried out by some species of extraterrestrials. Eggs are removed from an adolescent girl, either through her navel or vagina and cervix, and are apparently mixed with alien reproductive substances and a hybrid embryo is formed. A month or so later, the girl is abducted again and implanted with the hybrid embryo. Some girls realize they

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are pregnant and some have the pregnancy confirmed by doctors.

A few weeks later they are abducted yet again; the embryos are removed and placed in containers of fluid. The girls suddenly realize they are no longer pregnant, and yet they know they have not had an abortion or miscarriage. This is distressingly baffling to the girls, who in most cases have not been sexually active, and it is mystifying to their doctors.

Months later these same girls are again taken aboard the spaceship and asked to hold their “babies,” who do not look entirely human. The Extraterrestrials seem to know that because these babies are partly human, they need to be held, loved by and bonded to their human mothers. These babies are frail and pale, with large, penetrating eyes, strangely-shaped heads and straw-like or wispy hair. The girls are urged to hold and bond with these unusual babies during the visits while being closely observed by the attending extraterrestrials. Some girls are horrified and mystified by this, while others respond with surprise and yet are able to hold and feel love for the strange-looking baby.

During subsequent years these girls continue to have brief visits with their hybrid children onboard the spaceship. Some mothers wish they could raise their hybrid children on earth, but they are told the children would not survive here. Some mothers want nothing to do with their hybrid children and are repulsed that their reproductive material was taken and used to create these strange children. Some Experiencers have been told by their abductors that these hybrid children are highly prized, especially since many do not survive to adulthood and are needed to help the alien race survive.

A woman might be part of this hybridization program many times, for a span of decades, usually with little conscious awareness except that she is pregnant and then, mysteriously, not. Recall can be achieved during regressions, with resulting feelings of being victimized and used. My compassion goes out to the women who experience these events.

Human males are subject to reproduction/hybridization procedures as well. Some are traumatized and may develop sexual difficulties and aversions with their romantic partners at home. Beginning in adolescence and continuing for several decades they may be abducted and have sperm mechanically removed. They describe this as painful, horrifying and repulsive. In some cases they have sexual intercourse forced upon them by extraterrestrial beings, which causes trauma and feelings of helplessness. With both human males and females, these reproductive actions usually take place onboard the spacecraft, with the occasional copulation taking place in their own homes.

The aliens have explained the hybridization program to Experiencers in various ways. One race has lost its ability to reproduce offspring and needs to combine with human genetic material to survive. Another race has become physically weakened by many centuries of interbreeding with only their own kind, and wishes to incorporate the more robust human stock. Another has become too intellectual and rational and wishes to add the component of human emotion. Still another race wishes to create offspring who could live with them in their

location and also live with humans on earth. Other races say they seek to create offspring who can travel back and forth between their society and ours, serving as “ambassadors.”

### **Physical vs. “Out-of-Body” Abductions**

Examples of procedures which are unmistakably physical and performed on the physical bodies of abductees include: medical examinations on a cold, hard table; taking and testing of skin and body fluids; inserting, extracting, and replacing tiny implants; procedures with the brain; taking samples of tissues from inside the body; reproductive procedures (including sexual intercourse with the beings); and being suspended and submerged in large tanks of unknown liquid. Experiencers are also asked to nurture hybrid offspring and are tested for their emotional reactions to various situations.

By contrast, “out-of-body” experiences involve being taken in spirit/consciousness/mind only. The body remains behind where the experience began. Experiencers report being levitated from their beds and looking down at their bodies; their bodies remain lying on the bed.

They may be taken to some sort of “place of learning,” which may be astral (non-physical) as well. Perhaps for their own sense of security, Experiencers may see these settings as a library, classroom, laboratory, temple, or other place they associate with learning. The place may be a non-physical place experienced in a non-physical state of being. Extraterrestrial guides, teachers, or mentors help in the learning of information and skills, including;

physical healing, psychic development, technological skills, ecological concerns, the piloting of spaceships, the administering of health care to masses of people after earth disasters, and other subjects. During the years of his abductions, an Experiencer may

“If experiencers act like scared animals when abducted, they will be treated like animals. They can easily become saturated with fear . . .”

have both physical and “out-of-body” abductions, and both positive and negative encounters.

Whether the abduction experience is physical or “out-of-body,” it usually begins with the Experiencer being rendered paralyzed and amnesic after the first few moments of seeing an unusual light and beings appearing nearby. My clients have told me this is necessary to prevent their flailing out in fright or anger, which could injure them and their abductors, and to enable the particles of their bodies to separate enough to be moved through a solid wall or closed window. The beings might also increase the vibrational frequency of the Experiencers’ bodies, which requires a lack of movement. Because the beginnings of abduction experiences are startling, intrusive and forced upon them, Experiencers usually react negatively and fearfully, even if the experience turns out to be a positive one.

### **Variations of Roles in Abduction Experiences**

Occasionally clients come to believe during regression that they were abducted by extraterrestrials during a previous lifetime. Or, they may feel they themselves were extraterrestrial during previous lifetimes, living their lives on another planet, exploring various planets for possible colonization, or being sent to earth for certain purposes. Some clients claim they previously were the same type of extraterrestrial being that is currently

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abducting them, and that they are serving as “windows” for the beings to learn more about human beings and life on earth.

Some Experiencers feel honored and privileged to be part of an important cosmic program. Some may even channel meaningful information from these beings, which they are eager to share with other people. In material my clients have channeled from extraterrestrial beings, we have been told all conscious, intelligent beings in the universe are from the same source, are able to incarnate on various planets and dimensions, and that each intelligent species goes to the same spirit plane between incarnations.

Some Experiencers discover during regressions that they actually collaborate with the extraterrestrials during abductions. They may help convince other humans to go aboard spaceships, help with medical procedures on other abducted humans, learn healing techniques from the beings, help run the spacecraft and even co-pilot the ships. Some Experiencers discover they are delegates to large council meetings comprised of beings from many different planets, where they discuss problems amongst species and especially problems on earth. Others travel long distances in a spaceship while suspended in containers of special liquid to keep them safe and help them adjust to the speed and changing atmosphere.

### **Transformational Aspects**

Some Experiencers do not interpret what is happening to them as invasive or traumatic. They believe their abduction experiences, even painful medical procedures, are for a worthwhile purpose and basically positive. They learn to like and in some cases love the beings with whom they have had years of contact. They accept the reality that they have extraterrestrial spouses and children. These people deliberately look for the deeper and more positive meaning of their experiences.

