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

with their deep dark eyes and gray-skinned bodies.

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00:00:07,000 --> 00:00:13,000

They are pop culture's most familiar aliens, and they are known as the Grays.

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

But what do we know about these presumed extraterrestrials?

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00:00:18,000 --> 00:00:22,000

Eyewitnesses swear they have encountered the Grays.

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

But what do we know about these presumed extraterrestrials?

6

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

Eyewitnesses swear they have encountered these aliens,

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

and they believe the Grays are here on a diabolical mission,

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

abducting humans, and conducting reproductive experiments.

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

This is a very real phenomenon. Something is happening to these people.

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

Who are they? Where are they from? And what do they want?

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00:00:50,000 --> 00:00:52,000

Are they real?

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00:00:52,000 --> 00:00:58,000

It's good to have an open mind, but that's an open-minded brain fog.

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

Next on UFO Files, the mystery of the Grays' agenda.

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00:01:08,000 --> 00:01:16,000

The Grays. They are depicted in books, magazines, and in the movies.

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00:01:16,000 --> 00:01:20,000

They are commonly described as being about four feet tall,

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

with huge bald heads that sit on gray, frail, hairless bodies.

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00:01:26,000 --> 00:01:30,000

These creatures have small noses, or no noses at all,

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00:01:30,000 --> 00:01:38,000

slits for mouths, no ears or visible reproductive organs, and very distinctive eyes.

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00:01:38,000 --> 00:01:46,000

They come to a point, not exactly a point, but they just come up like almonds, big almonds.

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00:01:47,000 --> 00:01:54,000

Almost a black, dark brown. They're dark.

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00:01:54,000 --> 00:02:00,000

Those who maintain that extraterrestrials do exist often portray Grays

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

as the bad guys of the alien world.

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00:02:04,000 --> 00:02:10,000

The Grays, from what I know, are just like the worker bees.

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

When they come and get you, they come and get you.

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00:02:13,000 --> 00:02:22,000

They took time out of my life and replaced it, either with a black spot or with a scary memory.

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00:02:22,000 --> 00:02:30,000

If there are Grays or any other alien species, and they're here, what do they really want?

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00:02:30,000 --> 00:02:34,000

What is their agenda?

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00:02:34,000 --> 00:02:40,000

An effort to create an off-spring race that perhaps had the best qualities of humanity

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00:02:40,000 --> 00:02:44,000

and the best qualities of these alien beings.

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00:02:44,000 --> 00:02:48,000

Many ufologists, people who routinely research alien sightings,

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00:02:48,000 --> 00:02:54,000

claim that Grays have been visiting Earth for thousands of years.

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00:02:54,000 --> 00:03:02,000

Records, they say, exist as petroglyphs, cave drawings, and prehistoric artwork.

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00:03:02,000 --> 00:03:06,000

All around the world, we have these stories of beings coming from the heavens to Earth, star beings,

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00:03:06,000 --> 00:03:10,000

whether it be the Hopi Indians in North America, all these South American cultures,

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00:03:10,000 --> 00:03:16,000

the Mayans, the Aztecs, all around the world, there are these stories of gods visiting ancient man.

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00:03:20,000 --> 00:03:27,000

Six thousand-year-old artifacts have been found in what was Samaria, modern-day Iraq.

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00:03:27,000 --> 00:03:34,000

Interpreters of the carvings have said they depict servants or helpers of their gods.

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00:03:34,000 --> 00:03:39,000

Many of the artifacts that they've left us resemble what we would call today a modern-day gray alien.

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00:03:39,000 --> 00:03:44,000

Large bulbous head, large eyes, spindly limbs, very thin bodies.

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00:03:48,000 --> 00:03:56,000

Historically, UFOs or aliens go largely unmentioned again until the dawn of the modern era.

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00:03:56,000 --> 00:04:00,000

It is in the 20th century that the Grays' agenda begins to take shape.

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

According to the UFO community, since then and to this day, there has been an obvious and persistent increase in encounters with the Grays.

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00:04:09,000 --> 00:04:15,000

One of the most surprising claims made by some in the UFO community is that during World War II,

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00:04:15,000 --> 00:04:19,000

Hitler and the Nazis were actually in collusion with the Grays.

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00:04:19,000 --> 00:04:25,000

They say the aliens gave the Nazis advanced weapons technology used during the war.

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00:04:26,000 --> 00:04:33,000

Since the Second World War, literally hundreds of people have claimed experiences with the gray aliens.

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00:04:33,000 --> 00:04:40,000

The number reported, the quality of the reports, the similarities of the reports,

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00:04:40,000 --> 00:04:45,000

and the fact that many of these reports can be substantiated under hypnosis

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00:04:45,000 --> 00:04:53,000

lends very compelling strength to the idea that this is a very real phenomena, something is happening to these people.

