



J.A.A.R. is an independent bi-monthly update that will deal with the various cases surrounding Abnormal Abductions & other related phenomenon. We are dedicated to investigating and understanding reported encounters. The Journal will feature writings from researchers both here and abroad. Case Studies, Landmark Cases, and Research Papers will also be in the Journal. Abduction Support Groups will be highlighted in the Journal, along with their contact information.

Butch Witkowski, UFO Research Center of Pennsylvania Director and Founder and Elaine Douglass, UFORCOP Utah Director had discussed many times the need for an outlet where both researchers and abductees can share information, and after many conversations and thoughts the Journal of Abnormal Abduction Research was born. It will be a bi-monthly publication posted on www.uforcop.com

**J.A.A.R is dedicated to the memory of
ELAINE DOUGLASS**

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Abduction Phenomenon

The term “Abduction” is defined as: The action or an instance of forcibly taking a person or persons away against their will.

The term “Alien Abduction” is defined as: Subjectively real memories of being taken secretly and against ones will by apparently non-human entities and subjected to complex physical and psychological procedures. The abducted often claim to be subjected to forced medical procedures and examinations that emphasize their reproductive system. This takes place in both male and female abductees.

Abductees sometimes claim to have been warned against environmental abuse and the dangers of Nuclear Weapons. While you would think as many of these encounters are described as terrifying, some have been viewed as pleasurable.

The abduction phenomenon has garnered much attention from the scientific community and the mental health professionals, who overwhelmingly doubt that the phenomenon occurs. They have proposed a variety of alternative explanations.

Here are a few:

- Deception
- Proneness to fantasy
- False memory syndrome
- Personality disorders
- Sleep phenomenon
- Environmental factors

The “Abduction Scenario” is almost identical as described by Abductees from all over the world.

(a) CAPTURE: The person is forcibly taken from terrestrial surroundings to an apparent alien craft of some type.

(b) EXAMINATION: Invasive medical or scientific procedures are performed on the abducted.

(c) CONFERENCE: The abductors speak to the abducted using telepathy.

(d) THE TOUR: The abducted is given a tour of their captor’s vessel.

(e) LOSS of TIME: Abductees rapidly forget the majority of their experience and the time they were away.

(f) RETURN: The abductees are returned to Earth. Sometimes they are returned to a different location from which they were taken, or with new injuries or disheveled clothing.

(g) Theophany: The abducted has a profound mystical experience, accompanied by a feeling of oneness with God or the universe.

(h) AFTERMATH: The abducted must cope with the psychological, physical, and social effects of the experience.

When describing the “Abduction Scenario”, Dr. David M. Jacobs says: “The entire abduction experience is precisely orchestrated. All the procedures are predetermined. There is no standing around and deciding what to do next. The beings are task- oriented and there is no indication whatsoever that we have been able to find of any aspect of their life outside of performing the abduction procedures.”

Abductions are more common in the English speaking countries, but are reported all over the world. The content of the abduction narrative often seems to vary with the home culture of the alleged abducted.

TIMELINE

An early abduction claim occurred in the 1950s with the Antonio Villas Boas case. It did not receive much attention till several years later. Widespread publicity was generated by the Betty and Barney Hill case in 1961. The Hill incident was probably the prototypical abduction case. It was the first in which a claimant described as being later to be known as a “Grey” and in which the beings were said to be explicitly extraterrestrial in origin. In the 1960s, Dr. R. Leo Sprinkle became interested in the Abduction Phenomenon and was the only academic figure devoting any time to studying or researching abduction accounts. He was also the first to suggest a connection between Human Abduction and Cattle Abduction. In the 1970s, Bud Hopkins, a painter and sculptor by profession became interested in abduction reports and began using hypnosis in order to extract dimly remembered events.

It was in the 1980s that a major degree of mainstream attention was given to the subject with works by, Bud Hopkins, Dr. David M. Jacobs, Whitely Strieber and John Mack. These are good research tools for any investigator to read.

THE ALIENS AREAS OF INTEREST:

- Cranium
- Nervous System
- Skin
- Reproductive System
- Cardiovascular System
- Respiratory System
- Lymphatic System
- Lower region of the abdomen ignoring the upper region of the abdomen.

A FEW NOTABLE ABDUCTIONS

- 1950s, Reed Family Abduction, United States
- 1957, Antonio Villas Boas, Brazil
- 1961, Betty and Barney Hill, United States
- 1967, Herbert Schirmer Abduction, United States
- 1967, Betty Andreasson Abduction, United States
- 1968, Bluff Ledge Camp Abduction, United States
- 1973, Pascagoula Abduction, United States
- 1975, Travis Walton Abduction, United States
- 1976, Allagash Abductions, United States
- 1979, Robert Taylor Incident, Scotland
- 1970s-1080s, Whitley Strieber Abductions, United States.

A Gallup Poll conducted at the end of the Twentieth Century, showed one third of all Americans believe aliens have visited this planet. That's an increase of 5% over the previous decade. Thousands of individuals report being abducted by aliens each year. There are many skeptics and proponents of the phenomenon and a large number of support groups have flourished over the years but the fact remains people from all walks of life and all ages and from different parts of the world claim their reports of abduction are true. John Mack concluded, "The furthest you can go at this point is to say there's an authentic mystery here. And that is, I think, as far as anyone ought to go." As this is a fairly modern phenomenon there are some cases that can be traced to the mid to late 1800s. If the abduction reports can be believed and there is no reason to doubt the honesty of the abductees, the phenomenon is real.

AMP, the Ambient Monitoring Program

The Ambient Monitoring Program (AMP) was a scientific research project that MUFON fully supported as a member of the UFO Research Coalition (URC). The other members of the coalition are the Center for UFO Studies and the Fund for UFO Research. For five years the UFO Research Coalition actively operated the project with basically two years devoted to instrument development and three years devoted to data collection. The design of the experiment was to measure environmental variables such as:

- Temperature
- Humidity
- Barometric Pressure
- Acceleration (Gravity)
- Magnetic Field
- Electric Field

- Ambient Light
- Sound (level only)
- Microwave Radiation
- Hi-Frequency Radio Radiation
- Lo-Frequency Radiation

The AMP Project consisted of a device placed in the home of an Abductee and it was to monitor changes in the EMF field, and other anomalies taking place during abduction. The devices resembled wooden boxes. Small sensor units were built into what look like a wooden jewelry box. Sensors measured activity every second, and downloaded data to outside computers. AMP spanned three years of testing plus two years of active research.