It can be argued that this is the only way Experiencers can tolerate what has happened to them and will continue to happen to them. It is similar to “Stockholm Syndrome” described earlier, in which human captives bond with human captors in abductions here on earth. However, people who look for positive aspects in UFO abductions usually find them justifiably. Although many people fear aliens are intending to take over the earth for their own use, some Experiencers come to believe the alien/human interaction is ultimately benevolent and that some species of extraterrestrials are genuinely concerned about the ways in which we are destroying our precious earth. They urgently want us to change our ways and save our planet before it is too late.

Many Experiencers find a spiritual dimension. They may accept the “aliens” as intermediate between themselves and God, or the primal source of creation or cosmic consciousness. They liken the aliens to angels, spirit guides, light beings, or enlightened beings. They feel the abduction is a return to a true cosmic home, beyond space and time, to an incredibly beautiful realm. They feel joyous, with a changed sense of their own place

in the cosmic design, and a heightened awe of the universe and the natural world of earth. They eventually see our notions of space and time as non-accurate, and sense themselves to be in multiple times and places at the same moment. They may weep with sadness on leaving that realm to return to humdrum lives on earth, and they sometimes remain depressed for a time at the loss of these glorious experiences. Many long to “go home to their true family.”

When Experiencers realize their consciousness is separate from their bodies they become aware of the cycles of birth and death on earth and other planets as well, and they relate more easily to the countless beings beyond space and time. They become less ego-attached to their current personalities, and may identify with the extraterrestrials during their abductions. Some feel “blended with” the beings at times.

### **Moving Beyond Fear**

It is important for Experiencers to move beyond fear, because fear seems to attract the more negative aliens and experiences. If Experiencers act like scared animals when abducted, they will experience being treated like animals. They can easily become so saturated with fear they do not notice many elements of the experience. It helps if the Experiencer can feel the fear without holding on to it, and then notice details of the

encounter and the extraterrestrials. Even when the Experiencer is told by the beings “not to remember” the encounter, he can insist on being aware and remembering. I encourage my Experiencer clients to tell the beings they have a right to know what happens to them.

Experiencers can ask for a meaningful relationship with the aliens, and if they do they are more likely to be treated with respect and as a peer. Extraterrestrials communicate telepathically with humans, and some Experiencers try to “test” the beings who come to abduct them by telepathically asking “Who are you?” and “Are you from the Light?” If the beings refuse to answer or emit negative vibrations, the Experiencer can refuse to go with them. If the beings say they are “from the Light” and emit positive vibrations, the Experiencer might choose to let the experience happen, knowing they will likely have positive or at least meaningful experiences. Exercising control in this manner is a way of lessening fear of an experience over which they have no control.

Experiencers can refuse to be taken by several means. At the first moments the beings appear, the Experiencer can vehemently project “NO! I refuse!” either aloud or mentally. Experiencers can immediately visualize intense white light from a high source surrounding and protecting them. They can call on their favorite saint or spiritual protector to ward off the experience, or they can immediately move some part of the body to break the paralysis about to set in. These methods are effective if used immediately and with strong intention and emotion.

Experiencers can also ask for information, such as why the aliens are here, what they are doing, and why they are doing

**“Experiencers will continue to be abducted. The source of the trauma will continue, out of the therapist’s and the client’s control. This is distressing to therapists, who want their clients to get better.”**

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certain procedures on them. I encourage Experiencers to ask these questions during both the regression and in any subsequent abduction, and usually meaningful information is gathered. When Experiencers realize they can do this, it considerably relieves fear of the mysterious and bizarre episodes, and gives the Experiencer a sense of actively participating in the encounter instead of being completely at the mercy of the beings.

When Experiencers ask why they, in particular, have been selected to be visited, they are often shown that during a spiritual state before coming into this lifetime, they made agreements with the Extraterrestrials to cooperate with them during this life. Or, they are shown they were once members of that group of beings during a previous lifetime, are currently one of their representatives here on earth, and have agreed to be studied by the beings to further understanding of the human race and life on earth. Alternatively, they are told they are members of a particular family whose genetics have been studied by the beings for generations, and they are needed to continue this line of study.

### **Conscious, Awake Experiences**

As some Experiencers move through and beyond fear, they sometimes ask the aliens to appear when they are fully awake and in the light of day, for a conscious face-to-face contact during which they can avoid feeling victimized and can have a better chance of building mutual rapport. This does not always work out as planned; some clients who ask for such meetings become upset and react negatively when their wish is granted. But others manage to control themselves when the beings appear. They suppress any self-protective, violent reaction and proceed to have conscious, positive experiences of relating to the beings, visiting the spaceship, and being taught interesting information.

### **The Processes of Therapy**

In conducting therapy with Experiencers, there are special considerations. These clients will probably not remember all details that emerge during regression, and they should not be forced to deal with material still repressed. They will remember it eventually, when they are ready. It can be helpful to give the client “homework” assignments: drawing and/or writing down what they remember from each regression; writing in a journal anything unusual that happens during daily life, such as flashbacks or “triggered” memories—as well as their reactions to the regression. As with other therapy clients, any homework that engages the client in the ongoing process of therapy is helpful, and especially so with Experiencer clients.

During regression, to make sense of the bizarre material as it emerges, Experiencers may spontaneously “fill in the gaps” between recollected segments and make assumptions about what is happening in the gaps. This is called confabulation, and it can give an erroneous sense of the experience. Experiencers need permission not to remember everything at once. Sooner or later it will all make sense, especially if the incident is relived a few times.

With especially traumatized clients it can help to allow the reliving of traumatic material without physically feeling it, as if only observing it, for the first uncovering or two. This can be accomplished by having clients figuratively “leave their bodies” and watch the incident from somewhere else in the room, without experiencing it physically. It is helpful to allow clients to examine only one traumatic incident per regression, and to bring the client safely out of the encounter and back to where it began. Clients who are handling the encounter reasonably well might wish to relive the entire experience with all its details during one regression. The therapist can check by repeatedly asking the clients how he is doing as the regression progresses.

When many Experiencers are newly reliving encounters in regression, they will have ongoing apprehension about being abducted again. They may feel helpless because they do not know when or where it will happen. In this event, the therapist might suggest the client visualize himself remaining calm when the strange beings approach; that the client remind himself he need not feel undue fear because he is always returned from the abductions; that he turn his attention to the beings and ask whatever he wants to know; that he look for interesting elements in the encounter, or elements which are benign or positive; and that he reinforce his own inner strength, which cannot be robbed by the beings.

