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00:00:00,000 --> 00:00:02,000

images appeared on our videotape.

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00:00:07,680 --> 00:00:11,000

We simply don't know what these objects are,

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00:00:11,000 --> 00:00:15,000

darting across the Southern California sky and captured on home video.

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00:00:15,000 --> 00:00:18,000

According to the photographer, they're extraterrestrial,

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00:00:18,000 --> 00:00:21,000

or possibly interdimensional spacecraft.

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00:00:21,000 --> 00:00:24,000

Skeptics who have looked at these tapes see nothing more than dust,

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00:00:24,000 --> 00:00:26,000

pollen, and airborne cottonwood seeds.

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00:00:26,000 --> 00:00:29,000

But John Brog, the man who videotaped these UFOs,

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00:00:29,000 --> 00:00:34,000

steadfastly disagrees with those who insist that there must be an earthly explanation.

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00:00:34,000 --> 00:00:39,000

The first time I tell people I can just see their denial glands popping up in their forehead,

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00:00:39,000 --> 00:00:44,000

and it's hard to deal with it first, but I found that we can adjust to it.

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00:00:46,000 --> 00:00:51,000

100% of the time that I personally tried this, I've caught something.

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00:00:52,000 --> 00:00:56,000

It's a simple technique that has gotten us really good results.

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00:00:56,000 --> 00:01:00,000

The technique is called solar obliteration, using an awning,

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00:01:00,000 --> 00:01:03,000

or in this case, a cement overhang to block the sun.

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00:01:03,000 --> 00:01:06,000

John Brog points his camcorder skyward.

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00:01:06,000 --> 00:01:10,000

I'm blocking out the direct rays of the surface of the sun,

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00:01:10,000 --> 00:01:15,000

and allowing me to peer safely into its corona.

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00:01:15,000 --> 00:01:19,000

So I'm basically making an artificial eclipse.

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00:01:20,000 --> 00:01:26,000

But still, I will focus my attention into the fanned out corona.

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00:01:27,000 --> 00:01:33,000

Creating an artificial solar eclipse to photograph UFOs was intriguing to the sightings team,

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00:01:33,000 --> 00:01:37,000

because of our experience studying the real solar eclipse in Mexico City,

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00:01:37,000 --> 00:01:41,000

that coincided with the largest mass UFO sighting in history,

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00:01:41,000 --> 00:01:45,000

and hundreds of those UFOs were captured on home video.

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00:01:46,000 --> 00:01:51,000

Are these objects photographed with the solar obliteration technique,

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00:01:51,000 --> 00:01:54,000

somehow connected to the Mexico City sightings?

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00:01:54,000 --> 00:01:56,000

I believe they've always been there.

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00:01:56,000 --> 00:01:59,000

We're just now discovering it.

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00:01:59,000 --> 00:02:04,000

The same thing that is concealing them and hiding them,

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00:02:04,000 --> 00:02:09,000

when the direct sunlight is taken out of the frame,

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00:02:09,000 --> 00:02:13,000

is also revealing them or betraying them.

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00:02:13,000 --> 00:02:19,000

Could these objects, hundreds of them appearing every day, really be alien crap?

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00:02:19,000 --> 00:02:24,000

Sightings asked John Brog if we could take his UFO tapes to an independent video analyst,

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00:02:24,000 --> 00:02:26,000

he agreed without hesitation.

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00:02:26,000 --> 00:02:29,000

I've been doing this for a long time.

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00:02:29,000 --> 00:02:35,000

Not just digital image processing, but the study of UFO images.

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00:02:35,000 --> 00:02:42,000

Jim Dillatoso is a computer scientist with expertise in the digital enhancement of videotapes.

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00:02:42,000 --> 00:02:46,000

He says the objects on several different tapes using the solar obliteration method

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00:02:46,000 --> 00:02:51,000

match precisely the classic UFO shapes catalogued in his photo archive.

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00:02:53,000 --> 00:02:58,000

Hundreds of times in the last 50 years,

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00:02:58,000 --> 00:03:04,000

we've been categorizing different, very specific shapes of these unknown craft.

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00:03:04,000 --> 00:03:11,000

This is one of the exact shapes that has been seen since the 50s.

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00:03:12,000 --> 00:03:16,000

Sometimes there's a cylinder and a disc.

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00:03:16,000 --> 00:03:19,000

The disc really looks like Saturn.

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00:03:19,000 --> 00:03:21,000

It's a ball.

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00:03:21,000 --> 00:03:25,000

Sometimes you see the top and the bottom, sometimes you just see the top.

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00:03:25,000 --> 00:03:33,000

Not saying it's alien, but at this point we're saying it is a real structured physical object up in the sky.

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00:03:33,000 --> 00:03:36,000

The phenomenon is striking in its simplicity.

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00:03:36,000 --> 00:03:39,000

No more staring at the nighttime sky for days on end.

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00:03:39,000 --> 00:03:42,000

Simply walk the sun, point and shoot.

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00:03:42,000 --> 00:03:52,000

I suggest that anyone that has a video camera can go outside and get something on video that is highly unusual.

