

1

00:00:00,000 --> 00:00:20,000

UFOs. They arrive in a blaze of light then take control. Inhuman hands probe private places.

2

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

Half nightmare, half science fiction, these harrowing accounts first surfaced in 1961.

3

00:00:26,000 --> 00:00:35,000

When a New England couple claimed they were taken aboard a UFO against their will, other stories began to surface.

4

00:00:35,000 --> 00:00:44,000

Like the four friends who said they were medically examined by creatures not of this earth, such cases can be summed up with one terrifying word.

5

00:00:44,000 --> 00:00:47,000

Abduction. Next.

6

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

In the 1950s, most UFO cases involved sightings of unusual aircraft or lights in the night sky.

7

00:00:58,000 --> 00:01:09,000

In addition, there were the Contactee cases where individuals reported communication with UFO occupants, often depicted as friendly and wise.

8

00:01:10,000 --> 00:01:22,000

But in the fall of 1961, a New England couple encountered a UFO that dramatically changed their lives and raised new questions about the intentions of UFOs.

9

00:01:22,000 --> 00:01:35,000

Betty and Barney Hill might seem unlikely candidates to rewrite UFO history. Betty was a department supervisor in the state government. Barney worked for the Postal Service.

10

00:01:36,000 --> 00:01:42,000

They were driving home to New Hampshire from a vacation in Canada when their encounter began.

11

00:01:42,000 --> 00:01:52,000

As they motored down Route 3 in the isolated White Mountains, Betty noticed a curious star in the sky that seemed to be following their car.

12

00:01:52,000 --> 00:01:56,000

The hills stopped the car as the light got closer to them.

13

00:01:56,000 --> 00:02:02,000

Peering through binoculars, Barney reported seeing red, amber and green flashing lights.

14

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

Panicked, Barney jumped back in the car and started speeding down the road.

15

00:02:07,000 --> 00:02:16,000

When the hills arrived home to Portsmouth, New Hampshire, they realized that the trip had taken two hours longer than expected.

16

00:02:17,000 --> 00:02:27,000

Within days of their sighting, Betty Hill began having nightmares in which she and Barney were taken aboard a flying saucer and then medically examined.

17

00:02:28,000 --> 00:02:36,000

The hills filed a sighting report with NICAP, a newly formed UFO research group.

18

00:02:36,000 --> 00:02:47,000

Then the emotional trauma from their experience prompted Barney and Betty Hill to seek the help of Dr. Benjamin Simon, a prominent Boston psychiatrist.

19

00:02:48,000 --> 00:02:55,000

Dr. Simon used hypnosis to treat the hills over the course of several months.

20

00:02:55,000 --> 00:03:02,000

Betty and Barney Hill said the therapy helped them recover some memories of their missing two hours.

21

00:03:02,000 --> 00:03:07,000

Listening to recordings of these sessions brought back even more recollections.

22

00:03:08,000 --> 00:03:20,000

I try to maintain control so Betty cannot tell I am scared. God, I'm scared.

23

00:03:20,000 --> 00:03:26,000

It's all right. You can go right on and experience it. It will not hurt you now.

24

00:03:27,000 --> 00:03:30,000

I got to get my gun.

25

00:03:30,000 --> 00:03:34,000

Get my gun! I got my gun!

26

00:03:34,000 --> 00:03:41,000

All right. That's all right. Just keep raising the phone.

27

00:03:41,000 --> 00:03:52,000

Then I put it in my coat and then I get off with the binoculars.

28

00:03:52,000 --> 00:03:54,000

Then it stays there.

29

00:03:54,000 --> 00:03:58,000

I look. I look.

30

00:03:58,000 --> 00:04:01,000

It shifts over.

31

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

I think I'm not afraid.

32

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

I don't shoot it down. I'm not afraid.

33

00:04:11,000 --> 00:04:20,000

I walk out and I walk across the road.

34

00:04:20,000 --> 00:04:23,000

There it is. Up there.

35

00:04:23,000 --> 00:04:25,000

It's right out of my way.

36

00:04:25,000 --> 00:04:28,000

Calm down. Calm down. It's there.

37

00:04:28,000 --> 00:04:32,000

But you can see it, but it's not going to hurt you. Go on.

38

00:04:36,000 --> 00:04:41,000

Why doesn't it go away? Look at it.

39

00:04:41,000 --> 00:04:44,000

It's really, really bad.

40

00:04:44,000 --> 00:04:48,000

Barney Hill would later make sketches to illustrate his story.

41

00:04:48,000 --> 00:04:54,000

It's very big and it's not that far.

42

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

And I can see it tilted toward me.

43

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

What does it look like now?

44

00:05:03,000 --> 00:05:17,000

Did you see what it looks like in big, big pancake with windows and rolls?

45

00:05:18,000 --> 00:05:23,000

A roll of windows like a commercial plane.

46

00:05:23,000 --> 00:05:36,000

Rows of windows. They're not like a commercial plane because they curve around to the size of this pancake.

47

00:05:36,000 --> 00:05:46,000

And I look up and down the road. Can somebody come? Tell me this is not there.

48

00:05:46,000 --> 00:05:56,000

During her hypnotic regression, Barney Hill described the deeply disturbing events that she said took place inside the landed spacecraft.

49

00:05:56,000 --> 00:06:04,000

So then they rolled me over on my back and they examined her.

50

00:06:04,000 --> 00:06:09,000

It says a roll of needle in his head.