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00:04:54,000 --> 00:04:58,000

No official record for alien encounters or abductions exists.

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00:04:58,000 --> 00:05:05,000

However, the National UFO Reporting Center in Seattle, Washington keeps an unofficial tally of UFO sightings.

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

Their statistics show that the number of sightings have gone from a handful every year in the early part of the 20th century

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00:05:11,000 --> 00:05:18,000

to dozens by the middle of the 20th century and then thousands every year beginning in the 21st century.

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00:05:18,000 --> 00:05:24,000

Well, it seems that the whole business about alien abduction really dates from the Cold War.

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00:05:24,000 --> 00:05:28,000

Back when there were UFOs unidentified flying objects being spotted,

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00:05:28,000 --> 00:05:31,000

it was all these international tensions after the Second World War.

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00:05:35,000 --> 00:05:43,000

According to UFO believers, the Grays first made contact through the much debated 1947 crash in the desert outside Roswell, New Mexico.

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00:05:44,000 --> 00:05:56,000

The Roswell story is that a rancher named Mac Brazzel came into Roswell and told a story to the newspaper about how he had found some strange debris.

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00:05:56,000 --> 00:06:10,000

And from that incident, the Roswell incident, we've now got an elaborate story that many of the American public think is a story of flying saucer wreckage

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00:06:10,000 --> 00:06:19,000

and perhaps little alien grays whose corpses were scattered about, some of whom may have survived alive and are hidden away at some secret facility.

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00:06:20,000 --> 00:06:27,000

The official U.S. government position? A large spy balloon went down at Roswell, not an alien spaceship.

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00:06:27,000 --> 00:06:32,000

It was part of a secret project designed to detect emissions from Soviet nuclear tests.

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00:06:33,000 --> 00:06:38,000

UFOlogists believe otherwise.

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00:06:38,000 --> 00:06:51,000

The Roswell story has been debated by a lot of people, but one thing that we know is that something came down about 75 miles north of Roswell Army Airfield in the summer of 1947.

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00:06:53,000 --> 00:07:00,000

This was investigated by the 509th bomber unit's chief intelligence officer who was Captain Jesse Marcel.

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00:07:02,000 --> 00:07:05,000

We know that some of this debris was taken back to the Army Air Base.

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00:07:05,000 --> 00:07:12,000

We know that Marcel and the Army Air Base commander, Colonel Blanchard, thought that this was material from a flying disc.

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00:07:12,000 --> 00:07:21,000

And we know that they thought this because the press release went out immediately announcing that the U.S. Army recovered one of the infamous flying discs that was in the news at that time.

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00:07:23,000 --> 00:07:31,000

In the years since the Roswell incident, advocates argue that all contact between the grays and the government have been kept top secret.

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00:07:31,000 --> 00:07:41,000

Despite repeated official government denials that a UFO crashed in the New Mexico desert, the stories won't die.

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00:07:44,000 --> 00:07:52,000

There are now more than 400 individuals on the public record who said, I was there, I picked up pieces, I saw pieces of wreckage, I saw the craft, I saw the bodies.

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00:07:52,000 --> 00:07:57,000

So Roswell is simply a question of belief. Who do you choose to believe?

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

Fact or fiction, UFO sightings increased dramatically after the Roswell incident.

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00:08:09,000 --> 00:08:19,000

In the 1950s, movie makers soon seized on these stories and for the first time, alien creatures appeared invading Earth with an agenda, sometimes evil.

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00:08:21,000 --> 00:08:27,000

Films like The Thing and Plan 9 from Outer Space tapped into the public's fascination and fears of UFOs.

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00:08:28,000 --> 00:08:35,000

The day the Earth stood still warned of terrible consequences if Earth did not press forward into space as a friendly partner.

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00:08:36,000 --> 00:08:40,000

Stories of abduction by an alien race called the grays soon followed.

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00:08:41,000 --> 00:08:51,000

It was only really until the 1960s did people begin to believe that they were actually being abducted themselves by beings from other planets.

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00:08:52,000 --> 00:09:00,000

In 1961, a New Hampshire couple became the first people in history to officially report being abducted by the grays.

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

The Betty and Barney Hill story, of course, is one of the abduction experiences that kind of kicked off the whole abduction phenomenon.

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00:09:10,000 --> 00:09:16,000

The Case of Betty and Barney Hill remains the seminal alien abduction tale.

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00:09:25,000 --> 00:09:29,000

It stands as the first ever recorded encounter with the grays.

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00:09:30,000 --> 00:09:34,000

The most popularly noted alien species said to visit the Earth.

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00:09:35,000 --> 00:09:40,000

It allegedly occurred near Portsmouth, New Hampshire on September 19, 1961.

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00:09:41,000 --> 00:09:44,000

To this day, skeptics cannot dispute every detail of the story.

