

The idea that forms of life other than human beings exist in the universe is no longer unthinkable. So commonly accepted is this likelihood that network television is airing programs on the subject, and UFOlogists, those who seriously pursue a fuller explanation of UFOs and aliens, believe it won't be long before our government will acknowledge that there is some, otherwise inexplicable activity.

Most of us, however, have never been abducted by aliens, making that particular aspect of alien experience very difficult to comprehend. Dr. John Mack is a Harvard researcher and professor specializing in the area of abductions. His recent book, appropriately titled *Abductions*, reviews the history of this phenomenon, detailing 13 abductee cases.

Mack's book is an attempt to reach a broader audience who will take alien abductions seriously. Because Mack believes abductees have been abused by the media, he agreed to this interview. He asked that we include a woman named Julia, an abductee from his research studies.

Out of this World

You are a doctor at Harvard University, one of the bastions of conservative higher education in this country. What led you to this improbable field?

I first heard about the phenomenon from Budd Hopkins, a pioneer in documenting alien abductions. Based on his research, as well as my own work with many people who have had abduction experiences, it has become clear that there is no psychiatric explanation for what I am hearing.

The abduction phenomenon is a pattern of experiences in which a highly detailed set of procedures occurs: People are taken by some energy form from their houses, cars, through walls, into the sky to a small craft, and from there to a large ship. Inside the ship, which is later described in minute detail, they are subjected to many procedures such as skin scraping and probing of various parts of their bodies, as well as reproductive processes. Some of these experiences are traumatic, others are not. The similarities of the experiences among people, as well as the physical findings (cuts, lesions, pellets under the skin), are inexplicable by any means other than abduction experiences. This is not fantasy or mental illness — these experiences are real.

So why would I be interested in this subject? How could anyone not be interested?

The interest in abductions seems to have escalated in the last few years. What are some of the milestones in this expansion?

I think the CBS miniseries, *Intruders*, has brought abductions into the mainstream of the culture. Other programs have often marginalized these sightings, and people have done a great disservice through their hostile, ridiculing attitude. One of my major concerns is to legitimize this phenomenon so that people like Julia can speak freely and not feel ashamed. Finally this is beginning to happen, as serious research is being done and public denial is beginning to wane.

What sort of research have you done personally?

I have mapped the territory through careful clinical interviews and hypnosis. This tends to fill out the details of the conscious memory and to allow people to bring forth the very intense feelings that are associated with the memories of the abduction. Of the 90 people I've worked with, I have documented 13 cases which reflect different dimensions of the abduction story for my book.

Can you describe the typical pattern of experience for the average abductee?

Typically the person is in his bedroom. He may be asleep or wide awake, although he may experience a different consciousness. He may be in his car, or in the case of children, in a playground. He is taken by some energy force. He will see alien forms around him and be taken up into the spacecraft, which often has rounded walls, where he will see other beings and a complex instrument panel. He may experience a bond with a being who is probably the leader.

Then a series of procedures occurs such as gazing, staring, obtaining skin samples, probes of various kinds, sometimes leaving an implant which he feels has marked him so that he can be found again.

There are complex reproductive procedures which involve taking sperm samples from the men and eggs from the women, or implanting altered, fertilized eggs so that the aliens can take the fetus in a subsequent abduction. The women will then see these babies growing in incubators and be asked to nurture these hybrid beings that look like a cross between humans and aliens.

Another pattern is the imparting of ecological information. People are shown apocalyptic images of the United States and other parts of the world, and may even be given tasks to perform in this post-catastrophe scenario, such as feeding people. The impact of this on the abductees is not only traumatic, it also has a powerful consciousness-opening element which allows for great personal growth and a commitment to the earth and to the human future.

Julia, what has been your abduction experience?

My first experience that I remember was at the age of four, when I was taken from my bedroom on the Island of Cyprus. I have very sketchy memories, but I do remember someone working on my teeth, and then being put back. This basic abduction pattern has occurred throughout my life.

How many abductions have you experienced?

About 15-20 that I can account for.

Can you tell us what happens in these experiences?

Every abduction is different. I've had abductions where I'm awake and the aliens are there, touching me. At times I remember



An Interview with Abduction Researcher John Mack by Paul Andrews

it as a hazy dream. A major abduction happened in the late '70s. I was driving a truck across Utah with a friend, and we were taken on board a ship and examined and then returned. The next abduction happened when I was driving alone. I had an encounter with a UFO that I only vaguely remembered the next morning.

What type of beings did you encounter?

I have only had experiences with the "grey aliens." They are about 3 1/2 to 4 feet tall, and have very large heads with huge, almond shaped eyes.

Do they ever try to communicate with you and give you a sense of why you are there?

All communications have been telepathic. I've had many conversations with him [leader] but the memories are partial. They are creating a hybrid race between humans and aliens, and I believe that I am part of their breeding program. I know that it's very important to the future of this planet.

Have you seen any of these hybrids?

Yes. There was one incident where I had just had a fetus removed. As a gift, they let me see a room full of hybrid children. They didn't seem to have any energy or movement. Some of them looked like humans but with the big, almond shaped eyes. I remember the doctor telling me that they have a 70% success rate when they incubate a female.

Do you remember how you became impregnated?

I have memories of having an egg implanted and also of having sex with an alien, which resembled a ceremony, with aliens dressed in special robes. It was a great honor.

Tell us more about your speculations in regard to the breeding program.

