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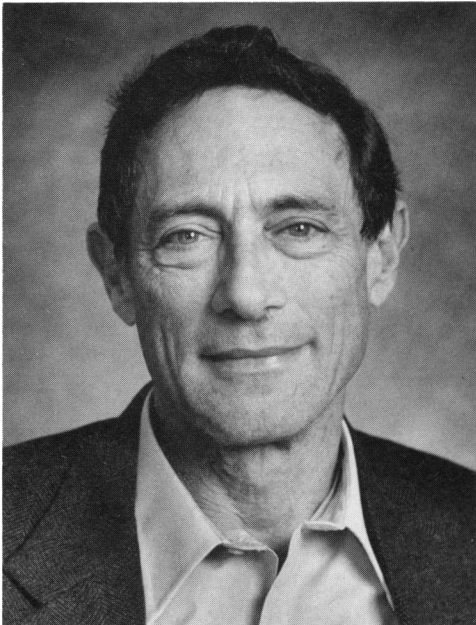
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INTERVIEW WITH JOHN E. MACK, M.D. Psychiatrist to UFO Abductees

by Katherine S. Diehl



*Dr. John E. Mack, Harvard psychiatrist and Pulitzer Prize-winning author, has dedicated the past three years of his life to working with people who believe they have been abducted aboard UFOs. His book **Abduction: Human Encounters with Aliens** is being released on April 20, 1994. He speaks with **Body Mind Spirit** about this remarkable phenomenon.*

Sexual experiments in spaceships that produce hybrid babies which are a cross between alien and human. Abductions of people who suffer intense fear and trauma—although some report transformation and spiritual enlightenment. This is the work of what we call “aliens.” John Mack, who researches “kidnappings” by these aliens, doesn’t know for sure if they are friend or foe.

Sitting in his casual office at Cambridge Hospital, Harvard psychiatrist John Mack recalls the meeting with Budd Hopkins that triggered an interest in UFOs. It was on January 10, 1990. Mack had dismissed the notion of UFOs back in the ’60s after Carl Sagan told him, “There’s no substance to it.” And then came this meeting with Hopkins, a New York artist and sculptor who had collected information on individuals who claimed to have been abducted by aliens.

Mack, who is credentialed up to his teeth, with a resume a mile long and a Pulitzer Prize in 1977 for a psychoanalytic biography of T.E. Lawrence, figured there must be something wrong with Hopkins. But after spending hours with Hopkins discussing cases, Mack was hooked. Hopkins began referring abductees to him, and in three years Mack has become a leading UFO researcher.

Mack’s psychiatric practice now focuses on treating people who have been abducted by aliens from UFOs. He holds support groups for abductees, and has founded the Center for Extraordinary Experience Research, where a staff helps him compile abductee data.

The book *Abduction* is a result of Mack’s in-depth study of 80 abductees from all walks of life. Mack talks in a relaxed, intimate style about the UFO kidnapers and their victims. With 40 years of psychiatry behind him, he is convinced the abductees are not making up their stories. I spoke with him about his work.

How many people do you think have been abducted, in the U.S., say?

I’ve seen estimates that range from several hundred thousand to more than 3,000,000 adults in the United States alone.

How are they taken?

Well, usually there’s a sense of missing time. Abductees don’t exactly lose consciousness, but there’s a time period they can’t account for. Abductees may spontaneously or in regression recall being taken through a wall or window, carried away against their will, as their first reaction is, “This can’t be.” There may be a light filling

the bedroom, or a beam of light. Sometimes a strange hum, or buzzing, precedes the abduction.

Where are they when this happens?

They may be in bed. Often they are driving a car. One woman was on a snowmobile. They may see a UFO first, then are approached by aliens. Many abductees report floating, being floated away through windows, walls, into a ship.

Who is abducted? Are they normal people? Had they been previously interested in UFOs?

What continues to strike me is the “ordinariness” of the people who are abducted. They come from all parts of society. Abductees include housewives and college students, writers, businessmen, computer industry professionals, musicians, psychologists, a restaurant owner, a prison guard, secretaries. They range in age from young children to 57. Psychological tests haven’t shown that mental or emotional disturbances could account for abductees’ experiences, although some act deeply distressed by the traumatic impact of their abduction. In the case of some abductees, there are signs of emotional deprivation in the family.

What do these aliens look like?

Although you get slight variations from abductees describing these beings, generally the picture is the same: Small beings, with large heads, no hair, big black eyes which to some appear bottomless, a rudimentary nose that's practically only nostril holes really, a slit for a mouth, no ears, long arms with three or four fingers, narrow shoulders or chest, and thin, tapering legs. No genitals are seen. They are short, usually about three to four feet tall, although sometimes a leader is taller, and wrinkled, older-looking. Sometimes, too, you get larger human figures who appear to be working with aliens.