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00:09:45,000 --> 00:09:55,000

Believers see the Hill's incident as the defining moment in gray history, when the nation and the world awoke to the troubling phenomenon of alien abduction.

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00:09:58,000 --> 00:10:02,000

In her last on-camera interview, the late Betty Hill shared her experience.

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00:10:05,000 --> 00:10:13,000

My husband, Barney and I are returning from Montreal, Canada.

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00:10:16,000 --> 00:10:19,000

We're traveling down through the White Mountains of New Hampshire.

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00:10:21,000 --> 00:10:25,000

When we suddenly spot what we thought was a new star in the sky.

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00:10:26,000 --> 00:10:35,000

And as we watched this, it changed direction and came in towards us.

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00:10:38,000 --> 00:10:45,000

Barney pulled over, grabbed a pair of binoculars and stepped out of the car to get a closer look at the medicine-flying object.

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00:10:48,000 --> 00:10:52,000

Betty Hill's niece, Kathy Martin, was a teenager when this incident occurred.

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00:10:53,000 --> 00:11:02,000

At that time, through the binoculars, he saw the leader, what he called the leader, and crew members.

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00:11:03,000 --> 00:11:05,000

There were people looking down at him.

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00:11:08,000 --> 00:11:11,000

And as he was watching, it began to descend.

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00:11:12,000 --> 00:11:17,000

And at this point, he became frightened.

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00:11:18,000 --> 00:11:22,000

He ran back to the car, yelling that they were trying to capture us.

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

She was screaming to him, Barney, you damn fool, come back here. Get back here.

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00:11:31,000 --> 00:11:32,000

They sped off.

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00:11:34,000 --> 00:11:36,000

A short while later, they heard a buzzing sound.

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

They turned onto a logging road and stopped.

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00:11:44,000 --> 00:11:47,000

There was a road block and there were people in the road.

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00:11:50,000 --> 00:11:56,000

The people approached the car and they realized at that point that they were not human.

105

00:11:57,000 --> 00:12:01,000

That they were the people that Barney had seen in the UFO.

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00:12:01,000 --> 00:12:04,000

This is where their memory lapsed.

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00:12:07,000 --> 00:12:14,000

The next thing they fully consciously remembered was they were driving down the highway again and they proceeded home.

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00:12:15,000 --> 00:12:22,000

When the Hills noticed the time, they realized that about two hours had elapsed that neither of them could account for.

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00:12:22,000 --> 00:12:26,000

That was just the beginning of a mystery that would soon unravel.

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00:12:28,000 --> 00:12:33,000

For nearly two years after their experience, the Hills had troubling nightmares.

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00:12:34,000 --> 00:12:43,000

They went to several medical specialists and eventually were referred to Dr. Benjamin Simon, a highly respected Boston psychiatrist and neurosurgeon.

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00:12:43,000 --> 00:12:47,000

Dr. Simon told us these UFO people had caused us to have amnesia.

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00:12:48,000 --> 00:12:56,000

And Dr. Simon removed the amnesia so that we could remember clearly all that had happened.

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00:12:58,000 --> 00:13:04,000

The next day, the first person to be admitted to the hospital was Dr. Benjamin Simon.

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00:13:04,000 --> 00:13:11,000

Dr. Simon removed the amnesia so that we could remember clearly all that had happened.

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

They took us on board the craft, their craft.

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00:13:20,000 --> 00:13:23,000

And we were taken into suffer rooms.

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00:13:26,000 --> 00:13:28,000

They were very human looking.

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00:13:29,000 --> 00:13:31,000

They had two arms, two legs.

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00:13:32,000 --> 00:13:35,000

The only difference basically were their facial features.

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00:13:37,000 --> 00:13:39,000

The noses were very, very small.

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00:13:40,000 --> 00:13:42,000

Almost no nose.

123

00:13:43,000 --> 00:13:45,000

Small lips, small nose.

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00:13:47,000 --> 00:13:57,000

They examined my eyes, ears, nose, throat, skin, hair and all.

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

And then I was put on a table.

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00:14:01,000 --> 00:14:03,000

Where they scraped my skin.

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00:14:04,000 --> 00:14:09,000

And then the attempt to find out if I skinned was alike or different.

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00:14:10,000 --> 00:14:13,000

Hill says an alien conducted sexual experiments on them.

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00:14:15,000 --> 00:14:19,000

They took semen from Barney. Betty may have had eggs extracted.

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00:14:20,000 --> 00:14:29,000

He tried to insert a needle-like instrument in my navel, which caused pain so he stopped doing it.

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00:14:29,000 --> 00:14:31,000

And I was very grateful for that.

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00:14:34,000 --> 00:14:40,000

Years later, Betty Hill produced the first alleged eye-witness depiction of the grey since ancient drawings and carvings.

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00:14:41,000 --> 00:14:47,000

They portrayed the alien leader who showed her a tantalizing clue to indicate where they came from.

