

UFO ENCOUNTERS

Worldwide Coverage of UFO Phenomena

Vol. 2 No. 4 \$3.50



Fear of UFOs

**Latest Cattle
Mutilations**

**Secrets of
Russian Seas**

**Alien Contacts
and Abductions**

**Gulf Breeze UFO
Conference**

**Researching
Alien
Abductions**



The Truth Is Out There!

UFO ENCOUNTERS MAGAZINE

Vol. 2 # 4

<i>From the Editor</i>	3
<i>Another Great UFO Conference!</i>	3
<i>The Fear of UFOs</i>	8
<i>How Do I Make It From Here . . . To There?</i>	14
<i>Upcoming Events</i>	17
<i>Latest Cattle Mutilations</i>	19
<i>Secrets of Russian Seas</i>	20
<i>Alien Contacts & Abductions</i>	23
<i>Researching Alien Abductions Part I</i>	24
<i>Classifieds</i>	31

Contributing Writers

Ritchie Benedict, C. Leigh Culver Cl.H., Preston E. Dennett, Linda Moulton Howe, Michael Norris,
Paul Stonehill and Katharina Wilson

Front Cover Artwork - Christine "Kesara" Dennett

Contributing Artwork - Michelle Hatchett and Linda Moulton Howe

Copyright 1995 by Aztec Publishing. All rights reserved.
No material in this issue may be reprinted without written
permission of the publisher. *UFO ENCOUNTERS* is
published bi-monthly by Aztec Publishing. Domestic
subscriptions are \$19.95 a year (6 issues). Subscrip-
tions, submissions, ads, letters and all correspondence
may be sent to: Aztec Publishing, P.O. Box 1142, Nor-
cross, GA 30091-1142.

Staff

Chief Editor/Research Director – Michael Norris
Associate Editors – Derek Sikes, Shannon Castleman
Marketing/Distribution – Leslie Anderson
Abduction Research – C. Leigh Culver, Cl.H.
Field Investigator – Michael Fousse'
Phone: (404) 923-7247
Fax: (404) 923-5900

From the Editor:



Just before going to press with this issue, we learned about an interesting UFO encounter that was videotaped in Kingsley, Michigan, on December 21, 1994. Local resident Tracey Cejda witnessed an object she described as "two or three times the size of my barn" hovering at tree top level near her home.

"The whole inside of the object appeared honeycombed," Cejda said. "It had what seemed to be mini lightning bolts in the middle of it that would go off sporadically. The object was a bluish gray color. We noticed later that it had a red oscillating light on the top of it. It's hard to describe the feelings that were running through me."

Cejda's neighbor, Michael Stelter, captured the UFO on videotape. Officer Glen Guldner, of the Michigan State Police, arrived at the scene and witnessed the object also. Through binoculars he observed that "on the underside of the object a large amount of individual lights were seen that appeared to be connected by a softer light running between them."

Witnesses say that the UFO temporarily disappeared when military jets flew past. 1994 was a busy year for Northern Michigan UFO investigators. We will try to gather more details on this sighting in time for our upcoming issue. So, until next time, keep watching the sky!

Michael Norris

Another Great UFO Conference!

The Second Annual Gulf Breeze UFO Conference

by Michael Norris

In mid-October, Project Awareness sponsored its Second Annual Gulf Breeze UFO Conference. This event was exceptional, even exceeding the previous year's conference. The speakers were informative, and a weekend near Pensacola Beach was most refreshing. During the conference, there was an air of anticipation among the attendees. To top off the trip, a small group of us had a spectacular UFO sighting! More on the sighting at the end of the article.

Before I highlight the presentations of some speakers who were present at the conference, I will give an overview of our weekend:

UFO researchers C. Leigh Culver, Michael Fousse' and I arrived in Gulf Breeze early on Friday morning, October 14. Speakers began their presentations and classes about 10:00 a.m. that day. Later that evening, we

enjoyed a "nightcap with the speakers party" and got to meet many of the speakers, along with several friends and fellow researchers from the famous Gulf Breeze area. Saturday continued with lectures, and ended with a cook out on the beach followed by

During the conference, there was an air of anticipation among the attendees. To top off the trip, a small group of us had a spectacular UFO sighting!

an evening skywatch. Sunday wrapped up the presentations.

Pensacola Beach offered a great getaway from the everyday chaos as I walked along the warm, greenish-blue water and white sand beaches of the Gulf. The great thing about the month of October in Pensacola and Gulf



The Allagash Four



Leah Haley and Marc Davenport answer questions from attendees.

Breeze is that you get more of the beach to yourself as tourists are scarce that time of year, and it is still warm enough to enjoy the beach and have a skywatch for that famous UFO that locals have nicknamed "Bubba."

Katharina Wilson

Katharina Wilson gave a superb lecture about her abduction experiences and how she coped with them. I found Wilson's presentation very genuine, insightful, and I enjoyed her sense of humor. One couldn't tell that Wilson was relatively new at speaking before large audiences about her experiences. She gripped the audience's attention as she described her abduction accounts.

Wilson is an excellent artist, and her drawings of the different alien types that she has experienced were some of the best that I've seen. While talking about her new book, *The Alien Jigsaw*, Wilson commented, "I titled my book 'The Alien Jigsaw' because the UFO abduction phenomenon appears to be the most complicated puzzle mankind has ever had to

piece together. Although we have accumulated many pieces to the puzzle, we are still having a difficult time figuring out how they all fit together. It is my hope that by publishing everything that I have experienced, I not only added another piece to the puzzle, but I also have been able to contribute information that will help us better understand what is happening to abductees."

Wilson remarked that had she not experienced the abduction phenomenon for herself, she is not sure how much of the abduction phenomenon she would have actually believed. I am sure many abductees would agree with her!

"... the UFO abduction phenomenon appears to be the most complicated puzzle mankind has ever had to piece together."

Marc Davenport

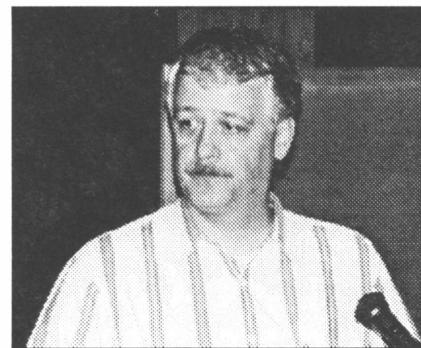
Marc Davenport gave a unique presentation titled, "The Warping of Space Time." (I am doing my own research in this area for possible solutions to the UFO mystery — look for a future article.)

Davenport has examined many UFO cases and has proposed that warped space time and time dilations may explain some of the more unusual characteristics of the cases. He also explained how time dilations could be used to travel great distances in relatively short periods. "Contrary to popular opinion," Davenport explained,

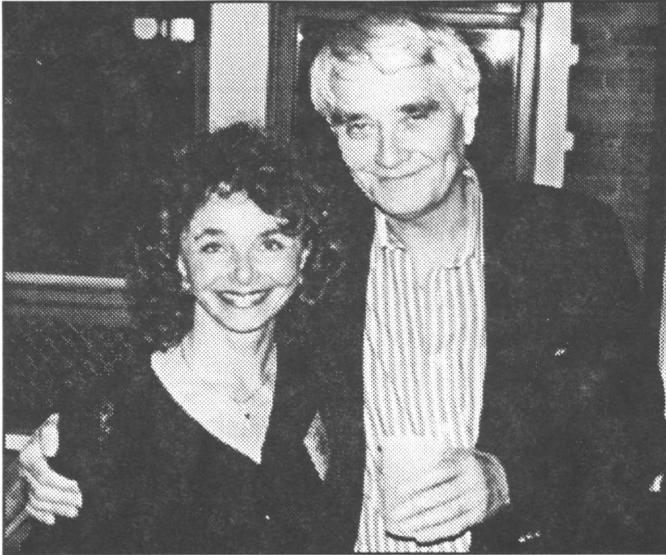
"physicists have proven that time travel is a reality."

Davenport played a videotaped interview of his wife, Leah Haley, who is an abductee. Haley said that she was told that time is no more linear than the Earth is flat — that time is like the slinky, the child's toy. It could be bent, she was told, stretched, contracted and overlapped. She claimed that because of this, decisions that we make today affect not only our future, but whether or not certain aspects of our past occurred. She was told that time as we perceive it is completely nonexistent. Haley said that it was explained to her that there is more than one dimension, or more than one slinky. The slinkies, or these dimensions, can intersect or even overlap. This, she was told, is why time inconsistencies sometimes occur during abduction experiences. An abductee might be taken away from their particular dimension momentarily, and then put back after being in another one. Their perceived time in the other dimension may not match the time they were actually missing from their home dimension.

All these theories are highly controversial and at this point cannot be proven. Because of this, most magazines chose not to com-



Kevin Randle of Roswell fame



Linda Moulton Howe and Budd Hopkins

ment or report on these ideas. However, I feel it best to keep an open, yet skeptical mind and consider all possibilities until we uncover the truth about the phenomenon. Until that happens, no one theory is any greater than another.

Budd Hopkins

Hopkins began his lecture titled, "New Research on Implants and Group Abductions," by saying, "There really isn't any way that you can approach this subject without realizing that you are going to see and feel a tremendous amount of anguish, confusion, pain and so forth with the people you are working with. That just goes with the territory. There is no real way to turn this into a happy experience, even though there are people who try to do it. I don't think it can be done. However, people who have had these experiences can, in a certain sense, master the experience . . . but actually, we are not getting

gifts from the aliens. When people come through, remarkably, it is because of their own inner resources. I think we have to look to ourselves, rather than the aliens or the United States government for any kind of help."

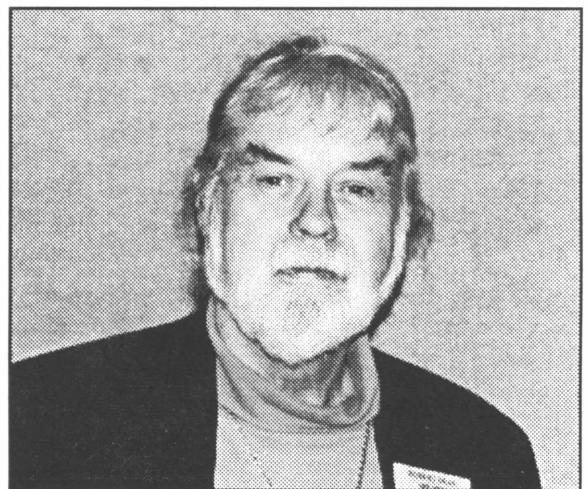
During his presentation, Hopkins showed slides of some very unusual bruises that have emerged after people's abduction experiences. He commented that he had observed many objects on X-rays and CAT scans from abductees that may have been alien implants. He even showed a few photo slides of some. What's interesting, is that within a few days after the objects are captured on film, they disappear before they can be retrieved. It's almost as if, Hopkins added, the aliens know when an implant is discovered.

Hopkins says he now has twelve cases where couples have met in real life only later to realize that they were both abducted as children and brought together in an alien environment. The aliens, Hopkins speculates, may be studying human relationships and how they form.

Many hybrid cases have surfaced during

Hopkins' research. He played an audio tape of a hypnotic regression session that he did on one such case. The event involved a man who was abducted and shown seven hybrid babies that he was told were his. The individual had serious problems dealing with such a revelation. The tape was emotionally charged as the man recounted his experience.

While in Gulf Breeze, I had dinner with Hopkins and was able to discuss many issues surrounding the abduction phenomenon. As I spoke with him, I felt as if I were talking with a war veteran who had long realized that wars would always remain, and that when you won one, another would follow. My personal opinion about Hopkins, and I have always admired him, is that he has accepted long ago that these encounters will always be a part of our existence and that he is determined to help as many people as possible work their way through them. Perhaps in this way they may live their remaining lives as normal and happily as possible. I strongly believe he has been successful in doing so.



Robert Dean

Forest Crawford

Forest Crawford presented some exciting ideas and theories during his lecture titled, "The New Paradigm of Mind and Matter."

"We still have a problem," Crawford explained. "All these years that we have been investigating this phenomenon, and a lot of really good investigative science and techniques have been used over the years to try to figure this thing out, we still cannot plug this phenomenon into our reality. We are still having trouble understanding what's going on and why." Crawford believes that our understanding or perception of our own reality is not complete enough to understand something as complex as the UFO phenomenon.

Crawford discussed some latest theories and research about how the universe is made up and how we perceive that universe. The ideas he presented were new and fascinating, but unfortunately they are too complicated to explain here in this short piece. I will try, however, to get Crawford to sub-

mit an article on these ideas in a future issue of *U.E.*

Linda Moulton Howe

I must say that the one speaker who always motivates me is Linda Moulton Howe. Every time I hear Howe speak I feel "revved and ready to go." Howe obviously puts forth much heart and soul into her research.

Howe's presentation was titled, "Glimpses of Other Realities," which is also the title of her new book. If you don't own a copy of her latest book, then get one. No UFO research library can be complete without it.

