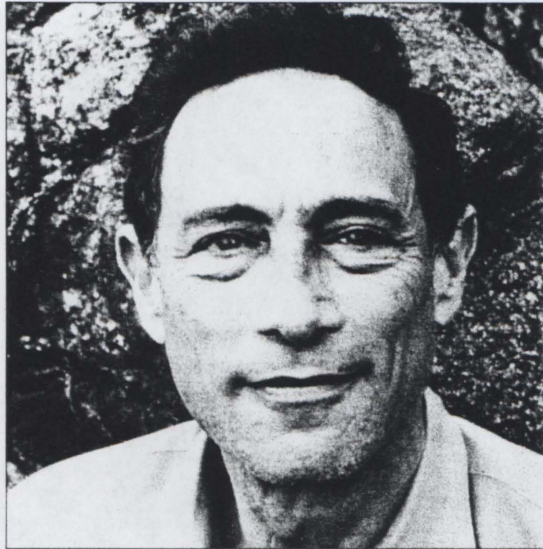


SCIENCE

Abducted by Aliens

**Harvard
Psychiatry
Professor John
E Mack meets
the 'abductees'.
And he knows
they're telling
the truth**



John E Mack: encounters of the mind

The details that Dr Mack provides in *Abduction* are based on thousands of hours of interview with abductees — details reported in no previous books or television programmes. Be prepared to be persuaded that these accounts are not hallucinations, not dreams, but real experiences. And let John E Mack set the scene for this provocative, authoritative collection of clinical case histories:

In the fall of 1989, when a colleague asked me if I wished to meet Budd Hopkins I replied, "Who's he?" She told me that he was an artist in New York who worked with people who reported being taken by alien beings into spaceships. I then said something to the effect that he must be crazy and so must they. No, no, she insisted, it was a very serious and real matter. A day came soon when I would be in New York for another purpose — it was January 10, 1990, one of those dates you remember that mark a time when everything in your life changes — and she took me to see Budd.

Nothing in my then nearly 40 years of familiarity with the field of psychiatry prepared me for what Hopkins had to say. I was impressed with his warmth, sincerity, intelligence, and caring for the people with whom he had been working. But more important than that were the stories he told me from people all over the United States who had come forth to tell him about their experiences after reading one of his books or articles or hearing him on television. These corresponded, sometimes in minute detail, to those of other "abductees" or "experiencers", as they are called.

In the more than three and a half years I have been working with abductees I have seen more than a hundred individuals referred for evaluation of abductions or other "anomalous" experiences. Of these, 76 (ranging in age from two to 57; 47 females

and 29 males, including three boys eight and under) fulfill my quite strict criteria for an authentic abduction case: conscious recall or recall with the help of hypnosis, of being taken by alien beings into a strange craft, reported with emotion appropriate to the experience being described and no apparent mental condition that could account for the story. I have done between one and eight several-hour modified hypnosis sessions with 49 of these individuals, and have evolved a therapeutic approach in *Abduction*.

The experience of working with abductees has affected me profoundly. Above all, more than any other research I have undertaken, this work has led me to challenge the prevailing world view or consensus reality which I had grown up believing and had always applied in my clinical/scientific endeavors. According to this view — called variously the Western, Newtonian/Cartesian, or materialist/dualist scientific paradigm — reality is fundamentally grounded in the material world or in what can be perceived by the physical senses. In this view intelligence is largely a phenomenon of the brain of human beings or other advanced species. If, on the contrary, intelligence is experienced as residing in the larger cosmos, this perception is an example of "subjectivity" or a projection of our mental processes.

What the abduction phenomenon has lead me (I would now say inevitably) to see is that we participate in a universe or universes that are filled with

intelligences from which we have cut ourselves off, having lost the senses by which we might know them. It has become clear to me also that our restricted world view or paradigm lies behind most of

'No mental condition could account for the story'

the major destructive patterns that threaten the human future — mindless corporate acquisitiveness that perpetuates vast differences between rich and poor and contributes to hunger and disease, ethnonational violence resulting in mass killing which could grow into a nuclear holocaust; and ecological destruction on a scale that threatens the survival of the earth's living systems.

There are, of course, other phenomena that have led to the challenging of the prevailing materialist/dualistic world view. These include near death experiences, meditation practices, the use of psychedelic substances, shamanic journeys, ecstatic dancing, religious rituals, and other practices that open our being to what we call in the West non-ordinary states of consciousness. But none of these, I believe, speaks to us so powerfully in the language that we know best, the language of the physical world. For the abduction phenomenon reaches us, so to speak, where we live. It enters harshly into the physical world, whether or not it is of this world. Its power, therefore, to reach and alter our consciousness is potentially immense. **E**

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