One of my biggest questions is where are they keeping these children. Another is, of course, what's the purpose? Why are they breeding hybrid children?

Is it your experience that the abduction experience is generational?

I believe that it is. Both my children, aged 5 and 10, have had similar experiences, and my mother has seen what she believed to be a ghost with the same big eyes.

Many abductees are reluctant to speak openly about their experiences because a common response is derision and skepticism. Yet in all respects, these people are normal, balanced individuals. How do you cope with this difficulty?

The government's responsibility is to protect the people. My sense is that they have determined that UFOs are not a threat to the national security. As far as abductions are concerned, taking people from their homes could look like an invasion of our world, but people are returned, they are not damaged by this.

Dr Zecharia Sitchin, a historian and researcher, has gone back into the Sumerian culture and beyond with some evidence to indicate that there may have been alien interaction with our species going back hundreds of thousands of years. Do you have any thoughts about that?

It's intriguing, this idea of the twelfth planet intersecting with us every 3500 years and that entities from that planet, as documented in Sumerian records, came into our world, filling gaps in the Darwinian evolutionary chain.



JULIA, AN ABDUCTEE

Julia, do you see your experiences as positive or negative?

In general it's been a very positive, spiritual experience that has changed my life. I feel also very strongly that I agreed to do this with them. I think I was basically an atheist and then this came along. It challenged my world view and opened me to a lot of different realms.

Do you see this hybrid race you spoke of supplanting the current homo sapiens, or living in harmony with us?

I've been shown a lot of visions in which it is clear that the other people around me are humans, but I don't know if these visions are symbolic or if this is truly what is going to happen. If it does happen, then it looks as if a lot of humans die off and we are interbred, becoming stronger telepathically. We will have a lot of healing powers... that sort of thing.

Dr Mack, have any other abductees mentioned this program?

Peter's case in my book sees the hybrid beings as an experimental effort to create a new breed that preserves our genetic substance, but blends it with another, less-embodied species in order to repopulate the earth after the destruction of the planet that we are leading at this point. I have asked him and others whether this is an inevitable future or a vision of a possible future that is so disturbing that it alters the way we are and the way we think, giving us an alternative, some choice in the matter.

So many of the abductees have been shown environmentally catastrophic scenes. What do you think is the purpose of this?

The abductees are given very detailed information about what continuing on our present destructive course will bring about, and have been told that they have a responsibility to

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I'm not particularly concerned if my good friends find out. The only people who would recognize me are good, close friends and they already know me to be well-balanced.

Dr. Mack, what are your thoughts on this?

My sense is that the age of ridicule is over. There is an increased seriousness around this phenomenon. It has entered into the mainstream media on "Oprah Winfrey" and "Larry King Live." *The New York Times* has reviewed my book, as well as published an article about the phenomenon. It is a minority that is coming into it's own and forcing us to ask some profound questions about who we are.

There is not a single abduction case where anyone has discovered another possible explanation. Critics often start from an *a priori* position that this cannot be because it defies the physical laws as we know them — it shatters their sense of reality. It's a threat to our notions of our own intelligence in the universe and so the approach is, basically, let's ridicule these messengers.

Where you are dealing with deeply-felt traumatic experiences which are at the core of the person's life, memory tends to be accurate, and there is no evidence of false memory. I see the intense doubt of some of these abductees; Julia, for example, doesn't completely believe her own experiences because they don't fit our reality. Abductees are the most self-critical people you could imagine. So the idea that they are concocting something false that totally overwhelms them when they talk about it, defies ordinary logic.

What about the experiences of young children?

I have interviewed both of Julia's children, among others. One eight-year old described his experience on a spaceship and I asked him if he had told his friends about this. He replied "Are you crazy? I don't want them to think that I'm crazy!" Which was almost a validation of his judgment and sanity right there. Maybe now a boy like this could talk about his experiences.

With all this information coming out, why isn't the government addressing this issue?

alter this course. They are shown on television monitors complex scenes of the desecration of the planet, water and earth pollution etc. Abductees are deeply affected by this. Julia, for example, has become an active recycler. We are out of balance with ourselves, and the abductees are told that they are not going to be permitted to destroy the earth.

Is there any reference by the aliens to the American Indians and their more balanced approach to, and harmony with, natural surroundings?

I don't know about the aliens view of the American Indians, but I do know a bit about the American Indians view of the aliens. There seems to be a familiarity with these beings; they are not seen as very remarkable. Dominique, the woman who is in charge of our work with indigenous people involved in this phenomenon, spoke to some elders in Hopiland, and they said that "Star People," as they call them, have been around for a long time. They feel that the world is so out of balance that this is the reason for these reproduction experiments. Some of the Hopi predict the end of the fourth world — they see a great purification about to happen. This seems to coincide with what some abductees are experiencing.

This is a very fertile area of research — to look at how indigenous people have examined this phenomenon. I think it will tell us a lot about whether this is a unique modern phenomenon or one that has existed in the records of tribes for generations.

You wrote this book in an effort to reach more people and have this phenomenon taken seriously by them. Why?

I think the phenomenon has such rich meaning for our whole sense of ourselves. If we are connected with other beings it opens consciousness to all sorts of possibilities. It tells us that human intelligence is much more than a projection of the human brain.

The information from the aliens comes gradually. As we open to this phenomenon, as the abductees get past the initial terror, then they become less secretive. The secrecy is phased out as the aliens become less afraid that we are not ready for them, or that we will attack them. Aliens feel sensitive about life — they are life preserving.