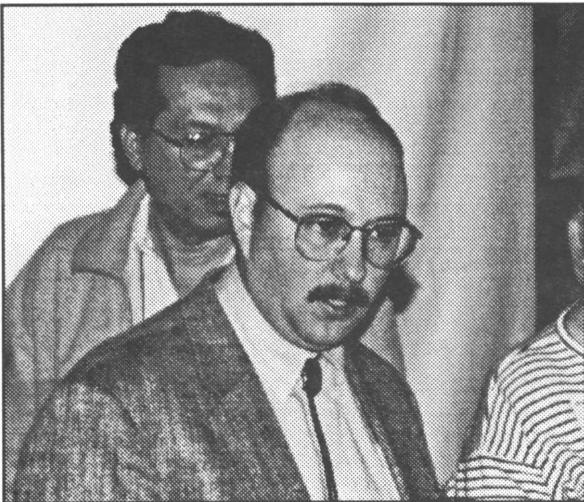
Some recent and unusual crop circle formations were one topic on which Howe spoke. A few of these crop circles included formations where dead animals were found within the formations. She said that on July 15, 1994, a rat was found dead in a crop circle formation discovered in Ontario, Canada. Howe explained that this incident was very similar to two other Canadian crop formations found in July 1989 and August 1992. Within these crop circles dead porcupines were discovered. In the 1992 formation, which appeared in Milestone, Saskatchewan, the porcupine was found "flattened like a cartoon character." Assumably, all these animals were killed during the formation of the crop circles. I would like to see a crop circle hoaxer convince a porcupine to remain still long

... it was discovered to the amazement of investigators, that a large piece of skull was removed. There were no incisions on the head to explain how the bone was excised!

enough to be flattened!

Cattle mutilations have been a strong interest of Howe's for years. She described one incident that took place near Las Vegas, Nevada, where a steer was found mutilated. On further examination in a laboratory, it was discovered to the amazement of investigators, that a large piece of skull was removed. There were no incisions on the head to explain how the bone was excised! The skull surface area where the bone was removed was very smooth, unlike what someone would find if a bone saw was used. This steer was kept in a double fenced area on a well-kept ranch.

"We all wonder how much the U.S. government knows," Howe declared, "and whether currently there are signs that the policy is cracking under the strain of increasing numbers of testimonies from people all over the world that something very strange is among us. The revolution that I think is about to occur — no matter what else, I think that this has to happen — is that there will come a new consciousness that will be global — that we are not alone in the universe. Everybody in this room may sense that, but I can guarantee you that the majority of the public still has not reached square one. And reaching a revolutionary



Forest Crawford answers questions.

point, a pole shift in consciousness from a planetary point of view that we are not alone in the universe, carries with it the unpredictable consequences of human reactions to that revolution.”

Many other fine speakers attended the conference: Dr. Leo Sprinkle, who spoke on alien messages; Robert Dean on UFOs and the alien relationship with the human race; the Allagash Four on their fascinating abduction story; Dr. Horn on humanity's extraterrestrial origins; Dr. Boylan on close E.T. encounters; and Kevin Randle on the Roswell investigation. I only highlighted a few of the speakers. You have to attend

one of these conferences to appreciate the great wealth of information that can be learned.

Our Sighting

Late Sunday evening, after the conference was over and most of everyone had left for home, investigators Linda Moulton Howe, Leigh Culver, Michael Fousse', Ginger Richardson and I decided to head for the beach for one final skywatch — and we weren't disappointed! What follows are Linda Moulton Howe's report, and drawing, of what we saw:

Sighting Report: By Linda Moulton Howe

Sighting Date: Sunday, October 16, 1994

Sighting Time: Appx. 11:55 PM CST

Location: Pensacola, Florida, near Ft. Pickens Park

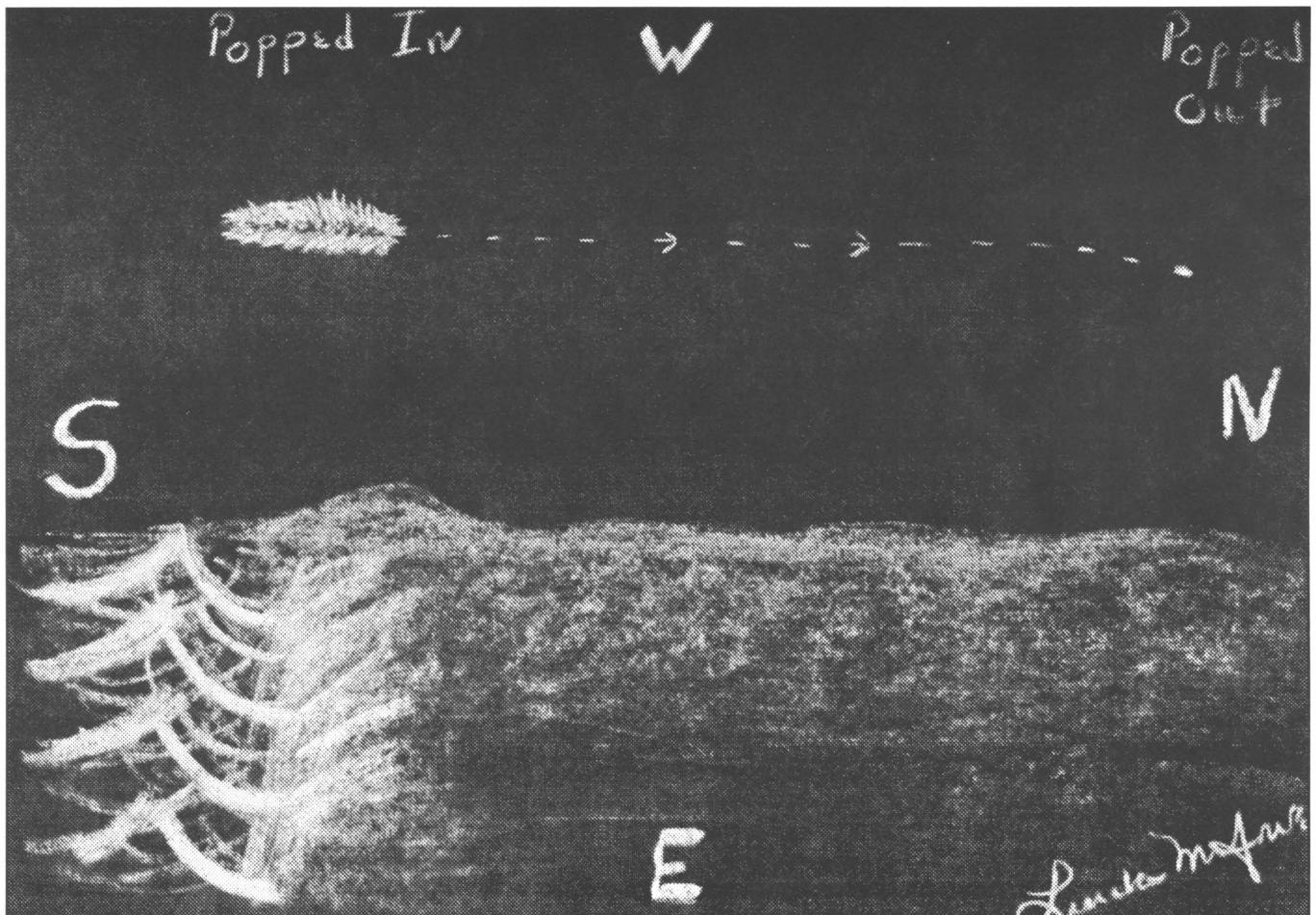
Witnesses: Five

Drawing By: Linda Moulton Howe

Details:

Editor Michael Norris and I were standing near the ocean waves at the beach. I was facing west. Three others were about 200 feet inland (north) walking west. I was first to see a bright, scintillating, ripe-banana-skin-yellow-colored object suddenly pop

Continued on page 29



The UFO witnessed at Pensacola Beach. Artwork by Linda Moulton Howe.

The Fear of UFOs

by Preston E. Dennett

After interviewing hundreds of people who have encountered UFOs, I have made a few conclusions. One fact that has held true for every encounter I've investigated is, *the closer the encounter, the greater the emotional impact.*

There is no doubt that UFOs are scary to the people who see them. One summer evening in 1976, Joel S. and his friend saw what looked like "a house on fire flying through the air," over the San Fernando Valley, in southern California. Joel was absolutely terrified by the sight. He says, "I'll tell you, I've never been so scared in all my life. I've seen a lot of crazy things. I've been in some bad situations, but this scared the hell out of me. We dropped what we were doing, and we ran." Joel and his friend couldn't even discuss the incident. It scared them tremendously. To this day, Joel refuses to return to the location of the incident.

Around 1975, another lady, Marlene Ber-kovitch, saw a round, metallic UFO with portholes hovering outside her home in Belle Vernon, Pennsylvania. She said, "It was right in front of our window, but I was too scared to scream for my mom because I thought that they might come out and do something, take me, or freeze me, or zap me. I didn't know what they would do! It was *really* scary, and I didn't want to look in to see them, not knowing what they would be."

In 1982, another man, Keith Boyer (pseudonym), was driving with a friend down the I-5 freeway in central California when they both saw a huge UFO with colored lights land next to them on the road. They were struck by a beam of light and suffered a period of missing time. Keith had always wanted to see a UFO and thought it would be fun. But as he says, "It was nothing like that. It was an odd and terrifying bright object that was scary, and I wanted to get away from it as fast as possible . . . it was a profoundly disturbing sight because it could not

"I'll tell you, I've never been so scared in all my life. I've seen a lot of crazy things. I've been in some bad situations, but this scared the hell out of me."

be explained by the brain. The brain kept trying to impose things like helicopters or airplanes as explanations, but there were no explanations. And that was when the shock began. Here was a completely inexplicable object. Disturbing. I mean, distressing! It bothers one."

Shortly after the encounter, Keith quit his job, left his girlfriend, moved away and went back to school. The encounter, he says, was the catalyst for the change. As of yet, he has declined hypnosis. Although he may one

day try it, right now he says, "I'm reluctant to tamper with it any further. To tell you the truth, I have a horrible feeling that there was more to it, and I really would like not to know about it."

As we have seen, the fear of UFOs can cause a total transformation in a person's behavior. Why the fear of UFOs is so intense is not exactly understood, but it is intense. Whitley Strieber has said that he can't imagine anything scarier happening to a person than being abducted by aliens. Betty Hill has stated that during her abduction, she was so scared that she was convinced she would die of fright and couldn't understand how she survived.

Now that we have established that UFOs are frightening for the people who encounter them, how does this fear manifest *after the encounter?* By knowing how the fear of UFOs manifests, researchers will be better able to determine if people have suffered an abduction or close encounter.

In this article I will examine four cases. In each case, the person experienced a very close encounter, and the fear manifested in very similar ways.

Case One

On December 26, 1988, Teri Smith of Chatsworth, California, experienced a bedroom visitation. She awoke in the middle of the night to find that she could not move, see or cry out. She felt something poking her leg and she was able to break free of the paralysis to watch a bright light leave her room. Outside the window she saw a "round-like spaceship." The light entered the object and

“It was right in front of our window, but I was too scared to scream for my mom because I thought that they might come out and do something, take me, or freeze me, or zap me. I didn’t know what they would do!”

the object went straight up. Teri woke up her boyfriend who had been sleeping next to her, but he had experienced nothing.

Teri was badly shaken by the ordeal. She was most disturbed at the fact that something had hurt her leg. She said, “It felt like there were, all of a sudden, fingernails or something in my leg. I stopped trying to move it, because I was scared. But I still kept trying to lift my upper body. That’s when I got scared, *really scared*. It was just this sharp . . . it felt like four nails. Not like a hand with four fingernails and then, on the other side, the thumb. It was like four really sharp pains in my leg. I don’t know. What I pictured then were fingernails, but it wasn’t like a hand. It was a sharp pain. It was like four or five pins, kind of.”

By the time the experience was over, Teri was by her own admission, “scared to death.” Her first change in behavior was the inability to sleep. When she did sleep, she had nightmares. The next day, Teri’s leg was still very sore. She examined it, but there were no marks. The next evening showed just how much the encounter had altered her behavior. She came home, closed the door, and although she was alone, said, “Listen, whoever’s in here, just leave me alone!” When she went to sleep, she left all the lights on.

Teri’s fear manifested itself in four basic ways: insomnia, night-

mares, admonitions to the aliens, and leaving the lights on.

Case Two

In 1958, Dorothy Hudson and her friend Carol Serrano, both teenagers at the time, were sitting on the steps of the Pio-Pico Library in Koreatown, California, when they saw a large metallic disk with lights swoop down out of the sky and hover over them. As Dorothy says, “We saw this light up in the sky. Whatever it was kept getting bigger, and bigger and bigger, until all of a sudden, it came down and it was hovering the street over the library. And we sat there, and we looked at it. We didn’t know what it was.”

It was 9:00 p.m., and their mother arrived to pick them up. She also saw the UFO. As the three of them drove home, the object began to follow. As Dorothy says, “This object followed us all the way home over the car. There was no noise, nothing. And my mom, I remember her getting a little nervous. Carol and I were sitting in the backseat, and we kept looking out at it. And we pulled up in front of the house, and my mom said, ‘Just get out of the car and get into the house.’”

