

# ◆ RECOLLECTIONS ◆

Volume 3 Issue 1

## ◆ NEWSLETTER

### THE AUSTRALIAN UFO ABDUCTION STUDY CENTRE

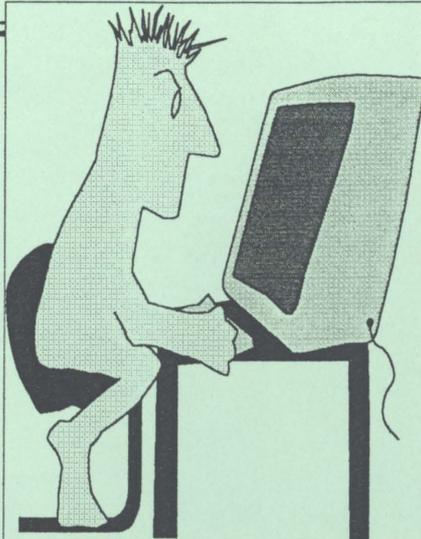
Welcome to the first edition of the Newsletter for 1996. As you can see I have acquired a new 486 computer and software and am cautiously working my way through its capabilities. I'd welcome, as usual, any feedback on the contents of the issue. The Centre is a network, and will best work with input from those who receive the Newsletter.



I have titled the work "Recollections" as more and more people are coming to me with "recollections" or fragments of memories which they are certain are not dreams.

Over the coming year I am hoping to carry more first hand accounts, as well as to report on overseas developments within the field of UFO abduction research. Your assistance is sought in this task.

I hear on the grapevine that 1996 may see the publication of two books on Australian abductions. This move is to be welcomed in our pursuit of raising the profile of the subject



*The editor hard at work on this issue of the Newsletter!*

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Two videos which I have come across are: "Leah Haley." 95 minutes. Author of "Lost was the Key." Includes commentary from researchers. US\$29.95. Available from: AFS/Dialogue. PO Box 8391, Minneapolis, MN, 55408, USA. "Hidden Memories." 100 minutes. Budd Hopkins. Looks at "symptoms" of abductions



which might indicate you are an abductee. Available from: UFO Magazine, PO Box 2, Grassington, Skipton, Nth Yorkshire, BD23 5UY. Price 21 pounds 50, plus 1 pound p & p.

## Inside This Issue

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## FIRST HAND

Recently, I spoke to a young man, Warwick, who approached me with a series of recollections, which he thought were more than dreams, despite them occurring on the boundary between sleep and wakefulness.

Warwick's first recollection took place in Goulburn, New South Wales when he was between 5 and 6 years old. After going to bed one night, and falling sleep, at some stage he awoke to see an "ultra-violet/blue" coloured light in his bedroom. He knew it wasn't the illumination coming from the 'night light' left on in his room.

He felt the bed clothes being pulled down over his body. Looking towards the end of the bed he saw a large head gazing towards him. At this point he became frightened and even today he can't describe any details of this "head" other than that it was large.

Next, he recalls being carried off down the hallway past his parent's room. From his vantage position, over his right shoulder he noticed the figure with the big head was following him. The rest of the house was dark apart from the bluish light emanating from his own room.

Here, his recollections ended.

On a later occasion Warwick experienced a vivid "dream" of seeing a dark coloured, oval shaped UFO take off. There was a being/person standing next to him. Suddenly, he woke up in his bed, and he was worried that it may not have been a dream, at all.

Other "dreams" followed, which partly reflected a UFO theme, for these involved running down a corridor where the walls warped. He wanted to wake himself up from these "dreams" but found he couldn't.

A short while before I interviewed him, Warwick recalled lying down on a bed somewhere, but when he tried to get up he was pushed back down by something. He thought to himself: "I'm going to get a good look at him this time." No sooner had he expressed this idea, then he woke up in his own bed with this thought still running through his mind. As he woke he became aware of a being by the bed. It was grey in colour and some 120cm tall. It didn't say anything verbally, but he mentally detected a thought of: "Go back to sleep." Then he realised he was sitting in his own bed.