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00:03:52,000 --> 00:04:02,000

Could be a UFO, could be an alien piloted spacecraft, could be cottonwood, could be a hot air

balloon, could be a lot of things.

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00:04:02,000 --> 00:04:12,000

But if it's carefully planned out, there's a good chance that an ordinary person with an average, above average is better,

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00:04:12,000 --> 00:04:18,000

camera can go outside and videotape something very exciting.

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00:04:18,000 --> 00:04:25,000

But it's important to remember that focusing directly on the sun can seriously damage your expensive video equipment.

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00:04:25,000 --> 00:04:29,000

And of course, the damage you can do to your eyes may be permanent.

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00:04:30,000 --> 00:04:39,000

I would advise anyone attempting the technique to use the same amount of precaution as if they were viewing a total eclipse of the sun.

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00:04:39,000 --> 00:04:43,000

You cannot look directly at the surface, it could cause blindness obviously.

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00:04:43,000 --> 00:04:48,000

That's why I block it out right to the edge of the surface.

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00:04:48,000 --> 00:04:51,000

And always wear UV protective sunglasses.

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00:04:51,000 --> 00:04:52,000

Did you see that?

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00:04:52,000 --> 00:04:53,000

Yeah.

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00:04:53,000 --> 00:04:54,000

Oh my gosh!

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00:04:54,000 --> 00:05:03,000

The images you are now watching were taped by the sightings team using our broadcast quality camera equipment and John Bro's solar obliteration method.

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00:05:03,000 --> 00:05:06,000

We were surprised when we started getting these UFOs.

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00:05:06,000 --> 00:05:12,000

And here are those objects in slow motion, pulsing and moving through the daylight sky.

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00:05:12,000 --> 00:05:23,000

These objects are almost identical to the ones that John Bro had already recorded and objects shot by two other photographers in a completely different part of the country.

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00:05:23,000 --> 00:05:31,000

Is it possible that this low-tech taping method is somehow allowing us to see things we're not supposed to see?

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00:05:31,000 --> 00:05:36,000

We went back to Dillatoso with the videotape shot by the sightings team.

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00:05:36,000 --> 00:05:45,000

We know the difference between bugs and airplanes and birds and cottonwood and dandelions floating in the air.

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00:05:46,000 --> 00:05:53,000

This is a structured solid object some distance away, moving at high speed.

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00:05:53,000 --> 00:06:05,000

What I can say is that the aspects and sightings tape of this momentary streak behind the clouds is the same characteristics as the John Bro tape.

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00:06:08,000 --> 00:06:14,000

If you decide to try the solar obliteration method outlined in this report, remember not to look directly into the sun.

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00:06:14,000 --> 00:06:18,000

It only takes a moment to cause permanent damage to your eyes.

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00:06:18,000 --> 00:06:27,000

The Vietnamese government has agreed to participate in an experimental program to find soldiers still missing in action from the Vietnam War.

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00:06:27,000 --> 00:06:30,000

They're going to use Psychex.

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00:06:33,000 --> 00:06:41,000

In Hanoi, Vietnam, the government is turning to the paranormal in its search for soldiers still missing in action since the Vietnam War.

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00:06:41,000 --> 00:06:54,000

Psychex in mediums already have an established place in Vietnamese culture, and now many are hard at work helping families locate the 300,000 Vietnamese soldiers and civilians who remain unaccounted for.

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00:06:55,000 --> 00:07:03,000

On a previous sightings report, we brought you the story of Lely Hastelip's search for her brother missing in action since 1963.

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00:07:03,000 --> 00:07:10,000

With the help of a Vietnamese psychic and wizard, Lely did locate the remote cave where her brother had been hastily buried.

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00:07:10,000 --> 00:07:20,000

As in that case, Vietnamese Psychex used dousing rods and sacred coins to make a connection with what they believe are the restless spirits of the dead.

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00:07:20,000 --> 00:07:28,000

These mediums believe that there is a great noise in the paranormal realm, the sound of thousands of spirits calling out to be found.

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00:07:28,000 --> 00:07:36,000

According to Vietnamese tradition, finding the earthly remains of these restless spirits is essential to a peaceful afterlife.

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00:07:36,000 --> 00:07:45,000

If someone isn't taken care of in their afterlife, then those spirits are very unhappy and they may roam around the earth.

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00:07:45,000 --> 00:07:51,000

And the Vietnamese project gives new hope that the remains of American MIAs will be found as well.

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00:07:51,000 --> 00:08:05,000

In Boulder, Colorado, Mark Macy is just one of several members of a worldwide consortium of telecommunications researchers who are claiming that they have been contacted by the spirit world.

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00:08:05,000 --> 00:08:14,000

And Macy believes that recent advances in computer technology have afforded deceased scientists a shortcut from their world to ours.

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00:08:15,000 --> 00:08:26,000

Our spirit colleagues are trying to provide some hard evidence for the first time in history that life does indeed continue, that our loved ones still are alive even though they've passed to another world.

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00:08:26,000 --> 00:08:40,000

Claims of spirit communication through electronic media date back more than 20 years when Luxembourg researcher Franz Schreber reportedly received images of the dead on a closed circuit television system.