Dorothy’s mother rushed the kids into the house, and the kids watched the UFO from the windows. After a few minutes, it swooped away. That’s when

Dorothy looked at the clock and noticed it was already 10:00 p.m. The drive home from the library only takes five minutes and they had left at 9:00 p.m. Dorothy’s friend, Carol, was supposed to be home. Somehow they had lost from twenty to forty minutes of time. Out of the three, Carol was the most frightened and she made Dorothy watch her return home to make sure that she would make it safely.

At no time did Dorothy feel any physical symptoms. However, later as an adult, Dorothy began to suffer from unexplainable anxiety attacks. At one point, the attacks came frequently. Dorothy also found herself with a phobia of getting into cars. She was eventually able to control these problems. However, she doesn’t link them to her UFO encounter. But when asked if she wanted to explore what happened under hypnosis, she said, “I don’t know if I’d really — I’m sure a lot of people say that — I don’t know if I’d really want to know or not, because if something like that actually happened to me, I don’t know what kind of effect it would have on me if I remembered. I mean, if it happened, it’s in my subconscious someplace, but I don’t want my conscious part to see. I don’t want to be traumatized many years after the fact. . . . I honestly don’t think I want to know what happened.”

Carol also echoes Dorothy. As she says, “I don’t think so. I don’t want to know.”

Dorothy’s and Carol’s fear manifested itself in different ways. Carol made Dorothy watch her go home, so she obviously feared another encounter. Dorothy had

anxiety attacks and a phobia of getting into cars. Both of them know that they may have buried memories of a more extensive encounter, and both have declined to undergo hypnosis. Both are too scared to remember.

Case Three

Kelly Robinson (pseudonym) and her family have seen a UFO at least five times over a period of about five years. In October 1967, Kelly Robinson was abducted out of her home in Reseda, California. The abductors were the typical gray type aliens whom she described as “scary-looking.” The abductors had huge dark eyes, large bald heads and wore uniforms. They had grayish skin, which Kelly said was like a “glove” in that it was “wrinkled, but tight.” They moved very quickly. They told Kelly not to be afraid, that she wouldn’t remember any of this. Kelly remembers without hypnosis being inside a UFO. She describes the inside as,

“gray walls and a kind of rounded ceiling, and a bunch of people trying to do something to my brain, and I was fighting them all the way. They were pulling on [me], and I [yell], ‘Let me go! Let me go!’ That morning I had a scratch on my arm, and I was really upset about it. I still have the scar. It’s on my right arm.”

Kelly was upset because the scar proved to her that the experience wasn’t a dream. She also remembered the entire episode in full detail. She remembers arguing with the aliens who kept telling her, “Don’t be afraid. We’re not going to hurt you. We’re not going to let you remember any of it either. You can’t remember . . . we’re going to take your memory away. You’ll not remember this.” Kelly shouted at them that she would remember, and she did.

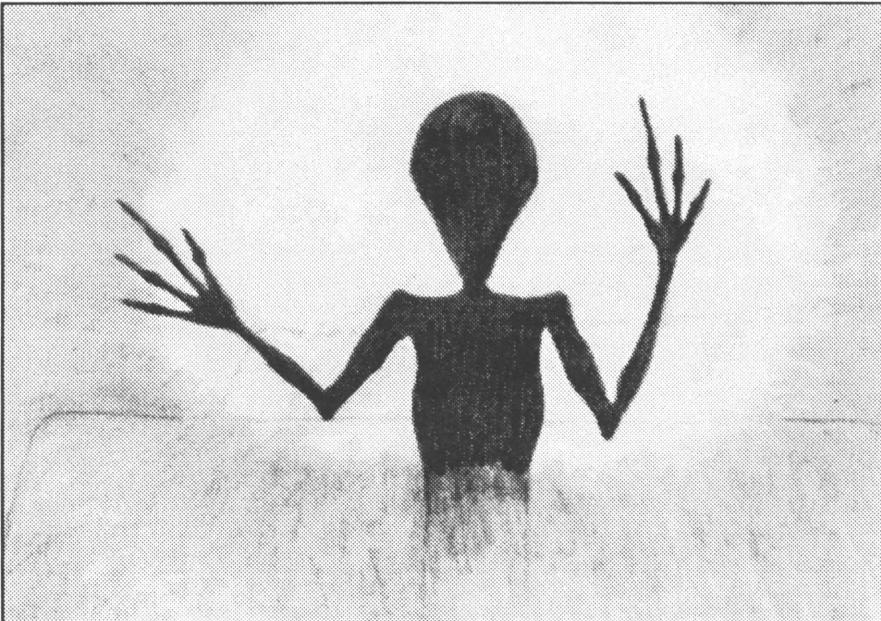
Kelly experienced three additional bedroom visitations in which small balls of light would enter her room and render her immobile. They would enter her

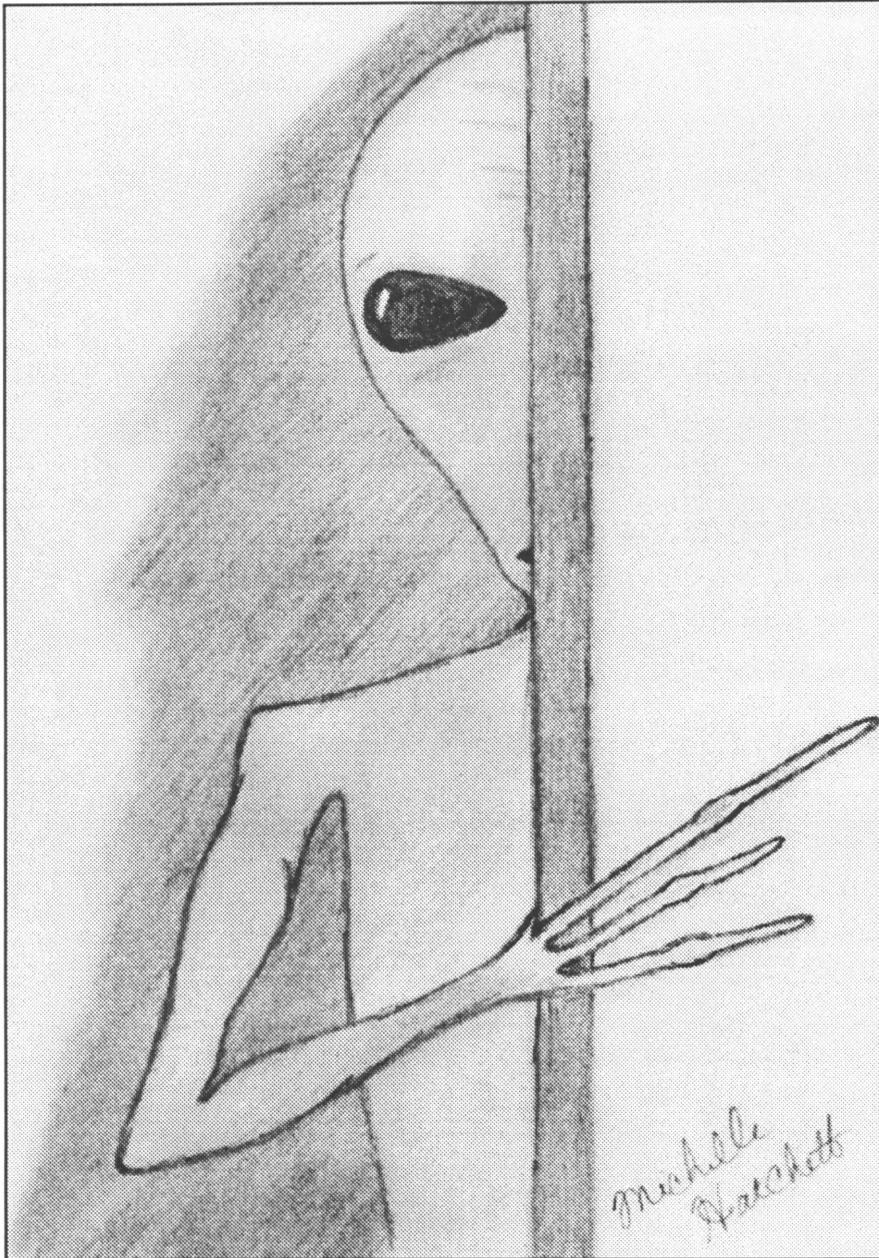
mind and communicate with her telepathically. In every episode they tried to erase her memory of the event. Each time, Kelly was able to fight them off. Each time, the experience occurred in the middle of the night, and she was unable to return to sleep.

Finally, in February 1988, Kelly’s mother had a dream that she was inside a rounded room with babies of all nationalities inside a contraption shaped like a Christmas tree. Every baby was deformed. As Kelly’s mother, Diane (pseudonym), says, “There was this round cylinder type thing that turned around, around, around. There were all these babies in little compartments, like enclosures. It was almost the shape of a Christmas tree. It was narrow at the top, and came down, and all these little compartments . . . and these babies, there was something wrong with everyone of them. Like one baby had two heads, which upset me because it was cute. But it had two heads. And another baby had a big head and a little body. And then there were Siamese twins there too.”

Diane was told by a normal-looking lady to hold and love the babies. As Diane says, “She wanted me to take one home to love. She says, ‘They have everything, but they don’t have love.’ And I felt very sad.”

This case is very standard. There were several sightings, an abduction, bedroom visitations, and a baby presentation. In this case the babies appeared to be fully human, but were also deformed. At one point during the episode, the lady aboard the UFO told Diane, “It wasn’t planned that way.”





Diane has categorized this experience as a dream; however, the details should raise red flags in the UFO investigator's mind. Diane has suffered no ill psychological reactions. On the contrary, Kelly's reaction to the ordeal has been very extreme. Because Kelly remembered her experience almost fully, she had no need for hypnosis. Still, almost immediately after each experience, Kelly

would attempt to forget it. She would refuse to think about it. She would practice conscious denial. Sometimes, though, that wasn't enough. Since she had four experiences in a period of four months, she became quickly overwhelmed by the fear of what was happening to her.

At one point, Kelly attempted to read Whitley Strieber's book, *Communion*. It turned out to be a

tragic mistake. It terrified Kelly to the point that she was unable to function normally. As Kelly says, "After I read that book, I got really scared because some of it was so much like what I've had. So it really scared me. I couldn't even read it. I didn't finish it because I was so scared. . . . When I read that book, I got so damn scared, I didn't even want to go home. . . . because there's so much stuff he said that seemed so familiar to me. It sounded so much alike. The way he felt someone was standing over him, and stuff like that. I don't know. It's freaky."

Around this point, Kelly had to sleep with the lights on and the door open. She had nightmares about being abducted. She had an irrational fear of burglars coming into the house at night. The house had to be locked up. Although she was in her mid-twenties, her behavior was like that of a child scared of the dark. Whenever she was alone in the house, she would lock all the doors and turn on all the lights. When she went to bed, she would pray. As she says, "When I read that book, and I was going to bed, I'd say a prayer, like, 'God? Keep those damn weirdos away. Just leave me alone. I want my privacy.'"

As she said, Kelly was too scared to return home. She began sleeping over at her neighbor's house. Anything was better than chancing another encounter. Kelly phrases well how abductees often feel about the experiences. "I get scared," Kelly explains, "because I really wish it was just my imagination. You know what I mean?"

Kelly still finds denial to be the most effective method of dealing with her experiences. She knows

they happened, but she simply prefers not to think about it. She is deeply curious to know if she was really visited by extraterrestrials, but she has declined hypnosis. She is simply too frightened to relive the experiences. In fact, in a follow-up interview, Kelly was unable to remember many details of her experiences.

Kelly's fear manifested itself in many ways, including sleeping with the lights on, nightmares, locking the doors, sleeping over at a neighbor's, conscious denial, keeping her bedroom door open, insomnia and prayer. These were radical changes in Kelly's behavior and all were directly attributable to her UFO encounters.

Like most abductees, Kelly and Diane have no desire to relive their experiences under hypnosis.

would appear, float across the room to Susan's crib, where he would stand waiting. Karen always tried to stay awake because she felt sure the creature was going to take her sister away, but she inevitably fell asleep.

Susan's first memories of seeing the creature, which she called "the muddy man," began at age five or six. She remembers seeing it leaning over her, right next to her bed. As Susan says, "In those split seconds, I was so terrified, I went to scream and nothing would come out. And I immediately had this feeling of needing to sleep. I pulled the covers over my head and went into what I call a severe sleep. I remember feeling like I had been drugged." Most likely, this same event happened scores of times, however, Susan con-

Kelly had to sleep with the lights on and the door open. She had nightmares about being abducted. Although she was in her mid-twenties, her behavior was like that of a child scared of the dark.

whenever the creature appeared, he came from the closet area. This was also a factor that contributed to their fear of the closet.

Later, as a teenager, Susan heard her name being called inside her head, overlapping repeatedly. Of course it terrified her, and she was only able to make it stop by screaming "Stop it!"

