



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**

www.elainedouglassfiles.com

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Strange Reports of the Past from Albert Rosales

Location. Montalban, Teruel, Spain

Date: November 18 1980

Time: 15:00

Cristobal Martinez Nuñez a local elderly resident with well-known and established routines had gone out accompanied by his adult daughter. He was seen going to the nearby corrals located at about 200 meters from the main house where his wife was performing some routine farm tasks. Later, as was his routine, he would go to take in some sun with some friends. However Mr. Nuñez trail was lost at around 150 meters from the main house when his daughter briefly left his side as he continued his way to the corral to meet his wife.

According to local residents before and after this date strange circular objects had been seen over the town, concretely on the 18th of October, 8th of November and 3rd of December and on the same day Mr. Nuñez vanished and around the same time some youngsters reported throwing themselves on the ground in order to avoid a very low flying circular craft that flew over them. According to the local Civil Guard there had been four other unexplained disappearances in nearby towns within four months of the above incident.

HC addendum

Source: Lo Oculto, “Ovnis en España”

Location. Darlington Ohio

Date: October 1953

Time: late night

In a farm area a family observed a round ball of fire hovering over a field where a boy and a dog had been seen running. The boy was then heard screaming for help, and then the father armed with a shotgun ran over to him firing several shots. He then saw several small humanoids carrying the boy into the huge hovering fiery object. The dog was found at the site with its head crushed and the boy was never seen again.

HC addition # 1384

Source: Martin S. Caidin, Natural, or Supernatural?

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

Please visit The Elaine Douglass website to view her lifelong look Ufology and Abduction. www.elainedouglassfiles.com

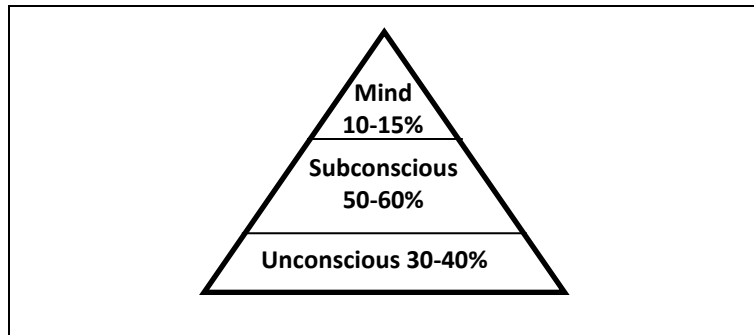
The Consciousness Series – Part 2

Ann Castle is a UFO and abduction investigator and researcher. She has been investigating the UFO phenomenon for over 25 years. With a Bachelor of Arts degree in Psychology, years working in psychiatric hospitals, and a long time meditator, Ann maintains a keen interest in the study of consciousness. She is also a professional psychic who uses her abilities to interpret human auras and to work with law enforcement finding missing persons (see www.aurareadings.com). (Copyright 2015: all rights reserved.)

The Consciousness Series – Part 2 explores how human consciousness operates, including the mechanisms by which alien screen memories, psychic persuasion, and psychic clairvoyance occur. In future editions, this series will explore the potential differences between human consciousness and alien consciousness, and offer ideas for developing human consciousness that will put humanity on a more level playing field when dealing with the consciousness of more advanced alien races.

*The Consciousness Series – Part 1, published in the JAAR August 2015 edition, discussed the long history of how authorities suppressed the development of human consciousness. As a result, many western cultures believe that attempts to expand consciousness were either impossible, dangerous, or morally wrong, which thwarted the development of consciousness in most humans. This put humanity at a grave disadvantage when dealing with aliens who are capable of telepathy and sharing one group consciousness. Part 1 also discussed how science is finally accepting the existence of telepathy and group consciousness, and that humans are now realizing they can expand their consciousness to communicate telepathically with other species and dimensions, and to access the *field of all knowledge* (FAK) in which all information resides.*

The Consciousness Series – Part 2: Before we can understand potential differences in human and alien consciousness, we need to understand what human consciousness is. At its most basic level, consciousness is the state of being awake, aware of oneself, and having the ability to process information. Consciousness can be broken down into several parts, each with its own characteristics and functions: the mind, the subconscious, and unconscious. Sigmund Freud illustrated them in a pyramid with their relative degrees of consciousness in percentages:



The mind is at the top of the pyramid as it is the smallest and easiest component of consciousness to understand, mainly because we are all aware of what our own minds think. Its primary function is to focus, and to distinguish reality from fantasy, which are difficult tasks for the unconscious and subconscious. (Perhaps the recent exponential rise in attention deficit disorders and elderly dementia is because our minds are evolving and becoming more connected to our subconscious – which has a difficult time focusing.)