In his most recent "dream", some 3-4 weeks before speaking to me, he found himself arguing with 2 beings who were holding him down.

He felt their clammy hands all over his face.

The beings were apparently doing something to his mouth for he later recalled the taste of blood there. Next morning, he found a sore inside his lip—a triangular shaped mark with a blister to one side which looked white. This scared him as he also recalled gagging at one stage as the beings placed something down his throat.

I asked Warwick about any childhood incidents which might in some way relate to these "dreams." He remembered at age 4-6 when he went to spend some time on a cousin's farm. One night he was taken home from the farm as he had become hysterical. His mum could not work out why. For some time afterward he wouldn't readily go to sleep, he played up, and didn't like to go into his bedroom.

I explored with Warwick whether or not any paranormal experiences had occurred to him over the years. His answer was negative for poltergeists, automatic writing, eidetic imagery, NDEs or OBEs. He thought that he had experienced pre-cognitive dreams. He also registered a positive response to interacting with electrical equipment, where he had noticed an ability to interfere with radios' reception.

Warwick has always been aware

◆  
**FIRST  
HAND (cont.)**

from a young age that the Universe is a vast place and has always retained an interest in the possible existence of other worlds than our own. He was told for example that the first word he said as a child was "Moon."

Asked why he believed that his own experiences might be related to the UFO phenomenon he replied that he simply feels that he has been chosen for some reason, by beings of some kind. They don't want him to be afraid and he wants to find out what is behind it all.

Inquiring into his views on the UFO phenomenon he commented that he thinks there is a government cover up and that eventually the truth will be revealed.

On his health. In general he keeps well. He has been hospitalised on a number of occasions for hooping cough as a child, a knee operation, removal of a birth mark and a recent nose operation to straighten the septum. Whilst talking at this point he did mention a long history of nosebleeds and that he felt there were marks on his body which were different from marks/scars

attributable to conventional accidents. However, he could not link any of these unexplained marks to UFO experiences from personal memory.

Warwick maintains an interest in writing poetry and art work, and is a "Star Trek" fan.

In closing our conversation, Warwick confided that he has always found himself to have a "good imagination" but nevertheless is convinced that there is something going on beyond imagination, so he had consulted me to discuss these matters.

**PRESENTATION**

An Adelaide psychologist and myself gave an hour long presentation titled: "Recovering Memories Through Hypnosis" to the 14th Annual Conference of the Psychologists Council of SA Inc. on the 4th November 1995.

Topics covered included an examination of psychological processes advanced to explain abductions, and reasons why these did not appear to be the answer; the relevance and value of hypnosis to the topic; and how practitioners could best approach the subject area if a client of theirs presented with details suggestive of the abduction phenomenon.

**NEW  
BOOK**

Fowler, Raymond. 1995. "The Watchers II". Wild Flower Press. Newberg, Or. US \$23.95. ISBN 0-926524-31-3. Hardcover. 389pp.

This is the latest in a series of books exploring the complex and very unusual experiences of Betty Luca (nee Andreasson) in the U.S.A.

Readers may know that for some time I have been drawing the attention of researchers to the need to acknowledge and understand the role parapsychological phenomena play in abductions. In Fowler I find a fellow soul for in his prologue he states: "...it is my conviction that the paraphysical component of the UFO abduction experience must be responsibly investigated, recorded and studied. It may not only prove to be a legitimate constituent of such experiences, it may be its very quintessence."

The experiences of Betty's husband Bob are the subject of the first part of the book with extensive transcripts provided, as his events are probed.

Next, moving from 1989 forward, numerous episodes of abductions of Betty follow, aided by Betty's own artistic

## NEW BOOK (cont.)

rendition of the events. The intricate detail leaves one gasping for air at times as few other cases exhibit this complexity and sense of wonder for what comes next.

Section 2 of "The Watchers II" is an indepth examination of the parallels between today's abduction phenomenon, folklore and possible precedents for the images which Betty recounts.

Chapter 13 sees Fowler taking the 8 part pattern for UFO abductions as defined by Eddie Bullard, and comparing Betty's events to this, in detail.