Experiencers need time to assimilate the experiences recalled during regressions, and therefore we wait a few weeks or more before doing further regressions. Between regressions, regular counseling sessions or phone contacts with the therapist can help. The therapist, available for encouragement and support, might be the only person the client feels is understanding and supportive, and this means a great

“Experiencers may except the aliens as intermediate between themselves and God, or the primal source of creation.”

deal.

The process of recollecting experiences with Extraterrestrials may evoke a variety of emotions and reactions in the client. Initial denial these bizarre encounters are actually taking place is one such reaction. Anger that the beings are doing things to them without their conscious permission is another. They may block from their awareness certain procedures done to them. They may suffer great fear of the beings and the strange (and sometimes painful) procedures. They may feel deeply depressed they cannot prevent the encounters, and cannot stop unwanted procedures inflicted on them. They may feel grief as their previous understanding of reality is challenged and changed forever. They may feel isolated, alone in the experiences, as if they are hugely different from everyone else.

However, with sufficient therapy and regressions many clients gradually come to accept the encounters. Some become increasingly fascinated with the phenomenon of human-extraterrestrial contact, and may become serious researchers of the subject. They may share encounter experiences with others who are also having such experiences, and highly value participating in an Experiencer support group. They may come to realize they do have some choice about continuing the encounters. In the aftermath of realization, I have observed a long process of changing from one reaction to another, and as in

*(LAMB continued on page 27)*



any grief process individuals experience these stages in unique ways and in unique order. It is vital the therapist understand these processes to best help Experiencers proceed through them.

#### **Support Groups for Experiencers**

Support groups are extremely beneficial to Experiencers. Support groups allow Experiencers to share accounts of extraterrestrial experiences, realize they are not alone in having these bizarre happenings, feel understood, accepted, and "normalized." It is best not to begin group participation until after the client has gone through a few regressions, and when they and the therapist have substantial indication of the kinds of things that have been occurring. This helps avoid being influenced by other peoples' testimonies, which could contaminate their own memories.

Support groups can provide other resources, such as suggested reading, conferences, and methods of coping with difficult situations. Even a small support group can help, and therapists who work with such clients should try to provide a support group for them. Although it is helpful to have therapists present during support group meetings, the therapist does not need to conduct official group therapy. The therapist can guide the group in an orderly way to assure each participant has his say on the aspects of most concern to him or her. Some support groups elect to do sky watches together during late evenings or overnight camping trips in hope of seeing a UFO. Witnessing unusual craft that do not seem to be made by humans gives Experiencers a sense of validation of their experiences with extraterrestrials.

#### **Considerations for Therapists**

Not all therapists are willing to work with people who think they have been abducted by extraterrestrials, since many therapists do not believe in the reality of such beings and experiences. Even therapists somewhat open to this reality nevertheless may not be comfortable enough to work with Experiencers. Long held notions of reality could be shaken. The material might be difficult to handle, personally and emotionally, and they might not know how to proceed in therapy with this kind of material. They might not be trained in regression therapy. Therapists who work with abductees can be strongly affected emotionally by what their clients recall and by the obvious challenges to their own preconceived notions of reality. Also, with abductees, we cannot change the future; they will continue to be abducted. The source of the trauma will continue, out of the therapist's and the client's control. This is distressing to therapists, who want their clients to "get better."

**Barbara Lamb MS, MFT, CHt** is a licensed Marriage and Family Therapist, Certified Hypnotherapist and Regression Therapist in Claremont, California. She specializes in Regression Therapy with people who experience encounters with extraterrestrial beings. Trained by the Association for Past Life Research and Therapies (APRT) she began working with ET experiencers in 1991, and has conducted regressions with more than 500 of them, totaling at least 1500 regressions.



She has taught workshops for Regression Therapists through various agencies such as APRT, the Professional Institute for Regression Therapy (PIRT) and others. She is currently President of The Academy of Clinical Close Encounter Therapists (ACCET). Ms. Lamb has presented numerous lectures on the ET Encounter subject across the U.S., Canada, England and Belgium, and has been interviewed on numerous television and radio shows.

Her forthcoming book, *Alien Experiences*, co-authored with Nadine LaChance, will be available in Spring, 2007. Her existing book, *Crop Circles Revealed*, co-authored with Judith K. Moore is available from her through email at [barbara\\_lamb@verizon.net](mailto:barbara_lamb@verizon.net).

It helps if therapists attend conferences and talk about these concerns with researchers and other therapists who work with Experiencers, form networks with them, and read widely about the phenomenon. It can also help to talk with people who have had these experiences. When feeling more prepared to deal with Experiencers, therapists can look for clues a client might be having extraterrestrial encounters, and proceed with their helpful therapeutic skills. I encourage all regression therapists to be open to finding the clues indicating that a client might be an abductee, and if they are found, to venture forth with an open mind with their best therapeutic skills.

It seems an increasing number of people are becoming aware they have had abduction experiences, and more therapists able to work with these individuals are needed. If mass sightings of UFOs and extraterrestrials ever occur, it is possible therapists will significantly contribute to public understanding of what is going on.



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(SIMS continued from page 5)

head is on the floor. The bed is at a sharp angle, offering some space between him and me, except my feet and legs are still on the bed. I am scared he will grab them and pull me back up. He doesn't. Instead, he has gotten down on his knees (if that's what they are; they bend so I guess they are knees). I can see those knees now since most of the covers are on my side of the bed near the wall and not on the side where he kneels, looking at me. I can see his paddle/duck-like feet too. He has no shoes or coverings whatsoever, and his left hand is supporting him on the floor.

### Alien Becomes a Clown

As I consider the situation in my room at age four, one of the amazing things is, I can see the alien almost as well under the bed (where it should be darker) as I can while he is standing in the room.... Except for the dim glow from the well house, I have no memory of a light source. I only know from my current conscious memory that there was an even source of light throughout the room.... He slowly lifts the remaining small amount of covers and sticks his face under the bed a bit. The only safety I had had was I could not see him. Now I can and I am terrified! I do not feel paralyzed now. I can move my head freely, but my arms and chest are still restrained by covers and wedged between the bed and wall.

Next begins the most horrifying part of the experience for me. As he crawls slowly towards me, he begins making himself look like a pure white clown with large doll-like eyes. I know inside, "He wants me to remember this as a bad dream of a clown." This is to make clear to me what I am to remember. However, since remembering hasn't happened yet, how can I be sure what I will remember? Once again, I wonder, "How does he do that?"