51

00:06:09,000 --> 00:06:12,000

And I see the needle.

52

00:06:12,000 --> 00:06:17,000

And it's the nail that any needle I've ever seen.

53

00:06:17,000 --> 00:06:23,000

And I asked him what he's going to do with it.

54

00:06:23,000 --> 00:06:27,000

And he said, just as simple as that, he won't hurt me.

55

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

And I asked him what.

56

00:06:30,000 --> 00:06:33,000

And he said he just wants to put it in my nail.

57

00:06:33,000 --> 00:06:36,000

It's just as simple as that.

58

00:06:36,000 --> 00:06:40,000

I tell him no, it won't hurt. Don't do it.

59

00:06:40,000 --> 00:06:44,000

Don't do it. It even though it won't hurt.

60

00:06:44,000 --> 00:06:48,000

And he said for days, put it in my nail.

61

00:06:48,000 --> 00:06:54,000

And I cry and I tell him it's hurting, it's hurting, it's hurting, it's hurting.

62

00:06:54,000 --> 00:06:59,000

And as a leader, he goes over.

63

00:06:59,000 --> 00:07:05,000

And he puts his hand, raises hand in front of my eyes.

64

00:07:05,000 --> 00:07:09,000

And he says, I'll be all right. I won't feel it.

65

00:07:09,000 --> 00:07:16,000

And all the pain goes away.

66

00:07:16,000 --> 00:07:24,000

Five years later, the bizarre experience of Betty and Barney Hill became legendary as a cover story in Look Magazine

67

00:07:24,000 --> 00:07:27,000

and a book entitled The Interrupted Journey.

68

00:07:27,000 --> 00:07:33,000

It was the first reported alien abduction in the United States.

69

00:07:33,000 --> 00:07:38,000

The Hill psychiatrist, Dr. Simon, remains skeptical of their account.

70

00:07:38,000 --> 00:07:44,000

However, once the case was made public, other witnesses came forward with similar stories.

71

00:07:44,000 --> 00:07:50,000

Authors like Dr. David M Jacobs call them abductions.

72

00:07:50,000 --> 00:07:57,000

The core abduction scenario involves basically a person who is taken out of his or her normal environment,

73

00:07:57,000 --> 00:08:02,000

usually against their will, and taken on board an object, a UFO if you will,

74

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

and they're closed or removed, they're placed on a table, they're given a mental, physical,

75

00:08:08,000 --> 00:08:16,000

and kind of reproductive series of examinations, procedures, and then they're released, brought back,

76

00:08:16,000 --> 00:08:22,000

and they forget about what happened to them almost immediately, although they might know that

something strange has happened.

77

00:08:22,000 --> 00:08:28,000

They don't necessarily connect it to the abduction phenomenon.

78

00:08:28,000 --> 00:08:34,000

Beginning with the Hills, most abductees have made sketches to illustrate their experience.

79

00:08:34,000 --> 00:08:41,000

They often picture the strange beings they encounter, now known as greys.

80

00:08:42,000 --> 00:08:50,000

The most predominant one are the small grey aliens and taller grey aliens as well.

81

00:08:50,000 --> 00:08:55,000

The taller grey aliens seem to be more in charge in the abduction scenario.

82

00:08:55,000 --> 00:09:01,000

The smaller grey aliens seem to be more assistants or helpers.

83

00:09:01,000 --> 00:09:10,000

These are beings that are thin, have no hair, large heads, very large black eyes,

84

00:09:10,000 --> 00:09:17,000

no pupils in them, just sort of opaque, no nose, to speak of, there might be a little bumper ridge there.

85

00:09:19,000 --> 00:09:24,000

Many abduction cases include a face-to-face encounter with greys.

86

00:09:25,000 --> 00:09:34,000

Among the most credible was the incident reported by four college friends after a harrowing trip in the summer of 1976.

87

00:09:41,000 --> 00:09:49,000

Betty and Barney Hills abduction experience in September 1961 was the first such case reported in the United States.

88

00:09:50,000 --> 00:09:56,000

But in the following decades, accounts of alien abduction became increasingly common.

89

00:09:58,000 --> 00:10:06,000

Few stories were as sensational as the experience reported by four friends who took what was supposed to be an ordinary camping trip.

90

00:10:06,000 --> 00:10:13,000

To those who catalog such reports, this UFO encounter is known as the Allagash Incident.

91

00:10:14,000 --> 00:10:29,000

In the summer of 1976, art students Charlie Faltz, Chuck Rack and twins Jack and Jim Wiener travelled north from Boston into the wilderness of Maine.

92

00:10:31,000 --> 00:10:37,000

For nearly a week, the trip was everything they hoped it would be, a carefree escape from city life.

93

00:10:38,000 --> 00:10:44,000

On the fifth day, they camped near Smith Pond, an isolated stump-filled swamp.

94

00:10:46,000 --> 00:10:53,000

It was a perfect spot for night fishing. It was also the place where their lives would change forever.

95

00:10:57,000 --> 00:11:02,000

There was no moon that night, it was real dark, and we didn't want to get lost, so we said, well,

96

00:11:03,000 --> 00:11:09,000

thing to do is make a big fire so we can see it and then we know which way to paddle when we want to get back to camp later.

97

00:11:10,000 --> 00:11:16,000

And it was quite large, but we cleared around the fire, so there was no problem.

98

00:11:17,000 --> 00:11:21,000

And these flames were leaping to good three or four feet up into the air.