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00:08:40,000 --> 00:08:48,000

Among the video images that have mysteriously appeared on the screen are these of his daughter who died at age 17.

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00:08:51,000 --> 00:08:59,000

Similarly, paranormal researchers like Al Rober have successfully recorded enigmatic messages within the white noise of television static.

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00:08:59,000 --> 00:09:04,000

In a number of controlled studies, ghostly voices have been heard.

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00:09:05,000 --> 00:09:24,000

And now, the scientist, researchers and educators who comprise the ITC organization claim to have successfully communicated with the other side, not just through television, but via telephone calls, faxes and most recently, email.

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00:09:24,000 --> 00:09:33,000

Someday, I'm sure there'll be thousands of telephones and computers hooked up in a network both on this side and on the other side.

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00:09:33,000 --> 00:09:37,000

I suppose that would give term Ethernet a whole new meaning.

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00:09:42,000 --> 00:09:51,000

In San Antonio, Texas, at the most recent meeting of the American Astronomical Society, two California scientists announced a groundbreaking discovery.

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00:09:51,000 --> 00:10:00,000

They have found two new planets in the constellations Virgo and Ursa Major, and these planets are orbiting stars very much like our own sun.

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00:10:00,000 --> 00:10:10,000

By measuring the levels of disturbance in the disc-like fields around these stars, the scientists have concluded that there are billions of solar systems in the deep reaches of space.

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00:10:10,000 --> 00:10:15,000

What we're concluding is that around this star, there is a planet orbit.

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00:10:15,000 --> 00:10:22,000

So this, of course, is very exciting, although other planet-like objects have recently been reported around other systems.

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00:10:22,000 --> 00:10:28,000

This is really the first time we've seen something that could be very like our own solar system.

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00:10:28,000 --> 00:10:36,000

These new planets, and another discovered by Swiss astronomers in 1995, are too dim to be seen with existing technology.

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00:10:36,000 --> 00:10:47,000

But scientists can measure the amount of heat they generate and determine each planet's size, shape, and surface temperature, and their calculations are earth-shaking.

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00:10:47,000 --> 00:10:58,000

One of the new worlds is approximately eight times the size of Jupiter and is temperate enough for water to exist in liquid form, and that raises the tantalizing possibility that there is light on other planets.

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00:10:58,000 --> 00:11:05,000

These new discoveries will have a tremendous impact on the future of NASA and space exploration projects.

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00:11:05,000 --> 00:11:10,000

A new space race is now beginning, the race to capture images of these unseen worlds.

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00:11:10,000 --> 00:11:20,000

And astronomers predict that pictures of earth-like worlds complete with mountains, oceans, and perhaps even life forms, achievable within the next 25 years.

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00:11:20,000 --> 00:11:25,000

The next breed of space telescopes may very well send back images that Earth is not unique.

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00:11:25,000 --> 00:11:34,000

It will be a startling revelation, one with global and cosmic implications, that, in fact, we are not alone.

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00:11:36,000 --> 00:11:42,000

We'll have more stories from the news next time. Now, here's what's coming up on CITIES.

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00:11:42,000 --> 00:11:46,000

Those who have experienced the terrifying ordeal of being abducted.

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00:11:46,000 --> 00:11:58,000

Those alien captors is no longer the norm. Now, abductees want to be known as experiencers, and they are returning from their experiences with a sense of purpose and an important message.

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00:11:58,000 --> 00:12:01,000

CITIES Correspondent, Carla Wall reports.

114

00:12:06,000 --> 00:12:12,000

When I first saw the needle, and I saw what he was going to do, I'm telling him, don't do it. It's going to hurt.

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00:12:12,000 --> 00:12:16,000

I mean, this is terror. You're being kidnapped. You don't know what's going to happen.

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00:12:16,000 --> 00:12:26,000

Betty Hill's unsettling story of her and husband Barney's abduction over 30 years ago set the emotional tone for thousands of accounts of alien abduction to follow.

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00:12:26,000 --> 00:12:31,000

The feeling of abject terror at the hands of extraterrestrial captors.

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00:12:31,000 --> 00:12:35,000

I hate what they do to me. I hate what they do to my mind. I hate what they do to my body.

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00:12:35,000 --> 00:12:40,000

I thought, CIT, I'm going to die of a heart attack or something, because it was not human.

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00:12:40,000 --> 00:12:44,000

And it was not a fun experience. This is not something I would wish on anybody.

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00:12:44,000 --> 00:12:56,000

Although the nightmares probing and mind control by strange beings is still widely reported, many of these abductees are coming back with something more than the horrifying details of their experience.

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00:12:56,000 --> 00:13:05,000

I started getting these thoughts in my head that didn't seem to belong to me, but I write it all down. I've been writing it down.

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00:13:05,000 --> 00:13:14,000

Gene Robertson has felt compelled to communicate on behalf of the beings that she believes have been abducting her since childhood.

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00:13:14,000 --> 00:13:24,000

We have researched your physiology to understand the elements that are parallel to our own. We mean you no harm, but we must save ourselves from extinction.