Around that time, she went to Zuma beach with her two sisters and her aunt. Susan experienced a period of missing time while swimming in the water. All she remembers is waking up and finding herself deeper in the water. She became very upset and her sisters had to drag her out. Of course, all these events were terribly traumatic.

Susan's fears manifested itself in many different ways. As a young child, she remembered being terrified by something as innocent as a cartoon. As she says, "When I was little, and we used to see those Popeye cartoons with the goonybirds or whatever they were, I used to be terrified of those and I never thought about why. And now I can see there's an obvious resemblance to the frightening thing that I saw. And they were supposed to be from another planet! And obviously, I must have got some idea that these are

"There was this round cylinder type thing that turned around, around, around. There were all these babies in little compartments, like enclosures."

Case Four

Susan Talamantes and Karen Sanz are sisters. They grew up in Arleta, California. In 1963, when Karen was six and Susan was two, they began to experience bedroom visitations by a creature of the typical gray type. As Karen says, "It had a very tall forehead. You know, when I first heard people talking about extraterrestrials, and I saw that picture of the *Communion* people, it looked like him, except he had a much, much taller forehead, more bulbous. His eyes were big and went around the side of his head. He had a neck and it was bony."

About once a week, this being

sciously recalls only one other.

Another episode she remembers clearly is seeing the creature in full uniform standing in her closet. The creature was looking at her, while at the same time holding a gray box the size of a shoe box. She also saw what she believes to be a clone of her mother standing next to the creature. She felt that the alien was putting on some type of show for her. Susan remembers being scared, but found herself going to sleep anyway.

After this, both girls insisted on keeping the closet door closed at night. Neither of them would go to sleep unless the closet door was closed. Karen also noticed that

bad, scary, evil things. I used to think, 'Why do they put these things in cartoons?'

After the incident where she heard her name being called inside her head, Susan's fear became intense, and she began to have panic attacks. As she says, "I thought I was going nuts. Even at a young age I thought, 'Oh, I'm losing my mind.' And I remember waking up my sister telling her, 'Something's wrong with me.' And she said, 'What's wrong with you?' And I said, 'I don't know. I'm afraid.' And it felt like I was having a panic attack. This was one of my first panic attacks."

Neither Susan nor Karen told each other about what they were seeing. It wasn't until Thanksgiving 1988, that the subject happened to come up. Both of them realized that what they thought were vivid nightmares were really true experiences. Susan went home thoroughly frightened. She behaved in a way that I have seen before. As she says, "I just didn't think about it anymore until she said that. Well, after that night when we discussed it, and we discussed the description, I couldn't sleep with the lights off. For about two weeks, I had to sleep with the lights on. I was just petri-

"I was so terrified, I went to scream and nothing would come out. And I immediately had this feeling of needing to sleep. I pulled the covers over my head and went into what I call a severe sleep. I remember feeling like I had been drugged."

fied. I was so scared that this thing was going to come back. It was coming to get me. I was going to see it. I was convinced I was going to see it. And I thought, 'Oh, I wish I never talked about this.' And what's funny, and I really feel that this has something to do with it — I am prone to anxiety attacks. . . . I never had an anxiety attack for years, until this incident, until she brought up this muddy man stuff, and all this stuff came out."

Susan soon felt compelled to read UFO books. Like Kelly Robinson, Susan read the book *Communion* as well as several others. She also suffered a similar reaction. As Susan says, "The more I read, the more frightened I became. I mean, most people read stuff, it's interesting. I was terrified. And the anxiety attacks began to come about. And I noticed that the more I read, the more frequent my anxiety attacks became. The less I read, the less frequent my anxiety attacks. And I've always had anxiety attacks since I was little. I didn't know that's what they were. But I'm positive now that it certainly had some element to this."

At one point, she almost wrote to a famous UFO investigator. As she says, "I was going to write to him and I thought, 'No, don't. Don't. I'm too scared. I don't want to find out. What if he calls? I don't want to know. Just leave it alone.' So I kind of let it go."

Susan also has trouble falling asleep. The fear that the alien will be there is very real. As she says, "Even now, I have to be very careful to close my eyes. The minute those lights are out, I have to close my eyes, don't look at anything,

The creature was looking at her, while at the same time holding a gray box the size of a shoe box. She also saw what she believes to be a clone of her mother standing next to the creature.

because you don't want to see anything — even now. And I'm living somewhere else."

Unlike most people who have these experiences, Susan wants to explore them with hypnosis. But even this scares her. As she says, "I'd like to try it, but it scares me a great deal. . . . I want to know, but I don't want to know. I'm wondering what kind of can of worms I'm opening. . . . I'm afraid of going through that experience again. It really scares me. . . . I've thought about it though. I would like to know."

Although Susan is willing to explore her experiences, she is not without fear. As she has said often, "It does scare me. Even talking about it scares me."

Susan is hoping that by exploring what happened to her, she will be better equipped to deal with it.

Susan's fear manifested itself in many ways. These included anxiety attacks, sleeping with the lights on, making sure the closet door is closed, and compulsive reading. She also had the irrational fear of a particular cartoon character.

Conclusions

The above cases are not the only cases I have investigated where people have been scared by

Continued on page 29

How Do I Make It From Here . . . To THERE?

by Katharina Wilson
Copyright 1994



Katharina Wilson

In 1987 I found myself reevaluating my view of reality and asking many unusual questions: Why am I looking for aliens in my backyard? Am I crazy? Why do I have all of these unusual memories? What am I going to do with the information? Who can I possibly tell?

I felt so different from everyone I had ever known, with the exception of my fiance Erik (who is now my husband). He was the only person who understood me. It is now seven years later, and I know I would not be here today had it not been for his constant love and support.

Although I had conscious memories since I was six years old, I simply had no place to put the information. Aliens don't exist, so obviously, the only other "person" that could be paralyzing me, floating me outside my house, and communicating with me "inside my head," was God.

Well, that explanation worked through my childhood, but when I

Something nudged me, almost pushing me over. I experienced an Awakening. As I looked at those craft, I felt strong feelings of confirmation and familiarity. I knew who they were: I had always known about them.

was sixteen and had a sighting of three hamburger-shaped craft with yellow, red and blue lights around their midsections, something changed. Something nudged me, almost pushing me over. I experienced an *Awakening*. As I looked at those craft, I felt strong feelings of *confirmation and familiarity*. I knew who they were: I had always known about them.

I told several of my friends in school the next day and was reminded that you just didn't talk about such things. I didn't speak about my sighting for another decade, until I *had* to, for my own sanity. When you accumulate enough conscious memories of being visited by alien beings, there comes a time when the pot begins to bubble over. I had to release what I had been holding inside for my entire life: *They are here.*

I published my life-story and my journal of eleven years as it relates to the experienter phenomenon in *The Alien Jigsaw*. Like so many others who have interacted with nonhuman beings, I reached a point where I felt compelled to share my information with the world. I realized that one way I could turn this into something positive was to share my information and educate the public about the alien beings.

The reason for writing this article is that I often think back to

how I felt in 1987, and the resources that were available to me. When I think about all of the people going through their own awakening (and remembering what I went through in 1987), I find myself asking new questions: What if you can't work with someone like Budd Hopkins or Dr. John Mack? What if you don't have a MUFON organization in your city, or perhaps you do, but they are not active? What if you are alone and you do not have anyone you can talk to about your experiences? What do you do then?

Keep A Journal

Part of what kept me going prior to meeting my husband was keeping a journal. In *The Alien Jigsaw* I describe my journal as "my silent, and therefore, most trusted, companion." I started keeping my journal in 1983 and I quickly discovered that it helped me to release a lot of the memo-

ries and pent-up emotions relating to my unusual experiences and dreams. At that time I had no idea how important this journal would become. It turned out that I was able to document specific details about my abduction experiences that I would not have remembered over the course of many years.

A Creative Outlet

It is not only important to write with words, but it also helps to re-create what you remember. Since I hadn't tried to draw since my childhood, I never considered the possibility that I could draw. I was encouraged, by the psychologist that I was working with in 1988, to draw what I remembered. I quickly discovered that illustrating what I remembered was very helpful. In many ways, it was relaxing for me. I experienced both a sense of relief and closure when I was able to get the image out of my mind and onto a sheet of paper. Even if you don't think you can, you should at least try to illustrate, paint, sketch or sculpt what you remember. You will probably be surprised with your results. And most importantly, there may come a time when you will want to share your information and artwork with others. If you illustrate your memories while they are still fresh in your mind, you will remember more details than you realize.

Hypnosis

I cannot over emphasize, *the decision to undergo hypnosis should not be taken lightly*. It is neither wise nor recommended to look in the yellow pages for a hyp-

notherapist who will regress you for the purposes of uncovering possible memories of abduction. There are several things you will want to consider.

First, hypnosis is often described as a state of relaxation during which you retain a certain amount of control. However, what the therapist says to you and how they say it can have long-lasting effects on you. People can be led to answer questions in a certain manner while under hypnosis. Because of this, you will want to make certain that the person you choose to hypnotize you has been

I told several of my friends in school the next day and was reminded that you just didn't talk about such things. I didn't speak about my sighting for another decade.

through training specifically for hypnosis and is experienced. You should also speak with at least one other abductee who has been hypnotized by the person.¹

Something else you will want to consider is your support system. Often, after you begin hypnosis you will have many new memories to assimilate. Will you have someone you can talk to about them? Do you have a friend or spouse who will support you while you pursue this type of investigation? If you are experiencing family problems or problems at work, the last thing you need to deal with is a flood of memories about aliens who may have abducted you.²

Another point to consider is your answer to the question: Am I

having enough memories and serious enough problems with my memories to warrant undergoing hypnosis? As the saying goes, "If it isn't broken, don't fix it." You should not undergo hypnosis simply because you are curious about being an alien abductee. If you are not having problems or memories of events relating to the phenomenon, then I recommend that you do not undergo hypnosis.

And finally, when exploring lost or partial memories, you should remember that hypnosis is not a "cure." You will no doubt have many questions after hypnosis, the first of which will be, "Was it real?" No one can answer this question but you.

Remember, obtain a professional referral before undergoing regressive hypnosis. Treat the health of your mind the same way you would treat the health of your body.

A Psychological Evaluation

It was important for me to seek out health care specialists for two reasons. Since I was eighteen, I had experienced migraine headaches and none of the nine doctors I had seen over the years could tell me why. I also came to suspect that what I was remembering were real events. In light of these two recurring events in my life, I believed both psychological and medical evaluations were important in an investigation of my abduction experiences.

Over the past ten years I have undergone a CAT scan of my brain and a CAT scan of my sinus cavity, and two complete psychological evaluations: one by a psychologist who did not believe in the

If you are experiencing family problems or problems at work, the last thing you need to deal with is a flood of memories about aliens who may have abducted you.

existence of UFOs and one by a psychologist who did. Neither evaluation showed signs of mental instability or mental illness. Very recently I underwent an MRI scan of my brain that showed no abnormalities.

Having given my opinion and recommendations concerning hypnosis, you should know that the scientific community is rather closed-minded when it comes to considering the reality of the abduction phenomenon.

The most popular explanations for abduction memories are False Memory Syndrome (FMS), Sleep Paralysis and Fantasy Prone Personality (FPP). I think it is important for people to know that these 'syndromes' are not officially recognized in the DSM-III-R (the Diagnostic and Statistical Manual of mental disorders) and do not scientifically explain a phenomenon as organized and as widespread as the abduction phenomenon.

The closest diagnosis that meets the symptomatology of abductions is Post Traumatic Stress Disorder, or PTSD.

The following information in italics was summarized from *Abnormal Psychology and Modern Life*. Its authors, Carson, Butcher and Coleman describe PTSD:³

"In post traumatic stress disorder, the stressor is uncommon. This means it is outside the realm of typical human experience and it is psychologically traumatic."

For experiencers of abduction, the stressor is certainly associated with events that are uncommon. Even the most benign encounter can be considered uncommon, especially in our society.

"The traumatic event is persistently reexperienced & the individual may have intrusive, recurring thoughts or distressing dreams."

One example is not only something that I have distressing dreams about, but a subject that my readers often bring up in their letters to me: recurring dreams about having to save their children or their pets from being taken by the aliens.

"The individual persistently avoids stimuli associated with the trauma, for example, he or she tries to avoid activities related to the incident or blocks out the memory of certain aspects of the experience."

Imagine driving out of your way every day because you are terrified of a specific stretch of road, or never having children because you are generally terrified of the idea, but do not know why.

"The individual may experience persistent symptoms of increased arousal, for example, staying awake at night or having difficulty concentrating."

Experiencers of abductions

will often wake up at the same time each night for an 'unknown' reason. (The time most often reported to me is between two o'clock and three-thirty in the morning). Staying awake at night has been described to me by abductees as a way to "postpone the inevitable." They sense they are going to be abducted, and it seems to be the only way they can fight back. However, they are quick to add that eventually the aliens will win because they (the abductees) have to sleep at some time.