### I Will Not Forget –It's Not a Clown!

He crawls under the bed, his large head next to mine, and makes his eye contact. "I will not believe this clown. I will not forget. It is not a clown. It is not a clown! I will not forget!" It gets very dark as I tell myself for the last time that night, "I will not forget. It is not a clown."

...in the morning, I am back in bed, and cold. Numerous things tell me what I remember from the night before really happened. The soreness on my back where I hit the floor ... the bed is no longer square against the wall. My covers come only near to my shoulders. (I always had them up to my head to keep me warm.) The sheets are a mess!...I definitely freaked in the morning....My parents realized something was troubling me greatly and I found myself in bed between them the next night.... I was grateful. Mom and Dad could protect me now.

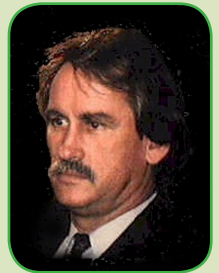
### Can Mom and Dad Protect Me?

I was soon to find out differently. They could not protect me....I open my eyes to see "him," the clown from the night before. The difference is he is not in his "clown suit." He is standing at the end of my parents' big bed and there is a second one with him. They look a lot alike. I can tell them apart though....I will never forget this clown.

He moves toward me, reaching down with his long, thin

arms and hands. He plans to take me from between my sleeping parents. I am not paralyzed at this time and I stiffen to keep him from picking me up. My body tightens, my teeth grind. I want

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He is responsible for the discovery (c. 1992) of fluorescent skin stains, detectable via black light, as an aftermath of alien encounters. Since 1995 Derrel has been involved with the surgical removal of 24 tissue-embedded objects, of which six remain unexplained. In 2006 he published the book *Alien Hunter: The Evidence in Light*, available for \$25 (amount includes postage) from D. Sims, Box 60944, Houston, TX 77205.

to scream. I cannot. No one can hear my screams. Mom and dad will not wake up. No one can hear my scream! I press against my dad as close as I can and hit him in the back as hard as I can with my little elbow. It hurts my elbow....

Nothing I do makes a difference. They pick me up anyway. My parents cannot help me. There is no one to help me. I black out. I was glad to....

### The Family Connection

In December 1980, my wife, two children and I lived in a large ranch home on 4 acres near Huffman, Texas. One night I awoke suddenly with a feeling of dread....In the dark, I ran as fast as I could to the living room, where I stood in horror. There was my six-year-old son looking out the window. He was not asleep. He was deep in trance. They had come and, like my own dad, I was not there for him.... "Oh God," I thought, "not my son too."

Unknown to me (until years later), my son had rigged a crossbow and a sharp broad-head arrow to automatically shoot the next uninvited "intruder" into his room. This action of desperation by my son could easily have killed any of us in that home if we inadvertently opened the door in the night to check up on him....

The fact is you can mess with me or abduct me and I can live with it (I did). You mess with or abduct my son and I will come after you. I will protect and even avenge (if that is what it is?) my children. Now, they (the aliens) have my full attention. I am not sure this is what they wanted. It is certainly what they are getting for the trouble. This may have been a serious mistake on their part. Now, I hunt them that hunted me and later hunted my son....I am known as the "Alien Hunter."



### Paul's Hypnosis Therapy

Paul's therapist was a psychiatrist. "For months we simply talked about my life. Then he suggested hypnosis. I looked up and it was 45 minutes later. 'When are we going to start the hypnosis?' I asked. He said, 'We already did it.' My wife took notes. This went on for three to four years. I have not read my wife's notes. I also went to group therapy, but there were too many people there who saw themselves as victims. I do not want to be in a 'victim' mentality!" Paul said.

"My wife says the things I talked about are weird and somewhat ritualistic. I didn't actually use the words 'devil worshippers,' but there were definitely a number of people involved in my memories. My wife tells me I said when we were in the circle someone would say to my parents, 'Isn't that right, Laura and Pete?' (Paul's parents' names) In one case I talked about two little girls who were naked and I was too. I talked about taking pictures and flashbulbs and lights."

"In high school I started to wonder, 'What's going on?' One time I called my mother and said, 'I'm in Park City (two hours away) and I don't know how I got here! Tell Larry I'll bring the car home in time for his date.' She said, 'It's 3 in the morning! How can you say that about Larry's date? It's way too late!'"

"I tried to, and did, forget all this until my late 40s. Then I started having flashbacks. Flashbacks, anxiety attacks, just like my twin brother—I get them when I'm in a group. We remembered a guy in our neighborhood who was a war photographer. Maybe it was him taking pictures...but I never accused anybody."

### Paul Remembers Weird Shapes and Atom Bombs in the Sky

Paul didn't remember the sleepwalking incident when Jeff ordered him back in the house. He did describe running the red light and almost hitting a VW with the "guy" beside him. Another time was when Paul and Larry were present at a backyard sleep-out. They saw a "weird shape in the sky" which "lit up the whole backyard," Paul said. "Next morning Larry didn't remember a thing about it." And once, when Paul was in junior high, and the family was camping at Yellowstone, Paul "ran back to the family and said, 'Did you see the atomic bomb go off?'"

Paul stayed in therapy four years, underwent many hypnosis sessions, and never remembered what he said under hypnosis. Why, I asked him, did you continue to pay for hypnosis when you could not remember? "After the hypnosis," Paul told me, "I would feel relieved, cleansed, less anxiety. I started to feel I was not crazy."

"My brother is functioning well today," Paul said, "and I am active too and doing well—though I still get anxiety attacks about once a month. I don't like elevators, and I have another compulsive disorder: when I wake up in the morning I have to count to 64. This started when I was in high school,

and I remember being in the army and getting reprimanded for it. They'd sound the bell in the morning and we were supposed to get up immediately and stand at attention. I could not get out of bed until I'd counted to 64, no matter how many times they reprimanded me for it.

"My wife tells me I said under hypnosis that I'm counting to 64 because I see 64 legs and feet and I know I can't get out of there until they pass. From my perspective, from where ever I am watching this, all I can see are the legs and feet."

Paul said his therapist was "very professional. He said I was suffering from post traumatic stress and compulsive disorder. He said, 'We don't know if you are remembering anything real, but it is real to you.' During the time I was in therapy, there was a lot in the news about satanic ritual child abuse, and we considered things like that. But actually there are not many proven cases like that at all. When I was a Chaplain in a men's prison, I talked to child abusers and there had not been any satanic element to what they did."