The mind processes individual thoughts, and believes in linear time and three-dimensional space. The mind distinguishes between what is real and what is imagined, and between the past, present, and future. It can think in abstract terms (such as math), and it can imagine new thoughts based on previous thoughts. In modern humans, the mind thinks in a language, while animals think in images. (Try communicating with your pet by sending it images, instead of words. For example, if you mentally send your dog an image of taking it for a drive, it may suddenly go to the door to wait for you.)

The second layer of consciousness is the subconscious, which is more complicated than our minds. It is in charge of making recent and strong memories available to the mind. We are not aware of all of our older

subconscious memories, but usually they can be easily retrieved. For example, if someone asks you where you were born, you could immediately respond, even though you had not recently thought about it. The subconscious allows us to multitask and operate on “autopilot.” For example, we can think about a problem at work as we drive home, barely be aware of driving, but usually arrive home safely.

One role of the subconscious is to serve as a middleman and allow two-way communication between the mind and the unconscious. The subconscious is guided by the unconscious, which feeds it emotions, beliefs, habits, and symbols. The subconscious partners with the mind to translate symbols from the unconscious into language, which allows our minds to understand the information. This is particularly helpful with artistic nuances, emotions, and feelings of *déjà vu*. However, since the subconscious is a good communicator, it is vulnerable to being “hacked” by outside influences, such as psychic persuasion from humans or aliens.

Psychic persuasion is the invasion, mental manipulation, and implantation of thoughts into an unaware person’s mind to make them believe an alternate reality for the purposes of controlling them. Many UFO researchers believe that aliens use psychic persuasion to control abductees. For example, if aliens want to lure a person into the countryside for an abduction, they may psychically persuade the person to go for a drive in the country, in the middle of the night, even though the person may be ill and would otherwise be home asleep. At the time, the person may believe he merely wants fresh air and feels that the drive is a normal thing to do. After the abduction and in retrospect, the person may realize the drive was a strange thing to do. (Refer to the excellent article, *Psychic Persuasion – Exploring a New Concept*, by Stephen Bass, in the JAAR Edition 1, published March 2014 at: <http://uforcop.com/assets/jaar-march-2014.pdf>)

In fact, both the subconscious and unconscious are vulnerable to being hacked by psychic persuasion and other means. Trained military psychics are able to influence or read someone’s mind, just as aliens can. Governments use extremely low frequency (ELF) electromagnetic radiation (radio waves) with frequencies from 3 to 30 Hz as one way to hack into the subconscious and unconscious. Psychic persuasion with ELF waves has resulted in a new kind of abuse called *electromagnetic harassment*, where people’s minds are invaded by thoughts that are not their own. There is evidence suggesting that this has resulted in mass shootings and suicides. If

we can control people's thoughts, certainly more technologically-advanced aliens can control our thoughts, although their specific technology is unknown.

The unconscious is the largest and deepest layer of our consciousness and it is active all the time, even while we are asleep, under anesthesia, or in some forms of coma. The unconscious has no concept of time – everything exists at once. It also cannot distinguish between what is real and what is imagined; therefore it is very susceptible to false ideas or memories being implanted by humans or aliens. However, since the unconscious is not constrained by reality or time, it also means we can change our habits and beliefs by giving our unconscious an alternate reality to imagine. This is why affirmations can have a powerful effect on our lives.