Abductees involved were asked to keep their own date and time journals from that period. The journals were collected but none were returned. Individuals who collected the journals were in military type uniforms according to the volunteer - participant that was located and had no identifying insignias or patches.

We are actively seeking former Ambient (Abduction) Monitoring Project Volunteers. We have located one of the AMP volunteers, and that person would very much like to interact with other volunteers or at the very least find out what the study produced.

The AMP project was a joint effort of the UFO Research Coalition (MUFON-CUFOS-FUFOR). Each organization contributed money equally to the project. There were seven AMP equipment cases used with volunteers who believed they had been abducted. The computer information had not been studied by a Statistician for any correlation in the study. The reason for this is the fact that further research on the study will cost, estimate only, about \$25,000. The amount depends on who you talk too. It has been as low as \$5000.00 and as high as \$50,000.00. In an interview with Jerry Pippin and Joe Montaldo, MUFON ID Clifford Clift was asked about this project. Clifford Clift said that in order to analyze the data, it would cost about \$50,000. None of the agencies involved in this study could get that money together. Unfortunately, the time and money already spent on this project has been lost, but, most important, valuable data if any was found may never be used.

So what happened to AMP and the information gathered? I doubt we will ever know.

Case Study Part 4

Abductee Interview by Ann Castle

Ann Castle is a UFO and abduction investigator, researcher, and a professional psychic. She has been investigating the UFO phenomenon for over 25 years. This is a transcript from a series of interviews from an abductee, "Kate," who wishes to remain anonymous. Kate is a single, white female in her 40s, who works in the financial industry. She is a lifelong abductee who has worked with Budd Hopkins and Derrel Sims. Kate has had several missing fetuses, severe endometriosis, and paranormal experiences associated with her abductions. (Copyright 2014: all rights reserved.) This is Part 4 of Kate's experiences:

Ann: You said in our last interview that you wanted to talk about other odd occurrences in your life that may be alien related. There is a lot of evidence that abductees have a very high rate of other paranormal experiences, and I know you have. What are some experiences you would like to share with our readers?

Kate: I was in my mid-twenties before I believed without a doubt that I was an alien abductee. Plus, I've had paranormal events for my entire life as well – and still do. I don't know if the aliens chose me as an abductee because I have psychic ability and have all these experiences, or if I have these psychic and paranormal experiences because the aliens did something to my neurology to make me perceive these things more than most people do.

Ann: It is also possible that either because you're an abductee or are psychically sensitive, that you are better able to perceive alternate dimensions that may include what we call the paranormal. I think the paranormal isn't "above" normal or abnormal at all. I think paranormal dimensions or realms are completely normal, but we have very little experience with them, so we consider them abnormal. An analogy would be a primitive person perceiving a cigarette lighter as magical, when it is not paranormal, but only misunderstood technology.

Kate: I agree. I've seen and communicated with my dead relatives sometimes – even relatives I did not know but could only recognize from old photos. Who knows what dimension the dead are in? Where do we draw the line between what is normal and paranormal? Is it a merely a matter of perception? Perhaps aliens with their more advanced technology can access alternate dimensions, and can exist on the fringes of our dimension.

Ann: I'd had conversations with the late UFO and abduction researcher, Elaine Douglas, who originally began this journal. She believed that aliens *haunted* abductees and were often around them in their daily lives, to learn as much as possible about abductees, for whatever reason. She thought that many of the paranormal events that abductees experienced occurred when there were energetic connections – or touchpoints – between our world and whatever realm the aliens are in. Jacques Vallee considers aliens to be inter-dimensional. It would be very easy with advanced technology for aliens to make themselves invisible to us. Our most trusted human senses, our hearing and vision, can only hear or see about ten percent of the sound and visual light spectrums. To make an

object invisible, technology would only need to bend the light around it and we would not be able to see it.

Ann: What are some of the paranormal experiences you have experienced in your life?

Kate: By the age of twenty I'd had four UFO sightings, several ghost sightings, many premonitions and dream premonitions that came true, and poltergeist activity in all the places I lived. All of this was before I realized I was an abductee, so I thought I was just a strange person. I also knew I was very intuitive and clairvoyant before I was ten years old. My relatives commented on how I knew when someone was going to die, or I knew when a distant relative would visit unexpectedly. My family would mention such events, but we never discussed them in depth. I had no paranormal support growing up.

Ann: Few of us do! Few people know how to raise a psychic! Tell us about some specific paranormal experiences you had in your childhood.

Kate: My family was on vacation and driving around a city street in Concord, Massachusetts on a bright sunny afternoon. I was about ten. Suddenly my older sister pointed out the car window and exclaimed, "That girl looks just like Kate!" We all looked at a girl across the street riding a bicycle towards us. She was less than fifteen feet (3 meters) away from us and so we had a good look at her. She also had a good look at us and stopped her bicycle so hard she nearly fell. She was staring at me! Not only could this girl have been my identical twin, but she was wearing the exact same clothes I was wearing: jeans, white and pink Nike sneakers, a pink shirt with white poke-a-dots on it, and a burgundy cardigan sweater. She had my hair, with my barrettes in her hair, and was riding my green Schwinn bicycle that had pink Barbie stickers on the frame. The bicycle had a metal basket on the front, and in the basket were two, small troll dolls, one with brown hair and one blond, just like my troll dolls. The brown-haired doll wore a Tarzan outfit and the blond doll wore a purple felt dress. I had made those clothes for my dolls myself, so they were not available in stores. Also in the basket was a blue albuterol drug asthma inhaler – the same kind that I used and always brought with me when I rode my bicycle. The bicycle also had an identical gold decal issued by our home town in another state, which registered my bicycle with the town. It was basically a bicycle license tag, but we could not see the numbers on her decal. Few towns had bicycle registrations back then. When my father saw her, he was so startled he drove up over the curb and stopped the car on someone's lawn. The girl thought we were after her, and she got back on her bicycle and drove down an alley between some houses. My father backed the car up to the alley but she was gone.