And finally, *"The individual experiences the symptoms for at least one month."*

What we have learned about abductions is that they are life-long, and they don't go away simply because we are not, at present, on board a craft being examined. Abductions stay with us each day of our lives. However, there are some other steps you can take to help deal with your experiences.

Networking

Something that was helpful to me was to network with other abductees as well as with people who had an interest in the abduc-

Imagine driving out of your way every day because you are terrified of a specific stretch of road, or never having children because you are generally terrified of the idea, but do not know why.

tion phenomenon. One way you can do this is to attend local UFO meetings. I have discovered that most of the people who attend these meetings, lectures and symposia have either seen a UFO themselves, are an experiencer of abductions, or have a family member or someone close to them who is an abductee. Usually, you will meet people who share a desire to learn all they can about the UFO abduction phenomenon.

There are also several new journals, such as the one you are reading now, that are aiding tremendously in the networking process. They weren't around seven years ago and they are helping abductees and new researchers share their information with many more people than was possible in the 1980's.

Abductees Helping Abductees

Sometimes experiencers of abductions reach a point where they take the initiative to help other abductees. Often they begin by meeting individually with others, and will then go on to hold small support group meetings. If you feel the need to move in this direction, I advise you to move slowly and cautiously. I've never advertised that I hold support groups and I don't advise that you do this either.

There is no need to "reinvent the wheel," so it is best to begin within the established UFO community. You will want to find out which groups are already meeting and what their focus is. If you do this and sincerely want to help others, believe me, people will find you.

Going Public

This is a complicated and difficult decision to make. It is important to know that there are different levels of going public. You can choose to use a pseudonym, have your face shaded on camera, use written media only (with no photo releases of your image), speak only at UFO conferences located outside the city where you live and work, or write articles about your experiences. You may also choose to share your information with a researcher who will publish your story along with other cases they have researched.

I believe it was a good decision for me to go public. I felt an overwhelming need to get my information out and doing so was cathartic. I have had experiences that fit the "Hopkins-Jacobs" abductee mold and many others that have not. I knew that a book like *The Alien Jigsaw* had not been written yet and was needed.

Shortly after my book was published, Dr. John Mack's *Abduction: Human Encounters with Aliens* was published. With such a wide variation of alien interaction occurring, I believe we have reached a point where we now realize that we are not *either* abductees or experiencers, we are *both*.

In the end, it was my experiences involving seeing military and government personnel working with the aliens that made me take the risk. I knew I had to share this information with others because other researchers were obviously not going to do it for me.

If you have information that has not been made public then I

Upcoming Events

Feb. 28: Leah Haley & Marc Dav-enport on Abductions by Aliens & the Military; UFOs, Time Travel & the Reasons Behind Contact – Castlegate Hotel, Atlanta, Georgia. 7-10 p.m. Call (601) 328-8152.

Mar. 17-19: The 6th Great UFO/ET Alien & Abduction Congress – The Days Inn, Borden-town, New Jersey. Call (609) 888-1358.

Mar. 29: UFO Demonstration: In support of Congressman Schiff & GAO Roswell Inquiry – U.S. General Accounting Office, Washington, DC. Call (202) 232-2410.

Apr. 7-9: 7th Annual Ozark UFO Conference – Inn of the Ozarks, Eureka Springs, Arkansas. Call (501) 354-2558.

Apr. 8: International Crop Circle Convention – Write to: CPR INTERNATIONAL-E, P.O. Box 101, Rye, NH 03870

Apr. 27-30: Treat VII, "Consciousness At the Edge: Shifting Scientific and Personal Paradigms" – Embassy Suites, San Rafael, California. Call (914) 693-3081.

May 19-21: Tampa UFO & Metaphysical Convention – Holiday Inn Crowne Plaza, Sabal Park, Tampa, Florida. Call (904) 432-8888.

July 7-9: MUFON 1995 International UFO Symposium – Red Lion Hotel Seatac, Seattle, Washington. Call (210) 379-9216.

To be included in this section, send info to: Aztec Publishing, P.O. Box 1142, Norcross, GA 30091-1142.

strongly encourage you to publish your information. If you have experienced phenomena that have recently appeared in the published literature, but are not considered common, then I encourage you to contact the authors of those publications. It is important for everyone to understand what is really "often reported," what is "sometimes reported," and what type of experience or interaction is indeed "rare."

Stages, Phases and Mood Swings

It is important not to expect too much from the UFO community. It is largely a volunteer-based community that sometimes operates in a relatively unprofessional manner.

There are many important decisions you will have to make during an investigation of your personal experiences. There are also different stages you will go through: the initial shock when you realize that abductions are a part of your life, what Dr. Mack terms "ontological shock,"⁴ and the working through and assimilation of new and sometimes unusual memories.

Oftentimes, the next stage will be fear followed by anger because the abductions normally continue. Sadly, many people get caught up in this stage and will spend many years viewing themselves as vic-

In the end, it was my experiences involving seeing military and government personnel working with the aliens that made me take the risk.

tims. If you find yourself in a support group viewing yourself as a victim year after year, you are obviously not getting the information you require to move forward. Support groups are temporary and should be supportive, not addictive.

There is nothing wrong with viewing yourself as a victim if it is a temporary state of mind. This is a natural way for people to feel when they have been violated or forced to do something they didn't want to do. However, having been there and back, I want everyone who reads this to know that had I remained in the state where I felt I was a victim, I would never have been able to learn and grow from my experiences. And, more importantly, the type of book written from that perspective would not have been very helpful to anyone.

I began meeting on an individual basis with abductees, and then I hosted support group meetings. Perhaps it is a reflection of my own transformation process that the following year I changed the format to discussion groups, and the year following that, to networking luncheons. I believe support groups have an important function, but it is important to know that there are ways to grow through these experiences as a group.

Life as an abductee is never easy, but there comes a time when we have to move forward. We all know that staying focused solely on one aspect of abductions is misleading, and in the long run not very helpful. We need to look at all the cards: good, bad, funny, strange, believable and unbelievable; and the involvement of all the players: light beings, aliens,

If you find yourself in a support group viewing yourself as a victim year after year, you are obviously not getting the information you require to move forward.

hybrids and humans (and that includes government personnel).

While my intentions are to help and offer solutions, it is important not to let me or any other researcher define your experiences for you. You made it through your experiences because you are strong and you have drawn upon your unique skills to pull you through.

The aliens have not given us enough information in order for us to understand everything that is going on. To figure this out, we are going to have to be patient with one another and continue contributing our 'pieces to the puzzle'.

Katharina Wilson is the author of *The Alien Jigsaw* (\$26.95 pp) and *The Alien Jigsaw Researcher's Supplement* (\$16.95 pp), and is a State Section Director with The Mutual UFO Network. For additional information, questions, or comments, please direct your correspondence to: Puzzle Publishing, P.O. Box 230023, Portland, OR, 972810023.

1. Although there are good hypnotherapists who are not M.D.s or Ph.D.s, in my opinion, you would be wise to begin with the most experienced person you can find. I recommend that you telephone Dr. John Mack's organization, *PEER: The Program for Extraordinary Experience Research* at (617) 497-2667 to obtain a professional mental health care referral

Continued on page 29

Latest Cattle Mutilations

by Michael Norris

Cattle Mutilations are an ongoing mystery that continues to baffle investigators. We have reported on many mutilation cases in past issues of *UFO ENCOUNTERS*, and have concluded that they remain linked to the UFO enigma. The following mutilation case, investigated by Linda Moulton Howe, adds more intrigue to an already confusing and perhaps sinister phenomenon.

The following event took place on September 13, 1994, just north of Las Vegas, New Mexico, around 4:00 p.m.:

A hunter reported to the local sheriff that he was walking through a pasture when he came across two dead cows. One was

mutilated and the other was not. To his great surprise, he then saw a cow being dragged on its side by an unseen force. The cow was being pulled across the pasture toward a "loud and intense" noise, which he described as sounding "like an arc-weld sound," that emanated from a nearby canyon. The animal bellowed loudly as if it were being tortured. Still, nothing could be seen around the cow. It was being pulled on its side with its back moving toward the noise, and with its feet dragging behind. The hunter said the animal struggled to get on its feet but was unable to do so.

Out of instinct, the man took his rifle and fired a shot in the direction of the strange noise.

Immediately, the cow stopped moving after it had been dragged nearly fifty feet, and the "arc-weld" noise ceased. After firing the shot, the hunter left to find others to bring to the site. After thirty minutes had passed, the hunter returned with other people to investigate the scene. They discovered that the cow that was dragged toward the noise was missing, along with the dead cow that was not mutilated. The mutilated cow, that was found earlier, still remained.

When the local sheriff arrived, he looked for tracks or any signs of a struggle, but found nothing, despite the fact that the ground was damp from a recent rain. The mutilated cow found in the pasture had its jaw stripped clean of flesh. It appeared that the tissue surrounding the jaw was exposed to some type of high heat. No explanation has emerged to explain the extraordinary events that took place on that September afternoon. Howe states that this latest case adds to the mounting evidence that the animal mutilation phenomenon is much more than the result of predators or the work of satanic cults. The hunter, according to Howe, is a humble carpenter and wants no attention.

More than forty-eight cattle mutilations have been reported in New Mexico in the past eighteen months. UFO researchers estimate that no more than 10% of all mutilations are reported to them to be documented. The animals studied so far have been similarly mutilated, which has included the removal of the sex organs. UFO researchers in New Mexico have warned people not to touch the dead carcasses without gloves,



Photo: This cow was mutilated on October 6, 1994, in a pasture about twenty miles from Clayton, New Mexico. Around the eye of this cow no blood could be found, but the eyeball was missing. The tongue was removed along with the rectum and the flesh around the jaw. This animal also had a dislocated hip socket. Photo Courtesy: Gail Staehlin.

because several people have reported that they received some type of burn after handling the mutilated animals.

In early November 1994, Ermenio Andreatta, who owns a ranch five miles east of La Veta, Colorado, near the New Mexican border, lost three cows valued at \$2,000. The cows were all mutilated and they appeared to have died without a struggle. All three cows had fist-sized dark spots on their chests. It was determined by experts that the dark spots were not bruises. One theory emerged that the dark spots were perhaps the result of an object used to electrocute the cows, which would explain their sudden deaths. Local sheriff Harold Martinez and his deputies have reported seeing UFOs in the area where the cattle mutilations have occurred. Martinez believes that the mutila-

tions are the result of extraterrestrials visiting our planet. Unknown helicopters have also been spotted by residents living in the area. Witnesses claim that the helicopters cannot be heard until they are directly overhead.

The mutilations continue, and questions remain: How long will our government pretend to ignore that unknown forces are carrying out their own agenda in fields and pastures across our country? What is the driving force behind these killings? Will it ever end, or is this just the beginning? We can only ponder these questions as researchers desperately search for answers.

A special thanks to the folks with New Mexico MUFON for supplying *UFO ENCOUNTERS* with information regarding the recent rash of mutilation cases.



Navy; some were killed in World War II. I loved reading books about the Russian Navy, and as a youngster spent many hours building model submarines in our local Kiev workshop for young shipbuilders. In 1972 I emigrated from the Soviet Union. After becoming a freelance journalist and researcher, I traveled around the world. I published several articles about the then modern Soviet Navy in 1980's. One of my articles described Soviet "minisubs," a formidable weapon. A Soviet military dictionary translates Russian term "sverkhmalaya podvodnaya lodka" as "underwater midget craft." I warned Western military planners not to overlook the ubiquitous "midgets." Rumors had it that the Soviets had actually "visited" the Philippines in their minisubs in 1985, and left sufficient traces for the Americans to realize that the Soviet frogmen could penetrate strategic Western naval facilities and territories. Lybia and several other rogue states were keenly interested in obtaining the technology to build such subs.

In those years when Soviet ufologists were persecuted by the all-powerful State, and the very subject of UFOs was a taboo, Vladimir Georgiyevich Ajaja was one of the first Soviets to study the "hydrosphere aspect." At one time in his arduous and tumultuous life, Mr. Ajaja, Candidate of Technical Sciences, served as the head of the underwater exploration expedition aboard the Soviet "Severyanka" submarine. He and the sub's crew had sighted a very strange creature during one of their dives. When his urge to research and discuss the forbidden

Secrets of Russian Seas

by Russian Correspondent Paul Stonehill

Mr. Valentin Vladimirovich Krapiva and my research center have corresponded since 1991. I have his book, published in Odessa, Ukraine. "UFO: History's Hovering Mystery" is a thoroughly researched, well-documented cornucopia of information about the UFO phenomenon. I would recommend this book for all serious researchers of the paranormal; unfortunately, it is available only in Russian. The book contains a wealth of information about China in particular, and Asia in general.

Mr. Krapiva has recently provided me with fascinating information about the so-called "hydrosphere aspect of UFO phenomena." When I reviewed John Keel's article, "Is Somebody Down There?", published in the September 1993 issue of *FATE*, my review was distributed in the USA, Russia and the Ukraine, and reached many researchers. Mr. Krapiva was one of them.