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00:14:49,000 --> 00:14:51,000

I asked him where he was from.

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00:14:52,000 --> 00:14:54,000

And he showed me a sign there.

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00:14:59,000 --> 00:15:05,000

In a hypnotherapy session, a few years after her encounter, Betty drew a map of an alien star system.

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00:15:06,000 --> 00:15:08,000

At the time, experts could not identify it.

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00:15:11,000 --> 00:15:19,000

But then in 1966, Marjorie Fish, an enterprising ufologist and amateur astronomer, became

fascinated by Betty Hill's star map.

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00:15:20,000 --> 00:15:26,000

Fish spent the next seven years examining the map and constructing models, trying to match it to a known star system.

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00:15:27,000 --> 00:15:38,000

It was only later, when a new star was discovered, that they found exactly what Betty had drawn on the star map.

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00:15:40,000 --> 00:15:46,000

In 1973, after reviewing 23 star models, Marjorie Fish claimed to have found a fit.

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00:15:47,000 --> 00:15:53,000

She declared that Betty Hill had drawn a star system some 40 light years from Earth, Zeta reticuli.

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00:15:57,000 --> 00:16:06,000

At the California Institute of Technology, Dr. Charles Beichmann, one of the world's foremost astronomers, examines Zeta reticuli.

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

We have no way to possibly travel that far. We don't know of any way for any solid vehicle to go that sort of a distance.

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00:16:17,000 --> 00:16:20,000

But relatively speaking, within the scale of the galaxy, it's a very nearby star.

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

In a conventional Earth-based space shuttle, it would take nearly a million and a half years to reach Zeta reticuli.

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00:16:30,000 --> 00:16:39,000

In addition to his duties with the California Institute of Technology and the Jet Propulsion Lab, Dr. Beichmann is a leading member of NASA's Origins Program.

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00:16:40,000 --> 00:16:43,000

Their mission is to probe space for signs of life.

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00:16:44,000 --> 00:16:49,000

He concedes that life is possible in the universe, maybe even on Zeta reticuli.

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00:16:50,000 --> 00:16:55,000

Here we're looking at the two stars in the Zeta reticulum system about 40 light years away.

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00:16:57,000 --> 00:17:01,000

The binary stars could well have planets around stars like this.

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00:17:02,000 --> 00:17:08,000

The system is old enough that in fact you could have a stable life having evolved on any habitable planets in those systems.

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00:17:08,000 --> 00:17:12,000

Again, prospects good. What do we know today? Nothing.

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00:17:14,000 --> 00:17:23,000

With just tantalizing evidence but no definitive proof that the grays actually come from Zeta reticuli, Betty Hill's case continues to be hotly debated.

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

However, skeptics and believers can agree that since that night in September 1961, hundreds of alien abductions have been reported.

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00:17:34,000 --> 00:17:44,000

Just as a disease is contagious, so can an idea be contagious and spread from person to person.

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00:17:45,000 --> 00:17:48,000

Did Betty Hill really meet aliens from Zeta reticuli?

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00:17:49,000 --> 00:17:53,000

Did they conduct reproductive experiments as part of an evil agenda?

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00:17:54,000 --> 00:17:57,000

Are the people claiming to have been abducted reporting the truth?

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00:17:57,000 --> 00:18:04,000

They're dreaming with their eyes open, so they have these hypnopompic or upon awakening hallucinations.

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00:18:05,000 --> 00:18:10,000

That's the tactile sensations, the lights, the buzzing and especially the sense of presence.

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00:18:13,000 --> 00:18:22,000

So many times the debunkers try to explain abductions as people simply mimicking and repeating stories that have been passed around over the years.

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00:18:22,000 --> 00:18:34,000

Well, here's some people who had nothing to go by. Nobody had ever reported this and yet their abduction experience is remarkably similar to what we hear from people even to this very day.

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00:18:34,000 --> 00:19:01,000

When the Betty and Barney Hill abduction story broke in the 1960s and was soon followed by many more, the general public became entranced with the idea that alien spaceships were visiting Earth and that extraterrestrials known as the grays were abducting humans.

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00:19:02,000 --> 00:19:09,000

But in 1969, the U.S. Air Force dismissed the accounts in an investigation codenamed Project Blue Book.

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00:19:10,000 --> 00:19:28,000

The report concluded UFOs constituted no direct threat to the United States and reports of unidentified flying objects were the result of a mild form of mass hysteria or quote, war nerves, hoaxers, publicity seekers, psychopathological persons

167

00:19:29,000 --> 00:19:33,000

and the misidentification of various conventional objects.

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00:19:36,000 --> 00:19:41,000

There's nothing in the records that indicates that we have been visited by any advanced civilization.