A major function of the unconscious is to repress memories and emotions. This repression is a protective feature to prevent the mind from being overwhelmed with irrelevant information. This feature also allows us to function (and thereby survive) after severe trauma, such as wartime battles, or disasters. The unconscious records everything that has ever happened to us in detail. For example, it remembers what you wore on your first day of high school. Repressing this information helps us to be more efficient because our minds are not cluttered with irrelevant information – you don't need to remember what you wore to school 20 years ago when you are answering questions in a job interview. Habits reside in the unconscious and make us more efficient. For example, if you have a morning routine of rising at six o'clock in the morning, grooming, drinking a protein shake, and getting to work by eight o'clock, your morning is more predictable and easier to control if you don't vary much from this routine.

The unconscious also holds our beliefs about life and reality, which form a predictable system for running our lives. Beliefs are very powerful. For example, some religions believe that God only populated the Earth with intelligent life, which does not exist anywhere else in the universe. If an archaeologist holds this belief, then he could never consider the theory that ancient aliens could have been involved in building ancient monoliths. Conversely, if an archaeologist believes that intelligent life probably exists throughout the universe, then he would be more open to the idea of ancient aliens being involved in building ancient monoliths. Each archaeologist's belief system would give him different guidelines for developing hypotheses in his work. Many of us hold beliefs instilled by our parents that no longer serve us, but since they are unconscious, we are not aware of how much they

influence us. For example, people raised with a belief in scarcity handle money differently than those raised with a belief in abundance.

Even though memories and beliefs are repressed, there are several ways to access the unconscious to retrieve them. Dreaming is one way we access repressed memories: often people will first become aware they are abductees by dreaming about abduction events. Many people have trained themselves with lucid dreaming to be aware when they are dreaming, and to direct their dreams for specific outcomes. This can also help to uncover hidden abductee events.

There are psychotherapeutic techniques, such as meditation and hypnotherapy, which are used to access repressed memories. Just as there are specialized hypnotherapists who help law enforcement retrieve repressed memories from victims, there are specialized hypnotherapists in ufology (Budd Hopkins, Dr. John Mack, Dr. David Jacob, and Derrel Sims, to mention a few) who have used hypnotherapy to retrieve memories of abduction events. It is through thousands of these reports that we have obtained a large amount of information about aliens and their spaceships. For example, the abductee named Kate in previous JAAR editions consciously recalled many abductions, and partnered with hypnotherapists to retrieve repressed abduction events.

Meditation, dreams, and hypnotherapy are some ways to uncover repressed memories of alien abductions. It is well documented that aliens implant screen memories or false memories in abductees to cover up the abduction event. However, not all screen memories work, as thousands of abductees consciously recall abductions. Even if the screen memory successfully covers the abduction, the real memory may still be accessed under certain conditions. Perhaps the aliens realize they cannot control all conditions of an abduction environment or a person's mind.

Aside from hypnotherapy, dreams, or meditation, repressed memories can also be retrieved if *associated events* or *special mental conditions* trigger release of the repressed memory: Here is an example of an *associated event* that triggers the release of the repressed abduction event: An abductee may have a screen memory of being a little girl and talking with a clown (who is really a gray alien) in her backyard. While she encountered the clown, an ice cream truck drove by broadcasting a recording of *Twinkle, Twinkle, Little Star* played on a xylophone; this is a specific event that the aliens did not

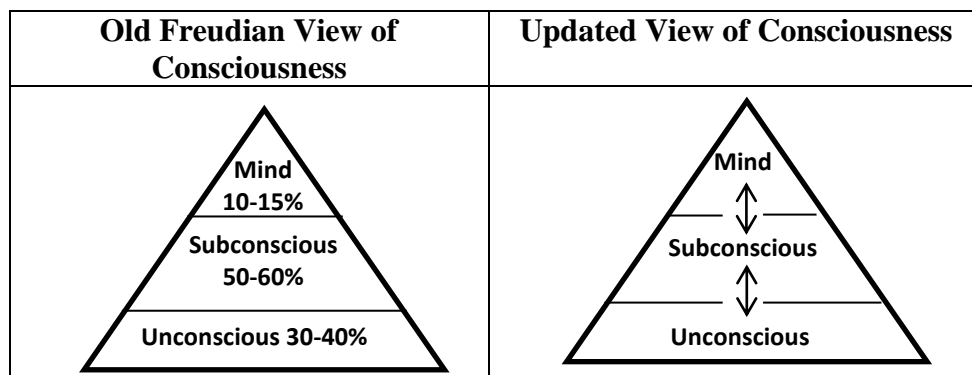
prevent or control. After the abduction, perhaps the girl now has an irrational fear of clowns. (The number of adults with clown phobias is astounding!) Years later as an adult, the woman hears a child playing *Twinkle, Twinkle, Little Star* on a toy xylophone and memories of the clown – which the abductee now realizes was a gray alien – come flooding back. The specific song played in a specific manner served as an associated event that triggered the release of the repressed memory. Humans use specific associated events as tools in psychological warfare to trigger programmed actions in people. These brainwashed people are often called “Manchurian candidates” after the film, *The Manchurian Candidate*, where an unwitting man is psychically persuaded to be an assassin, whose actions are triggered by seeing a Queen of Diamonds playing card.