99

00:11:23,000 --> 00:11:28,000

With their makeshift lighthouse aglow, the four men left their campsite behind.

100

00:11:29,000 --> 00:11:36,000

They paddled several hundred yards out into the pond, headed for a night of fishing they would never forget,

101

00:11:37,000 --> 00:11:40,000

and one they would later illustrate in their artwork.

102

00:11:41,000 --> 00:11:48,000

I remember being in the back of the canoe, paddling leisurely, the two twins were in the middle, Charlie was in the front.

103

00:11:49,000 --> 00:11:56,000

And I remember they were having a conversation and I was focusing on the night and the lake and the water.

104

00:11:57,000 --> 00:12:00,000

And I began to feel observed.

105

00:12:01,000 --> 00:12:09,000

And then all of a sudden Chuck Rack, who was at the back of the canoe, said, holy mackerel, what the f\*\*\* is that?

106

00:12:10,000 --> 00:12:22,000

And I turned around and looked and there was this huge, bright light that was hot coming out of the trees.

107

00:12:22,000 --> 00:12:25,000

It seemed like it was rising out of the trees.

108

00:12:26,000 --> 00:12:30,000

At first we thought it was going to be an airplane or something, right?

109

00:12:31,000 --> 00:12:37,000

So we watched it for a few seconds and realized that it wasn't an airplane because it wasn't making any sound at all.

110

00:12:38,000 --> 00:12:40,000

It was strange, very strange.

111

00:12:41,000 --> 00:12:48,000

It was a bright, luminous, yellow, white, and changing from that color in a very fluid, liquid kind of a way.

112

00:12:48,000 --> 00:12:50,000

And we were very, very fascinated.

113

00:12:51,000 --> 00:12:59,000

I was in a state of extreme euphoria, I remember just feeling, wow, this is fantastic.

114

00:13:00,000 --> 00:13:01,000

It was just alive.

115

00:13:02,000 --> 00:13:10,000

And when it was nearest about a hundred yards away, it paused.

116

00:13:11,000 --> 00:13:16,000

And when it paused, I said to the fellas, I said, I'm going to shine the flashlight and see what it does.

117

00:13:16,000 --> 00:13:22,000

The instant he flashed his flashlight, this thing sent this f\*\*\*ing light out to us.

118

00:13:23,000 --> 00:13:30,000

We were in a 16-foot aluminum grumman canoe, which in the pitch black of night lit up like a roaming candle.

119

00:13:31,000 --> 00:13:37,000

We must have looked like this object just waiting to be approached on this lake.

120

00:13:38,000 --> 00:13:45,000

And all I can tell you is what was going through my mind was just exhilarating expectation.

121

00:13:46,000 --> 00:13:52,000

Just, this is fantastic. This is something we can communicate with. It's tempting to communicate with us.

122

00:13:53,000 --> 00:13:58,000

I was completely shocked and especially shocked that it reacted as quickly as it did,

123

00:13:59,000 --> 00:14:01,000

which told us there was some type of intelligence about it.

124

00:14:02,000 --> 00:14:07,000

And as soon as this light came out, this thing started moving.

125

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

And so we thought, well, this is real. This is really happening. This is not a figment of our imagination.

126

00:14:17,000 --> 00:14:24,000

I mean, we've got to deal with this situation now, because within a few seconds this thing is going to be right on us.

127

00:14:25,000 --> 00:14:32,000

I wasn't even interested in this thing any more other than I didn't want to be as close to it as I was.

128

00:14:33,000 --> 00:14:43,000

I remember paddling as fast as I could and Jack saying, it's getting closer, it's getting closer.

129

00:14:47,000 --> 00:14:52,000

And then it was gone. The next thing they remembered, they were back on shore.

130

00:14:55,000 --> 00:15:00,000

And I thought, well, that's it. We've lost our chance. We've let it slip through our fingers.

131

00:15:01,000 --> 00:15:06,000

And I observed it leaving and just gradually faded out.

132

00:15:11,000 --> 00:15:18,000

Exhausted, the four men stumbled back to their campsite. There they found the remains of their makeshift lighthouse.

133

00:15:18,000 --> 00:15:25,000

The fire that had been built to last for hours. The fire that was now just a pile of charred embers.

134

00:15:26,000 --> 00:15:33,000

At the time, no one gave it much thought, though it would later play a large role in their sighting.

135

00:15:34,000 --> 00:15:41,000

That night, nothing more was discussed, not the fire, not the unknown object that had chased them only moments before.

136

00:15:41,000 --> 00:15:44,000

Sleep was the only thing on their minds.

137

00:15:45,000 --> 00:15:49,000

For years, the friends rarely talked about that strange night.

138

00:15:50,000 --> 00:16:01,000

Then in 1978, memories of the sighting began to resurface. Jim Wiener had developed temporal epilepsy after a car accident and suffered periodic seizures.

139

00:16:02,000 --> 00:16:09,000

These fits were often triggered by sleep deprivation and by 1980, Jim was definitely not sleeping well.

140

00:16:11,000 --> 00:16:15,000

Vivid nightmares had become a perpetual torment.

141

00:16:16,000 --> 00:16:24,000

All I remember is seeing vague figures anthropomorphic in shape, but they did not seem human to me.

142

00:16:25,000 --> 00:16:39,000

They were around me and they were either doing things with my genitals or they were plotting me with some types of instruments.

143

00:16:39,000 --> 00:16:47,000

There was an extreme feeling of malevolence. I mean, I was absolutely always terrified in this situation.