Ann: You had a doppelganger! A double of your auric body. Sometimes people see these after a death. My brother-in-law, who was on business in Chicago when his father died, saw a double of his father walking on the street near his hotel. He followed him into a movie theater but the doppelganger disappeared. Did you feel any differently?

Kate: No, I felt normal, but she scared me.

Ann: How did your family react?

Kate: Like they normally reacted. They ignored it. No one spoke about it. We stopped for dinner somewhere and no one talked during dinner. No one ever brought it up again.

Ann: Now there is the possibility that this girl was just very much like you and nothing paranormal was happening at all.

Kate: That is what someone would say who was not there. This was not someone who looked a lot like me – this was someone who looked exactly like me, as did the bicycle, dolls, and doll clothes that could not have been duplicated.

Ann: Tell us about another experience.

Kate: When I was little, maybe five years old, I had lots of banging noises coming from our closet. I was afraid to go to bed at night. One night after a lot of banging, I was just screaming in my room. My mother came in to scold me and I made her look in the closet. Everything was off the clothes hangers, which were still swinging in the air. My mother accused me of taking down the clothes and jumping back in bed, but I had not. Another time I had a bad dream that my father was at work – he taught at a university – and he opened a door into a room and a huge pile of plastic chairs fell on him. I told him the dream in the morning. That night he came home and said that he had walked into the gymnasium and a large pile of plastic chairs fell on him. He was a little bruised up. When I was seven, my father's cousin died. She was in her thirties with a daughter about my age. I had only met her once when I was four, so I barely knew her and was not emotionally attached to her. I mainly knew her from photos. She died of cancer in the night and appeared at the foot of my bed. At first she manifested as a cloud that organized itself into her form, with blond hair, her white wedding dress with pearls all over it, and very recognizable facial features. I was afraid but not terrified, because I recognized her as a relative. I sat up in bed and she said, "My daughter! My daughter!" I heard it through my ears, not telepathically. Then her form dissipated back into a cloud and disappeared.

Ann: Did you tell your parents?

Kate: Not until the next morning. They were asleep, and although I was only seven, I knew better than to wake them up to tell them something weird. But the next morning the phone was ringing and it was another cousin calling my father about her death. I told my mother then and I think she believed me, but I'm not sure. I said the ghost was concerned about her daughter, and in the next few weeks there were many discussions about the orphaned daughter.

Ann: Were there other ghosts?

Kate: I went to stay with an aunt one summer when I was fifteen. This is the house in Vermont where a year before the whole neighborhood saw a cigar-shaped spacecraft flying around the neighborhood in the daylight before sunset, which I mentioned in the first edition. My aunt lived in an old house built by my great-great-grandfather in 1875. That place was seriously haunted. I was in bed one night and feeling very paranoid and afraid. I looked at the back of the door and there seemed to be a man's hideously deformed face, hanging on the back of the white door. He seemed to be wearing a long black cape that covered most of the door. I was in the guest bedroom that was dimly light by a streetlight. My aunt stored a lot of clothes in that room. I knew she had a clothes hook on the back of the door because almost every door in the house had a clothes hook with clothes on it. Lying in bed and seeing this man in the cape, I assumed I was really looking at clothes and my imagination was playing tricks on me. I turned on my side and ignored the image. About fifteen minutes later, I turned toward the door again and there was nothing on the door at all, just a white enamel clothes hook with no clothes on it, hanging on an all-white door. No head, no large black cape. I also saw objects floating around her house, ceramic knick-knacks, a large wooden salad bowl, a heavy antique clock from the mantel. Other people saw these things too. You would walk into a room in

that house and just find things out of place, such as finding old boots from the basement in the upstairs bathroom, or finding a rake from the garage in a bedroom. One day her pet cat disappeared and she found it, alive, but trapped in her dresser drawer—she was alone then and didn't know who had closed the drawer on the poor cat. In the 1930s, two houses over, a man had murdered his family and supposedly there was still blood seeping out of a wall. They rebuilt the wall and supposedly it still seeped blood. I think there was something wrong with the whole area.

Ann: Since that house was haunted, it probably had nothing to do with you. When did you start thinking that there may be an association between paranormal events you've had and being an alien abductee?

Kate: I was in my thirties. I had accepted that I was an abductee, and I had been regressed in hypnotherapy many times by Derrel Sims. I was reading everything I could about the subject and thinking about Jacque Vallee's theories that aliens might be dimensional, and that idea dovetailed with what researchers say about the paranormal. Figuring all this stuff out has been a lifelong endeavor for me. The life of abductee is very different from other people's lives, because we have more to keep private and many things we cannot explain. For example, once I had promised my manager that I would be at an important meeting at eight o'clock in the morning the next day. The next day I was driving to work and I had plenty of time to make the meeting. I was driving on a long bridge over the ocean between Bradenton and St. Petersburg, Florida, when suddenly I found myself on the same bridge, but going in the opposite direction, and I had lost about 30 minutes. Not only had I been abducted, but when the aliens returned me and my vehicle, they apparently put me down on the bridge going in the wrong direction. I had not absentmindedly taken a wrong exit and turned around, because I was over water and there were no exits. The bridge is about ten miles (16 kilometers) long. I missed the beginning of my meeting and my manager was not pleased. Plus, I had to lie about having car trouble, and I was very uncomfortable lying, but I figured that was better than saying I had been abducted by aliens. On my performance review my manager mentioned that meeting and so I know it hurt me professionally. Abductees are not only yanked out of time and space, but then we have to scramble to cover for ourselves and get on with our lives and obligations. Plus, we never know when an abduction will happen, or if we do know, we rarely get more than a moment's notice. These events wreak havoc on our personal lives, and I often felt as if I was managing my life moment-by-moment, which is very stressful. I once missed my young niece's birthday party and had no explanation for it. I felt terrible. I have personally avoided getting married or having children, because I've never been in a relationship where I felt the man would understand this. I also do not want to bring children into these circumstances.

Ann: This is a stressful and sad way to live.