### A Serious Mystery Injury

Paul said *Star Wars* "totally frightened" him, and then he dropped a bombshell. When he was 24, he had to have an operation on both of his arms. "My hands went numb. The doctors told me my elbows had been extremely seriously injured. They used the word 'pulverized'. They said it would have required an 'extreme blunt force' to create the kind of injuries to my bones that they found."

I didn't even have to ask. I knew Paul had absolutely no idea how these injuries had occurred. There have been other cases of injuries to abductees. I have heard of women with extensive scarring on their reproductive organs. I know abductees are prone to high fevers in childhood. I read about a woman who broke her ankle when she was released from a craft. JAR editor Sue Swiatek has a case in which an abductee's lungs were very seriously damaged. He remembers a being saying, "We're sorry. We made a mistake." And investigator Derrel Sims says he has a case in which two children drowned in a swimming pool. And now there's Paul—with "pulverized" elbows. How in the world could that have happened? I wondered.

In the meantime, Jeff dropped his own bombshell. He told me his sister, Joan, has a friend who woke up one morning practically beaten to death.

Another mystery injury...When I talked to Joan she told me all about it. Because I had no reason to think I would not talk to Joan again, I took no notes. But I did not talk to Joan again. She sent a message that Jeremiah, her friend, "does not want to know or remember what happened to him."

It's a simple story, really. I'll reconstruct it from memory and from what Jeff said. The main thing missing will be a precise description of Jeremiah's extensive injuries. It seems Jeremiah stays in a wilderness cabin and one morning he awoke with injuries he had no memory of receiving and no idea who inflicted the injuries.

According to Joan, Jeremiah awoke that morning with

(DOUGLASS continued on page 30)

**"He woke in the middle of the night and found his ex-wife in bed beside him . . . then she dematerialized. At this, my friend rose from his bed, shrieking in rage."**



(DOUGLASS continued from page 29)

broken bones in his leg, arms, ribs and severe injuries to his skull. There was no telephone in the cabin and Jeremiah's car was parked half a mile away. It was winter with snow on the ground. I shudder to think how desperate this poor man must have been. Somehow, he managed to get to his car and eventually to Joan, who took him to a hospital emergency room. When the extent of the injuries was discovered, the police were called. Joan was suspected of inflicting the injuries, but these charges were dropped. It required months before Jeremiah recovered, and he still, according to Joan, is not fully recovered. This event happened about five or six years ago, possibly in 2001.

At some point Joan said she consulted "spirit guides" to find out what happened to Jeremiah, and was told he had fallen out of his loft bed in the cabin. Joan does not believe that.

Jeff remembers there were no tracks in the snow around the cabin; no broken doors or windows or any sign of forced entry; Jeremiah is a painter and one or two paintings in the cabin were damaged; Jeremiah's brothers investigated the scene at the cabin and could find no explanation; when Jeremiah made it to Joan's place after the event, Joan, according to Jeff, "could barely recognize him," so severely was he injured.

#### A Podiatrist with a Broken Back

I wish that was all, but it isn't. Last summer, a MUFON Utah member and I went together to the Denver MUFON conference. I casually showed her a draft of this article. "Oh!" she said, and told me the story of her podiatrist. Recently her podiatrist had occasion to obtain x-rays of his upper body. On looking at the x-rays, the podiatrist's own doctor said, "When did you break your back? With such a bad break in your back, you must have extensive symptoms."

"Huh?" responded the podiatrist, according to the MUFON member who told me this story. "Huh? I never broke my back!" The MUFON member has made two attempts to persuade the podiatrist to speak with me. He refuses.

This information leaves me dumbstruck. And there's more. But first, I review the characters in my mind. There's Jeff, the parents Laura and Pete, the twin brothers Paul and Larry, the sister Joan, her friend Jeremiah, and Jeff's handsome friend at Lake Powell. The twins were abducted, I know that. What about the rest? In particular, Jeff. Is Jeff an abductee?

#### A Nest of Abductees?

My feeling is I am looking at a "nest" of abductees. By that I mean a group of associated persons, some, in this example, related by blood, some not, who are abductees and whose relationships with each other are being orchestrated behind the scenes. These individuals are together or are brought together and influenced to behave in certain ways and play certain roles with respect to each other. In a fluid manner, they pass in and out of each other's lives, as all humans do, but these humans are being watched, tested, stimulated, and used, over a long period of time.

I say this even though there is a lot I don't know about these people, and even though I'm seeing only part of the picture.

I think a lot about Jeff during this investigation, and I do not find clear evidence he has been abducted. Unlike the others in this case, I had unfettered access to Jeff on the telephone. He seemed completely candid and I explored his background to some depth. Jeff recalled no missing time, had no flashbacks or other psychological symptoms, his medical history held no clues, nor did I find areas of past experience he was trying to avoid.

Furthermore, just because Jeff's brothers are abductees, and just because Jeff's parents apparently were, and just because Jeff saw a "silhouette" in the dining room when he was six, and just because he woke up bolt upright in time to stop Paul from "sleepdriving"—does not mean Jeff is an abductee. If the silhouette was an alien manifestation, Jeff's brothers might have been the target. And Jeff might have awakened bolt upright in the backyard because he has a strong sixth sense.

Yet, my attention keeps snagging on the recurring theme of homosexuality in Jeff's life. He was not susceptible to it. It was external to him, interjected. I wonder—those "people" Paul remembers sitting in the circle with his parents—did they create these homosexual episodes to test Jeff's psychological makeup?

#### Psychological Testing by Aliens

Psychological testing is standard operating procedure for the alien. In my own town is an abductee who relates he was told point blank by the aliens they were running a long term psychological test on him. "They told me," my friend says, "that a number of individuals were being experimented on because of their personality type—that they (the aliens) understood these people

well and had worked with them long enough—they would look at what you wanted most, assist you in getting close to what you wanted until it got close and then they would *rip it from your grasp* and study your reaction." [italics in original].

For my friend, the content of the test was soon made manifest. He found himself in the "presence" of his ex-wife, who said, "I'm coming back to you." More than anything, my friend wants his ex-wife to come back. "You've got to understand," he told me, "they can create anything they want you to see." I told him I understood that.

Next, my friend reports, he woke in the middle of the night and found his ex-wife in bed beside him. "I smelled her!" he says, "I heard her breathing. I touched her!" Then she dematerialized. At this, my friend rose from his bed shrieking in rage, and threw objects around the room. And that, presumably, is the test result the aliens were looking for.