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00:13:25,000 --> 00:13:33,000

When acceptance of the reality of our kind is tolerated within your population, a more open relationship can begin.

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00:13:33,000 --> 00:13:40,000

There doesn't seem to be any sign that they're here to deliberately hurt or deliberately to help.

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00:13:40,000 --> 00:13:48,000

The natural reaction of terror and confusion and self-doubt, all of those things I think are unintended side effects.

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00:13:48,000 --> 00:13:58,000

Side effects that could be avoided if the extraterrestrial understood more about human nature, according to author Bud Hopkins, a pioneer in abduction phenomenon research.

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00:13:58,000 --> 00:14:11,000

Every single abductee says over and over if they would just walk in the front door, not scare me, not paralyze me, and sit down and say, look, we have a problem. Would you help?

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00:14:11,000 --> 00:14:18,000

Practically every abductee said if they would ask my permission and explain, I might say, sure, I'll help you.

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00:14:18,000 --> 00:14:26,000

But artist Steve Neal and many others who have already made contact believe humans must agree to meet the aliens on their terms.

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00:14:26,000 --> 00:14:30,000

What is it that you perceive that you're being told?

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00:14:30,000 --> 00:14:36,000

We as a race of beings aren't very successful. I think that's really evident. We've separated ourselves from nature.

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00:14:36,000 --> 00:14:46,000

We have the sense that nature's over there and we're over here and that really this world was kind of made for us to do whatever we want, to trash it in the name of personal gain and profit.

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00:14:46,000 --> 00:14:51,000

And I think that we're in danger of becoming extinct like the dinosaurs.

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00:14:51,000 --> 00:14:58,000

Describe the physical nature of when you were given this message. What happened to you?

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00:14:58,000 --> 00:15:02,000

Predominantly, it's like it's real. They're there with me.

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00:15:02,000 --> 00:15:07,000

They take me into the scene, whether it's the world after a nuclear war.

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00:15:07,000 --> 00:15:12,000

They take me right down the streets and I see all the bodies and the whole bit.

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00:15:12,000 --> 00:15:23,000

And I realize that they're trying to give me a message, you know, and that I'm supposed to take this message and take this possible future and do something about it, try to prevent it.

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00:15:23,000 --> 00:15:31,000

Harrowing visions of the future have led many abductees into one of the more than 250 support groups in the United States.

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00:15:31,000 --> 00:15:37,000

I visited one such group in Southern California led by hypnotherapist, Yvonne Smith.

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00:15:37,000 --> 00:15:50,000

I've worked now with well over 100 cases. People have been told that there's going to be devastation, that there's going to be tremendous earth changes.

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00:15:50,000 --> 00:15:58,000

They are shown these images. It's something that's put into their mind by the abductors. It's very difficult to explain.

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00:15:58,000 --> 00:16:00,000

What kind of images?

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00:16:00,000 --> 00:16:09,000

Tremendous earthquakes, hurricanes, I mean to the point where we're all going to be destroyed.

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00:16:09,000 --> 00:16:14,000

And when I'm in the middle of a session listening to this, it's very frightening.

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00:16:14,000 --> 00:16:23,000

Those bearing this extraterrestrial prophecy feel a responsibility to deliver the message and hopefully to prevent the prophecy from coming true.

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00:16:23,000 --> 00:16:33,000

I think it's very important to point out that all of these images and so forth of disaster or this or other can be reversed. It's not written in stone.

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00:16:33,000 --> 00:16:39,000

Is it your responsibility though to get it reversed and how does that all of our responsibility affect that?

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00:16:39,000 --> 00:16:51,000

I was told very distinctly that this is our planet and we are very powerful beings and we have to start using that in a positive way because then we can create beauty, we can create love, we can create serenity.

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00:16:51,000 --> 00:16:55,000

Instead of destroying everything and complaining that there's no serenity.

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00:16:55,000 --> 00:17:03,000

And Kathleen Cook believes that she has also discovered why so many abductees must endure humiliating medical experiments.

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00:17:03,000 --> 00:17:10,000

They're trying to not only help out their race but help out us in case we can't live in this environment anymore.

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00:17:10,000 --> 00:17:18,000

We might need different kinds of bodies. We might need different kinds of adaptations. We might need to be able to handle different kinds of climates.

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00:17:18,000 --> 00:17:29,000

Some people claim to have gained special healing powers during their close encounters, suggesting that the motive behind the experimentation may in fact be for the benefit of the human race.

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00:17:29,000 --> 00:17:44,000

I woke up and there was a gray by my side, left side. And he was putting in what appeared to be laser type objects in my brain.

158

00:17:44,000 --> 00:17:54,000

And I was told that I would have an energy and that I would be able to help people who are ill.

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00:17:54,000 --> 00:18:00,000

I believe the aliens helped to perfect this energy in my body.

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00:18:00,000 --> 00:18:07,000

Whatever the reason for the alien abduction phenomenon, those who claim to have experienced contact are returning with a new perspective.