Kate: I agree; I wish aspects of my life had been different, but this is my reality. If you are dating someone and falling in love, on what date do you tell them you regularly get abducted by aliens? How and when do you decide to cross that line? Even with men whom I know believed in aliens, for some reason even a rhetorical discussion on alien abduction is a farther stretch than they are willing to make in their belief systems. Everyone jokes about abductions. If you tell your boyfriend you are an abductee, he probably will not believe you and will think you're crazy; then he breaks up with you. You go through heartache and risk your reputation, which may impact your employment

or your family. If on the rare chance, your boyfriend believes you, then he is afraid of you or your circumstances and breaks up with you because life would just be too weird. It's a lose-lose situation.

Ann: Yet you've had romantic relationships – you've even lived with someone for years. Did you tell him?

Kate: No, I never told him my situation and I lived with him for about ten years. We had different schedules as he often worked nights and weekends, and I was often alone at night. I did not share my abduction secrets with him. The few times I was abducted and he was in bed with me, he was switched off and never knew anything strange had happened.

Ann: Tell our readers what you mean by switched off.

Kate: It's a well-documented phenomenon that occurs with abductions; if a person is abducted and is with someone who is not abducted, the aliens control that person psychically – usually by putting them into a deep sleep – so that person does not notice the abduction. If they are awake, they are in a trance state and don't notice the abductee was missing. In the mildest sense of psychic manipulation, the person might notice the abductee was missing, but ignore it, which would be abnormal behavior. The aliens are very good at various degrees of psychic manipulation.

Ann: Can you tell us about a time when witnesses had a milder form of psychic manipulation?

Kate: Yes. Once when I was a teenager I was abducted during a family reunion my parents sponsored, and I was gone about 45 minutes. My family questioned me about it briefly, but they did not press the issue, when normally I would have been reprimanded for being rude and leaving the party.

Ann: So after these disappearing acts, you just went about your life?

Kate: Yes – what else could I do? The people who had witnessed me being gone were happy to forget about it, either because they were victims of psychic manipulation, or they rationalized an explanation, or they were confused and maybe afraid of the situation, so they were not eager to discuss it. Abductees have no one to talk to about this stuff – even now, an abductee has to first realize this is happening, and very few of us do. For abductees who do realize this is happening to them, there is virtually no support in society.

Ann: Many forms of psychic manipulation occur with abductees. For example, I worked with an abductee who was suddenly compelled one night to wake up, get dressed, and drive way out into the country to “look at the stars,” in spite of the fact that she had a head cold, needed her rest, and had to get up early for work. Of course, she was abducted and lost time. At the time however, driving into the country in the middle of the night seemed reasonable to her. This woman had several instances where she would fill up her car's gasoline tank on a Friday, and the fuel would be gone by Sunday, and she had no memory of driving it. She began tracking her mileage and I joked that she was running an alien taxi service. The aliens can control our minds completely and leave us with no memory of what actually occurred, or they can control thoughts and make us believe we are still in control of ourselves and acting reasonably. This is one of the scariest things about the gray aliens and it could have catastrophic consequences for humans. I think this is one reason governments refuse to disclose the existence of aliens because governments cannot control the aliens' psychic manipulation nor protect us from it– especially if a

large human population were affected. But back to your boyfriend – did he ever suspect that something about your life was not normal?

Kate: Yes, he did, but only after a few years. We had a lot of paranormal activity in our homes. In ten years we lived in two apartments and a condominium – they were all new buildings. We had things go bump in the night, cupboards, drawers, and doors would open and close; the rooms would change temperature, pounding noises on the roof or from underground, and so forth. It seemed “ghostly” for lack of a better word. My boyfriend didn’t think any of this was connected to me, until after our third move, when he remarked that he thought the ghosts followed me. I smiled as if it was a joke. For many years I didn’t know it was related to the abduction phenomenon – I thought it was just another weird thing about my life that I had to handle -- alone.

Ann: I’m hearing a lot of “alone” in this interview. You’ve lived large portions of your life alone, or not able to have the full intimacy that many people in families or marriages enjoy because you’re an abductee.

Kate: True. I try to keep it all in perspective: no one’s life is perfect; we all have some burdens to bear. I know people tied down by handicapped children, or mentally-challenged siblings, or dealing with mentally ill parents. Caregivers have it very hard in this country, as there is little social or financial support for them. In regards to real intimacy with someone, many people have private things we don’t talk about. Just last weekend a friend of mine, an older lady whose husband had died, told me she’d had numerous affairs during her 40-year marriage and her husband never knew. I’ve known many women in bad marriages who stay married for financial reasons. You can be with someone and still feel very alone and lonely. I try to focus on the positive, because I really do have a good life. I have a good job, good health, good friends, and I’ve enjoyed extensive travel. I enjoy deep spirituality and feel very connected to the Universe.

Ann: Why won’t you go public about being an abductee?

Kate: Because I want to keep my good job and good friends. I would be ostracized from society, and if on the rare chance society believed me, then I might be famous, and I have no desire for ten minutes of fame. I enjoy my privacy. Another big reason is that until we have full disclosure from our governments and they are verifying that alien abductions occur, abductees going public are not going to make a bit of difference in our world. So what is the point?

Ann: The point is getting the idea of abductions into society’s group consciousness so we can begin to accept it! I think disclosure will have to be a grassroots movement, and I think you have a lot of knowledge and experience to share.

Kate: That is your goal, and I know that is why you wrote *Captured Souls*, but you had to market that as science fiction, didn’t you, even though much of it was based on a true event? Bringing abductions into humanity’s consciousness can be someone else’s crusade. I applaud the bravery of other abductees who have gone public, and I hope a great deal of good comes out of their efforts, but I don’t have to take that on.

Ann: That is your decision, but I hope you reconsider it as time goes by.

Kate: These abductions are not things I like to think about. If you are an abductee, then you are being taken against your will at any time without your control, and your body and mind are being used and often damaged. This is kidnapping to the extreme, and the kidnappers work with impunity! Our governments, by choosing not to disclose the truth to us, are complicit in these kidnappings. This is why I use the term *abductee* instead of

the term *experiencer*, which sounds like they went on a lovely vacation. I'm sure there are people who enjoy positive experiences with other types of aliens – or maybe they are given positive screen memories – but I think the majority of abductions are done by the grays. They have their own agenda: they are physically, sexually, and psychologically abusive and they treat us like lab rats.