144

00:16:48,000 --> 00:16:52,000

For a time, Jim kept his nightmares secret. Then he confided in his brother.

145

00:16:53,000 --> 00:16:56,000

Jack Wiener's reaction was totally unexpected.

146

00:16:57,000 --> 00:17:06,000

So he starts telling me this, my nightmare. On the phone and I go, oh, he's mackerel. I've been having the same nightmares. What is going on here?

147

00:17:10,000 --> 00:17:16,000

There was no apparent explanation, but Jim was getting worse, his doctors growing more concerned.

148

00:17:17,000 --> 00:17:22,000

Repeatedly, they asked Jim what was wrong and he finally revealed the nightmares.

149

00:17:23,000 --> 00:17:27,000

A psychiatrist working on the case said it sounded like an abduction experience.

150

00:17:31,000 --> 00:17:35,000

The doctor suggested that Jim speak to Ray Fowler, a UFO researcher.

151

00:17:36,000 --> 00:17:43,000

Jim repeated his story. Fowler took it seriously. Later, the other three also underwent hypnosis.

152

00:17:44,000 --> 00:17:50,000

Finally, four years after the incident, the details of that terrifying August night would emerge.

153

00:17:54,000 --> 00:18:04,000

When four college friends set off for a camping trip in August of 1976, they never dreamed they would end up at the epicenter of one of the most famous cases in UFO history.

154

00:18:06,000 --> 00:18:17,000

They all remembered paddling onto a pond and seeing a spectacular light in the sky. Then it came closer, far too close for comfort.

155

00:18:19,000 --> 00:18:26,000

The next thing the men recalled was standing on shore. Only later would they suspect that something more sinister had taken place.

156

00:18:27,000 --> 00:18:36,000

Regression hypnosis revealed that the four friends had apparently endured a horrific episode known as an alien abduction.

157

00:18:37,000 --> 00:18:42,000

It began with a menacing approach of a UFO.

158

00:18:44,000 --> 00:18:52,000

One of the things I remembered very clearly was Jack saying that it's gaining on us.

159

00:18:53,000 --> 00:19:00,000

I remember suddenly being enveloped in this tube of light.

160

00:19:01,000 --> 00:19:08,000

I remembered looking up and I thought, I was thinking about what the heck is that up there?

161

00:19:09,000 --> 00:19:15,000

What's up there? That took a few seconds and then I looked back again and Chuck Rack's gone.

162

00:19:16,000 --> 00:19:26,000

The last thing I remembered was having both hands on the side of the canoe looking out at the water to see if Chuck was in the water.

163

00:19:27,000 --> 00:19:32,000

Then not seeing him thinking, oh my god, what happened to Chuck?

164

00:19:32,000 --> 00:19:44,000

I remember looking up and then the next thing I remembered was this intense feeling of coming apart.

165

00:19:45,000 --> 00:19:48,000

That's the only way I can describe it.

166

00:19:49,000 --> 00:20:01,000

Then the next thing I remembered was being on my back in this hazy environment which was just like this nightmare that I'd been having.

167

00:20:02,000 --> 00:20:07,000

All four friends seemed to recall a similar dramatic experience.

168

00:20:08,000 --> 00:20:17,000

I'm lying on my back and I'm disoriented. I'm not sure where I am.

169

00:20:18,000 --> 00:20:28,000

As I'm forcing and struggling to get up, a face appears and looks straight down at me.

170

00:20:29,000 --> 00:20:34,000

It reminded me of insects. I remember thinking, my god, these things look like bugs.

171

00:20:34,000 --> 00:20:42,000

They had large eyes almost like ants have. They could have been goggles for all I know.

172

00:20:43,000 --> 00:20:46,000

They had some kind of clothing on, like spandex.

173

00:20:47,000 --> 00:20:53,000

I became focused on this thing's hand and realizing that it was not a hand like ours at all.

174

00:20:54,000 --> 00:20:59,000

This one had me by the wrist and he was holding my arm up and he had something else in his hand.

175

00:21:00,000 --> 00:21:05,000

But I didn't like the looks of it and I remember thinking, oh boy, here we go. This is it.

176

00:21:06,000 --> 00:21:10,000

I got five seconds to live. They're going to cut me open. They're going to dissect me, whatever.

177

00:21:11,000 --> 00:21:13,000

I just want to get out of here, get me out of here.

178

00:21:14,000 --> 00:21:20,000

It would take hours under hypnosis before the four men fully detailed the alien examinations.

179

00:21:21,000 --> 00:21:26,000

Later, they recalled the peculiar events that brought them back down to Earth.

180

00:21:29,000 --> 00:21:34,000

They moved us again into this other space, this room.

181

00:21:35,000 --> 00:21:43,000

Then this area in front of me started changing somehow. It was doing something, some type of machine or something.

182

00:21:44,000 --> 00:21:48,000

It was very strange. And the last thing I remembered thinking was, here we go.

183

00:21:49,000 --> 00:21:51,000

I don't know what's going to happen next, but something is happening.

184

00:21:52,000 --> 00:22:00,000

Under regressive hypnosis, I remember the aliens trying to put me in the canoe.

185

00:22:01,000 --> 00:22:08,000

There was one of them standing in the canoe over me trying to adjust my position in the back of the canoe.

186

00:22:09,000 --> 00:22:11,000

Another one was sort of waist deep in the water right next to me.

187

00:22:12,000 --> 00:22:19,000

And then they tried to position Jim Wiener in front of me, but he's heavier.