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00:18:07,000 --> 00:18:14,000

The fear has given way to curiosity, acceptance and a commitment to spread their alien message.

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00:18:14,000 --> 00:18:28,000

We will continue cohort contact for now. Soon we will be able to establish a more active and cohesive relationship and equal partnership within the alliance of intelligent life forms.

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00:18:28,000 --> 00:18:38,000

The State University of New York Press has just published a scholarly collection of essays, including several by John Saliba, on the topic of extraterrestrial theology.

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00:18:38,000 --> 00:18:43,000

Its title, *The Gods Have Landed, New Religions from Other Worlds*.

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00:18:43,000 --> 00:18:45,000

Next, photographs.

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00:18:45,000 --> 00:18:48,000

Photographs can be proven scientifically under a microscope.

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00:18:48,000 --> 00:18:56,000

But what about the connection that goes beyond reason, that familial sense of psychic connectedness known as bonding?

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00:18:56,000 --> 00:19:00,000

Because it can't be duplicated in a test tube. Does that mean it isn't real?

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00:19:07,000 --> 00:19:12,000

With every loving family, there is a connection that goes far beyond simple biology.

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00:19:12,000 --> 00:19:20,000

There is the ability to feel each other's pain, sense each other's thoughts, even know at a distance when a loved one is in danger.

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00:19:20,000 --> 00:19:25,000

It is, say some paranormal researchers, daily proof that ESP is real.

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00:19:25,000 --> 00:19:30,000

It just got to accept it, that it's there and it's a sign of love, it's natural.

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00:19:30,000 --> 00:19:36,000

Cassandra Eason is a psychologist who has written several books exploring the psychic bond within families.

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00:19:36,000 --> 00:19:44,000

Her interest in the subject began when Cassandra's son Jack predicted that his father would soon be in a serious motorcycle accident.

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00:19:44,000 --> 00:19:50,000

I suppose I was suspicious about what she'd call psychic instincts, intuitions.

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00:19:50,000 --> 00:19:53,000

And one day when Jack was two and a half, he said,

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00:19:53,000 --> 00:19:56,000

Dad's gone rolling poli on his motorbike, but he's alright.

178

00:19:56,000 --> 00:20:07,000

At that exact time, Dad was riding down the motorway and he skidded on a patch of wool and went straight into the back of a lorry.

179

00:20:07,000 --> 00:20:12,000

But his motorbike was smashed pieces, but he was alright.

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00:20:12,000 --> 00:20:16,000

When I got home, Cass came running out and said,

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00:20:16,000 --> 00:20:19,000

It's alright, we know what happened. Jack told us.

182

00:20:19,000 --> 00:20:22,000

I can't really explain it myself.

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00:20:22,000 --> 00:20:26,000

That's, uh, somehow he knew when I was having an accident.

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00:20:26,000 --> 00:20:34,000

And, say, sci-phenomena researchers, this is not an isolated event and may be far more common than most people believe.

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00:20:34,000 --> 00:20:45,000

Joan and Genevieve Weston have always been very close, never more so than when Joan had a premonition that her daughter would have a car accident on her way to the airport.

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00:20:46,000 --> 00:20:54,000

I wasn't actually doing anything except thinking hard about what I was going to do for lunch when it just popped into my head.

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00:20:54,000 --> 00:21:00,000

This picture just popped into my head. It was as awful as if it had actually happened.

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00:21:00,000 --> 00:21:03,000

My lovely Jenny was going to have an accident.

189

00:21:03,000 --> 00:21:12,000

I watched her drive off in this still in this brilliant sunshine and just prayed that my imagination was working overtime.

190

00:21:12,000 --> 00:21:16,000

But I still had this sinking feeling in my stomach.

191

00:21:16,000 --> 00:21:29,000

I was in an inside lane looking for my exit to the airport and I could see a shape of a truck ahead, a flatbed lorry, and suddenly, uh, no brakes.

192

00:21:29,000 --> 00:21:41,000

So, I just took the car down through the gears, bang or shift, and applied the handbrake and came to a complete stop with the foot of the car underneath the...

193

00:21:41,000 --> 00:21:47,000

actual lorry in front, which that was pretty frightening at the time.

194

00:21:47,000 --> 00:21:53,000

Dr. Doug Henderson is a professor of psychology at the University of Wisconsin at Stevens Point.

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00:21:53,000 --> 00:21:59,000

He attributes familial telepathy to a field of energy that science cannot yet measure.

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00:21:59,000 --> 00:22:09,000

When we look to find where the psychic phenomena occur, it seems that they occur frequently in people who are biologically related, particularly between mothers and their children.

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00:22:09,000 --> 00:22:15,000

And of course that stands to reason because we all spent the first nine months of our life as a part of our mother's body.

198

00:22:15,000 --> 00:22:26,000

In the case of twins, strong anecdotal evidence already exists to prove a psychic link between siblings, but so far, scientific proof has eluded laboratory researchers.

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00:22:26,000 --> 00:22:32,000

I think that there are whole dimensions of reality that are simply waiting to be discovered out there.

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00:22:32,000 --> 00:22:39,000

I come back to, uh, Marconi discovering radio waves. They existed. They're part of the environment.