Ann: Many people don't realize that a part of psychic manipulation the aliens can do, is to replace your real memory of the abduction – or any event – with a screen memory, or a false memory. For example, an abductee may have a memory or a “dream” of being in their yard at night and talking with a large owl, or a little person, when they were really interacting with a gray. It's been my experience that screen memories often break down over time and the real memories seep through. Often this is when abductees start remembering their experiences. If they don't believe in aliens, they may fear for their sanity; if they believe in aliens they may start wondering if they are abductees.

Kate: I think coming to terms with being an abductee follows the same pattern of grief following a death – and it is death, because you leave behind the person you thought you were. That part of you dies and a new person, an abductee, is born.

Ann: With the abductees I've worked with, once there is physical evidence of their abduction or missing time they cannot deny, there is no going back. There is no denying the abduction took place, and suddenly many odd things in the abductee's life begin to make sense.

Kate: After I realized I was abducted by aliens, all those weird unrelated events in my life I could not explain suddenly become connected. It was like having the pieces to a huge puzzle fall into place. It created a picture of what had been going on my whole life, and as scary as that realization was, there was some relief with it too, because it *explained* so much.

Ann: What was the turning point for you? What triggered that realization for you?

Kate: It was a phone conversation I had with Budd Hopkins when I was in my twenties. I don't even remember the specific conversation. We'd had numerous conversations for about six months and I had given him many sketches of my memories, and he would tell me that many people had reported exactly the same things what I had, and so forth. He had been trying to lead me to the epiphany that I was an abductee, and I was not buying it – yet I stayed in contact with him and continued the conversations.

Ann: So a part of you – maybe your subconscious – believed you were an abductee, but your conscious mind wasn't buying it.

Kate: That is right. What I remember is that after a particular conversation with Budd, I sat down on the sofa and cried for hours. That was the first time that I had a plausible scenario – alien abduction – for all the odd things that happened to me. A part of me believed that I was an abductee, but then I went into denial. The next few weeks and months I did everything to downplay the conversation, to tell myself it was completely illogical for me to be an abductee, it couldn't happen, and so forth.

Ann: Denial is the first stage of grief.

Kate: Yes, my conscious mind was mostly in the denial, but then gradually as I thought about all my missing time episodes, it began to make more sense. I would vacillate between denying abductions could happen, and knowing that I was an abductee. Then the anger came.

Ann: The second stage of grief. Where there particular things you were angry about?

Kate: Yes, I was angry at the aliens for violating my body and my human rights. I was angry at our government for trying to convince us this stuff was not happening and I felt betrayed that they were not protecting me. I was angry at society for being stupid sheep that believe whatever our government or some authority tells them. I was angry at my parents for the doubts and questioning they had put me through. I was angry at myself for not having realized I was an abductee sooner – I felt like an idiot. I was also angry at God and I felt betrayed by Him, because He allowed the abductions to happen. I felt betrayed by everyone and everything. It was a really dark time in my life, and I had to go about my job and my relationships as if everything was fine, because I could not share this with anyone. It was a private hell.

Ann: I've worked with hundreds of clients in my psychic business, and when they are betrayed I tell them that betrayal is the first sign that they are about to have a spiritual growth spurt, which always, *always* leads to positive life changes, a deeper spirituality, and more happiness. When people are betrayed, they have to clear out old relationships and/or old ideas about what they thought were true; that is painful, but it is like culling the herd inside of themselves. Once it is done, they are stronger and better for it. They gain strength and wisdom, and leaving the old relationships or ideas behind, makes room for new people, new ideas, and ultimately a better life.

Kate: But it is not an easy or a fun journey, it doesn't happen overnight, and rarely does an abductee have anyone like you to tell them that it is going to be alright. So I started trying to bargain with God, not sure if He heard my plea to make the aliens leave me alone, and not sure if maybe there was a bigger plan for all this that I did not see.

Ann: You were in the third stage of grief – bargaining.

Kate: Yes, and sometimes I was very sad and depressed about my situation.

Ann: Depression is the fourth stage. Did you seek counseling?

Kate: No. I was not going to walk into anyone's office and tell them I was depressed because aliens kept abducting me. I tried to divert my attention to positive things, threw myself into my work, and filled my life with activities.

Ann: Which is not an entirely bad thing to do. At least it was productive.

Kate: I finished my master's degree in finance and got a promotion at work. I also fell in love with the man I lived with for ten years.

Ann: When did you reach the final stage of grief, which is acceptance?

Kate: I don't exactly know when, as this entire thing was a process. It's not like there was one day that I said, "Well, I'm an alien abductee and there is nothing I can do about it. So I guess I'll have to just get on with my life." It took several years where I vacillated between all the stages of grief and all the emotions. I still feel anger about it at times.

Ann: Most people go through these stages as if they are working their way up a spiral. They start in the worst place, the pit of the spiral, and as they work on all these emotions they keep coming back to the same emotions, over and over as they wind their way up the spiral. Only each time they hit the place of anger or denial on the spiral, it doesn't sting as much and it's a little easier.

Kate: Your spiral analogy is true for many life changes and accepting many things. One other thing I had to go through was to change my entire concept of God, religion and spirituality.

Ann: You had told me you were raised Catholic.

Kate: Yes. I had a good education at Jesuit schools and learned many valuable things that have served me well, but even as a child I never accepted all the Catholic beliefs. When I was a teenager, I thought the church was too misogynistic and I left it when I left home. However, I still believed in a personal God who was paternalistic, and I still believed in Jesus as our savior and the son of God.

Ann: And now?

Kate: My changing beliefs were a process, too. Once I accepted the idea of aliens as fact, and once I read Erich Von Daniken book, *Chariots of the Gods*, it was like an epiphany that made so much more sense! Ancient peoples made the visiting aliens into gods, and it was easy to see how this influenced all major religions on Earth. This was twenty years before Giorgio Tsoukalos's *Ancient Aliens* series. Now I view God as an impersonal energy source, one that we all connect to and one that we are all a part of. This has been very freeing.

Ann: Because if we are part of this energy source, then we are part God as well, and we participate in creating our lives and our existence. Many people consider this blasphemy.