188

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

And they were having a hard time with him.

189

00:22:23,000 --> 00:22:27,000

And then the other two were being right on land.

190

00:22:28,000 --> 00:22:30,000

And then Jim got out to join them.

191

00:22:34,000 --> 00:22:40,000

As their recollections took shape, the four men learned why their roaring campfire had seemed to burn out so quickly.

192

00:22:41,000 --> 00:22:47,000

To those who investigate abduction cases, it's known as missing time.

193

00:22:48,000 --> 00:22:58,000

Perhaps as much as three hours had passed during the abduction, from the time the men first saw the UFO, until the time they found themselves standing on the beach.

194

00:23:00,000 --> 00:23:03,000

Meanwhile, their fire had burned down to embers.

195

00:23:04,000 --> 00:23:09,000

Hypnosis had restored their recollections of the missing time with unsparing intensity.

196

00:23:10,000 --> 00:23:17,000

But now there was no hiding from the memories, no hiding from the trauma of what had apparently happened at Smith Pond.

197

00:23:25,000 --> 00:23:31,000

I mean, every time I had one of these experiences, you know, I would rationalize it as a dream.

198

00:23:31,000 --> 00:23:37,000

So I could cope with it and say, well, what the heck is really going on here?

199

00:23:38,000 --> 00:23:41,000

Is it related to my seizure disorder?

200

00:23:42,000 --> 00:23:48,000

Is it, you know, something I'm eating? Do I have a brain tumor?

201

00:23:49,000 --> 00:23:58,000

Am I working too hard? Or am I under a lot of stress? What the heck could possibly cause this kind of repetitive experience?

202

00:23:59,000 --> 00:24:12,000

The Allagash Four are not alone. Their story is remarkably similar to the accounts of thousands of other ordinary people who face the nightmarish certainty that they have been in the hands of aliens.

203

00:24:14,000 --> 00:24:22,000

Still, despite all the convincing testimony, the subject of alien abductions is the source of bitter controversy.

204

00:24:29,000 --> 00:24:39,000

As sensational as the Allagash incident may seem, it is simply one of the thousands of abduction cases that have been reported.

205

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

Among UFO researchers, it is regarded as a reliable report with solid eyewitness testimony.

206

00:24:49,000 --> 00:24:57,000

Indeed, for those who have examined the case closely, it confirms that at least some people have come face to face with alien creatures.

207

00:25:03,000 --> 00:25:13,000

If you had the amount of evidence for the reality of the Allagash abductions for any other subject, any mundane subject in a court of law, you could hang a person probably.

208

00:25:13,000 --> 00:25:22,000

But because of the bizarre nature of the case, that's not going to happen. People aren't going to accept that evidence, although the evidence is there.

209

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

The evidence includes four men who were psychologically examined and given polygraph tests before undergoing hypnosis.

210

00:25:33,000 --> 00:25:38,000

Four men who reported remarkably similar accounts of the same event.

211

00:25:38,000 --> 00:25:47,000

Four men who have spent the past several years trying to come to grips with the fact that they were part of something out of their realm of understanding.

212

00:25:49,000 --> 00:25:59,000

I've heard it all, everything. Oh, they must have been on LSD and people have said, I don't believe a word you say, you're nuts, you're crazy, you belong in a straight jacket.

213

00:25:59,000 --> 00:26:10,000

And I say, well, it's part of my life, I can't deny it. And one of the things that's really weird is that you find yourself getting used to the idea that you've been abducted, and that's weird in itself.

214

00:26:11,000 --> 00:26:13,000

I mean, how do you get used to something like that?

215

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

It has been over 20 years since the alleged encounter. The Allagash incident has been added to the body of reports that argue the abduction phenomenon is real.

216

00:26:27,000 --> 00:26:36,000

But this case is not without its own controversy. While three of the men are confident the event took place, the fourth is now not so sure.

217

00:26:39,000 --> 00:26:46,000

I'm not denying this happened. I'm just skeptical about the abduction part of the story.

218

00:26:46,000 --> 00:26:57,000

To that extent, it wasn't like a visceral reality experience, it wasn't like a true memory. And that's what I had trouble with for years and years and years.

219

00:26:58,000 --> 00:27:08,000

Certainly, I shared the experience with the rest of the guys and they might take that as remembering a real experience, but it's not.

220

00:27:09,000 --> 00:27:17,000

The encounter is real. I know that. But regressive hypnosis several years later, I don't know.

221

00:27:20,000 --> 00:27:25,000

The fact that Chuck racked back off his abduction story, to me it doesn't have too much significance.

222

00:27:26,000 --> 00:27:31,000

Maybe he has since thought about this thing and doesn't want to think it actually happened to him.

223

00:27:31,000 --> 00:27:40,000

But nonetheless, his recollections of what occurred back then are consistent with what the others have remembered either consciously or through hypnosis.

224

00:27:43,000 --> 00:27:50,000

However, researchers like Kevin Randall, who is convinced that UFOs are real, continue to question the Allagash abduction.

225

00:27:51,000 --> 00:28:01,000

They clearly had a UFO sighting. Clearly that event took place. But we've now blurred the boundary between reality and fantasy.

226

00:28:02,000 --> 00:28:10,000

We worked for thousands of years so that we understood that dreams were dreams. They were fantasy. They were not necessarily a reflection of reality.

227

00:28:11,000 --> 00:28:15,000

And yet in abduction research, if you dream about being abductive, well that's all accurate information.