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00:19:42,000 --> 00:19:58,000

With that, the U.S. Air Force declared the case closed. However, ufologists were not swayed by Project Blue Book then and many still believe that the U.S. government has been involved in a cover-up of cosmic proportions since the Roswell case.

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00:19:59,000 --> 00:20:08,000

It really has to be said that Blue Book was nothing more than a PR effort by the Air Force to explain away UFO phenomenon.

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00:20:09,000 --> 00:20:19,000

I think early on in the 40s and 50s when they began to learn they meaning the government that UFOs, extraterrestrials were probably a reality.

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00:20:20,000 --> 00:20:32,000

I think it scared them to death because number one they feared public panic, disruption of the social systems, religious systems and they were loathed to admit that they could not control the skies over the nation.

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00:20:39,000 --> 00:20:49,000

Try as the Air Force might to debunk UFOs again and again through the 50s and 60s. Whoever is operating these UFOs didn't appear to read the Air Force reports because they kept showing up.

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00:20:51,000 --> 00:21:02,000

Ufologists argue that Project Blue Book cannot account for a large number of cases. Out of 12,618 UFO reports, 701 remain unsolved.

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

One of the most intriguing unsolved cases took place at Holloman Air Force Base, New Mexico in 1964.

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

According to the story an alien spaceship landed at the base. Several grays emerged and were greeted by U.S. military personnel.

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00:21:22,000 --> 00:21:28,000

It later became the basis for the famous closing sequence in Steven Spielberg's Close Encounters of the Third Kind.

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00:21:29,000 --> 00:21:37,000

This is absolutely, I mean something we cannot confirm. However, it has to be said that a rumor of this came out immediately.

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00:21:38,000 --> 00:21:52,000

An airman at Holloman Air Force Base who went into the town and started talking about this. And according to the accounts he was highly distressed, very upset, didn't know what to do. And he was

not seen again.

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00:21:53,000 --> 00:22:02,000

1984, two mysterious film canisters appeared which would help perpetuate the claims of conspiracy theorists.

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00:22:03,000 --> 00:22:14,000

Jamie Chandra in 1984 received this package in the mail which was undeveloped film. There were two sets of undeveloped film. One was given to Bill Moore and one was given to Jamie.

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

And he in turn released this to the world and it was an eight page memo assigned by Harry Truman.

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00:22:25,000 --> 00:22:39,000

Known as the Majestic 12 or MJ12 documents, they suggested that on July 9th, 1947, President Harry S. Truman appointed 12 high ranking military and national security personnel and authorized them to conduct a covert mission.

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00:22:39,000 --> 00:22:48,000

A top secret research and development intelligence operation responsible directly and only to the President of the United States.

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00:22:50,000 --> 00:23:05,000

The large number of documents that I've been able to accumulate very clearly show that we have a covert program to keep from the public the recovery of a large number of crashes that include the recovery of extraterrestrial.

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00:23:06,000 --> 00:23:22,000

The Majestic 12 documents detail four types of spacecraft that the aliens use. They include disc, cigar, circular and triangular shaped crafts.

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00:23:23,000 --> 00:23:34,000

But most intriguingly of all within the pages of the MJ12 documents there is for the first time in history acknowledgement of alien beings that are known as the Greys.

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00:23:35,000 --> 00:23:41,000

In these official looking papers they are called extraterrestrial biological entities, EBEs.

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00:23:42,000 --> 00:23:51,000

There was a special operations manual called extraterrestrial entities and technology recovery and disposal.

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00:23:52,000 --> 00:23:57,000

And in that manual there was a one page description of two different types of extraterrestrial biological entities.

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00:23:59,000 --> 00:24:05,000

EBE type one is said to be quote, humanoid and might be mistaken for human beings.

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00:24:06,000 --> 00:24:13,000

They are bipedal, five to five feet four inches in height and weigh 80 to 100 pounds.

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00:24:14,000 --> 00:24:21,000

Cranium is somewhat larger and more rounded. The eyes are small, wide set, almond shaped.

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00:24:23,000 --> 00:24:30,000

EBE type two is said to be quote, three feet five inches to four feet two inches and weighs 25 to 50 pounds.

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00:24:31,000 --> 00:24:37,000

Skeptics however claim that the MJ12 documents are an elaborate hoax.

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00:24:38,000 --> 00:24:53,000

These were bogus, these were dummied up documents somebody made using an old typewriter and finding a signature off of a genuine Truman document and cutting and pasting and re-photocopying.

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They are obvious and provable forgeries and fakes.

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If these are fake it is what you call an inside job and that is a government job, someone who had access to information that was restricted at the very least.

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Even more mysterious papers emerged in the 1980s with riveting new details about the Greys.

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The dulcy papers perhaps were the most sensational.

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Released in 1987 they allege that the US government is actually in collusion with the Greys in exchange for highly advanced technology.