Kate: They are entitled to their beliefs. Usually these are the same self-righteous people who whine about the state of the world and pray for Jesus or Mohammad to come down here and save us. But understanding that we – and the aliens – are all a part of the Universe, and on some level we share one consciousness, is very liberating and comforting. It gives us more power to create the kind of lives we want, rather than hope and pray some benevolent being bestows a happy life on us.

Ann: So in spite of all the hardship, loneliness, and difficulties being an abductee brought you, it sounds as if you have made peace with your circumstances, learned how to enjoy a rich spiritual life, and how to create your own happiness.

Kate: Exactly.

Captured Souls, by Ann Castle, is a sci-fi thriller best conceptualized as *Cocoon* meets *Independence Day*: Karla had lost her twin, years before. Now Karla discovers her quirky, teenage daughter, Jenna, has vanished. To find Jenna, Karla unites with a rogue FBI agent and her ex-husband, Ben, who studies UFOs. Bizarre evidence suggests that extraterrestrials abducted Jenna, and they plot to rescue her. Decades earlier, Karla's twin had been abducted and indoctrinated to raise human-alien hybrids. The aliens need human genes and souls to rejuvenate their species. They promise to train Jenna as a scientist. She cooperates – until she learns they capture souls. As a sinister story about an alien agenda unfolds, the mother learns the truth about her twin's death, and the family steals a secret that changes the world.

Encounters with Non Human Intelligences.

Exploring the New Paradigm. The connection to the non physical realm and dimensions of “ soul. “

By Mary Rodwell, Director, ACERN

Part 2

Mary Rodwell ACERN 2013

Encounters with non human intelligences suggest they can be extraterrestrial or inter-dimensional. Research indicates these intelligences may work or interact in dimensions of non-physical realities, such as what we would term the dimensions of soul. This encompasses Contact or communications with them, prior to our present physical incarnation, exemplified by what Dr Michael Newton describes in his book, *Destiny of Souls*, the life-between-life, soul state. Furthermore, my research suggests this interaction may also continue after we physically die. Testimony recounts that after our present human incarnation, we may remain involved with these Intelligences. Interactions throughout what we would term, time and space. I explore some of these extraordinary accounts which are consistent, and seem to surface at the deeper level of hypnosis. They illustrate interactions which seem to have no limits in the space time continuum. I have no way to personally verify any of this data. Again, my mandate as a recorder of such data and as Dr John Mack, suggested I have collated these patterns of experience, for consistency and corroborative data. But, if true, indicate interactions/encounters not only in physical form, but when we are separated from our physical body, such as in an astral or out of body (OBE), soul state. But added to this seems to be interactions through many lifetimes, and the in-between-lives and before our present human incarnation. Encounters which continue after our present physical life ceases. So to all intents and purpose the interactions are in both physical and non physical through many timelines, as we are educated and assisted in physical realms and the realms and dimensions of soul.

This information is profound and answers for one of the most pressing of questions asked by the Experiencer, especially if they have felt victimized by their encounters. To their astonishment, when the question regarding consent is asked, they may be shocked to discover this permission was given, before their present human incarnation. They describe themselves as an intelligence, which appears to them to look like a bright orb of light, their soul essence. They vocalize: “I agreed, but it was before I came here”. Some add, “I have a job to do. To assist in the evolution in human consciousness”. Hundreds have verbalized such statements.

I recall sharing this information, with one well known author and fellow researcher. He totally dismissed the data, and argued this information is a form of delusion, a program instilled by these Intelligences hoping to trick the individual into accepting their encounters. I find that explanation very difficult to believe, given how my clients resonate at some deep level. The fact that it makes so much sense to them. I question who is paranoid. Do we trust or negate what resonates to the Experiencer, or what we as

observers prefer to believe? I do not have the answers, I do not pretend I have, but I do have concerns when anyone articulates such a mandate, without any data to prove such a negative and fear based perspective is unhelpful to this research.

“Whoever sets himself up in the field of truth and knowledge is shipwrecked by the laughter of the Gods”. Albert Einstein.

My research to date demonstrates that the highest percentages of encounters are supportive, loving and consensual.

“ As far as my own contact experiences I became very compassionate towards the ET beings as there is much humans can learn and benefit by interacting with them. I was fearful of my experiences only when I realized that I seemed to be the only one having them. I didn’t know what was going on or why. But there has always been an ‘equal’ exchange. I helped them achieve their genetic goals and in return my healing and psychic ability, plus my life on earth and so on has been enhanced. They also protect me when I ask them to. Basically at the start I misunderstood the Greys. The knowing “ET” part of me initially made a decision to assist them and understanding of this can be overshadowed by fear which stems from our limited human perceptions and reactions to these experiences”.

Tracey Taylor, Experiencer, (24) Western Australia.

The soul domain

If we are open to what we don’t know, it leads us into some fascinating hypotheses. The OBE encounter, where many individuals perceive themselves as ‘orbs’, or spheres of light. They describe leaving their body as an ‘orb of light’, in metaphysical terms called a ‘merkabah’. This happened to the Experiencer below:

“A beautiful space, I love it, it is my home, we are everything, I’m every shape, I was a born soul, just beautiful, with energy, the energy of the soul, we create you create, I’m liquid, I’m fluid, I can go here or there, like a bubble, this is the form of soul”.

Peter, Experiencer (60) Sydney, Australia.

The ‘orb’ of light is suggestive of the ‘soul state’ when travelling out of body. In some encounters, people relate that their partner cannot be woken up, no matter how they called out to them, shouted or shook them. In regression hypnosis, I had one explanation. The ‘awake’ person, perceived an orb of light entering the bedroom a bright, greenish ‘orb’. It moved about the room, and it was so strange and scared the person. Very soon after it appeared, the sleeping person awoke. In regression this orb of light proved to be the astral body or OBE ‘soul state’ of the sleeping person, returning to their physical body.

In another instance, it was demonstrated that we may inhabit other ‘life-forms’ while in this OBE state. An Experiencer, one of what I call a Star seed, felt she had ‘dual consciousness’ articulated as part human, part ET. In regression, she described being on-board a craft, saw herself in the form of a Grey being, working as a scientist. I asked, where her human form was located. She answered, it was on the craft but inanimate, while her consciousness inhabited her ‘ET self’. I asked how she returned to her human body. She described, a ball of light leaving her extraterrestrial form to re-animate her human body. She said it was like she changed one biological overcoat for another. Many

other individuals have experienced this swapping of physical form to an extraterrestrial form when in an OBE state.