228

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

And we've got to get back and take a solid psychological look at this.

229

00:28:25,000 --> 00:28:38,000

Yet not all abductions can be written off as dreams. In fact, neither Betty and Barney Hill nor the

Allagash Four were even asleep when their abduction was set to have taken place.

230

00:28:39,000 --> 00:28:49,000

Among the many controversies surrounding abductions is the use of hypnosis to recall the experience.

231

00:28:50,000 --> 00:28:57,000

The technique was first used in 1961 by Dr. Benjamin Simon in the case of Betty and Barney Hill.

232

00:28:58,000 --> 00:29:07,000

Advocates of hypnosis claim it can help to unlock suppressed memories and provide investigators with details of unearthly and often frightening events.

233

00:29:08,000 --> 00:29:20,000

I use hypnosis to help people relax and in a relaxed trance state they seem to have access to these memories which have been as it were systematically blocked by the UFO occupants.

234

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

New York City artist and best-selling author, Bud Hopkins, is one of the leading pioneers in UFO abduction research.

235

00:29:30,000 --> 00:29:37,000

Hopkins claims that since 1975 he has unearthed an enormous number of similar incidents.

236

00:29:38,000 --> 00:29:46,000

His two books, *Intruders* and *Missing Time*, have set the standards for investigating this mysterious phenomenon.

237

00:29:47,000 --> 00:29:55,000

A typical hypnosis session starts with a very sharp, clear focus on a particular event.

238

00:29:56,000 --> 00:30:01,000

Let's say two people in a car and the car stopping and they see a UFO.

239

00:30:02,000 --> 00:30:05,000

Everyone is paralyzed. They cannot move.

240

00:30:06,000 --> 00:30:14,000

Often the ship will land on the highway or hover and little figures, small grey figures with huge black eyes, will approach the car.

241

00:30:15,000 --> 00:30:22,000

Usually what happens next, if the craft is on the highway they walk up into it, but more often if

it's hovering they go up a beam of light.

242

00:30:25,000 --> 00:30:36,000

Perhaps surprisingly many of Hopkins alien abduction reports come not from isolated backwards locales, but from high-rise buildings and automobiles in New York City.

243

00:30:37,000 --> 00:30:45,000

His subjects report smooth grey beings, missing time, human experiments and paralysis.

244

00:30:46,000 --> 00:30:54,000

It all sounds like science fiction gone wild, yet hundreds of seemingly ordinary people report these experiences.

245

00:30:55,000 --> 00:31:08,000

I'm 46 years old. I have two grown kids. My daughter is 23, my son is 20. I've been married for 26 years and I've earned a good living as a musician and a graphic artist.

246

00:31:09,000 --> 00:31:15,000

And for all intents and purposes I've lived a very dull, normal, mundane kind of a life.

247

00:31:16,000 --> 00:31:21,000

But John says he's been abducted at night from his home in New York City.

248

00:31:22,000 --> 00:31:35,000

They usually start at home in the middle of the night. I'll be in a dead sleep and I'll either jump up with a start and they'll be in the room and then the paralysis comes on where I just can't move.

249

00:31:36,000 --> 00:31:41,000

Rosemary says she was lured by aliens to the roof of her apartment in Midtown Manhattan.

250

00:31:42,000 --> 00:31:53,000

I've been coming up the apartment stairs in my fifth floor apartment and I saw this strange light coming through the skylight.

251

00:31:54,000 --> 00:32:00,000

In the minute I got up to the roof there was this dark circle in the sky.

252

00:32:00,000 --> 00:32:15,000

And I noticed that for a few seconds and then suddenly a beam of light came and hit me and paralyzed me and started to lift me up into the bottom of this round disc shaped thing.

253

00:32:16,000 --> 00:32:25,000

I'll be taken out of the house and on board a craft and the medical procedures are performed. I remember a circular, it's a round room.

254

00:32:25,000 --> 00:32:34,000

There's a pedestal table in the middle of this thing. There are instruments and things that come right out of the walls and from the ceiling.

255

00:32:35,000 --> 00:32:40,000

I'll be placed on the table. I'm immobilized. I can't move.

256

00:32:41,000 --> 00:32:50,000

Basically they just put me on a table and then some kind of a device came down and hit me in the chest because I wasn't breathing very well.

257

00:32:50,000 --> 00:32:57,000

And there were these beings around me.

258

00:32:58,000 --> 00:33:04,000

This taller being will come over and there's usually a few of them around me at that point.

259

00:33:05,000 --> 00:33:19,000

One is acting kind of as an anesthetist where he's keeping me calmed and reassured while the other guy is performing all of these really painful intrusive physical procedures.

260

00:33:21,000 --> 00:33:26,000

Ultimately abduction cases rest on the credibility of the witnesses themselves.

261

00:33:28,000 --> 00:33:37,000

If you trace the history of this before this subject was even known, before it was all over television, before people were aware of it, the patterns were already established.

262

00:33:38,000 --> 00:33:48,000

So it seems to me there's only two apparent possible explanations for this. Either they really are being abducted or there is some totally unprecedented, unknown,

263

00:33:48,000 --> 00:33:54,000

mass hallucination or delusion going on. And that should be a great interest to science too.

264

00:33:56,000 --> 00:34:05,000

Clearly no one would believe or even take seriously the abduction phenomenon if there was only one person who was telling these tales.