201

00:22:39,000 --> 00:22:45,000

We simply didn't know how to look for them. And once we find how to look for these things, I think they'll be there.

202

00:22:45,000 --> 00:22:52,000

Dolores Jenkins was haunted by a recurring dream in which she vividly saw her son, Greg, crashing his moped.

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00:22:52,000 --> 00:22:57,000

And then it became more than just a dream for Dolores, who is an emergency dispatch operator.

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00:22:57,000 --> 00:23:02,000

Before the accident happened, I was sitting there and then I started getting that feeling.

205

00:23:02,000 --> 00:23:08,000

Like I said, something's wrong, something's going to happen. And I said, oh my God, no, this is it.

206

00:23:08,000 --> 00:23:15,000

I could see it's detail, everything's detail. Okay? And then I see him making that turn.

207

00:23:15,000 --> 00:23:25,000

He's like sliding out. And I see Greg going that way. And then I bounce, bounce, you know, it's

just like slow motion.

208

00:23:25,000 --> 00:23:33,000

We hit like this oil and we slid and when he pulled me down, I knocked my head on the concrete when I'm conscious.

209

00:23:33,000 --> 00:23:41,000

If she could predict the future, Dolores felt, perhaps she could also change it, visualizing her son's complete recovery.

210

00:23:41,000 --> 00:23:50,000

I'm a mother. I don't want my son to get hurt. And I remember the dream. So I get up and I start to walk around and do something that maybe will change this dream.

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00:23:50,000 --> 00:23:54,000

You know, I was protecting my child from getting mangled and hurt.

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00:23:54,000 --> 00:24:01,000

Greg did make a complete recovery. He believes his psychic bond with his mother made all the difference.

213

00:24:01,000 --> 00:24:05,000

I didn't believe it too until it happens to you, then that's when you believe it.

214

00:24:05,000 --> 00:24:12,000

Mainstream scientists do not believe that these anecdotal accounts prove conclusively the existence of psychic ability.

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00:24:12,000 --> 00:24:17,000

But for the families involved, no more proof is necessary.

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00:24:17,000 --> 00:24:26,000

We don't actually try and label it. We're just most awfully grateful it's there because it's quite unresuring and quite comforting.

217

00:24:26,000 --> 00:24:40,000

They're the link of love. They're not spooky. They're natural parts of human experience, starting perhaps from before then and perhaps going beyond it.

218

00:24:40,000 --> 00:24:48,000

If you feel that you and your family have a psychic bond, researchers suggest you keep a diary to document your paranormal connections.

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00:24:48,000 --> 00:24:54,000

If enough people begin to document these coincidences, maybe they won't be called coincidences anymore.

220

00:24:54,000 --> 00:25:02,000

It's called labyrinths, had a completely different purpose. They were designed to awaken spiritual energy and healing.

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00:25:02,000 --> 00:25:09,000

In fact, tracing a labyrinth in ancient Greece was sent to be one way to unlock all the secrets of the universe.

222

00:25:09,000 --> 00:25:19,000

Unlike mazes that are designed to frustrate you through traps and dead ends, labyrinths are designed for peaceful meditation.

223

00:25:19,000 --> 00:25:29,000

A labyrinth is a spiritual tool because it has simply one path and you follow that path, walking all the way in and you know that it takes you to the center.

224

00:25:29,000 --> 00:25:37,000

Dr. Lauren Artress became fascinated with labyrinths from the moment she first walked one during a spiritual conference in 1991.

225

00:25:37,000 --> 00:25:44,000

When she returned to her ministry at Grace Cathedral in San Francisco, Dr. Artress couldn't let go of her memory of the labyrinth.

226

00:25:44,000 --> 00:25:51,000

It finally hit me, put the labyrinth into the cathedral. And I was very skeptical about this idea.

227

00:25:51,000 --> 00:25:57,000

In fact, when I first started telling my colleagues, I turned beet red and yet I felt driven to do it as well.

228

00:25:57,000 --> 00:26:01,000

And that sent me to books and to research.

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00:26:01,000 --> 00:26:11,000

Her research led Dr. Artress to the renowned cathedral in Chartres France, where she walked a long forgotten labyrinth designed by monks around 1220 AD.

230

00:26:11,000 --> 00:26:22,000

But what I learned was that this is an ancient lost art. This is an ancient tool that has been lying in the archives of many religious traditions, dusty and forgotten.

231

00:26:22,000 --> 00:26:32,000

Because we emphasize the rational mind so much at the cost of the intuitive, the deep spiritual element that we each carry within us.

232

00:26:32,000 --> 00:26:38,000

And that's why we're so hungry now as we look and walk into the next century.

233

00:26:38,000 --> 00:26:46,000

Throughout history, labyrinths have enjoyed peaks of popularity and then they disappear. This happens time and time again.

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00:26:46,000 --> 00:26:56,000

Today, we're waking up to new ways of viewing reality. And labyrinths are tools that can help you experience that.