These ships, how do the abductees describe them?

Mostly, they are described as having curved walls, sometimes as very large, with kind of a damp, cool atmosphere. Some report seeing instrument panels. One man described a gymnasium-sized ship lined with beds.

Abductees report having tests performed on them. What kind of experiments are these?

Usually the experiencers are naked, which some find embarrassing, and they are subjected to probes of various kinds—usually a series of tests that include skin samples, probes in the nose and other places with precision instruments. Abductees who do not know each other and have not seen these tests described in the media are quite consistent in their descriptions. The most prominent aspect of the probings occurs in the urological/gynecological ones, in which instruments are stuck into their vagina and abdomen or on the penis. Women abductees report feeling they are pregnant and that the aliens remove fetuses, presumably for development as hybrid offspring. Men tell of having sperm samples taken against their wills. Abductees speak of intense probing of the head, and sometimes tiny implants are put under their skin. Abductees feel they are used to track them.

Have you looked at the implants?

A number of them have been recovered and tested and the materials they were made of can all be found on earth.

What do the aliens do with the abductees when they're done?

Usually, the abductees are returned in the same manner they were taken. Often

there is a sense of time lapse, a partial, scanty memory of being in absolute terror, and these memories expand in regression. Sometimes funny things happen, like abductees are returned with their shirts and pajamas inside out. Or they may be in a different place than they started from, like in a room of the house other than the bedroom. I've had abductees tell of their surprise on waking on top of the covers, upside down on their bed.

“Abductees speak of intense probing of the head, and sometimes tiny implants are put under their skin. Abductees feel they are used to track them.”

I've read about scars and other physical signs.

There are cuts, scoop marks, bleeding from the nose is common. Other symptoms are unexplained rashes, headaches, and bleeding from the ear or rectum. Other symptoms which have proven to be related are uro-gyn complaints, sinus pain, difficulty during pregnancy, and gastrointestinal symptoms. It happens sometimes that marks are left in the vicinity of the abduction. Experiencers, for instance, may notice burned earth outside of a home where a UFO landed for an abduction.

And the reaction to being abducted is usually terror or disbelief?

And incredible isolation. Abductees feel so alone; some think they're going crazy, because nobody believes them. Children begin to deny their experience when adults tell them what they say happened is impossible. Trauma is a first result: To be paralyzed, taken by force into a strange place, have intrusive procedures forced upon you, is traumatic. Then the isolation is intensely painful, because abductees sense something of great importance happened to them and they cannot share it. And then the experiencer's whole notion of reality is shattered. They

Continued on page 50

Seeking Alien Contact

It has been reported that many people gladly communicate with extraterrestrials *while awake*. The space beings are on earth speaking to them in a physical body. These contacts are sought after, or accepted willingly when they occur, by people who wish to learn from these beings. The extraterrestrials and humans come together in agreement and cooperation without fear. The meeting have produced positive experiences for the individuals involved. Any negative ramifications “are transitory and are the result of the body adjusting to the high energy infusion,” a reliable friend of *Body Mind Spirit* relates. It is also possible to communicate with extraterrestrials through dreams or other altered states for an uplifting experience. You can set this as a joyfully expectant intention and see what transpires!

Rochelle Gordon

Videos

Hidden Memories: Are You a UFO Abductee? (Lightworks Video & Audio, 800-795-TAPE.)

• *UFO Experience Present* (Unarius Academy of Science, El Cajon, CA.)

• *UFOs: The Secret Evidence* produced by Michael Hesemann, (Lightworks Audio & Video, 800-795-TAPE) has received four awards at the 1993 Las Vegas UFO Congress.

• *Lesson Course on Self Mastery* (Unarius Video Productions, El Cajon, CA.)

• *Messengers of Destiny* (Genesis III Publishing, Munds Park, AZ, 1993.)

• *UFO...Abduction* (Genesis III Publishing, Munds Park, AZ, 1991.)

• *Contact* (Genesis III Publishing, Munds Park, AZ, 1988.)

• *The Beamship Series* (Genesis III Publishing, Munds Park, AZ, 1987.)

MY ABDUCTION EXPERIENCES

This happened during the very early morning hours of January 11, 1990. I was asleep in my bed in the upstairs attic bedroom in my parents' house. Across the short hallway was another bedroom where my older sister slept. Suddenly my eyes opened wide and I became aware that the room was flooded with a deep green light, almost a neon tone but with a brilliant intensity overhead. I found myself lying on my back looking up, completely paralyzed but not frightened. It was as though the light drugged my body and mind, but left me aware of what was going on.