Nothing so blatant went on with Jeff. But I wonder. I note that each time Jeff had a brush with homosexuality, his reaction was atypical. He was molested as a child, but he bears no psychological scars. In his late teens a friend manifested an intense romantic interest. Jeff rejected the advance without psychological conflict, and without loss of admiration for his

**"A man recalled being abducted at age 25. Prior to that abduction he was heterosexual. After it, he was a homosexual. He said that during the abduction the aliens changed his sexual orientation."**

(DOUGLASS continued on page 31)

gay friend. And it is curious Jeff's gay friend was *so* handsome, beyond the normal it sounds to me. As for the peak experience Jeff had at Lake Powell, peak experiences are normal and not necessarily an abduction marker. Yet investigators know that when there is a definite abduction event (Jeff's brothers), then all unusual events occurring to family members of the abductee bear close scrutiny. If someone was testing Jeff's susceptibility, then the peak experience might have been induced, and intended to soften Jeff up for seduction by his exceedingly handsome friend who was, incidentally, on the boat.

Finally, there is Jeff's UFO sighting. Again, he is the passive recipient of experience. A complete stranger shows up and essentially drags Jeff to a place where he is shown the reality of UFOs. Thereafter for the rest of his life, Jeff knows UFOs are real.

If there is psychological testing, manipulation, and orchestration of this family, has a particular role been assigned to Jeff? Whether "assigned" or not, Jeff has a particular role in his family, at present anyway, and that role is "door opener." Although Larry did not speak to this investigator, and Jeremiah didn't, Paul did, Joan did. It seems inescapable this contact with the UFO investigator has caused renewed introspection in these individuals and dialogue among them—further focusing their attention on one particular explanation for their predicament, UFO abduction, as opposed to, say, satanic abuse. All this has happened because 27 years after a UFO sighting, Jeff decided to report it to MUFON. Did some agency outside Jeff's awareness stimulate this step?

### The "Prompting" to Awareness

The stimulation and awakening of abductees to conscious awareness of the abduction experience is well-known to this investigator. I call it "prompting." Indeed, the prompting of abductees through UFO sightings dominates my investigations in Utah at this time. Just today I received a call from a witness who said he, his son and his daughter saw the same-appearing UFO pass 25 feet over their homes in the last six weeks. The witness's wife did not see the UFO, but she became hysterical during the night of his sighting. "Of course," this witness told me cheerfully, "that isn't the first time I've seen a UFO. When I was 10, my mother and I saw one and there was missing time..." A nest. Prompting.

What about the onset of flashbacks and other symptoms in Larry and Paul some years ago? Was that prompting? Some will say the onset of symptoms represents simply the spilling over of dammed up psychological experience too toxic for the individual to contain. My operating hypothesis is that the memory fragments are purposely released into conscious awareness by the abductors in order to determine how well they will be tolerated by the abductee.

In the case of Paul, the memory fragments which entered his awareness were not well-tolerated. Talking with Paul was heartbreaking; seeing his immense struggle to retain his

functionality, to not be "crazy," to keep earning a living and keep being a husband and father—and above all, in his eyes—to not be a "victim." I was on edge during our one hour conversation, keenly aware of what I saw as Paul's fragility, his desperate struggle to find an explanation, any normal explanation for what he remembers and for his compulsions and anxieties.

But as much as he wanted to find a normal explanation—child molestation—he never lost his rationality or his moral sense. "I never accused anybody," he said. As a volunteer Mormon Chaplain in a men's prison, he was looking for answers, but among the child molesters he counseled "there wasn't any satanic element." Nor did he weave any complex tale built on Biblical characters. He might have found an escape there, because Paul is a religious man, but he hasn't chosen any of the escapes a weaker person might. Paul is a heroic and a courageous man who is carrying a terrible burden, a truth so unlikely that, as a rational man, he cannot bring himself to consider—that his life has been deeply penetrated by extraterrestrial intelligences. Did I tell Paul anything? Well, kind of. He said he wanted me to tell him what I thought, but I knew he didn't, or else he would have read his wife's notes of the hypnosis sessions. I recommended a good book on UFOs by a Mormon elder who is also a scientist.

### Homosexual Susceptibility Testing?

I'm still wondering if *they* tested Jeff for susceptibility to homosexuality. The aliens are deeply interested in human sexuality, apparently including homosexuality. According to an investigator on Long Island,

a group of men there was picked up and told to have anal intercourse with one of the men in the group. "He wants you to," they were told.

I heard this story years ago, and have kept it tucked away in my mind awaiting additional data. Recently, I got some. A colleague related to me a series of phone calls she received from a man who recalled being abducted at age 25. Prior to that abduction, he was heterosexual. After it, he was a homosexual.

The man said that *during the abduction the aliens changed his sexual orientation* and that a female, whom he did not know, was abducted on the same occasion and her sexual orientation was also changed. The man, probably in his 40s now, said that years after the abduction he actually met the woman (he remembered her, and she him), found she lived not far from where he lives, and they discussed the whole matter.

Deeply grateful to receive this information, I told my colleague it was a "benchmark." It marks how deep and thorough is the skill the aliens have obtained in their quest to control human beings. And it certainly makes the notion Jeff was tested for susceptibility to homosexuality more plausible, doesn't it?

### Conscious Awareness Can Begin a Period of Turmoil

Joan asked me, "If Jeremiah remembers the night he was injured, will it help?" I hesitated. I hesitated because I know that for abductees the onset of conscious awareness inaugurates a period of turmoil lasting about two years before resolution is

**"...how deep and thorough is the skill the aliens have obtained in their quest to control human beings."**

*(DOUGLASS continued from page 31)*

achieved, if it ever is. Things get worse before they get better. But then, I don't care all that much for the "better" most abductees achieve. Most come to believe the alien is here to help. That is the view I believe the alien wants the abductee to hold, and so the process often leaves me feeling as though, in my role as investigator, I have assisted the alien in achieving his goal.

When I think of what happened to Jeremiah I feel real fear. What possible purpose could it serve to beat Jeremiah so severely that even now, years later, he has not recovered? Dark thoughts enter my mind. Intimidation? Or, I think suddenly, could this be another test? "What will Jeremiah's mental state be if we beat him within an inch of his life? How will he feel and react? Let's try it and find out."