Here is an example of a *special mental condition* that may allow an abductee to retrieve repressed memories of abductions – or prevent screen memories from working at all: A man might have a long history of alien abductions, and already be aware that he is an abductee. Perhaps he has undergone hypnosis to retrieve events, and perhaps he is actively working with abduction researchers to retrieve more information about aliens on his next abduction. Perhaps he has an excellent memory and he may practice meditation. A well-known side effect of meditation is that it opens the communication channel between the conscious, subconscious and unconscious, which allows him to access his unconscious (and psychic abilities) much more easily than the average abductee. During his next abduction, he complies with the aliens and pays special attention to the inside of the spacecraft as instructed by his abduction researchers. Perhaps a part of his mind also resists accepting the screen memory. These special mental conditions allow him to either store the abduction memory in his subconscious as a recent, unrepressed memory – which he can easily retrieve at will – or to retrieve the repressed memory from his unconscious during meditation.

There is significant anecdotal evidence that some abductees can enter a trance state – a form of meditation that would also be a special mental condition – that would allow telepathic communication with aliens. Some abductees are born with this talent, and others acquire it after abduction. Many abductees have encountered aliens who download information into one’s consciousness. The researcher Timothy Green Beckley has reported many cases of abductees communicating with aliens at will, and even summoning alien craft to their vicinity.

In spite of the aliens' best attempts at psychic persuasion, it is not a perfect science even for their technologically advanced species. Psychic persuasion *is fallible*, because thousands of abductees have recalled abduction events! Not only does this prove that even highly-advanced aliens can fail in their missions, but meditation and hypnotherapy can now give humanity an edge against screen memories and psychic persuasion.

How can meditation access the unconscious? For thousands of years, adept psychics and mystics have documented that *a side effect of meditation* is the increase of psychic abilities and sometimes physical control over their environments or bodies. These side effects include clairvoyance, remote viewing, telekinesis and unusual control over the autonomic functions of the body. Although rare, there have even been scientifically documented cases of yogis levitating their own bodies. One of the first books in the West to document the paranormal side effects of meditation was published in 1916: *Course of Advanced Lessons in Clairvoyance and Occult Powers*, by Swami Panchadasi. In short, the practice of meditation opens a broader channel between the mind, subconscious, and unconscious, and this channel allows for increased flow of information between the three parts of consciousness. As a result, repressed ideas, beliefs, habits and memories residing in the unconscious are more easily accessed and provide more complete information for the mind to use. Perhaps it is time to update the old Freudian paradigm. The updated view considers that meditation and hypnotherapy can assist consciousness by increasing communication between the mind, subconscious and unconscious. These tools can open a channel of communication between the three parts of consciousness and allow repressed memories to be accessed. This may have the potential to thwart alien agendas, psychic persuasion, and the installation of screen memories:



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When information is more freely exchanged between the three parts of consciousness, it no longer matters what percentage of consciousness each part comprises because consciousness is more fully integrated. It is also more difficult for the subconscious and unconsciousness to be hacked by aliens or ELF technology because a more integrated consciousness will be more aware of what thoughts are its own, and what thoughts originated from outside of itself. Therefore, the mind will be better able to detect psychic persuasion or mental manipulation.