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These unsubstantiated documents allege there is an underground facility somewhere in the New Mexico desert where the Greys are secretly enacting their evil agenda.

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They are using us for breeding because they have fertility problems, we don't know how they reproduce, we know they don't have genitals.

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Those who subscribe to this theory say the Greys abduct young pregnant women.

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00:26:03,000 --> 00:26:08,000

Then within the first three months, first trimester, the pregnancy spontaneously just terminates.

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00:26:09,000 --> 00:26:16,000

There is no bleeding, there is no spontaneous abortion, there is no regular abortion, there is none of that and all of a sudden it stops.

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00:26:20,000 --> 00:26:28,000

Believers say the extraterrestrials extract the unborn child from the victims and use them for their alien human hybrid program.

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00:26:29,000 --> 00:26:42,000

These fetuses if you will are somehow kept by the ETs in usually these tanks we call them, they are kept in fluid and then they are somehow raised to be adults.

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The release of these and other documents coupled with new sightings fueled the public's appetite for more information.

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People alerted to the phenomenon looked to the skies for signs of mysterious crafts and beings from an alien planet.

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

There is no question that the UFO research field really exploded during the 1980s, it's an amazing phenomenon.

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00:27:11,000 --> 00:27:16,000

You have for the first time widespread discussion of abductions.

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00:27:16,000 --> 00:27:24,000

At the same time, UFO phenomenon became a major part of US popular culture, world popular culture at that time.

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00:27:27,000 --> 00:27:39,000

It is very much debatable but some say the term gray was first used in the 1980s to describe the extraterrestrials that are abducting humans and conducting reproductive experiments.

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

The term itself gray used to describe these beings seems to have become more common by the early and mid 1980s.

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I don't believe that it was common before that period of time.

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00:27:56,000 --> 00:28:02,000

But do the grays actually exist or are they in reality a product of pop culture?

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00:28:03,000 --> 00:28:10,000

The question arises, you know, what happened and to what extent does life imitate art or the reverse?

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00:28:10,000 --> 00:28:12,000

It's hard to unsort some of this mess.

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00:28:14,000 --> 00:28:20,000

It is my belief that there is a true core of reality to the UFO phenomenon.

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00:28:32,000 --> 00:28:40,000

As the 21st century unfolds, the numbers of alleged gray alien abductions according to members of the UFO community are rising.

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There is no way to verify these numbers but one unofficial poll conducted by the Roper organization puts the number of alien abductions at 4 million.

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I think the problem a lot of people have with the grays in general is that they don't believe in UFOs to start with so therefore they're not going to believe in something like abductions.

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00:29:02,000 --> 00:29:10,000

But if you were to acknowledge the reality of UFOs as something non-human, suddenly the reality of something like grays is not all that outrageous it seems to me.

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Eyewitnesses who swear they have encountered grays are the primary source for all the information about these extraterrestrials.

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00:29:23,000 --> 00:29:28,000

They report some commonalities that may reveal the true nature of the alien's agenda.

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00:29:28,000 --> 00:29:40,000

There's always a light that comes from nowhere. It's either like an amber or a blue.

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00:29:44,000 --> 00:29:49,000

Then the frightened abductees report being surrounded and paralyzed by the alien creatures.

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00:29:50,000 --> 00:29:58,000

They're not just making you a mobile. They put you almost in like a comatose state.

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00:30:03,000 --> 00:30:14,000

I've had occasions where I've been able to communicate with them to an extent which is a mixture of them speaking in a sense that seems to be telepathic.

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

Some even claim the grays will often whisk their human prize away into space.

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00:30:24,000 --> 00:30:33,000

And you find yourself in, for lack of a better word, an alien environment where there's lots of light. Everything is very poetic.

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00:30:33,000 --> 00:30:37,000

It's almost the word to use to describe the environment because it feels very surreal.

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00:30:38,000 --> 00:30:48,000

Abductees say that once on board, the grays perform medical examinations, which some describe as being extremely painful.

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00:30:51,000 --> 00:31:00,000

There were experiences which to me suggested that there was a biological reproductive element of my experiences and that's commonly widespread.

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

So I'm not ashamed in reporting that.

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00:31:08,000 --> 00:31:13,000

If the grays are actually here, what's their real agenda?

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00:31:13,000 --> 00:31:17,000

A lot of people think that they're coming to totally destroy us.

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00:31:17,000 --> 00:31:23,000

And some people think that and some people think that there are others coming to help us not be destroyed.

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00:31:24,000 --> 00:31:38,000

Hypnotherapist and self-proclaimed alien hunter Darrell Sims has been studying the abduction phenomenon for more than 30 years and believes he has uncovered the grays' true mission.

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He specializes in recovering repressed traumatic memories from people who claim to have been abducted by aliens.

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00:31:46,000 --> 00:31:53,000

One of the things you would do in the beginning with these people is to relax them completely and tone of my voice changes totally.