235

00:26:56,000 --> 00:27:03,000

Sig Lohngren, an Earth mysteries riker and lecturer, has designed his own labyrinth in the backyard of his northern Vermont home.

236

00:27:03,000 --> 00:27:10,000

I walk labyrinths because they help me think more clearly about issues that are up for me in my life.

237

00:27:11,000 --> 00:27:21,000

And they help me look at problems from different points of view and offer possible resolution and a way of checking out whether that resolution is really valid or not.

238

00:27:21,000 --> 00:27:33,000

The intense mystical effect of a labyrinth caused this man, Alex Champion, to abandon his professional career six years ago so he could design and build the winding pathways for others.

239

00:27:33,000 --> 00:27:41,000

I was working as a research biochemist in a research facility and I really saw that I didn't want to do that for the rest of my life.

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00:27:41,000 --> 00:27:51,000

So I was looking for a way out, essentially. And I decided that I would start making labyrinths as a profession.

241

00:27:51,000 --> 00:27:56,000

It was an unusual path for a man trained in mainstream science.

242

00:27:56,000 --> 00:28:06,000

I think it's basically the design fascinates me. I think the experience that people get when they walk fascinates me.

243

00:28:06,000 --> 00:28:16,000

And I actually like to make them. I like to dig out the soil and shape it into this labyrinth. I find that very satisfying.

244

00:28:16,000 --> 00:28:22,000

And Champion continues to find satisfying nuances in his labyrinth building.

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00:28:22,000 --> 00:28:27,000

The original reason why I got into him was that they were a spiritual symbol.

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00:28:27,000 --> 00:28:34,000

But then after a while I saw that other friends actually said to me, Alex, you're making artwork.

247

00:28:34,000 --> 00:28:43,000

And this was very difficult for me to appreciate being a scientist. But gradually I came to appreciate that fact. I also saw them as gardens.

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00:28:43,000 --> 00:28:49,000

For those who choose to walk a labyrinth, there are three stages of transformation according to Dr. Artress.

249

00:28:49,000 --> 00:28:57,000

As you're walking into the labyrinth, you're purging or releasing, letting go. We shed our everyday thoughts.

250

00:28:57,000 --> 00:29:05,000

The center, illumination, is a place of prayer and meditation. The only instruction is to walk in with an open heart and an open mind.

251

00:29:05,000 --> 00:29:12,000

So it's a sense of receiving and opening yourself. And then when you're completed in the center, you can walk the same path back out.

252

00:29:12,000 --> 00:29:20,000

And you again enter union. And it's a strange sense of empowerment and everything kind of coming together when you're walking out of the labyrinth.

253

00:29:20,000 --> 00:29:27,000

There's a renewed sense of, OK, I can do this. I can do this. I can do the tasks that's before me in the world.

254

00:29:27,000 --> 00:29:36,000

Although labyrinths haven't been used in cathedrals for centuries, Dr. Artress believes that they are deserving of a 21st century Renaissance.

255

00:29:36,000 --> 00:29:46,000

The labyrinth is a wonderful tool to bridge between the traditional and the nontraditional. And it belongs in a Gothic cathedral. That's its tradition.

256

00:29:46,000 --> 00:29:57,000

And many people say, what is this? What is the labyrinth about? And is this kind of a new age tool? And I sort of chuckle when I hear that because here this is, it's a 12th century mystical tool.

257

00:29:57,000 --> 00:30:02,000

So if someone says, new age, I always say, well, how about middle ages?

258

00:30:03,000 --> 00:30:12,000

And according to some researchers, labyrinths may date back even further to these eighth century drawings carved into the Peruvian Andes.

259

00:30:12,000 --> 00:30:25,000

The Nazcan civilization built many different what are called labyrinthine figures. So it might be a spider or a monkey. People use them as their totems, their personal power animals.

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00:30:25,000 --> 00:30:31,000

And when you want to gain the power of the spider, you walk the spider path.

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00:30:31,000 --> 00:30:40,000

It is a new interpretation for the Nazca lines, long thought to be an ancient form of communication without a space.

262

00:30:40,000 --> 00:30:57,000

I think the idea of using labyrinths and the Nazca figures and other examples of Earth art to communicate to out there, as long as from my perspective out there is defining the spiritual, I think that's an appropriate thought.

263

00:30:57,000 --> 00:31:02,000

And people of many faiths have found that spiritual connection in the labyrinth.

264

00:31:02,000 --> 00:31:13,000

Walking the labyrinth has really changed my life. I found a profound way of being able to meditate. The labyrinth is really something that we're looking for. It's a tool that we need.

265

00:31:13,000 --> 00:31:18,000

The labyrinth is really, it's a blueprint where psyche meets soul.

266

00:31:19,000 --> 00:31:36,000

Dr. Artress is continuing to encourage people worldwide to seek spiritual reawakening by walking labyrinth. She is now embarking on a project to get as many people as possible to walk a labyrinth on the stroke of midnight, January 1st, 2000.

267

00:31:36,000 --> 00:31:43,000

We both have colds and just like last time he's perky because last night he got to the nightgown first and oh.

268

00:31:43,000 --> 00:31:45,000

We got rested again and I didn't.