My own interest in the mysteries of the oceans and seas began early in my life. Many of my relatives had served in the Soviet



Vladimir Georgiyevich Ajaja

subject of UFOs got him fired from his job, it was the Soviet Navy that provided Mr. Ajaja with employment, and an enviable opportunity to study UFOs. Because as a young man he had served in the Navy, and later participated in oceanographic research, he made reliable friends. He was even presented with opportunities to question Naval intelligence officers who were responsible for their Navy's UFO studies, and write a monograph about UFOs for Soviet Navy.

I am certain that the secret files of the Soviet Navy contain much more valuable information on UFO sightings than do the files of the former KGB. Soviet military researchers were no nonsense people, quite thorough, and they avoided politics (but there have been mutinies aboard Soviet Navy's ships).

Mr. Ajaja's underground lectures circulated in the "samizdat." V.V. Krapiva still keeps one such lecture as a valuable piece of his country's history. The Odessa researcher has also compiled data about Soviet and Russian under-

water mysteries, as I have also.

When Mr. Krapiva attended the Odessa Institute of Technology, like other Soviet students he had to acquire a military (that is, secondary) profession. He became an officer of the Soviet submarine forces.

I published an article last year in Russia where I discussed UFO sightings in the Soviet Northern territories. Mr. Krapiva, it turns out, attended lectures given by veteran officers of Soviet nuclear-powered submarines. They had served in the Soviet North, in secret Naval installations and bases. The lecturers sometimes veered off the planned presentations, and many spellbinding tales were told.

They recounted instances when Soviet sonar-operators (military hydroacoustics technicians) were "hearing" (at great depths) strange "targets." Their submarines were actually being chased by other "submarines." The pursuers changed their speed at will — speeds that were much faster than

Their submarines were actually being chased by other "submarines." The pursuers changed their speed at will — speeds that were much faster than any other similar vessel in the world at that time.

any other similar vessel in the world at that time.

Lieutenant-Commander Oleg Sokolov confidentially informed the students that while he was on duty during his submarine's navigation, he had observed through a periscope an ascent of some strange object through the water. He could not discern the object, because he viewed it through the optical system of the periscope. This underwater "take off" took place in the early 1960's.

A few years ago V.V. Krapiva met with Professor Korsakov of the Odessa University. Professor Korsakov told him of a conversation he had with a friend of his, a Soviet Navy officer who had served at the Sevastopol Naval base. Back in the 1950's this officer personally sighted a UFO. The object moved upward from behind a battle cruiser. The officer was under the impression that the object surfaced from the depths of the Black sea. Professor Korsakov has a photograph of the object.

My collection of "hydrosphere aspect" sightings contains some interesting cases. In August 1965, a crew of the steamship RADUGA, while navigating in the Red Sea, observed an unusual phenomenon. At about two miles away, a fiery sphere dashed out from under the water and hovered over the surface of the sea, illuminating it. The sphere was sixty meters in diameter, and it hovered above the sea at an altitude of 150 meters. A gigantic pillar of water rose as the sphere emerged from the sea and collapsed some moments later.

In December 1977, not far from the Novy Georgy Island, the

crew of the fishing trawler VASILY KISELEV also observed something quite extraordinary. Rising vertically from under the water was a doughnut-shaped object. Its diameter was between 300 and 500 meters. It hovered at the altitude of four to five kilometers. The trawler's radar station was immediately rendered inoperative. The object hovered over the area for three hours, and then disappeared instantly.

Dr. Igor Kovshun is the head of the Odessa Ufological Study Group. He also publishes a magazine titled ZAGADKI SFINKSA. In issue # 3, 1992, I discovered an interesting report. It was written by V. Viktorovsky, and consists of the testimony of Alexander G. Globa, a seaman from GORI, a Soviet tanker. In June 1984, GORI was in the Mediterranean, twenty nautical miles from the

Straight of Gibraltar. At 16:00, Globa was on duty. With him was Second-in-Command S. Bolotov. They were standing watch at the left bridge extension wing when both men observed a strange polychromatic object. When the object was astern, it stopped suddenly. S. Bolotov was agog, shaking his binoculars, and shouting: "It is a flying saucer, a real saucer, my God, hurry, hurry, look!" Globa looked through his own binoculars and saw, at a distance over the stern, a flattened out looking object (it did remind him of an upside-down frying pan). The UFO was gleaming with a grayish metallic shine. The lower portion of the craft had a precise round shape, its diameter no more than twenty meters. Around the lower portion of it Globa also observed "waves" of protuberances on the outside plating.

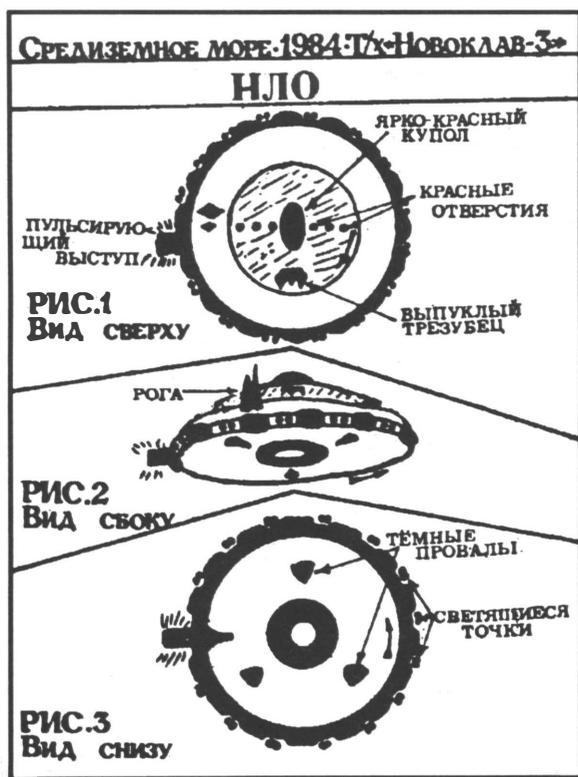
with an unnaturally bright rosy color, like a neon lamp. The top of the middle disc was crowned by a triangular-shaped something. It seemed that it moved in the same direction as the lower disc, but at a much slower pace.

Suddenly the UFO jumped up several times, as if moved by an invisible wave. Its bottom portion became illuminated by many lights. The crew of GORI tried to attract the object's attention using a signal projector. By that time Captain Sokolovsky was on the deck with his men. He and his Second-in-Command were watching the object intensely. However, the UFO's attention was distracted by another ship, approaching at the port side. It was an Arab dry cargo ship, on its way to Greece. The Arabs confirmed that the object hovered over their ship. A minute and a half later the object changed its flight's trajectory, listed to the right, gained speed and ascended rapidly. The Soviet seamen observed that when it rose through the clouds, appearing and disappearing again, it would occasionally shine in the sun's rays. The craft then flared up, like a spark, and was gone instantly.

There is a treasured tiny book that I consider to be a piece of history and never hesitate to use it as a research tool. It was written by A. Gorbovsky, and is titled "Enigmas of Ancient History." It was published in the Soviet Union in the early 1970's. For many people in the Soviet Union this book opened the door to the forbidden world of ufology, of paleocontact (A Russian term for the ancient astronaut hypothesis), and mysteries of our past.

The book mentions an incident

Continued on page 29



Globa's UFO

The base of the object's body consisted of two semi-discs, the smaller being on top; they slowly revolved in opposing directions. At the circumference of the lower disc Globa saw numerous shining, bright, bead-like lights. The seaman's attention was centered on the bottom portion of the UFO. It looked as if it was completely even and smooth, its color that of a yolk, and in the middle of it Globa discerned a round, nucleus-like stain. At the edge of the UFO's bottom, which was easily visible, was something that looked like a pipe. It glowed

Alien Contacts & Abductions

The Real Story From The Other Side

by Jenny Randles

Reviewed by W. Ritchie Benedict

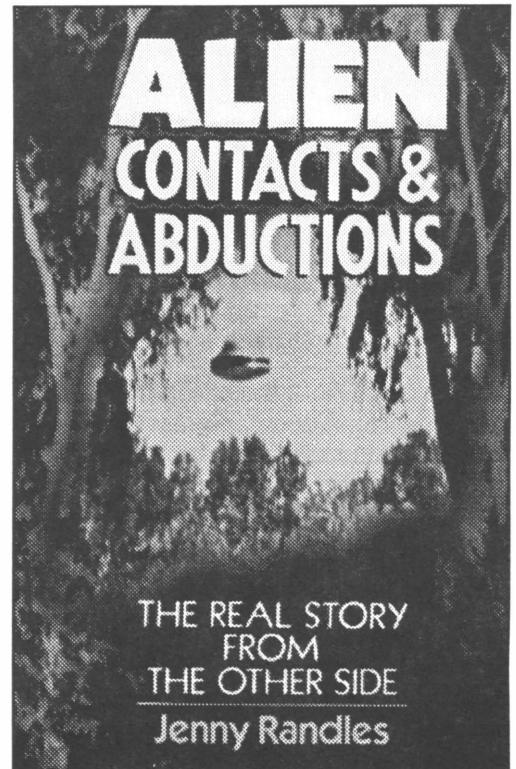
Published by: Sterling Publishing Co., 387 Park AVE South, New York, NY 10016-8810
1994, 191 pages, \$9.95 USA
\$13.95 CANADA
ISBN 0-8069-0751-7

In the 1950's, everyone seemed to have the assumption that if flying saucers did exist, there was no one piloting them. Perhaps they were all under remote control. In the 1990's, that idea has changed radically. Now, it is not only taken for granted that all UFOs are under intelligent control, but they are landing, kidnapping people and subjecting them to unusual medical and sexual experiments. What is not apparent to the public is that many different humanoids have been reported by responsible individuals over the last forty years rather than just the gray-skinned, black-eyed variety featured in abduction cases.

Many British and European researchers (including author Randles) have been somewhat dismayed at the American preoccupation with the "grays" to the exclusion of all the other types. The author does her best to rectify this imbalance by presenting a complete survey of aliens, classifying them by location, chronological order and type, as well as presenting all current theories about why they are visiting us. One of the more fascinating possibilities is the "Doorway Case" where a humanoid figure appears in sil-

houette against the backdrop of an opening seemingly hovering in an empty space. A simulation of this effect used to appear on T.V.'s "Quantum Leap" when Al, the holographic observer, would drop in or depart. In the late '70's, there was an example of this type of case in Drumheller, Alberta, when a woman saw three figures moving within a lighted rectangular "doorway." One suggested explanation is that there is some sort of force field that renders a UFO invisible to the naked eye. Another is that the opening is a portal to another dimension. A third (one that Randles favors) is a form of holographic projection into our space-time. On February 4, 1973, in Kimba, South Australia, a nurse and her boyfriend were startled to come upon an orange rectangle beside the road. A very large humanoid figure appeared before them, outlined in white. After they passed the site, it seemed to expand to cover the entire width of the roadway. Two other vehicles on the road at the same time reported observing a similar phenomenon.

One of the earliest humanoid sightings on record occurred in California on the afternoon of November 25, 1896. A Colonel H.G. Shaw and his companion Camille Spooner were traveling by horse and carriage to the town of Stockton, when they encoun-



tered three unusual creatures described as "tall and thin with small and very delicate hands." They possessed large eyes and small ears and warbled back and forth to each other. This was at the very beginning of the first large-scale UFO/airship wave in North America that continued well into 1897.

It is very rare to obtain actual photographs of apparent alien entities, yet a handful does exist. One of the more famous examples is the Templeton photograph taken in Cumbria, England, on May 24, 1964. It depicts a white space-suited figure behind a small girl on a hillside. Nothing was visible at the time the photo was taken and it baffled the officials at Kodak who could offer no explanation. Randles reveals that when she spoke to Templeton in 1990 he said that he had been approached afterwards by two men in a dark

Continued on page 30

Researching Alien Abductions

Part I

by C. Leigh Culver, Cl.H.

The use of hypnosis as a means of reexperiencing forgotten traumatic events has a long history in psychotherapy. Hypnosis was used in such a manner in the celebrated case of Betty and Barney Hill. The Hills were driving through the White Mountains of New Hampshire from Canada to their home in Portsmouth when they sighted a UFO. Later they were apparently taken aboard the landed craft and subjected to various tests and medical examinations. This occurred in mid September of 1961 (Fuller 3-19). For several months after the experience the Hills were still experiencing traumatic stress symptoms for which they sought psychiatric help. The Hills were referred to Dr. Benjamin Simon who used hypnosis to uncover the cause of the Hills' anxiety symptoms. What Dr. Simon discovered would startle the world and would provide the first glimpse into the abduction phenomenon.

