



**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](http://www.uforcop.com)

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

[www.elainedouglassfiles.com](http://www.elainedouglassfiles.com)

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## Strange Reports of the Past from Albert Rosales

Location. Near Molebka, Perm region, Russia

Date: 1995            Time: various

Numerous cases of “missing people” were registered since the beginning of the year in this famous anomalous UFO hot spot, the so-called “Molebka Triangle”. Special search and rescue teams from the Russian agency equivalent to “FEMA” were sent to search for 60-year old Vladimir Baranov who went missing on his way to visit relatives from the Shutema railway station. He was already the 6<sup>th</sup> person who had mysteriously vanished in the area since the beginning of the year. Mr. Yuriy Selivartov, assistant to the head of the local Militia regional department said that another man, Oleg Solopenko; a local engineer had been missing in the same area for more than one month. Another person missing is a 15-year old local girl who stepped out of her house and was never seen again. Thorough searches of the area have brought absolutely no results. The only remaining alternative is the area’s connection to anomalous activity and UFOs.

Location. California, exact location not given

Date: 1995            Time: 2200

The witness, a Native American Indian, was returning home by train after visiting relatives and was alone in her cabin with her 8-year old daughter as her husband watched a movie in the lounge car. She held her baby daughter in her arms and was sitting on the bed. The lights in the room were off and the curtain was open so she could look at the lights from distant houses. Suddenly she turned her head and looked at the window. She froze in fear as she saw a strange creature on the other side of the window staring at her. It had huge black eyes, purplish/green skin with scales, no nose, and a mouth shaped like a lizard’s. Its hands were four fingered, and had what appeared to be suction cups on the tips just like a gecko lizard. The witness was totally paralyzed and could not speak. A strange voice came to her head that said, “We are going to take your family, we are going to take others, we are going to take your family.” The only witness could only think “No! Did you ask “Tunkoshia?” (The Native American creator deity). At this, the creature tilted its head to one side and blinked, and then it literally peeled itself off the side of the train to disappear from the witness sight. A second later the witness was again

able to move. The witness felt sick after the encounter and vomited and had an urgent desire to “clean” herself. The next day after arriving home, the witness and her family had gone to pick up their luggage and there met a police officer and a train employee that were looking for a woman who was traveling coach that had mysteriously disappeared.

**From the Files of Elaine Douglass**

***You cannot rely on your government to tell you what the Intervention is or how it is happening or what it means. You cannot rely upon science, which is largely ignorant of this phenomenon. You cannot rely upon your religious leaders to counsel you about the reality of this phenomenon and what you should do, for they really do not know. —Marshall Summers***

**A hard truth to hear.**

To all in the UFO community, the message is clear—When it comes to facing the UFO phenomena, you’re on your own. How can this be? Where is everybody? Human isolation in the cosmos is ending! It is the watershed of human history. Where are the men of God? The men of science? Above all, where are our government leaders?

More than any, it is they we expected to tell us—“what it means” and “what we should do.” Yet government is nowhere to be found. In the meantime, who is on the front lines? Who is leading the edge? It is us! The UFO community has stepped forward to embrace the gargantuan mystery.

The UFO community of ordinary citizens is grappling with the extraterrestrials in our bedrooms, our vehicles, our back yards.

The UFO community has chronicled the 60 years of the age of the dawn of the UFO. Without us, that history would be blank!

The UFO community is daily gathering intelligence on the phenomena as it moves across the face of the planet.

And the UFO community has revealed anti-gravity field propulsion, the abductions, the milabs, the implants, the alien structures on the Moon and

Mars. We have revealed that aliens walk through walls, that UFOs can be invisible. We have done this. We are doing this. Not the men of science, not the men of God, and not the government. We the Ordinary citizens, and on our own. It seems history has assigned a great and important role to the UFO community. And for whom do we do it? For the people. We do it to create a record of history and a body of knowledge, for the people, from the people. Without us, the people would have only press releases from the Pentagon or the Ashtar Command to rely upon.