265

00:34:06,000 --> 00:34:17,000

Regardless of the social pedigree of that person or the prominence of the investigator who investigated that person, we would just say, well that person is hallucinating, deluded, crazy.

266

00:34:18,000 --> 00:34:30,000

So the reason that the abduction phenomenon is a phenomenon is that many people report abductions with conviction and that they report similar details of the experience.

267

00:34:31,000 --> 00:34:46,000

So the question is where does this consistency of storyline arise from? Even if people were hallucinating, why are the hallucinations the same?

268

00:34:47,000 --> 00:34:57,000

While abduction scenarios are similar from case to case, most have unique details often overlooked in media coverage of the incident.

269

00:34:58,000 --> 00:35:11,000

For example, in the Betty and Barney Hill abduction, it was not generally reported that Barney had dentures. According to Betty Hill's account, dentures were apparently a novelty to the alien abductors.

270

00:35:12,000 --> 00:35:20,000

They come in and they start pulling on Betty's teeth. They were in separate rooms on board the craft. And she's trying to find out what's going on.

271

00:35:21,000 --> 00:35:28,000

Well they don't understand how Barney's teeth come out and hers don't. Who would make up a story like that?

272

00:35:29,000 --> 00:35:40,000

The human brain is the most complex object known of in the universe. We know nothing more complex and it produces a vast range of conscious states and mind states.

273

00:35:41,000 --> 00:35:54,000

So somebody's driving along and they've been driving at night for hours upon hours upon hours. They go into trance and the next thing they know, they're being miraculously floated off up into a spaceship.

274

00:35:54,000 --> 00:36:03,000

If you look at the idea of floating off to a spaceship, you are looking at a perfect description of an out-of-body experience, a lucid dream experience.

275

00:36:04,000 --> 00:36:12,000

There's a whole gamut, a whole range of sleep disorders that fit in absolute detail everything that an abductor describes.

276

00:36:13,000 --> 00:36:16,000

What we have is a total ignorance of these states of consciousness.

277

00:36:17,000 --> 00:36:26,000

These states of consciousness include not only lucid dreams and out-of-body experiences, but sleep paralysis and near-death experiences as well.

278

00:36:27,000 --> 00:36:32,000

All are currently being researched. None are yet fully understood.

279

00:36:34,000 --> 00:36:42,000

Perhaps such alternate states of consciousness will prove to be the underlying cause of purported alien encounters.

280

00:36:43,000 --> 00:36:56,000

However, in the events such research can't explain away abductions, most people still won't find it any easier to accept that these bizarre events truly occur.

281

00:36:57,000 --> 00:37:07,000

We've been conditioned to believe certain things regarding what society, what sciences, what theologians tell us exists and what doesn't exist.

282

00:37:08,000 --> 00:37:20,000

And when something intrudes into this reality and doesn't fit, it's taboo because people don't want

to accept this because it affects their worldview.

283

00:37:21,000 --> 00:37:25,000

So this goes across science, theology, you name it.

284

00:37:26,000 --> 00:37:32,000

It's very hard to accept things that just don't fit our preconceived notions of what should be and what shouldn't be.

285

00:37:32,000 --> 00:37:37,000

What is the truth about alien abductions?

286

00:37:40,000 --> 00:37:51,000

While some believe that the explanation lies in some distant galaxy, at least one scientist is finding answers within the confines of an earthbound laboratory.

287

00:37:52,000 --> 00:38:05,000

Alien abductions have been reported now for well over 30 years. Many are described in chilling detail by extremely credible eyewitnesses.

288

00:38:06,000 --> 00:38:14,000

Yet one fundamental question persists. Are these truly real experiences or are they somehow imagined?

289

00:38:15,000 --> 00:38:24,000

At Laurentian University in Ontario, Canada, neuroscientist Michael Persinger is testing a new theory.

290

00:38:25,000 --> 00:38:33,000

Persinger believes that false memories of abductions may actually be created by electrical disturbances within the brain itself.

291

00:38:34,000 --> 00:38:43,000

This is a human brain that's been fixed. As you see, there are two halves, the left hemisphere, the right hemisphere.

292

00:38:44,000 --> 00:38:48,000

And the temporal lobes are along the sides here that wrap around under.

293

00:38:49,000 --> 00:38:53,000

And these areas are very electrically unstable and very sensitive.

294

00:38:54,000 --> 00:38:58,000

And indeed this is the area of the brain that involve, well, the gateway to memory.

295

00:38:58,000 --> 00:39:07,000

Dreams, intense fantasies that are so real you swear they are true, as well as the part of the brain that's involved with meaningfulness.

296

00:39:08,000 --> 00:39:13,000

Meaningfulness of a cosmic and sometimes even religious level. Deep within the temporal lobe.

297

00:39:14,000 --> 00:39:22,000

Persinger suggests that if the temporal lobe is electrically stimulated, it will conjure up mental images resembling alien abductions.

298

00:39:23,000 --> 00:39:32,000

To test his theory, Dr. Persinger designed a special laboratory where volunteers can be subjected to controlled electrical brain stimulation.

299

00:39:33,000 --> 00:39:34,000

Secure, get the ball off.

300

00:39:35,000 --> 00:39:36,000

Okay.

301

00:39:37,000 --> 00:39:38,000

Thank you. It's too tight.

302

00:39:39,000 --> 00:39:46,000

Undergraduate student Mike Zegel was chosen for this experiment after a screening ruled out signs of epilepsy or seizure disorder.

303

00:39:47,000 --> 00:39:50,000

He has reported no UFO related experiences.