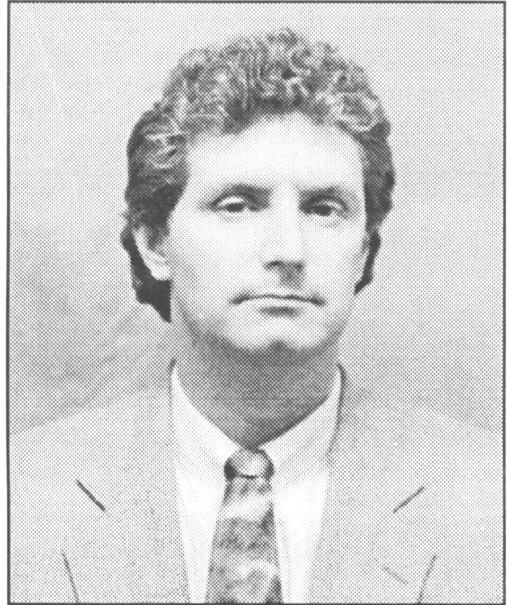
Since the Betty and Barney Hill case, researchers across the world have used hypnosis to help retrieve the sometimes inaccessible memories of abduction/close encounter experiences. This article will discuss useful methods that may be used in researching and obtaining data concerning apparent abductions or close encounters. The use of hypnosis as well as other research adjuncts will be discussed. It is my hope that this article will assist fellow

researchers in their work and also give experiencers an idea of what to expect when looking into their abduction /encounter experiences. This article is by no means the definitive comment on abduction research. It is simply a method that I have found useful from my years of experience as a hypnotherapist and as a forensic hypnotist for the State of Georgia. I welcome and look forward to any ideas or comments from readers.

The Need For Research

There is an earnest need for abduction/close encounter research, as well as a need for healing and recovery by those who are experiencers. If this phenomenon is truly what it seems to be, then it is extremely important to obtain as much information as possible about it. As many researchers have pointed out, this phenomenon may very well be the most important issue facing humanity. Should this research ultimately present another meaning, then it is still just as important to obtain a greater understanding of just what is going on.

What Dr. Simon discovered would startle the world and would provide the first glimpse into the abduction phenomenon.



C. Leigh Culver

More and more individuals have become aware of the possibility of human/alien interaction since the publications of such books as *Communion*, *Missing Time*, *Intruders*, *Secret Life*, and more recently, *Abduction*. The various investigative television programs have also created interest. People are becoming aware. Many individuals are seeking qualified help in uncovering the truth behind their mysterious experiences. One problem the experiencer has is finding qualified help that is familiar with the abduction phenomenon within the mental health profession. Should an experiencer find a mental health practitioner unfamiliar with such cases, he or she in all likelihood, will be diagnosed as having any number of possible personality disorders. I personally know of several cases where this has happened with disastrous results.

If the 1992 Roper Poll is correct, one in fifty people may have had these type experiences

(Hopkins, Jacobs, Westrum 15). Based on this information, one may assume that an increasing number of mental health professionals will be confronted with individuals seeking this kind of assistance. This will be especially true for hypnotherapy practitioners. I do not believe it is necessary that the practicing hypnotherapist be a licensed psychologist or counselor. I do feel, however, that the hypnotherapist should be well trained and ideally have completed a clinical residency program. The hypnotherapist should have the resources of licensed mental health practitioners and should know when to refer cases to these individuals.

A Research Model

My particular research method uses data questionnaires, cognitive interview techniques, forensic (investigative) hypnosis techniques, dream interpretation, hypnotherapy and support groups. Every attempt is made to be methodical and ethical with the experiencer's best interests having priority. There must be a keen balance between investigative needs and therapeutic needs. Many individuals having abduction or close encounter experiences will be traumatized in varying degrees so great care should be taken to assist in their healing and recovery.

Many individuals coming into the office have started to question some of their experiences, dreams, or memories, and they want to know what is going on. Some individuals come in for other problems, which upon searching out the cause, end up being related

Should this research ultimately present another meaning, then it is still just as important to obtain a greater understanding of just what is going on.

to the abduction phenomenon. My approach is designed to be as non-traumatic as possible, while at the same time obtaining as much accurate information as possible. My ultimate goal is to help these individuals integrate their experiences into their life as positively as can be expected. When contacted by individuals who wish to explore their close encounter experiences, I first send them a packet of information outlining my research methods, information on what to expect during the research, and several data questionnaires.

Data Questionnaires

Before the initial interview the experiencer completes several questionnaires that include the following: (1) CE-4 (close encounter) Questionnaire, (2) Kappas Suggestibility Questionnaire, (3) Kappas Sexuality Questionnaire, (4) Multimodal Life History Questionnaire, and (5) Medical Questionnaire. These questionnaires will provide a good starting foundation from which to work. (Note: Psychologists or psychiatrists may wish to include various tests relevant to their discipline.)

The CE-4 Questionnaire has questions that relate some of the most often experienced signs or symptoms that have thus far been

strong indicators of a close encounter or abduction. I have revised this questionnaire many times and I will likely revise it again. I believe that many "anomalous event" type questionnaires are too leading so I try to keep it simple and non-leading. There are less than twenty questions total including a few "trick" questions. The "trick" questions are designed to find out who might be hyper-suggestible in regards to this phenomenon. There are many more indicators or common denominators that could be added to the questionnaire; however, as I've pointed out, these questions are too leading. I will find out the rest of the information during the course of the research. Basically, the questionnaire is designed to indicate whether or not an individual is a good candidate for the research.

The Suggestibility and Sexuality Questionnaires were designed by Dr. John G. Kappas. Dr. Kappas, a California-based hypnotherapist and Marriage and Family Therapist, is the founder and Director of the Hypnosis Motivation Institute. He has pioneered the concepts of Emotional and Physical suggestibility and sexuality. These concepts help determine an individual's brain dominance, suggestibility to hypnosis, and general behavior. Knowing an individual's brain dominance as it relates to suggestibility determines the approach that one may take in the hypnotic induction along with the approach taken in therapy (Kappas 19).

The Multimodal Life History Questionnaire provides for a very comprehensive picture of the experiencer's background and life

history in detail. It covers such categories as general information, presenting problems, personal and social history, scholastic strengths and weaknesses, current problems analysis, behavior, relationships, biological factors, sequential life history, and so forth. In short, this questionnaire provides much baseline information about the individual in detail. For example, should an individual have low self-esteem or certain types of fears, it will show up here. Some of the data will also relate further signs and symptoms that may indicate possible abduction or encounter experiences. These questions being buried, so to speak, in the Multimodal Life History Questionnaire make them not as leading or suggestive as they might be if they were located in the CE-4 Questionnaire.

The Medical History Questionnaire provides for a very in depth picture of the individual's medical history. Thus far, I have found that many experiencers seem to exhibit immunodeficiency type symptoms, for example—Chronic Fatigue & Lupus-like symptoms. I'm currently working with a medical doctor to help sort this out. Such symptoms might be due to an over exposure to strong magnetic fields, or radiation. Such speculation, however, is beyond the scope of this article. I will point out that many questions, as related in the medical questionnaire, may indicate further signs or symptoms relevant to possible abductions or encounters. These questions being in a general medical questionnaire, make them less leading and non-suggestive than if they were located in the CE-4 Questionnaire.

The Initial Interview

After obtaining the above data the initial interview takes place. During this interview the information is reviewed and elaborated upon. In all likelihood the experiencer has an anomalous memory, dream, or experience that he or she wishes to explore. These experiences are thoroughly explored consciously using cognitive interview techniques. The cognitive interview is a non-hypnotic memory retrieval technique that uses many different retrieval cues and memory access routes (Culver 15). The technique provides a very systematic method for obtaining a great deal of conscious information.

Once as much conscious memory as possible has been retrieved, hypnosis and suggestibility are explained in detail. The experiencer learns what to expect while in the hypnotic state, and any fears or misconceptions about hypnosis are subsequently allayed. During this initial hypnotic session, I do not attempt to explore any close encounter or abduction experiences. My purpose is to let the individual experience hypnosis and to prepare the individual for the next session for when the initial regression will take place. While the experiencer is in hypnosis, I will attempt to clarify whether or not the event in question is related to an apparent encounter or abduction. I do this

There must be a keen balance between investigative needs and therapeutic needs.

by asking "yes" or "no" questions and by having the experiencer answer the questions nonverbally via ideomotor responses.

Ideomotor Responses

It is explained to the experiencer that a question, or a series of questions, will be asked, which will go directly to his or her subconscious mind. From this, an answer is expected from the subconscious mind free of any interference from the critical or conscious mind. It is explained that the experiencer may answer the question by raising the index finger of the right hand for a positive response or the index finger of the left hand for a negative response. These responses come directly through the central nervous system from the subconscious mind and occur without critical analysis from the conscious mind (Kappas 119). For example, when the question is asked, "Other than what we have already discussed about the UFO landing, did anything else occur that you have not mentioned?", the experiencer raises either the left or right index finger indicating the correct answer.

It is important that the individual concentrate on the question itself, rather than on the answer (120). All questions should be worded so that they may be answered only by a "yes" or "no" response (120). The question might even be raised, "Have you ever had an experience with what you consider to be an alien being or beings?" By using ideomotor responses, an idea of whether or not the event in question is a good starting point for the initial regression may be determined.

Dreams

Though ideomotor responses provide good information for a possible starting point for a regression, I will ultimately let the experiencer's subconscious mind choose the experience for exploration. This may be accomplished through dreams. Dreams that occur during the last third of sleep are the most important in therapy (143). They represent information that we wish to let go of or release. During this stage of the dreaming process the individual may ventilate fears, traumas, and doubts about past or present experiences.

During this initial session, it may be suggested to the experiencer that he or she will release a memory of a significant encounter through his or her early morning waking dreams. In this way, the experiencer's subconscious mind has chosen an experience that he or she is ready to release. By letting the subconscious mind choose the experience, the regression may be less traumatic for the individual. The way I might suggest this to the experiencer is, "Between now and next week when we get back together, you will find yourself much more aware of your dreams. You will release a memory of a significant event concerning your 'alien encounters' (or what have you). Your subconscious mind will choose the memory that you are ready to remember and explore. When you awaken each day you will remember your dreams very easily and write them down, etc."

Dreams are an interesting subject and a great deal has been written about dreams. It is not within

the scope of this article to go into depth about what is known about dreams. Suffice it to say, that most dreams may be interpreted either literally or symbolically, and that one's conscious understanding of a dream symbol is usually correct (142). A generalized interpretation of dream symbols cannot possibly be correct for everyone, because dreams deal with subconscious symbols that are unique to each individual (142).

The Second Interview

When the experiencer returns for the second interview, he or she in all likelihood has had a dream, or perhaps several dreams, that relate to a significant close encounter. The subconscious mind having had a week to process the idea of venting a memory usually does the trick. Most often, the dream information relates back to a consciously remembered event, although this is not always the case. This dream information, along with any pertinent "happenings" that have occurred since the last interview are discussed. Cognitive interview techniques may be used again during this part of the interview depending upon the information that is related.

The experiencer is hypnotized and then questioned about the dream or dreams using the same ideomotor response techniques as before. The experiencer is asked, "Is this dream related to an actual event that you have experienced?" Usually, I get a positive response. Should this be the case, then the experiencer's subconscious mind is asked for permission to explore

Many individuals having abduction or close encounter experiences will be traumatized in varying degrees . . .

the memory of the event. Upon receiving permission, we explore the event. Should a negative response be received, it is assumed that the experiencer was probably venting some fears or doubts concerning ET's or UFOs in general, and that particular event is not explored. I will then ask whether he or she would like to explore another memory and go on from there.

The Regression

Even though hypnotic regression is often used for uncovering or for reexperiencing traumatic events, I normally do not use regression during non-abduction oriented therapy. Usually the individual has worked through many traumas and fears from the past and it is unnecessary and even risky to uncover these healed wounds. Generally, while in hypnosis, many individuals will spontaneously regress back to a traumatic situation (135). This is usually enough to alleviate or lessen the trauma without regressing the individual back to a traumatic event. If it is necessary to search out the cause of a particular problem, dream therapy is generally used. Through the dreaming process, one may determine the cause of a particular problem with less trauma to the individual.

For the purposes of abduction research, however, it is necessary

to maximize the amount of available information from the experiencer's unconscious memory. Age regression and revivification techniques are still the best methods for doing this, especially when there is little or no conscious memory of the event. During the regression, past scenarios and events will be systematically explored in a nonconfrontational and supportive manner with the experiencer acting as a "participant-observer."

Upon obtaining permission from the individual's subconscious mind to explore a particular event, the hypnotic state is deepened and he or she is tested for hypnotic depth. This being accomplished, the experiencer is given an escape route out of hypnosis. It is suggested that the experiencer may come out of hypnosis at any time simply by opening his or her eyes and saying "I'm out." Sometimes the experiencer may have a fear of loss of control, or the regression may touch on traumatic events that he or she doesn't wish to reexperience. Providing this escape mechanism gives the experiencer the feeling of being more in control during the regression experience and provides a quick exit out of hypnosis should the need arise.

Revivification Techniques

Once the experiencer is at an optimal depth of hypnosis, many different memory retrieval techniques may be used. One such technique uses the concept of the individual viewing the event in question on an imaginary television or movie screen. It is explained to the individual that he

or she is going to view a film depicting information related to the event in question. This film may be forwarded, reversed, speeded up, slowed down or stopped. It is suggested that the place where the individual is viewing the film is safe and that his or her emotional state will remain calm and detached from anything seen or experienced. The experiencer will be observing this film like a reporter or detective, who is covering an event for a report that will later be written up (Reiser 158). Such techniques, however, may be considered controversial due to the way that human memory actually works (Orne, Dinges, Orne 3).