Disclosure will come. All the knowledge of the phenomena we have accumulated, and all the traumas of realization the UFO community has undergone in 60 luxuriously long years, millions of others will be required to absorb in a day, a week, a month. We have much to offer them. That is the role history has assigned to us.

Elaine Douglass

## SCIENTIFIC AMERICAN™

### Alien Abduction or “Accidental Awareness”?

Scientists report on a long-ignored problem

By [Anne Skomorowsky](#) | November 11, 2014

Memories of a procedure

*“So then they roll me over on my back, and the examiner has a long needle in his hand. And I see the needle. And it’s bigger than any needle that I’ve ever seen.”* So testifies Betty Hill, of her experience inside a flying saucer near Franconia Notch, New Hampshire, in 1961. Betty and her husband, Barney Hill, are the earliest known victims of alien abduction, and the 1966 bestseller *The Interrupted Journey* describes how they recalled the event under hypnosis. Their story includes nude medical exams and invasive probing—an alien abduction scenario many of us recognize from the TV shows and movies of the past 50 years.

But in 2008 a Columbia University psychoanalyst published “[Alien Abduction: A Medical Hypothesis](#)” which suggested that what is known as “accidental awareness under general anesthesia”—in which a patient

awakens on the table during surgery—might lie behind stories of alien abduction. The analyst, David V. Forrest, noted the similarity of the classic alien abduction scenario—bug-eyed greenish humanoids surrounding the subject as she lies on an examining table under a bright light—to the operating room situation, where surgeons in scrubs and masks hover over the patient and enter her body with tools. Asked if being probed by aliens felt like his prior tonsillectomy, Barney Hill agreed: *“Like that, but my eyes are closed, and I only have mental pictures. And I am not in pain. And I can feel a slight feeling. My groin feels cold.”*

While in a hypnotic trance, Barney Hill told his psychiatrist, *“I don’t want to be operated on.”* He described a spacecraft lit by blue fluorescent light, which didn’t cast any shadows, as in a surgical suite. The aliens had oddly shaped heads with large craniums, and indistinct lips and nostrils; they were all foreheads and eyes. Though he was terrified, he felt sluggish. He was struck by the all-business, professional bedside manner of the alien “doctors,” and impressed by their determination to do whatever it was they meant to do.

He could have been describing the well-intentioned members of the Royal College of Anaesthetists, who have just [released](#) the largest collection of data on accidental awareness ever assembled. Awareness during general anesthesia first attracted interest in the late 1990s, when patient/activist Carol Wehrer publicized her own awareness experience. Awareness has since spawned support groups, Facebook pages, a horror movie, and an episode of Grey’s Anatomy, but is only now being generally recognized by the medical community. The Royal College notes that one purpose of the report is “to present an apology on behalf of the profession to all those patients who have hitherto been let down by a collective failure to understand or accept the condition.”

Of course, most patients who experience awareness never claim they were abducted by aliens—none of the hundreds of patients interviewed for the new report did—but the Royal College report documents the potential for lasting, perhaps permanent, psychological damage to afflicted patients. While half the patients in one survey experienced pain, two-thirds experienced helplessness and panic. Over 40 percent of the patients studied for the report experienced moderate to severe psychological harm, with some incapacitated by post-traumatic stress disorder.

One awareness patient describes a flashback: *“It struck again days later as horrifying images and terror that rose from the depths of my being. I was once again in the grips of horror, again not comprehending, again trapped, again struggling to survive, yet wishing for death.”* Alien abduction seems almost restful in comparison.

Assuming Barney Hill wasn't actually brought aboard a spaceship that night in 1961, he may have experienced a flashback to his tonsillectomy. He was cold. His eyes were closed. He didn't want to be operated on. Then he woke up under general anesthesia, to full-blown terror, surrounded by distorted beings, squinting in the blue light of the OR. Perhaps the pain and horror of awareness overwhelmed his mind, or maybe it was the anesthetic drugs, but somehow the experience disappeared from his working memory--until he and Betty came to believe they had crossed paths with an unidentified flying object on a dark and lonely New Hampshire road.