The second the light burst forth, my mind picked up on a thought, "This is a UFO experience." My eyes could not blink or turn away from the green light, and I thought that the light somehow "melted" away the ceiling from my bedroom; I could see the bottom of a ship, not exactly round but slightly oval with the light attached to the center. Then I saw two faces peering down at me. One was standing at the head of my bed on my right and the other had floated over me to my left and was very close to my face, as though he was curious and wanted to see me up close. I got a very good look at his face and upper body. His head was slightly smaller than a normal human's. It was larger at the top and pointed towards

the chin. His eyes were enormous and black. I noticed no eyebrows or hair, and he had a very small mouth without any lips. Although the light was casting a green tone on everything, I could tell that his skin was pale and somewhat silvery. He and the other one had on suits that looked like they were made of some type of silver mesh material. Their hands were deep army green, like the color in a murky pond, and I believe

"I found myself lying on my back looking up, completely paralyzed but not frightened."

they wore gloves to protect themselves from touching me directly. After a few seconds of peering at me and turning his head slightly in a quizzical fashion, the one on my right took my right arm and motioned for the other alien to do the same. They lifted me with absolutely no effort and we glided toward the window with me standing in the middle and the two on either side of me. Neither my feet nor theirs moved—we floated. Then the alien on my left, the

curious one, spoke telepathically to the other one and I heard him, maybe because I was standing in a direct path to the mind of the other one. He said, "This one is wounded." The other alien then looked at me in a glance that went up and down my body. In a disinterested tone he said, "The females do that." (I was having my period at the time.)

"I got the feeling that the alien on my left was on his first 'expedition' and had never seen a human."

I got the feeling that the alien on my left was on his first "expedition" and had never seen a human. After we moved through the window, which was closed, I have a memory lapse. The next thing I remember is being in a large metallic room. The walls were oval and highly polished to reflect one's image. I remember sitting on a table like in a doctor's office. I was still dressed in my nightgown. There was a long silvery tube inserted in my right nostril, and I sat there for what I felt was a long time. I didn't see anyone but I felt the presence of more than one being. The long tube was connected to a machine that resembled a computer. Then I felt a strange shift in consciousness. One of the aliens (the curious one), and I exchanged consciousness. I saw myself through his eyes. I saw this stupid female human sitting on my table with ugly feet dangling, and worst of all she had a silly grin on her hairy face. Those were the thoughts that were racing through my mind. I felt like an animal in a lab, and that the aliens had no compassion or feelings toward me. Then a remarkable thing happened. While my consciousness was still inside the alien, he suddenly became frightened and frantically tried to get rid of my presence inside himself. It was as though I might be trying to touch his consciousness and he found that revolting. I had the sensation of being shaken loose from something and then hurled away, head first. I have another memory lapse here. I remember waking up about daylight while lying on my stomach. (I rarely sleep on my back and *never* on my stomach because I can't breathe well in that position.) I felt terrible, like I had run a race and lost. My muscles ached and I can't remember ever feeling more tired after having just awakened. That morning I

UFO Resource Material

Compiled by Dikki-Jo Mullen

Books

- *Abduction* by John E. Mack, M.D., MacMillan Publishing Co., New York, NY, 1994.
- *Secret Life: Firsthand Documented Accounts of UFO Abductions* by David M. Jacobs, Ph.D., Simon & Schuster, 1993.
- *UFO Dynamics* by Berthold E. Schwarz, M.D., published by Rainbow Books, Moore Haven, FL, 1988.
- *Celestial Raise* by Marcus, A.S.S.K. Publishing, Sedona, AZ, 1986.
- *Facts About UFOs* by The Interplanetary Ambassador, Unarius Academy of Science, El Cajon, CA, 1989.
- *Intruders* by Budd Hopkins, Random House, New York, NY, 1987.
- *Mutant Message Down Under* by Marlo Morgan, MM Co. Lee's Summit, MO, 1991.
- *Preparation for the Landing* by Ruth Norman, Unarius Educational Foundation, El Cajon, CA, 1987.
- *UFO Contact from the Pleiades*, Volume I by Brit and Lee Elders and Thomas K. Welch, Genesis III Publishing, Munds Park, AZ, 1992.
- *UFOs: Close Encounters of the Fifth Kind* by Jiles Hamilton, ALRO Publishing, Davenport, FL, 1991.
- *The UFO Experience, A Scientific Inquiry* by Dr. J. Allen Hynek, Henry Regenery Company, Chicago, IL, 1972.