304

00:39:52,000 --> 00:39:55,000

What we do is we use a motorcycle helmet, put it over the head.

305

00:39:56,000 --> 00:40:00,000

On both sides of the motorcycle helmet there are solenoids embedded in it.

306

00:40:01,000 --> 00:40:04,000

A solenoid is a device that allows you to deliver weak magnetic fields.

307

00:40:05,000 --> 00:40:09,000

The magnetic fields are then passed through the brain, very weak fields.

308

00:40:10,000 --> 00:40:11,000

Less than that, a hair blow dryer.

309

00:40:11,000 --> 00:40:12,000

A hair blow dryer.

310

00:40:13,000 --> 00:40:24,000

But the computers which run the patterns are programmed to simulate or imitate the firing pattern of the deep structures of the temporal lobe.

311

00:40:30,000 --> 00:40:36,000

As a program sequence is initiated, waveforms from the computer are sent to the brain of the subject.

312

00:40:37,000 --> 00:40:44,000

If we stimulate the temporal lobe towards the caudal or back part, it would be visual experiences.

313

00:40:45,000 --> 00:40:46,000

Towards the front, smell experiences.

314

00:40:47,000 --> 00:41:02,000

But the fundamental experience is that of movement, feeling out of your body, feeling displaced, feeling the sense of a presence as if someone else is in the room with you, feeling intrusive thoughts as if thoughts are coming from outside you, ego-alien thoughts.

315

00:41:03,000 --> 00:41:12,000

This pattern, Persinger believes, will produce an experience with many of the components of an alien abduction.

316

00:41:13,000 --> 00:41:21,000

I remember feeling very light for a while, just drifting.

317

00:41:22,000 --> 00:41:29,000

Then I remember everything just sort of went black and a feeling of complete weightlessness.

318

00:41:30,000 --> 00:41:44,000

I started seeing patterns of light and then all of a sudden in an instant I feel as though there's another presence there, someone there, I can feel it.

319

00:41:45,000 --> 00:41:49,000

I'm almost sure that if I turn my head, I know I'm going to see something there.

320

00:41:50,000 --> 00:41:53,000

The hairs on the back of your neck seem to stand.

321

00:41:54,000 --> 00:41:56,000

It's as if someone's breathing in your ear.

322

00:41:56,000 --> 00:42:02,000

I saw sort of distorted images of people that I knew, at least I thought I knew.

323

00:42:03,000 --> 00:42:12,000

Then I just felt this tremendous sort of rush of fear, tremendous anxiety.

324

00:42:13,000 --> 00:42:19,000

I wanted to get out if I could have ripped off the electrodes and gotten out of the room, I would have.

325

00:42:20,000 --> 00:42:22,000

My legs felt like they weighed two tons.

326

00:42:22,000 --> 00:42:28,000

I couldn't have moved them if I wanted to and I just felt cold. I started to shiver.

327

00:42:29,000 --> 00:42:37,000

It was here that the experience took on the startling characteristics of an encounter with the aliens known as grays.

328

00:42:38,000 --> 00:42:45,000

The lights were most definitely white, pure white and then I saw the people.

329

00:42:46,000 --> 00:42:54,000

Then I felt this rush of fear and as far as the people they were grayish.

330

00:42:55,000 --> 00:43:05,000

It was a grayish color. They seemed to not really shine, just like wax.

331

00:43:06,000 --> 00:43:09,000

That's pretty much the only way I could describe it, like wax.

332

00:43:10,000 --> 00:43:14,000

Grayish elongated wax people.

333

00:43:16,000 --> 00:43:19,000

Pursinger's tests raise an obvious question.

334

00:43:20,000 --> 00:43:27,000

What natural force could duplicate the electrical stimulation so carefully orchestrated in the lab?

335

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

It has long been known that movements of the Earth's crust can produce bursts of light in the atmosphere.

336

00:43:35,000 --> 00:43:43,000

According to Dr. Pursinger, these luminous displays release electromagnetic charges that can trigger abduction like thoughts,

337

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

just as in his tests.

338

00:43:47,000 --> 00:43:51,000

Did Betty and Barney Hill witness such a luminous display?

339

00:43:52,000 --> 00:43:56,000

Are abductees like the Allagash 4 victims of a similar flash of energy?

340

00:43:58,000 --> 00:44:02,000

The duration of the events, they're not just brief bursts of things.

341

00:44:03,000 --> 00:44:09,000

They're very elaborate, detailed stories, the Hill case, the Allagash case and hundreds of other cases.

342

00:44:09,000 --> 00:44:12,000

They often involve other people.

343

00:44:13,000 --> 00:44:23,000

The notion that you've got somehow natural electromagnetic waves affecting two people identically so that their stories match and jive makes no sense at all.

344

00:44:24,000 --> 00:44:29,000

In the end, abduction cases remain the most troubling of the UFO accounts.

345

00:44:30,000 --> 00:44:37,000

They offer little or no physical evidence as proof and rely almost exclusively on personal testimony.

346

00:44:37,000 --> 00:44:38,000

I don't know.

347

00:44:40,000 --> 00:44:47,000

Yet if even one of the thousands of stories is true, it suggests the most unappetizing possibility.

348

00:44:48,000 --> 00:44:54,000

That humanity is at the mercy of superior beings that can do with us as they please.

349

00:45:07,000 --> 00:45:17,000

Technology. It all had to start someplace. Where did it come from? Thursdays at 8, only on the History Channel.