Dreams that occur during the last third of sleep are the most important in therapy. They represent information that we wish to let go of or release.

There are many such techniques that use similar convenient frames of reference from which to operate and a hypnotist may or may not choose to use them. An individual may be taken back to the target age/experience and given the same suggestions regarding calmness and detachment. Once this is done, the person may see himself or herself as a second party, feel that the experience is being relived again, or simply remember the event (Kappas 134). Usually it is suggested that the individual relate the whole experience from beginning to end as freely and completely as possible. It is desirable

to have the person give a complete uninterrupted narrative of the event before proceeding with any questioning for specifics.

Questioning

It is important that the hypnotist be neutral, objective, and interested in the truth, whatever it may be, without compromising the emotional needs of the experiencer. Remember that the line of questioning is a part of an "interviewing" process rather than an "interrogation" process. Questioning should avoid undue suggestion, coercion, or leading of the individual in any way. Open-ended questions should be used, avoiding any references to specific things not previously mentioned by the experiencer. When the experiencer identifies specific details, questioning can then be more specific (Orne, Dinges, Orne 5). Questions should be carefully framed to avoid any bias. One should also be aware of the time lag for the individual's response in hypnosis. It is important not to rush in another question before allowing a response to a previous one (Reiser 82). It is a good idea to be aware of the experiencer's language capabilities and communicate at that level in a nontechnical and professional manner.

Part II of this article will appear in the next issue of UFO ENCOUNTERS.

C. Leigh Culver is an Atlanta-area hypnotist and trauma counselor who shares a practice with his wife Lynne. They have founded a support group for experiencers of abduction phenomena

and may be contacted through
UFO ENCOUNTERS.



Gulf Breeze; Cont. from page 7

into view moving slowly from south to north on a horizontal line from the ocean toward land. I yelled and the other four watched also.

The object seemed about one-quarter to one-half mile away and perhaps 500 to 1,000 feet in altitude. No one could hear any engine or other noise from the moving object.

The most outstanding feature was the bright sparkling light which reminded me of a Fourth of July sparkler. The sparkles did not trail down from the object—the object seemed to consist of the sparkles. Along the center line of the cigar shape were darker areas suggesting structure inside the bright, sparkling yellow light.

In a fraction of a second before it popped out again, the object dipped slightly downward. From pop-in to pop-out, I estimate it covered 12-15 degrees of sky in five seconds. During that time, I raised my hand at arm's length to compare the size of the object to my fingers. It fit in the oval created by touching my index finger to my thumb. The attached drawing represents the actual size of that oval as I saw it Sunday evening, October 16, 1994.

After the object disappeared, the others ran over to where Howe and I were standing. I asked Fousse' to grab the binoculars that were in the car. With the binoculars I scanned the horizon over the ocean in all directions searching

for anything. I then peered down the beach in both directions, but I found nothing.

What I saw that evening was one of the most unusual things that I've witnessed. Howe claimed that it was one of the best UFO sightings she has ever seen. As we left the beach area, I glanced over my shoulder toward the ocean and thought to myself, "I'll be back next year."



Fear; Cont. from page 13

UFOs. Statements like, "It really scared us," or "It kind of freaked us out," pop up in nearly every testimony. In fact, many people have even refused to talk to me. They simply refuse to discuss it, period.

By now, however, certain patterns should be obvious. After suffering a close encounter, the person's fear will manifest in a variety of ways. So, if you see somebody who is suffering from anxiety attacks, has insomnia, sleeps with the lights on, has nightmares, keeps all the doors locked, has developed a sudden interest in UFOs, or undergoes any profound personality change, then, it might be a good idea to investigate the reason for this behavior.

Remember, the rule is, the closer the encounter, the greater the emotional impact. For UFOs, this emotion often tends toward fear. As we have seen, the fear of UFOs can totally transform a person. The fear caused by a single UFO encounter can cause a total personality change. It can literally become the controlling factor

of a person's life. Only by recognizing how this fear manifests, we will all be better prepared to deal with this huge problem that is facing us.

How big is this problem? The recent airing of "Intruders" struck fear into the heart of the UFO abductees that I know. None of them could watch it. One lady, whose encounter occurred more than four years ago, watched a few minutes, and was embarrassed to find herself sleeping with the lights on again. There is no doubt that UFOs are a problem facing us. But, we also have another problem, and that is *the fear of UFOs.*



How Do I; Cont. from page 18

for your area.

2. *The Intruders Foundation* has a hypnosis packet they often send to abductees. It is titled, "UFO Abduction Experiences: An Information Kit." Send a large SASE to: IF, P.O. Box 30233, New York, NY 10011, to obtain a kit.

3. Robert C. Carson, James N. Butcher, James C. Coleman, *Abnormal Psychology and Modern Life* (Glenview, IL: Scott, Foresman and Company, 1988) 150-153.

4. John E. Mack, *Abduction: Human Encounters With Aliens* (New York, NY: Charles Scribner's Sons, 1994) 44. There is an entire section about the different stages that experiencers go through as well as excellent examples.



Russian; Cont. from page 22

that took place in the ancient Mediterranean where people observed a strange underwater vehicle surfacing at high speed. The object ejected itself from the

water, and shortly thereafter disappeared. In those days human beings did not know of submarines.

I have more accounts of secret objects sighted in the oceans and seas of our planet. But, until we have access to the contents of classified files of the Soviet and Russian Naval intelligence and counterintelligence services, we will never know the full story.

Alien; Cont. from page 23

Jaguar car who claimed to be government investigators, and they asked several odd questions about the behavior of animals in the area.

Other photographs include the 1973 "man in a reflective suit" taken by Police Officer Jeff Greenhaw, and the 1987 British color picture of a goblin-like creature. The possible reasons for such visits range from gathering knowledge, to stopping en route to somewhere else for tourism or repairs, to a form of cosmic quarantine. In short, there may be as many reasons for a visit as there are entities. Also, there are a great many nonextraterrestrial alternatives. We cannot ignore the notions of time travel, parallel universes, wish-fulfillment fantasy, plasma vortices, or hallucinations induced by electromagnetic fields and altered states of consciousness.

This book presents a broad overview for a public that may be unfamiliar with all the various facets of UFO contacts and only know what various T.V. shows and tabloids have presented. Randles says the hope among all

researchers is for the Ultimate Case to turn up someday with evidence that is indisputable. Unfortunately, there is always some form of niggling doubt even

with the best examples. Perhaps, this proves that we cannot wholly separate ourselves from the equation.



**International
CROP CIRCLE CONVENTION**

Saturday, April 8, 1995

Colin Andrews
Gale Ramsey
Manishree Kulkarni

Nancy Talbot
Richard Andrews
Pat Delgado
John Marsalis

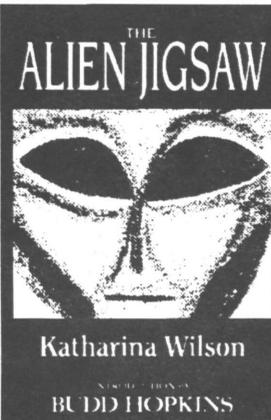
Explore the pros and cons of this planet's controversial phenomena. The hottest scientific debate of the century by the top researchers in the world.

- First Time Event
- 12 HOUR Seminar
- 7 Plus EXPERT Speakers
- Exclusive Lectures
- Videos & Slides
- Open Forum at end of day

First Class Hotel and Delicious Hot Meals on premise

Write to: CPR INTERNATIONAL-E, P.O. BOX 101, Rye, NH 03870

A total learning experience from the experts who will answer your questions concerning the latest on-going scientific research. Plus, information revealed for the first time by Govt. Official.



One Of The Most Detailed Abduction Cases Ever Published! Intro by Budd Hopkins

This "Journal of a Lifetime" reveals information about abductions that has never before been made public.

Over 100 documented accounts of Alien intervention including experiences involving the military. **61 Illustrations & Photographs.**

Detailed descriptions of more than a dozen different types of Alien Beings.

330 pages. Hardcover. Check or M/O for **\$26.95** (postpaid) payable to Katharina Wilson. Puzzle Publishing, P.O. Box 230023, Portland, OR 97281-0023. ISBN# 09639916-0-4

Tampa UFO & Metaphysical Convention

May 19-21

Holiday Inn Crowne Plaza

Three full days of events; 8 speakers; lectures; classes; video room; exhibits; vendors.

SPEAKERS: Lyssa Royal; Linda Howe; Dr. Brian O'Leary; Dr. Bruce Cornet; Dr. David Jacobs; Dr. Jeannette Bottoms; Michael Lindemann; and Linda Cortile.

INFO:

TEL: 904-432-8888

FAX: 904-438-1801

Project Awareness

P.O. Box 730

Gulf Breeze, FL 32562



Classifieds: (see below for rates)

TAKEN: INSIDE THE ALIEN-HUMAN ABDUCTION AGENDA, from Dr. Karla Turner, author of *INTO THE FRINGE*. Eight detailed abduction accounts and little-known aspects of the phenomenon. Book is \$17.45 postpaid, from Kelt Works, P.O. Box 32, Roland, Arkansas (AR) 72135.

MASQUERADE OF ANGELS, by Dr. Karla Turner (author of *TAKEN* and *INTO THE FRINGE*) with Ted Rice. A noted psychic's lifelong metaphysical journey through a deceptive maze of angels, aliens, spirits, space-ships, heavens and horrors. It's not what you think! \$19.95 postpaid. Kelt Works, P.O. Box 32, Roland, AR 72135.

UFO DIRECTORY, 3rd EDITION – over 400 ACTIVE international entries. Only \$10.00! Also available – a free catalog of hundreds of UFO books – all at discounted prices! Phaedra Enterprises, P.O. Box 1241, San Bruno CA 94066, or call 800-551-8860 for quick delivery.

UFO/FORTEAN BOOKS, magazines for-sale; for FREE list, send SASE to J. Fisher, P.O. Box 383, Lake Toxaway, NC 28747.

GEIGER COUNTER: This scientific instrument accurately measures ionizing radiation. Meter, speaker, and LED indicates counts per minute / milli-Roentgens per hour. Complete with carrying case and instructions. Unit with battery \$179.99. Kit (requires soldering) \$149.99. Information \$2.00 SASE. Refundable. CAPITOL IDEA, 456 Hamilton ST, Albany, NY 12203 (NY residents add tax).

HISTORIC AUDIO/VIDEO: New video from Midway, NM of structured craft (discs, triangles, spheres) and many types of dimensional animals (rods, flapjacks, centipedes). \$29.95 PPD. Also: Indiana "underground sound" cassette (only known tape) plus area picture \$14.95 PPD. HMS, RR 4 Box 182, Bloomington, IL 61704-9454.

ANOMALOUS & ESOTERIC activity in Northern California. MUFON N. California, *CASE BRIEFS*, \$16.00 for six issues, P.O. Box 7668, Landscape Station, Berkeley, CA 94707-0668.

UFO NEWSCLIPPING SERVICE: UFO-related articles from newspapers and magazines around the world. Also included every month is a special forteana section. For more info contact Lucius Farish at the UFO Newsclipping Service, Route 1, Box 220, Plumerville, AR 72127.

Video/Audio Tapes On UFOs, crop circles, aviation mysteries, near-death experiences, "Face on Mars" and other fascinating topics. Free tape list and sample newsletter: The Eclectic Viewpoint, Box 802735-UE, Dallas, TX 75380. INFORMATION HOTLINE: (214) 601-7687.

Classified ads are \$15 for the first 50 words, and 30 cents for each additional word. Display advertising is available for those who are interested. Write to our office requesting a display ad rate card. All ads are subject to editor's discretion.

Back issues of *UFO ENCOUNTERS* are available. For a contents list of all issues and prices, please write or call our office.

Aztec Publishing, P.O. Box 1142, Norcross, GA 30091-1142.
TEL: (404) 923-7247

SUBSCRIBE TODAY!

ONE EXCITING YEAR FOR ONLY \$19.95!

Yes, send me 1 year (6 issues) of *UFO ENCOUNTERS*.
Make check or money order for \$19.95 payable to AZTEC PUBLISHING, P.O. Box 1142, Norcross, GA 30091-1142.
Foreign subscriptions – \$36 (U.S. funds).

Name _____

Address _____

City _____ State _____ Zip _____

Please send flyers of your publication to hand out.

Who Puts It All Together?

Area 51



UFOs

Cattle Mutilations

Face on Mars



Space and
Technology

Alien Abductions



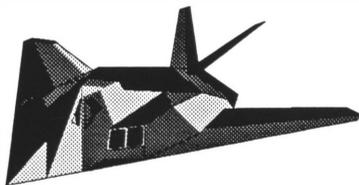
Men in Black

Government Cover-ups

Crop Circles

Roswell

MJ-12



The Hybrids



Black Projects

Exclusive Interviews

UFO ENCOUNTERS MAGAZINE!