I must admit to finding chapters 14 & 15 a surprise, for here Fowler constructs the idea that: "...an intimate connection exists between the UFO abduction experience and the near-death experience."

Chapter 16 discusses a number of hypotheses for the origins of UFOs and compares these with the places NDErs say they were taken; and the messages they receive; before the startling comment that abductions and NDEs are: "...different sides of the same parapsychical cause!" and that "...UFOs and their entities come from behind

death's Great Door." The closing piece concludes with Fowler's current position, which reveals that he now believes (taking abductees' observations at face value) we deal with: "...entities from another plane of existence...I do not believe that they are physical in the sense of what we believe this word to mean."

"The Watchers II" is one of the most intriguing books on the abduction phenomenon that I have read in recent times.

## FIRST HAND

I have reported previously on a number of young people who describe to their parents the appearance of unusual beings in their bedrooms. I am grateful to the Tasmanian UFO Investigation Centre for a copy of their report on the following incident.

Andrew, aged 11, lives in New Norfolk, Tasmania with his two parents. In the early hours of one morning he woke to see 2 elongated (wrap around) red eyes near the foot of his bed. The eyes were part of a white face, and a squarish style head and shoulders was also visible.

Keeping very logical, Andrew pinched himself, ducked under the covers and upon resurfacing

screamed for his parents and went to their bedroom. As he left his room he noted a second figure had been in his room.

Reaching his parent's room he found 2 more of the figures, one at the end of each of his parents' beds. All figures were some 1.5m tall.

He turned, ran from their room and back to his own, now to find it empty of figures. He got into bed and pulled the covers over him and fell asleep.

The next morning Andrew told his father and mother of the events of the night. However, it was deemed to have been a dream until later the same day the parents heard that the next door neighbours' son had seen a UFO in their yard overnight!

## CONFERENCE

Glennys Mackay, the Queensland State Director for the US based MUFON advises of an International Conference to be held in Brisbane between 11th-13th October 1996.

Invited guests include Whitley Strieber. For further details call Glennys on 073 849 6450.



## FROM THE LITERATURE

A review of the current status of both the abduction phenomenon and its social context within Australia is featured in an article by myself in the August 1995 issue of "UFO-NYT". This magazine is the newsstand publication of the Danish UFO group SUFOI.

The piece covers the period 1993-1994, reviews the media attention to the phenomenon during this time and the formation of the Study Centre.

## RESEARCH NEWS.

### THE 1954 UFO WAVE

The 1957 Villas Boas case is usually cited as the fore runner of today's abductions. I browsed documents in my files on the vast 1954 wave of UFOs for signs of earlier events.

Interestingly whenever entities are reported in those days, when confronted, the beings almost inevitably left the scene, leaving the witness behind.

In some case one reads of the witness being paralysed possibly to enable the entity to depart,

e.g. 11/10/54 Clamecy, France or 13/10/54 Bourrasole, France.

In other cases an entity speaks to the witness in a language the witness does not understand, then leaves, e.g. 5/10/54 Loctudy, France or 4/10/54 Chaleix, France.

In only 2 cases are there witnesses who report events which might be interpreted as attempted abductions.

(1) 12/10/54. Teheran (Iran).

"A disc shaped object came very close to the ground in a densely populated area. Chasim Faili, one of those who witnessed the incident, screamed when he thought he was going to be 'kidnapped.', a crowd gathered and the craft took off."

(2) 10/12/54. Chico (Venezuela.)

Two young men approached a 3m diameter object near a highway. Four small beings attacked them, apparently in an effort to kidnap one of them. The witnesses resisted and the beings ran into the machine which took off.

## NEW BOOK

Bullard, Thomas E. 1995. "The Sympathetic Ear: Investigators as Variables in UFO Abduction

Reports." Fund for UFO Research. Mt. Rainier. Folder bound. 132pp. Price unknown.

The 1992 Abduction Study conference held at M.I.T. in Boston, opened up numerous lines of research for those who attended.