This research offers an insight that demonstrates an extraordinary perspective of our intimate connections to these intelligences, and invites more questions as to the true nature of reality. It examines concepts such as interspecies genetic links, individuals told they may have DNA from one or more extraterrestrial life forms. Links that transcend space time, and interactions with souls before and after human incarnation. Some extraordinary data came from a 15 year old boy, I worked with in the UK in 2008, when on a lecture tour. The data was intriguing, especially given the age of the young man. There were many fascinating aspects to the case, and I did hypnotic regressions with two members of a family of four. They had a joint encounter, and experienced 'missing time'. I regressed the grandmother, which was extremely successful in dealing with her long held fears, fears she finally released through this process. Her 15 year old grandson I will name John. (Not his real name). John was very uncertain he wanted to have hypnosis, fearful of what he would discover. However, the positive, healing outcome for his grandmother, encouraged him to proceed. In the regression he spoke about the profound nature of what he termed, 'new souls'. We have to be reminded this was a 15 year old boy speaking about concepts he had no awareness of consciously. In one encounter with the Grey's, he also recognized his departed relatives, describing them appearing as 'orbs' of light. He said they were there to support him, to stop him being frightened. The below is a transcript excerpt of this amazing session.

Mary: "Tell me what you are seeing".

John: "I am in a car, left of the front seat, mum's driving, about 5.30pm. I can see chimneys and stone walls and fields, and a red car, we overtake the red car.....Weird, there is a 'Grey' standing in the road, now there is two. Not tall, about 4 ft, no clothing. They are not like you see them, they are more complex, nice and more friendly than you imagine, more curious. They are smiling, they are more human than you think.....We are now outside the car standing at the door, they are curious we are touching, it's both ways, they feel like dolphins no more like a snake but smooth we touch each other.....They are saying hello".

Note: John also relates the Grey's speak to him in his mind. He then recalls he has seen them before when he was 3, 5 and 7. The interesting comment as to the 'feel' of the Grey's, gives this extra veracity. A similar comment was articulated by 4 year old boy, who spoke about the 'aliens' coming to play with him at night. He commented he didn't like them touching him because they felt like dolphins. We have to question how both these boys could 'know' what dolphins feel like.

Information from Dr Michael Wolf author of 'The Catchers of Heaven', a highly credentialed man with top security clearance claims he interacted and worked with several types of extraterrestrials in secret facilities. In a You Tube interview, he also commented the Grey's he had met had 'dolphin like skin', and share an evolutionary link with dolphins.

Mary: "What happens next?"

John: "We are above the world, I don't know, (confused) sitting in the car....."

Mary: "Where are you now?"

John: "In the craft, it's like a bubble, there are two Grey's, I can't see through the craft though, it was next to the car and taken off over the chimneys, like the floors do not have

a reflection, it's a bubble with a yellow tint, people can't see in, we go over the chimneys and over the hill."

Mary: "What happens next?"

John: "Feel content, there are two Grey's and there are 4 or 5 little ones, they are younger ones, they are learning. The light is behind me, they are just tipping their heads and looking at us."

Mary: "Where are they taking you?"

John: "They say it's Orion."

John continues this discussion by asking the beings spontaneously, "How long did it take?". The being replies with, 'Three days'. At the session John questions the information by saying, "But that's ridiculous - there is no time, it's like it's sewn up time, they go into our time." The journey continues for John, "They take us to a place that's not nice, they show me its devastation, they say that they are showing us because it's unpleasant and they don't want us to end up like that place".

Later in the regression I ask John why they have been 'picked up' this time.

John: "To kick start us."

Mary: "Why are they interested in you?"

John: "I've got a job to do.....Change the world."

Mary: "How?"

John: "I don't know, I'll know when I am ready. I am just being educated. The world's going to change in Dec.."

Mary: "Dec?"

John: "Dec 2012."

Mary: "Have you any more questions?"

John: "Why me?.....Oh, I chose to do it, I volunteered to come back, I chose to do this. The two Grey's, they are still with me, they say, stay on track, I have been here 27 times before."

One of the issues for John was his fear of his encounters. He wanted to understand the origin of his fear. It began in another encounter. He said: "The 'Grey beings' arrived when I was in my garden." Then John goes on to exclaim: "I can see orbs, whitey gold and two smaller ones, they are here to make me feel warm, they are family! The big one is great nana, and the other nanna's dad, (grandfather) and granddad's brother. They are here to make me feel comfortable..to reassure me."

I asked him how he knew what the 'orbs of light' were. John said, he just knew. I asked him why they are there with him. He replied, they had come with the Grey's to support him, to make him feel comfortable, so he wouldn't be frightened. John then said that when the 'Grey's left with the 'orbs of light', they went onto the space craft too!

John: "They do not mean to frighten us."

John continued to explain that the Grey's returned to reassure him, because some 'robotic' looking beings had arrived to investigate him, in a triangular craft. He told me they looked like the ET image, that he saw in the crop circle, referring to one with an Alien face, from the 2002 Crop Circle season. John said, after the Grey's left him, these beings arrived. He said: "They scared the hell out of me. But, they are 'starters,' just starting the cycle, they are 'new souls.' They have no emotion, they try to get to you because they want to share your experience. But they can't have it. I am not scared now, they are just new souls. They are not going to harm me. They have a dark energy,

because they are just starting, just empty, they are not allowed to scare you, just not allowed to come near you, and can't have your energy, you need the light to do your job.” After this regression, John shared with me some thoughts on the process of hypnosis: “I am not making it up, it feels like it's coming from somewhere else. Amazing, I remember everything, and it's comforting to know what frightened me was just new souls, you are just scared because it's unknown to you, but there is no need to be scared. I felt sorry for them, the reason I was scared was the atmosphere around them, fresh brand new souls, no karma, they have no experience, empty souls. We are more ‘full souls’.” From a 15 year old boy, this information is astounding. It had an impact upon me because it discussed concepts quite unfamiliar to his conscious mind. Such as the number of his human incarnations, his role on this planet with a ‘job to do’. The encounter with his whole family, he said was to ‘kick start’ them. The accounts of souls newly formed, trying to access him, and causing him fear, mainly because he didn't understand, but realizing that they did not want to cause harm, just curious. This account through hypnosis provided not only answers and understanding and for John, it released his fear, just as it had for his grandmother. But, it also changed how they understood themselves and their encounters forever.