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00:31:53,000 --> 00:31:59,000

Just focus on the sound of my voice. You'll find the sound of my voice causing your eyes to get heavier.

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00:31:59,000 --> 00:32:06,000

The sound of my voice will comfort you, it'll protect you and it's okay for you to relax completely.

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00:32:08,000 --> 00:32:13,000

One of his clients, Donna Lee, is the president of the Houston UFO Network.

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She believes she has been abducted many times by the grays.

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In the course of hypnotherapy sessions with Darrell Sims, she has recalled numerous terrifying encounters.

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00:32:25,000 --> 00:32:28,000

She even believes the grays took her unborn child.

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00:32:28,000 --> 00:32:34,000

I never had anything involved that would have been a miscarriage. It was about eight weeks pregnant.

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00:32:36,000 --> 00:32:39,000

Then it was just gone.

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00:32:40,000 --> 00:32:46,000

I mean, I did not have the bleeding that's involved. Nothing.

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00:32:48,000 --> 00:32:53,000

In a later regression session, Lee recalled being in a brightly lit, sterile room.

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00:32:55,000 --> 00:33:01,000

They brought a young girl into the room and left her there with me.

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00:33:02,000 --> 00:33:09,000

And she was a hybrid. What would consider a hybrid? Although she looked a lot like me.

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00:33:10,000 --> 00:33:13,000

Her hair was, she had really bad hair though.

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00:33:14,000 --> 00:33:21,000

But she looked a lot like me. And she was about the age that my child would have been at that point.

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00:33:23,000 --> 00:33:27,000

Lee claims the hybrid child was about nine years old.

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00:33:28,000 --> 00:33:34,000

She sat there. I had that realization in that moment when they left me there with her.

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00:33:34,000 --> 00:33:40,000

And she looked at me that, I know you. I know you.

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00:33:41,000 --> 00:33:45,000

And it was this very sad, almost overwhelming sadness.

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00:33:46,000 --> 00:33:52,000

For a while, I would still recall that longing for that again.

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00:33:53,000 --> 00:34:00,000

To many experts, accounts of alien abductions are merely a product of an overactive mind.

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00:34:01,000 --> 00:34:05,000

They say under hypnosis, subjects are open to suggestions.

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00:34:07,000 --> 00:34:15,000

What happens under hypnosis is that people will generate imagery that they will often mistake for memories of things that actually happen,

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00:34:15,000 --> 00:34:17,000

rather than things that they're just producing.

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00:34:17,000 --> 00:34:25,000

Second point is that when people recover these sorts of quote-unquote memories under these hypnotic regression sessions,

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they tend to credit them as being true.

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00:34:35,000 --> 00:34:39,000

Are the earnest memories of abductees real or imagined?

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00:34:41,000 --> 00:34:44,000

They come in without permission.

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00:34:44,000 --> 00:34:47,000

They touch your body.

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00:34:50,000 --> 00:34:52,000

They take your children.

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00:34:54,000 --> 00:34:58,000

You want to scream, but I mean, my mouth is open and nothing has come out.

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

It's paralysis, but walking paralysis.

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00:35:04,000 --> 00:35:08,000

Do the grays exist?

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00:35:09,000 --> 00:35:15,000

And if so, are they on a devious mission?

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00:35:21,000 --> 00:35:27,000

In 2003, a team of psychologists from Harvard University believed they found the answer.

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00:35:27,000 --> 00:35:33,000

Led by Dr. Richard J. McNally, they conducted a unique experiment to measure the physiological responses,

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00:35:33,000 --> 00:35:39,000

like heart rate and perspiration levels of various types of trauma victims.

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We wanted to see whether people who've recovered memories of space alien abduction would show the same reactions,

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00:35:47,000 --> 00:35:51,000

post-traumatic-like reactions, as do real trauma patients.

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00:35:52,000 --> 00:35:59,000

Our research group has been studying people with recovered memories of traumatic events.

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00:35:59,000 --> 00:36:06,000

And one of the big challenges that we've had is distinguishing between those individuals who've recovered memories of,

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00:36:06,000 --> 00:36:12,000

for example, childhood sexual abuse, or actually genuine memories, versus memories that were perhaps false memories.

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00:36:16,000 --> 00:36:19,000

Dr. Scott Orr directed the lab tests.

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00:36:20,000 --> 00:36:29,000

What this procedure involves is an individual coming in to the lab, sitting down with one of our counselors,

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00:36:29,000 --> 00:36:34,000

and then describing a variety of experiences that they've had.

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00:36:34,000 --> 00:36:41,000

We wire them up with recording electrodes so we can measure heart rate and skin conductance and facial EMG.

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00:36:42,000 --> 00:36:49,000

In the lab, test subjects then listen to a 30-second audio tape of their own traumatic or abduction experience.