### **Internet Postings Tell Tales**

In my UFO research, the beating of Jeremiah was something new. I had heard nothing like it, and it was nothing I anticipated. I find I anticipate much of what the alien will do, but this was new. Then I ran across something like it on the internet. An individual posted the following account on a UFO abduction website:

*Last night was one of those aggressively active nights where there was no doubt it would be a night of battle, starting with the heat, even though it was cold in the room. Round one, I woke up drenched in my sweat, but it wasn't that which awakened me. It was the choking, not being able to catch my breath, as though an invisible hand were pressing on my throat. Then the "slam" into the solar plexus, like somebody punching you there over and over and over, one blow after another. Then the battle carried to the dream/vision state, where I faced a shape shifter. This leopard being was all of a sudden stalking me. Suddenly, I had a shovel in my hand as it came toward me, but as it advanced it started to change. The eyes were quite human and its muscles started to transform into those of a human. Then it rose on its two hind legs trying to lunge forward but the shovel kept it at bay.*

This witness believes he was under psychic attack by persons associated with the U.S. government, and he reports his efforts to ward off the attack with positive energy and love. Early in the experience, he reports hearing a voice say, "You will win this war with love," and he believes this was the voice of an alien observing the situation telling him how to defeat the psychic attack by the U.S. government.

The attacks continue, he reports. "Many times," while driving, or sitting at his computer, or in his sleep, he feels "a lance of bad energy being thrust into my heart/chest area..."

This communication drew forth a sympathetic response from an internet correspondent, who reported a violent experience of his own:

*Sunday morning I woke up feeling like I had done two rounds with Muhammad Ali (in his good days). I was sore and felt like I had been multiple-punched in the stomach, sides, ribs and kidneys. I could barely walk upright to the kitchen. I noticed the front door was unlocked (though I had*

*locked it), the porch light was off (it was ON at bedtime), and the burglar alarm was turned off (set at bedtime to ON). Someone had gotten in, roughed me up, and left without my waking up. As to whether I fought back... I had no bruised knuckles and the defensive objects I keep near my bed went undisturbed [I must have been] gassed, drugged, and/or psychotronically deactivated.*

### **Blame the Government?**

These two individuals believe corrupt persons in the U.S. government have mastered the technology of mind control, and these persons perpetrate psychic attacks upon abductees who are in close communication with aliens and trying to learn from the aliens how to achieve higher levels of consciousness. They believe the U.S. government's purpose in mounting the attacks is to appear to be the alien and so discredit aliens in the eyes of the abductee.

The alien has not been discredited, however, as far as these two internet individuals are concerned. For them, the result of the attacks has been to intensify their resentment of the U.S. government and cause them to reach out ever more fervently to the alien in an attempt to obtain help.

### **That's interesting, isn't it?**

What strikes me is the susceptibility of the reported events (the attacks) to an alternative explanation, namely, that it is the alien who plays all roles in these reported dramas. It is he who perpetrates the attacks, and it is he who plays the role of the spiritually-elevated, non-intervening observer, because, after

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all, if we subject these events to the test of "Who benefits?" we cannot deny it is the alien who benefits. His yield is an abductee who loves and trusts him and who hates human authority.

### **Conscious Awareness vs. No Context**


There is a difference between the two internet individuals who were attacked, and the podiatrist, and Jeremiah, and Paul. The internet individuals are consciously aware of their involvement with extraterrestrials—they are past the crisis of realization—while Jeremiah, Paul, and presumably, the podiatrist, are not. So if we imagine that the attacks on the internet individuals were staged as part of an effort to mold the loyalties of these individuals, we see it was possible to do that because these two people know about aliens, they know about the government cover-up—in other words, they have a context in which the attacks take place and which supports an interpretation.

*(DOUGLASS continued on page 33)*



*(DOUGLASS continued from page 32)*

But for Jeremiah, there is no context. The attack is out of the blue and he, ostensibly, has “no idea...,” at least according to Joan. A difference between Jeremiah versus Paul and the podiatrist, is that Jeremiah experienced the attack, while Paul and the podiatrist not only have “no idea” who or why, they didn’t even know *that* an attack occurred, if indeed it was an attack, in the case of Paul and the podiatrist. Maybe they fell down the stairs in an alien aircraft. But Jeremiah didn’t, and he didn’t fall out of his loft bed either. The fact remains that since Jeremiah doesn’t have a context, if somebody was trying to teach him a lesson, he didn’t learn it. Nor did I. I can’t apply the “Who benefits?” test to this dreadful incident, since there’s little to support a hypothesis except possibly to suggest the whole thing was a botched affair and whoever did it had to withdraw.

Soon, I hope, hypnotherapists will apply themselves to some of these “broken bones” witnesses, and I hope they make sure they get past the screen memories. 

*(LANG continued from page 7)*

Six thousand experiencers having an average of one event per year results in six thousand events per year. Dividing this number by 365 yields approximately 16 abduction events per 24-hour period.

Presumably, each event would involve a UFO flight. Thus, on average, there should be up to 16 UFO flights occurring each night over a similarly sized metropolitan area. Thus, on any given night, the skies over my own home city should be quite busy with UFOs.

### Global Scope

If we assume that the abduction rate is approximately the same worldwide,<sup>b</sup> then we end up with: 6 billion people  $\times$  0.2% = 12 million abductees worldwide. With an average rate of one abduction per year per experiencer, we find that there are roughly 12 million abduction events per year. Further, if we divide 12 million by 365 days per year we get approximately 32 thousand abductions per 24-hour period.

As we indicated above, if abduction is a nuts-and-bolts phenomenon, then each must require a UFO flight to get the aliens to and from the site. Thus, up to 32 thousand UFO flights per 24-hour period would be required to sustain this rate of abductions. Let’s imagine that multiple abductions could be accomplished per UFO flight—arbitrarily assuming 10 per sortie. This would still require 3200 flights during any 24-hour period to sustain the rate of abductions.

### What the Numbers Tell Us

These numbers reveal what I refer to as the “Air Traffic Control

Problem.” In order to coordinate such a massive abduction program—even simply to prevent UFOs from running into each other—some sort of significant command and control structure would be required, an ET air-traffic-control system.

In addition, a large number of physical craft in our skies would presumably be difficult to conceal. Yet, it is not clear that the rate of UFO sightings is in accordance with such a large number of UFO flights. The volume of UFO traffic suggests that the rate of UFO sightings should be higher than it is, unless the aliens have some very effective visual and radar evasion capability.