Folklorist Eddie Bullard became interested in the possible ramifications of the questions: "Are investigators responsible for consistency in abductions?" and "Do these play on an abductee's beliefs and fantasy to put the right words in the subjects mouths?"

In order to answer these questions Bullard decided to undertake a detailed questionnaire survey of a sampling of abduction researchers including myself. The initial results of the analysis of the collected data appeared in "Alien Discussions" the published proceedings of the conference.

The item under review is an expanded version of the "Alien Discussions" article. As I was one of the 13 respondents to the survey the Australian abduction experience is well represented.

The resultant analysis covers, inter alia, the beings, the examination, aftereffects; then onto where respondents agree/disagree, and concludes that the investigator as a variable is an almost invisible

## NEW BOOK (ctd.)

presence.

Some surprises do turn up. One is the relative scarcity of "missing time" accounts despite this being a much publicised aspect of abductions. On the other hand, the fact that paranormal experiences frequently occur to experiencers is strengthened by this survey.

Numerous tables support the text and once again, Bullard is to be congratulated for some truly hard working research, so different from others who accumulate large volumes of data but publish so little. In short, this is a valuable research tool to be studied at leisure.

## FROM THE LITERATURE

An article by Karol Barnett: "Human and Alien: Double Identities" appears in "International UFO Library" Vol 3 No 4 (1995.)

Psychiatrist Dr John Mack was one of the first to cite personal research where experiencers had identified themselves as possessing both an alien and a

human identity. Psychologist Edith Fiore also came across persons reporting this as a part of their accounts.

This short piece brings together references to this dual identity from scattered sources.

## FEEDBACK

In Vol 1 No 1 of this newsletter I reported on the "Exploding Head Syndrome." The syndrome involves the sense that an explosive noise has occurred inside the head. The medical literature contains a number of articles on the topic which reveals that onset varies, with the commonest age being in middle to old age. It is reported to occur on the interface between sleep and awake.

The reason for mentioning this in the Newsletter was that some experiencers had talked of unidentified head noises and wondered if they were related to their abductions?

A while ago I received a telephone call from a lady who had been reading some back issues of the Newsletter including that piece. Although not an experiencer, she too had undergone the Exploding Head Syndrome as identified by her medical practitioner. However, 2 elements of her account were different from the medical literature.

One was that her episodes could happen when she was awake. The second was that there seemed to be a time sense to the explosions.

She has therefore asked me to inquire of readers: (1) If they have experienced this syndrome, and if so, under what circumstances; and (2) has anyone noticed the timing with which the episodes occur? I'd appreciate letters from readers on this issue.

## NEW BOOK

Budden, Albert. 1995. "UFOs: Psychic Close Encounters." Blandford. London. Paperback. 256pp. Price A\$19.95.

The book opens with Chapter 1 describing Budden's concept - that of the "Electro-Staging Hypothesis" in which he suggests, as others have previously done, that close encounters are events produced by the human mind in altered states of consciousness combined with natural and artificial radiation.

The three main objections to psychic explanations, namely physical aspects, multiple witnesses, and consistency of experience, are explored and debated. Budden concludes that:

## BUDDEN CONTINUED

"..it would seem that suitably irradiated witnesses are able to produce hallucinations that seem totally real to them, apparitions that have selective and temporary physical aspects about them, and physical "constructions" which have a transient existence."

Chapter 3 discusses people who are electrically sensitive and symptoms they experience such as blackouts which may be misinterpreted as periods of "missing time."

Subsequent chapters document the effect of electrical fields emitted, both naturally, and from man made sources; and speaks of unidentified atmospheric phenomenon such as earthlights, illustrated with numerous case studies.

Jenny Randles' Oz factor-the apparent slipping into an altered state during a UFO close encounter, and the electrical sensitivity of some people, are woven together in Chapter 6. Here the classic U.K. Aveley abduction event receives a creative explanation in terms of Budden's "Electro-Staging Hypothesis." Budden clearly suggests that even abduction events can be caused by these

mechanisms. He regards the abduction scenario as: "...a symbolic acting out and...a form of psychodrama."

Chapter 7 presents a number of case studies which are assessed using the hypothesis.