ENCOUNTERS

By Dikki-Jo Mullen

There are many different types of encounters with extraterrestrial beings. For the sake of clarity and simplicity, they have been enumerated below.

- Close Encounters of the First Kind...sighting of a spacecraft, unusual structures of lights, etc., from a distance.
- Close Encounters of the Second Kind...physical evidence of a spacecraft is left, such as a circle of burned grass on a lawn.
- Close Encounters of the Third Kind...a message from an extraterrestrial—may be received through words or hand signals, perhaps in an altered state of consciousness.
- Close Encounters of the Fourth Kind...Abduction takes place, subject is returned, usually left near where they were taken. Might include examinations, extraction of body fluids or reproductive tissues.
- Close Encounters of the Fifth Kind...Subject vanishes into thin air, taken away by a spacecraft permanently or for an extended time.

called in sick and didn't go to work. The memory of those aliens and that light haunted me. But I had a disturbing feeling that I would be visited again soon. In some sort of way I felt the need to clean up my room and make it presentable, as you might feel when expecting guests to arrive. So the next two days I polished the paneling, vacuumed the carpet numerous times, and

“I felt like an animal in a lab, and that the aliens had no compassion or feelings toward me.”

organized my closet. The strange thing about this was that I didn't know why I was doing it, because I had cleaned the room not long ago and it looked nice to begin with.

About three days later, at night as before, I became aware that I was lying on my back looking directly up. My eyes were wide open and I felt paralyzed just like before, only this time I saw no green light. I had the sensation that I was not in my own bed but was “floating,” and that it was pitch dark with tiny points of light floating around me (like one feels when knocked almost unconscious). Then I was lying on a metallic table and I saw a long metal rod above me. I became aware that there were two aliens holding my legs apart and that a third alien was standing right in the middle as though he was supervising. I felt terror surge inside me, but in that same instant the alien in the middle said telepathically to me, “This won't hurt you, (my name).” I saw the metal rod

move to go between my legs, and then I had a memory lapse. The next thing I remember was waking up in my bed in the morning, this time on my back. I felt extremely tired and shaken. However, I did not have any blood on my clothes or have any pain afterwards.

The worst part of this experience is the fear that if I tell my story, others will think I'm a fool and a liar. I have never told this except to two people whom I trust. Each night I go to sleep with a momentary dread that this may happen again. Somehow, though, I think the aliens were disappointed in me because my uterus is tipped, and I feel they can't use me. But I feel they somehow “marked” or tagged me by putting a small chip or chemical inside my head, like a game warden would tag a deer for future study. As to their purpose, it's my opinion that they want to use us as breeding stock to somehow strengthen their gene pool.

Since writing this two years ago, I have been taken many more times and I'm sure this will continue. Every now and then I have remembrances of being taken since childhood. I feel they did something to repress my memories of these experiences. I also can't help but wonder what information is stored in my memory. After all, we did exchange consciousness. If they know what I know, then I must know what they know! These matters are always on my mind.

Anonymous

Editor's Note: While working on this feature on January 10, 1994, I noted that Dr. Mack's UFO involvement began on January 10, 1990. When I saw that it all started for the writer of My Abduction Experience on January 11, 1990, that's when I got a chill. Coincidence? I doubt it! Synchronicity? Yes, I am sure! What does it all mean? I haven't a clue...

Have You Been Abducted?

Below is a list of ten common symptoms as listed by Dr. Edith Fiore in her book *Encounters* (Ballantine, New York, NY, 1989).

Do you have any of them?

- **Lost time—you can't recall where you were for a few hours or even days.**
- **Dreams and nightmares—especially recurring ones about aliens.**
- **Sleep disorders.**
- **Unusual body sensations, which may include numbness, dizziness, chills, tingling, etc.**
- **Appearance of unusual marks on the body.**
- **A sensation of being watched—Big Brother style.**
- **Frequent sightings of UFOs.**
- **Faint, dream-like recollections of an encounter.**
- **Sudden healing of an ailment, affliction or illness.**
- **Strong reactions of fear or anxiety at the mention of UFOs or aliens.**

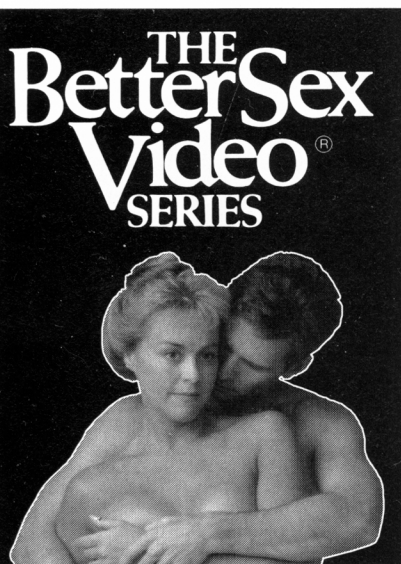
Dr. Fiore provides a list in *Encounters* of therapists who specialize in helping abductees.