We can draw some further conclusions about a massive nuts-and-bolts abduction paradigm. The first thing we note is that it would be necessary to support this large volume of UFO traffic with a physical infrastructure to provide logistics, craft maintenance, consumables, etc. To estimate just what kind of a support effort this would require, let’s make the (very human) assumption that these UFOs would also need some sort of ground crew. If we assume 10 ETs per UFO as “support staff,” we end up with up to 30-thousand ETs. This would require at least one large base or mother ship, which we can assume would be reasonably near Earth. This would presumably be massive and difficult to conceal. At least in principle, it might be detectable to us.

These numbers imply that unless such a vast ET infrastructure exists, one or more of the following must be true:

- 1) Each abductee has far fewer experiences than we had originally estimated.
- 2) The number of abductees is far less than the assumed 0.2%, the most conservative estimates from the Roper poll.
- 3) A significant percentage of abductions are nonphysical, thus not requiring a UFO visit. This would argue (at least in part) against a strictly nuts-and-bolts model for abduction, implying that it may be more metaphysical or paranormal in nature. Many abduction researchers consider this a valid hypothesis.

If the nuts-and-bolts model is correct, and our original assumptions are valid, then

the scale of the effort would appear to be comparable to that of a major global military campaign. This would imply that the abduction program must be a vital endeavor and its successful completion of tremendous urgency to some cosmic society.

In this article, we have discussed the apparent scope and infrastructure required for the number of UFO abductions. If this massive effort is indeed under way, then we must ask why we are so important to them. The answer must have profound implications for the future of humanity. Alternatively, if a nuts-and-bolts scenario is not the case, then at least one of the alternatives must be true. To me, any of these alternatives suggest that we know even less about the UFO and abduction phenomenon than we thought.

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He does both individual and group sessions with those who want to explore beyond their present horizons through creative problem solving, metaphysical exploration or past life regression, using guided imagery and meditation.

Craig conducts research into anomalies such as UFO abduction or contact experiences, helping people integrate their experiences into their lives, while shedding more light on this mysterious phenomenon.

Craig is very active in the Minnesota MUFON chapter, ([www.mnmufon.org](http://www.mnmufon.org)), and is past State Director. Contact him at [craig@craiglang.com](mailto:craig@craiglang.com).



### John Carpenter

obtained a Bachelors of Arts degree in Psychology from DePauw University, Greencastle, Indiana, and a master's degree in Social Work from Washington University, St. Louis, Missouri. He has had advanced training in Clinical Hypnosis in order to practice as a psychiatric therapist and hypnotherapist in Branson, Missouri. For nearly 20 years he has counseled people in Southwest Missouri for every kind of emotional problem imaginable. His life-long curiosity in UFOs led to his volunteering his services for over 120 cases of possible UFO abduction.



Using clever interviewing and thorough hypnotic investigation, he has collected amazing patterns of data which clearly depict a consistent and coherent scenario of extraterrestrial contact. He presented six papers at the prestigious MIT Abduction Study Conference in Boston in 1992. His published papers have brought him international recognition and speaking invitations on five continents. He has presented at conferences from Australia to England, on national and international radio, television, and film documentaries. He has created and produced seven research videotapes since 1996. Mr. Carpenter also serves as MUFON's Director of Abduction Research.

examine me!! I feel raped!

- "I hate their guts and want to kill them if I ever see them again."
- "I am really confused. What do they want from me? Why couldn't they just explain what they are doing and why they needed me? Then it would be okay."
- "I feel so special that they have been following my family over the years and find us interesting and perhaps helpful to their cause."
- "I have horrible nightmares and wake up screaming! I didn't ask for this to happen—I don't need this in my life."
- "They should ask me first! That is my only hang-up over this. They should ask my permission and not just treat me like a stupid little kid."
- "I don't really care about this. I know it happened, but I'm moving on ... okay?"
- "They need to be stopped!! Our military should defend us! People, wake up!!"
- "I believe they have been coming here for centuries and probably brought us here. They are our angels, leprechauns, elves, fairies, and little goblins in legends!"
- "We are just their frogs that they are dissecting on their high school field trip!"

As one can easily see, the same variety of perspectives and opinions abound from this confusing experience—which has been given the name of "alien abductions." What should

we call it? Fairies stealing our children away? Entranced by leprechauns? Mingling with the Little People? Hellish visits from demons? Angelic encounters? Higher-functioning insects from Andromeda?

Researchers also claim differing explanations based upon their expertise, background, academic training, professional perspective, as well as personal experiences. Although claiming to be unbiased, they cannot help having a certain angle, perspective, or opinion. They are human beings, and it is human nature to do so! They want to solve the mystery and be able to explain it to everybody else. Despite citing certain data and deriving "logical" conclusions, they can inadvertently notice some data more frequently and dismiss, doubt, or minimize other data at the same time. This is not deliberate—just another process that human beings perform subconsciously to arrive at solutions. Therefore, it can be noted that a researcher always seems to keep finding data that matches his opinions while another researcher may find different conclusions from other data that he continues to find. Of course, these researchers will then debate whose conclusions are correct and whose data is best!

So what do I conclude? My opinion is ... that there are no clear answers. We must be very careful when we criticize another person's perspective or belief. Maybe our data points in one direction and suggests a certain conclusion, but do we really know for sure? How can we ignore certain data—especially if it does not agree with our accepted ideas? Having talked with many prominent researchers, I know that every one of them has this "gray" basket in which is tossed the undesirable, less believable, unpopular kinds of data.

Why? Is not every piece of data important and a piece of the puzzle? How can anything in this field of research be "too weird"? We need to look at everything and all opinions to gain a complete and more accurate appraisal. Would that be too overwhelming?

So be it. That's reality.



### (LANG continued from page 33)

#### END NOTES

a. Unusual Personal Experiences: 1991 and 1998, National Institute of Discovery Sciences [http://nidsci.org/news/roper\\_surveys.html](http://nidsci.org/news/roper_surveys.html)  
Discussion of the 1991 and 1998 Roper Poll of Unusual Personal Experiences:

The poll asked detailed questions exploring incidents of indicator phenomena in a person's life. Five phenomena were considered as key indicators. These were as follows:

1. Waking paralyzed and sensing a presence in the room
2. Missing time
3. Feeling of flying
4. Seeing balls of light
5. Anomalous scars

Notes: The stated criterion for being a possible abductee is experiencing four of five indicators more than once. The overall estimate of the 1998 poll is that 0.9% (approximately 1%) of the population fit this criterion. Approximately 0.2% of the surveyed population reported experiencing all five indicators.

b. John Mack (Passport to the Cosmos) and others have argued that the UFO abduction phenomenon is most likely global in scope. From this, we can arguably assume a similar percentage of abductees throughout the world.