This is a challenging work, which builds on the suggestions of a number of previous works. However, Budden believes that the hypothesis has not previously been adequately formulated.

The work will arouse the hackles of dedicated ETH proponents. However, it does raise some constructive viewpoints about certain known facts, and as such needs reasoned debate.

## FROM THE LITERATURE

The MUFON Journal for October 1995 contains a 7 page article titled: "Meeting With The Alien" by English author and researcher Paul Devereux.

Devereux's approach to the UFO phenomenon, as set out in this article, is to clearly divide sightings of UFOs from alien abductions as he believes they have separate causes. His interpretation of abduction experiences is guided by his acceptance that the experience is set in an altered state.

In this altered state of consciousness (ASC), experiences are almost inseparable from waking reality, so much so that someone undergoing them accepts them as real.

Devereux points out the work of Kenneth Ring indicates the involvement of dissociation processes. This ability enables some people to readily enter ASCs under certain circumstances. After discussing hallucinogenic entries to ASCs his "guess" about abduction's is that they are: "...distorted views of the greatest alien there is-the self, the deep nature of the human psyche."

Moving away from abductions to the yet unexplained core of UFO sightings, Devereux reminds us that he has been saying for some time now that it is due to "Earthlights". These terrain related packets of energy, when seen at close range, appear to have the capacity to produce amnesia and ASCs. Here Devereux speculates that a few abductions may be due to close encounters with an earthlight.

### CONFERENCE

For details about the Melbourne experiencers' conference contact:  
**PO Box 138**  
**Upper Ferntree Gully**  
**VIC 3156.**

## RESEARCH NEWS

### SLEEP PARALYSIS

Paralysis of the body is frequently reported by those undergoing an abduction experience, and has become an accepted "fact."

What is far less known is that the medical literature reports the same phenomenon, calling it "sleep paralysis" and cites a frequency of incidence among the general public of 3-6%.

"Sleep paralysis" in the medical sense is reported as due to the appearance of Rapid Eye Movement (REM-dream stage of sleep) at times when you wouldn't normally expect it to occur. During REM sleep, muscle tone is almost non-existent so that you don't carry out the activities of your dreams into reality. If you dreamt you were being chased by a dragon, if muscle tone were present you'd get out of bed and run!

What actually happens in "sleep paralysis? Well, the medical literature recounts that a patient will report feeling partially awake and partially asleep. Accompanying the actual paralysis is usually an increased anxiety level and sometime

hallucinations. Time may be distorted and there is an inability to talk or speak.

I am currently researching the relevance of this topic and will report upon my findings in due course. I'd like to hear from anyone who has suffered this paralysis during an abduction.

### AN URGENT MESSAGE

The following was received from Greenleaf Publications with a request to publish it.

"Dr Karla Turner, UFO abduction researcher and author of *Into the Fringe*, *Taken* and *Masquerade of Angels* (with Ted Rice), has contracted a very dangerous form of cancer. Her doctors believe it will be fatal without treatment, which is expensive. Dr Turner's own finances have already been depleted, so she needs your help. A nonprofit fund has been set up. Please send your donations to:-

Karla Turner Fund  
C/o Boatmen's bank  
PO Box 1681  
Little Rock, AR 72203-1681."

## FROM THE LITERATURE

Donna Higbee, a hypnotherapist from Santa Barbara, in the September 1995 issue of the MUFON Journal voices her concern at a growing trend she has noted in the experiencers with whom she is in contact.

The article opens with an observation of how two members of this support group, who had previously talked of the trauma of their abductions, suddenly came to state that their experiences were for their own good and facilitated their spiritual growth.

Higbee decided to see how far reaching these attitudes have become and talked to a number of other experiencers. Their responses are described in the article. Typical replies were along the lines of: "I'm frightened by the current trend that many abductees seem to be going through in assigning the abductors benign motives in the spiritual growth of the abductees and planetary healing", or "some abductees express years and years of anger and confusion, then suddenly announce they don't think the aliens are really so bad after all."

The article closes by reminding us all that we don't really know what is occurring.