If you feel that you or someone in your family may be an abductee, the very informative 90-minute video *Hidden Memories: Are You a UFO Abductee?* (Lightworks Video & Audio, 800-795-TAPE, \$29.95) by Budd Hopkins, author of *Missing Time* and *Intruders*, goes into possible symptoms and circumstances common to abductees and abductions. You will learn that you are not alone. This is quite an informative and provocative video.

Ongoing help and research into abductions can be obtained by writing to Budd Hopkins, c/o The Intruders Foundation, P.O.B. 30233, New York, NY 10011.

Dr. John E. Mack runs PEER—Program for Extraordinary Experiences Research. To report your abduction experience for research or if you have a client with such an experience, write: PEER, 1493 Cambridge St., Cambridge, MA 02139, or call 617-497-2667.

Dikki-Jo Mullen



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may believe they'll never feel safe again. It leaves them open, vulnerable. Reliving the abduction through regression frequently relieves the trauma. With some, this turns into a transformation that leaves experiencers feeling they've gone close to the Source of Being.

I've read of one woman who said at a UFO conference that her four-year-old granddaughter draws pictures of how she tries to lock herself in a box so that her abductor will not take her away again.

Multiple abductions may occur in families. It happens sometimes that several members of a family may be taken. Or abductions may span generations and branches of families, including grandparents, aunts and uncles. It may be difficult for family members to talk to each other about it.

Are there symptoms to look for, signs, besides physical marks, that indicate one has been abducted?

People who may be abductees tell of having seen "little men" or other beings, or of feeling a "presence" in their room, when they were children. They may have seen strange objects or bright lights they couldn't explain. Another sign is a feeling of time lapses of an hour or two. They may remember waking up at night paralyzed with fear, or seeing strange beings in their room. Phobias they have may include sexual contact, animals, insects, flying, elevators and hospitals. Other indications may be fear of the dark or of being alone at night, or insomnia.

How do you work with the abductees?

I do an initial screening interview which lasts about one and a half hours. Later I use a modified form of hypnosis to help abductees recall details of their experiences with aliens. An important part of my work with abductees is regular support group meetings. And the abductees develop a self-help support network among themselves. It often is useful for abductees to continue to work with a psychotherapist. An increasing number of therapists are open to this.

I notice your foreword to Secret Life by David M. Jacobs that you see the abduction experience as potentially elevating human consciousness to a higher

level. Will you talk about that? How can it be both terrifying and enlightening?

As I work with the abductees and they reexperience the events, after two or three sessions sometimes they begin to feel the abductions have a purpose or meaning. They feel as if they are connecting to something higher than themselves, reaching a oneness with the Creator, or Source, if you will. They feel almost connected to divinity, and have a sense of oneness with everything. Part of this comes in the lessons the aliens try to implant about our responsibility to nature, to the earth. Sometimes there is a great sadness at returning from the regression session to normal consciousness. They'll say, "Oh, I'm back again, I've lost my connection with the Source." You see, some of them develop a feeling of bonding with the aliens.

Does it seem to you that our latent psychic abilities are being developed through abductions? Are psychic abilities something the intruders can give?

These beings do communicate telepathically and sometimes they teach people telepathic communication. I had a regression with one woman who was shown by an alien how to invent conscious experiences that would transcend the limits of space and time, and be divine or beautiful or be in a fertile valley and be almost like, you know, alien-induced virtual realities, except that they weren't virtual. But this alien woman was touching her as she created these virtual-reality-like visions. They had planted an object in her head earlier, and I asked her about it—were they connected? Many experiencers do report heightened intuition and awareness after the abduction.

And they may be inspired to change jobs?

Abductees develop strong environmental values and some of them go into jobs that they see as helping people, or helping the earth. While on the ships, they are shown images of earth's life dying, of polluted atmosphere, and waters. Or they may be shown a wasted landscape after nuclear war.

Well, thank you for this very informative discussion.

You are very welcome.

Katherine S. Diehl lives in the Boston area and writes on consciousness research and religion. She also writes fiction.