269

00:32:14,000 --> 00:32:16,000

Mom needs a big play to satisfy him.

270

00:32:16,000 --> 00:32:19,000

Watch, she goes right for the Totino's Pizza Rolls.

271

00:32:19,000 --> 00:32:22,000

Tasty move. The great taste of pizza in bite-sized rolls.

272

00:32:22,000 --> 00:32:24,000

She spins to the microwave.

273

00:32:24,000 --> 00:32:26,000

Does she have enough time?

274

00:32:26,000 --> 00:32:29,000

Here they come. She rolls left. Oh, she rolls right.

275

00:32:29,000 --> 00:32:31,000

Totino's Pizza Rolls.

276

00:32:31,000 --> 00:32:32,000

Sensational.

277

00:32:32,000 --> 00:32:34,000

And it looks like a big win for the home team.

278

00:32:34,000 --> 00:32:36,000

Let's see that again.

279

00:32:43,000 --> 00:32:47,000

The season premiere of the X-Files, see on real television first.

280

00:32:47,000 --> 00:32:58,000

When futurist H.G. Wells, Leonard Hemoy and the Sci-Fi channel make television history with the first live simulcast ever of a dramatic work of fiction both on air and online.

281

00:32:58,000 --> 00:33:05,000

Tune in and log on for H.G. Wells, The First Men in the Moon, performed by Leonard Hemoy and the Alien Voices.

282

00:33:05,000 --> 00:33:12,000

Tonight at 8 p.m. Eastern on the Sci-Fi Channel and on the Dominion at www.Sci-Fi.com.

283

00:33:12,000 --> 00:33:17,000

It's happening everywhere. People are discovering Acolyte for asthma.

284

00:33:17,000 --> 00:33:25,000

Acolyte is a non-steroid pill you take daily in the morning and in the evening to help control asthma symptoms all day and while you sleep.

285

00:33:25,000 --> 00:33:36,000

If you use a rescue inhaler more than twice a week and are 12 or older, ask your doctor if adding Acolyte to your current asthma therapy may help reduce your reliance on your inhaler and help give you more control.

286

00:33:36,000 --> 00:33:39,000

However, Acolyte is not for acute asthma attacks.

287

00:33:39,000 --> 00:33:45,000

You can also call toll-free for an informative free booklet on Acolyte and tips to prevent and control asthma symptoms.

288

00:33:45,000 --> 00:33:50,000

Acolyte for asthma because having more control can make a difference.

289

00:33:50,000 --> 00:33:56,000

Talk to your doctor if you are pregnant, nursing, taking blood thinners or before changing your current asthma medicines.

290

00:33:56,000 --> 00:34:01,000

While on Acolyte, there is a possibility of a rare but serious effect on your liver.

291

00:34:01,000 --> 00:34:04,000

Other side of include headache, infection and nausea.

292

00:34:04,000 --> 00:34:09,000

To learn more, talk to your doctor or call. Discover Acolyte for asthma.

293

00:34:34,000 --> 00:34:41,000

For more information on www.Sci-Fi.com, users can access information about the entire Global Sci-Fi Channel lineup.

294

00:34:41,000 --> 00:34:51,000

As well as downloads from dozens of Sci-Fi movies and series, interviews with noted celebrities, games and links to the hottest paranormal websites.

295

00:34:51,000 --> 00:35:03,000

We now are able to reach a worldwide audience of sightings fans, which enables them to give us feedback on what we're producing and how we're showing stories to people.

296

00:35:03,000 --> 00:35:09,000

We have features from some of our stories on a weekly basis. We have downloadable images and quick time clips.

297

00:35:09,000 --> 00:35:14,000

When I make contact with this entity, I will become a little confrontational.

298

00:35:14,000 --> 00:35:17,000

Hello? Hello?

299

00:35:17,000 --> 00:35:23,000

Since its inception, Dominion has become the home of all things science fiction on the World Wide Web.

300

00:35:23,000 --> 00:35:30,000

Now with the addition of sightings online, the hope is that it will become a clearing house for all things paranormal as well.

301

00:35:30,000 --> 00:35:37,000

Already on the Dominion site, they have access to all the major paranormal links on the internet.

302

00:35:37,000 --> 00:35:47,000

We're hoping to reach a worldwide audience and provide state-of-the-art information and news about the paranormal world.

303

00:35:47,000 --> 00:35:55,000

If you've had a paranormal experience, contact sightings on the World Wide Web at sci-fi.com.

304

00:35:55,000 --> 00:36:00,000

Sightings can also be contacted at America Online at keyword sightings.

305

00:36:00,000 --> 00:36:03,000

For right to us, care of Paramount Television.

306

00:36:06,000 --> 00:36:10,000

Until next time, remember, no mistrust to an open mind.

307

00:36:10,000 --> 00:36:13,000

For Sightings, I'm Tim White.

308

00:36:13,000 --> 00:36:18,000

Sightings can also be contacted at America Online at keyword sightings.

309

00:36:43,000 --> 00:36:48,000

Sightings can also be contacted at America Online at keyword sightings.