How would the unconscious know of ELF manipulation or alien psychic persuasion attack? What gives the unconscious this ability? The answer may lie in a mysterious quality of the unconscious: it has access to the *field of all knowledge (FAK)*. As stated in *The Consciousness Series – Part 1*, for millennia psychics and mystics have been able to access information stored in FAK, and they have done so through their unconscious. The oracles at the Temple of Delphi could give kings psychic information and foretell the future with surprising accuracy. Modern psychics and remote viewers routinely access information that cannot be known through usual means. When a psychically-sensitive person is in dire need of information, often the information simply comes to them. The information resides in FAK and the unconscious is in constant connection with it.

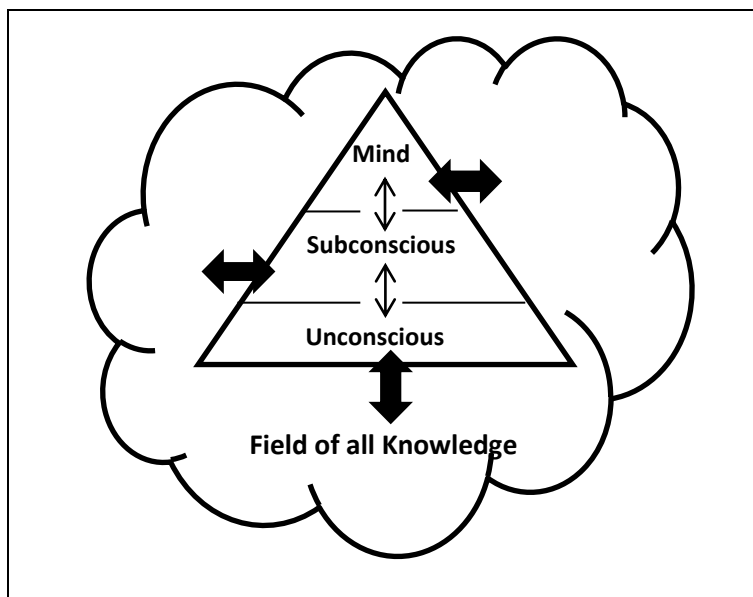
So what exactly is FAK? The idea of FAK has its origins in Hindu mysticism, where it is called the Akashic Field or Akashic Records. These terms describe a universal energy field in which all information, and every event or thought is recorded. Just as the unconscious records every memory of the individual, FAK records every memory of the universe, so it holds all knowledge. The unconscious is a fractal of FAK, and by the definition of a fractal, contains the same properties as FAK but on a smaller scale; therefore it is always connected to FAK and can pull information from it when needed.

Humans are capable of precognition and clairvoyance because the unconscious pulls information from FAK and feeds it through the subconscious to the mind where the information can be used. The difficulty psychics have is in the *translation* of information from its *symbolic* form in the unconscious, to the *linguistic* form the mind understands. For example, a well-known psychic was working a murder case where she intuited that the victim's body had been "wrapped in blue." The psychic interpreted this to

mean that the body was wrapped in a blue blanket, but it was found in a blue barrel: she had misinterpreted “wrapped in blue.”

Although the idea of FAK may seem like unsubstantiated nonsense, many famous quantum physicists (Nick Herbert, Fred Allen Wolf, Ervin Laszlo, Amit Goswami, to name a few) are now proposing that the universe itself may be a field of energetic information encoded in light. It can be imagined as a fog of information that penetrates all things, connects all things, and *reacts to our thoughts!* This means there is interaction between our expectations and what the universe – or we – create! Assuming the new physics is correct, this gives humanity a different paradigm for thinking about our consciousness.

This new theory also proposes that peoples’ consciousness is connected to each other, that the universe itself is a conscious entity, and all matter (which is energy) has some degree of consciousness! Perhaps it is time to update the consciousness illustration again to reflect the interaction of the FAK with consciousness:



If we also assume that quantum physics is correct, then various alien races with the technology to travel here and abduct people, are also aware of these facts and have a far deeper understanding than we do of how consciousness operates and interacts with the broader universe. There are many reports of aliens using a group consciousness, or hive-like mind: *The Consciousness*

Series –Part 3 will compare our current understanding of human consciousness with a proposed paradigm of alien consciousness.

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 our 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
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.

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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

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