At this point I would just like to clarify that there may be some link with the mystery of the ‘orbs’ (not to be confused with dust particles), which have become so prevalent on digital pictures. These orbs, all colors and shapes and sizes, have appeared in photographs in sacred sites and after people meditate. Some individuals are able to see these amazing orbs with normal eyesight, and can tell you where to point the camera. Orbs have also been filmed moving, these can be seen in the DVD ‘Orbs the Veil is Lifting’ which explores the Orb phenomenon, as does The Orb Project, a scientific study by Miceal Ledworth LLD and Klaus Heinemann PhD. They do seem to interact with the individual and the camera, to show some sentience. I personally have taken many different colored orbs and have even mentally requested a blue one to appear, it did. But for those that have investigated this phenomenon, a suggestion that some could be ‘inter-dimensional intelligences, or spirits. It is just possible that the camera with its ability to access a broader spectrum of light could be showing us how we manifest in the soul state. The Aborigines, for example call the ‘min min’ lights, the souls of their ancestors. Maybe the camera is showing us the same thing.

Josh, an Experiencer from Western Australia, had this to say of his astral encounter on an extraterrestrial craft from a soul perspective.

“I astrally visited the large ship with many other souls, there were a huge variety of beings, they were playful and incredibly wise, and were able to shift their form at will, from a humanoid shape to a ribbon of light..as I saw them they seem to be composed of effervescent bubbles of energy.”

Helen Sanderson lives in the UK, and is about to have a book on her experiences published. She wrote . “My daughter was 14, when she told me for the first time she was an abductee, and came out with the most shocking discourse on her experiences. She said before she was born, the ETs separated her embryo from my body on several occasions, in order to make adjustments that would allow her to live as easily on the craft as down here. They do this by separating the soul from the body by means of spinning the merkabah layers (rings) around our body in different directions and at different speeds, then separating the Soul from the body. This is what happens in a lot of cases of

abduction: the soul is taken and the body left behind, but when they are re-introduced the soul 'remembers' its handling/tweaking and displays the memory of this on the body in the shape of bruises etc. At the same time, she also told me the ET's taught her telepathy when she was 18 months old, which is why she doesn't speak much - she just finds it easier."

Hayley, who reflects much of what I have heard from those I call, 'New Humans'.

Hayley says, "I kept getting messages that they were closethat I was totally safe, because they loved me.species shift, were the words.....by altering me and others, the shift would move like a wave through our species..... Some kind of inner connection we all share.....it made me feel like I had found God."

Janet E. Colli Phd. 2004 Sacred Encounters page 68 Hayley

Why are we so important to the extraterrestrial intelligences?

A complex extraterrestrial program, genetic links, multilevel educational programs, coupled with soul interaction, is not congruent with a subversive agenda. Even to my limited human logic, that is nonsensical. Extraterrestrials have technology to take us out in a nano-second if that was their desire. No, these Encounters suggest a far different hypothesis, something far more profound, and the reward is transformation of consciousness.

“Things are only impossible until they’re not!

Dr Michael Wolf: The Catchers of Heaven, page 43

If we can release many of the judgments and human fears that color our understanding. It allows us the freedom to explore, and examine possibilities, such as the true nature of human reality. Quantum physicist's hypothesis that the Universe is holographic in nature and everything is connected within this matrix.. If that is the case we could discover we are all just souls playing different roles, in the same cosmic dance.

“Mum, we are the aliens.”

Jena, (8). Western Australia

Note: The human abduction: MILAB.

Trauma originated from the Military pseudo abductions (MILAB)

Dr Helmet Lammer, author of MILAB and Dr Steven Greer (CSETI) both suggest 'traumatic' military orchestrated pseudo abductions could be as high as 80%. Sadly, MILAB abductions are an aspect of the phenomenon, little known to most of the public. Many researchers are unaware or dismiss the possibility of MILAB abductions, although research indicates it is one of the main origins of trauma. Human covert 'Abductions,' are deliberately orchestrated to mislead the individuals into believing they are extraterrestrial in origin. MILABs programs use these abductions to gain information about extraterrestrial programs by interrogating the Experiencers. They mislead Experiencers into believing they are having a real extraterrestrial encounter. The individual is terrorized, occasionally raped; suffer emotional, psychological abuse, drugging and mind control. Some researchers are unaware of MILAB abductions, and interpret these abductions as a 'real' extraterrestrial encounter, or for reasons of their own, ignore data suggestive of it. Dr Lammer, states a number of high profile researchers do not acknowledge this aspect of the phenomenon despite having such data on files.

As an Australian Researcher I believe that the incidence of MILAB abductions is less prevalent in Australia. I have only come across a small percentage which indicates possible MILAB interference.

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Starborn Support is an organization consisting of professionals, abductees and experiencers who have come together to fulfill a dire need: To render support and guidance to those who feel they have been abducted by alien entities, or who have experienced a traumatic close encounter. We are also available for family members and close friends who are affected by their abductees' experiences.

Starborn Support of Southeastern Pennsylvania is an affiliate of Starborn Support, and we are also dedicated to this population. We offer telephone support to individuals, and we broadcast weekly on the Blog Talk Radio Network. Our show is called "*Starborn Support Radio*." We broadcast live every Sunday from 8:00pm to 10:00 pm eastern time, and our purpose is to help alien abductees, experiencers, their families and close friends get the support they need and the information required to understand and assimilate their experiences and reclaim their lives. We do this by providing out listeners with the most current, up to date information by hosting experts in the field of Ufology and Abduction Studies, and hosting actual experiencers and abductees who have decided it is time to share their stories, their lives and experiences in the hopes of awakening other abductees to come forward and share, moving out of the shadows and loneliness, feelings of rejection, and into the light to be counted.

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