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You're lying naked, strapped to a metal table in a spaceship.

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00:36:54,000 --> 00:36:59,000

There are alien beings hovering over the table.

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00:36:59,000 --> 00:37:03,000

They are staring at you with their large, dead, black eyes.

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00:37:03,000 --> 00:37:06,000

You are absolutely terrified.

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00:37:07,000 --> 00:37:16,000

And then they open their eyes and they make self-reports of emotional experiences that they had while imagining the scene.

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00:37:16,000 --> 00:37:25,000

So we asked them to rate how much arousal they felt, how vivid the scene was for them, how in control they felt,

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00:37:25,000 --> 00:37:33,000

how pleasant or unpleasant they felt, how much fear, how much sadness, a variety of different emotional experiences.

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The Harvard psychologists found that the alien abductees exhibited a high tendency of a personality trait called absorption.

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Absorption is this ability to generate vivid imagery.

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00:37:52,000 --> 00:37:55,000

When you go to the movie, you become moved by it emotionally.

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00:37:55,000 --> 00:37:58,000

When you read a novel, it comes alive before your eyes.

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00:37:58,000 --> 00:38:02,000

You become entranced by a sunset. You become lost in daydreaming and fantasy.

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00:38:03,000 --> 00:38:10,000

There is especially high on this and this is related to the ability to generate rich and realistic imagery.

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00:38:13,000 --> 00:38:18,000

The study further concluded that in most cases the abductees are not lying.

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00:38:20,000 --> 00:38:26,000

They really genuinely believe that the alien narrative accounts for the experiences that they've had, that they're sincere.

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00:38:26,000 --> 00:38:29,000

They're not quote-unquote crazy.

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

Now these particular events are sleep paralysis episodes.

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

These things are really normal events. They don't indicate pathology.

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00:38:43,000 --> 00:38:51,000

But what happens during rapid eye movement sleep, REM sleep, the stage of sleep when we do most of

our dreaming, we're entirely paralyzed.

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00:38:53,000 --> 00:38:59,000

When you combine all of these things together, you have yourself a space alien and an abductee.

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00:39:03,000 --> 00:39:08,000

However, a former McNally test subject believes the Harvard study is fatally flawed.

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00:39:09,000 --> 00:39:13,000

It might be that alien counters do involve an altered state of consciousness.

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00:39:13,000 --> 00:39:18,000

But to write them off as fantasy, I think is a dire mistake and that's where he goes wrong.

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00:39:19,000 --> 00:39:26,000

I myself have had sleep paralysis. I know that the sensations are superficially similar to that of alien contact.

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00:39:27,000 --> 00:39:31,000

Although there are similarities, it doesn't go far enough to account for it.

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00:39:33,000 --> 00:39:40,000

But if Boucher and his fellow abductees are right and the grays really do exist, then they must come to Earth from somewhere.

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00:39:40,000 --> 00:39:43,000

If not from Zeta reticuli, then where?

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00:39:45,000 --> 00:39:52,000

There's a 2,500-year-old question, goes back to the ancient Greeks who asked, is there life beyond the Earth?

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00:39:52,000 --> 00:39:59,000

And now we're bringing the tools of 21st century science and technology to answer what simply is a very old question.

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

There ought to be 1, 100 or a million intelligent civilizations out there for us to be talking with.

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00:40:10,000 --> 00:40:17,000

People who claim to have been abducted believe that intelligent alien life forms not only exist,

but are already here.

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00:40:17,000 --> 00:40:21,000

And they have crossed the cosmos with a purpose.

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00:40:23,000 --> 00:40:27,000

I think the grays agenda is to make a better future for their children.

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00:40:28,000 --> 00:40:36,000

I think it's that simple and I think that part of that agenda entails also ensuring that humanity is also going to continue.

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00:40:36,000 --> 00:40:38,000

I think it's a mutually beneficial agenda.

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

Psychologists maintain, however, that the alien phenomenon is a product of overactive imaginations.

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00:40:47,000 --> 00:40:59,000

The grays, in my view, are in fact hypnopompic visual hallucinations that occur when people are arising out of a sleep paralysis episode.

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00:41:02,000 --> 00:41:04,000

And their purpose for coming to Earth?

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00:41:05,000 --> 00:41:07,000

They don't have one, they're hallucinations.

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00:41:08,000 --> 00:41:13,000

It's good to have an open mind, but that's open that your brains fall out.

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00:41:16,000 --> 00:41:25,000

Is the grays agenda real or imagined? Alien abduction, fact or fiction?

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00:41:26,000 --> 00:41:33,000

There's still a mystery just like most abductions. They're never going to tell you why they're here or who they are or why they do what they do.

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00:41:34,000 --> 00:41:37,000

Is it possible that ETs exist?

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00:41:40,000 --> 00:41:43,000

I think they're here and they've been here for a long time.