Alien abduction has been considered a fantasy, a hoax, and even to some, a fact; but it is now clear that it may also represent a recovered memory. Recovered memories are frequently astounding and implausible—if they were orderly and digestible, we would not have forgotten them. Most famously, recovered memory has been at the heart of controversial claims of childhood sexual abuse, satanic cults, and other disturbing and difficult-to-prove allegations by one family member against another. The difficulty of distinguishing between recovered memories and so-called false memories has troubled psychiatrists and patients alike.

What can anesthesia awareness teach us about recovered memory? For one thing, the report discusses different types of memory, including “trauma memory.” Everyday memories are not terribly descriptive. Intense emotional states, such as those experienced during awareness, create memories that are rich in sensory detail and tend to burst out inappropriately, as in a flashback. Trauma memories are not encoded as logical narratives, but as globs of sensation. Thus a sensory experience—like seeing a hospital worker in scrubs—can cause an awareness survivor to feel overwhelmed with panic and to relive the sensation of paralysis she suffered through while anesthetized.

PTSD researchers have found that trauma memories are jumbled, and making sense of them can be compared to putting together a jigsaw puzzle. Memories are recovered in bits and pieces. When Barney Hill heard the

playback of the tapes he had made while telling his story under hypnosis, he said *“I felt so overwhelmed and relieved. Now parts of my life that had been missing were added to it again. Parts of my life were being put back together.”* The story of his abduction by aliens helped him create meaning out of a set of disjointed and mysterious sensations, and that was weight off his shoulders. Similarly, the Royal College concluded that the awareness experience is less traumatic when patients understand what is happening, or receive an explanation after it has occurred. Their report recommends that all hospitals develop protocols for helping patients with suspected or confirmed awareness. As a poster advised on the website [awarenesstrauma.com](http://awarenesstrauma.com), *“I also found that having the experience validated by the doctors involved, was important to my recovery. . . but I can tell you this was difficult to get, as they did not want to admit to their mistake.”*

There is another problem: a person can only report an awareness experience if she remembers it, which could take years or never happen at all. Alien abduction may be one of the most dramatic sequelae of anesthesia awareness, but surely not the only one. Hate jazz? If you have ever had surgery, it may not just be your taste in music. One awareness patient, formerly a jazz aficionado, developed a bizarre aversion to the style after an awareness experience. It was not until years later that she recalled hearing a favorite jazz piece playing in the OR while awake during surgery.

The report recommends a number of changes in anesthesia practice to minimize the impact of awareness; in particular the decreased use of neuromuscular blockade, which induces paralysis in the patient and may not always be necessary. The Royal College suggests that patients be assessed post-operatively for awareness experiences, and offered explanation, reassurance, and counseling.

That’s all very rational, well-meaning, and compassionate—human one might even say. Perhaps in the future there will be fewer alien abductions. But it seems more likely that now that they have invaded our bodies—and our culture—for over 50 years, aliens will never leave this planet for good.

## ABOUT THE AUTHOR

Anne Skomorowsky practices Psychosomatic Medicine at the New York-Presbyterian Hospital. She is an Assistant Professor of Psychiatry at Columbia University.

## Support Group and Researcher Directory

### STARBORN SUPPORT THE ALIEN ABDUCTION SUPPORT GROUP

#### Starborn Support of Southeastern Pennsylvania

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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[www.starbornsupportradio.com](http://www.starbornsupportradio.com)  
[www.starbornsupporter.blogspot.com](http://www.starbornsupporter.blogspot.com)



## The International Center for Abduction Research (ICAR)

Is an organization devoted to the dissemination of trustworthy information about UFO abductions. The ICAR will provide accurate information to therapists and lay individuals who are interested in abductions, and help them cope with the variety of problems that arise from the use of hypnosis and other memory collection procedures. David M. Jacobs is the Director of the ICAR.

[www.ufoabduction.com](http://www.ufoabduction.com)



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**NOTE:** If you would like to have your Support Group listed or would like to have a case study published please send your information to Journal of Abnormal Abduction Research to [butch218@dejazzd.com](mailto:butch218@dejazzd.com)

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