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UFO UpDates Mailing List

ASP-FQA: Sleep Paralysis, the Frequently

From: Joseph Polanik <jpolanik@mindspring.com>
Date: Tue, 09 Dec 1997 22:55:51 -0500
Fwd Date: Wed, 10 Dec 1997 03:00:42 -0500
Subject: ASP-FQA: Sleep Paralysis, the Frequently

ASP-FQA: Sleep Paralysis, the Frequently Questioned Answer

Skeptics often use 'sleep paralysis' to explain (or explain away) Alien Abductions, Old Hag Attacks and other paranormal phenomena. How realistic is this?

Q. What is Sleep Paralysis?

During REM-sleep [Rapid-Eye Movement or dream sleep], the brain sends out a signal immobilizing the body so that we do not act out our dreams.

That is sleep paralysis. Everyone experiences it several times a night, whenever they enter a period of REM sleep, about every 90 minutes.

Q. Well, okay, but we're usually not aware of all these episodes of sleep paralysis.

Precisely! It's the presence of *Awareness* during Sleep Paralysis [ASP] that makes a difference.

Q. ASP? Could you be a little more specific?

Have you ever found yourself lying fully conscious or in a dreamlike state, unable to move or cry out, while perhaps experiencing auditory or visual phenomena? If so, you have experienced Awareness during Sleep Paralysis [ASP].

ASP experiencers often feel intense fear and may even believe that they are dying. Experiencers often sense the presence of an unseen, malevolent being. An episode of ASP can occur while the body sleeps in any position, but it is much more likely while sleeping on one's back.

Often experiencers feel the pressure of a crushing weight on their chest as if being pushed downward into the bed. A few sense a what seems to be a phantom being sitting on their chest. They may be unable to feel the breathing process continue, but those who see their chest can see it continue to inhale and exhale --- they just don't feel it as the body has gone to sleep while the consciousness remains alert despite reduced sensory input from the body.

Q. How can Sleep Paralysis be used to explain Alien Abductions,

Old Hag Attacks and other paranormal experiences?

Sleep Paralysis *can't* explain any of these or other anomalous experiences.

Since everyone experiences sleep paralysis, it does not differentiate between those who report Alien Abductions Experiences, Old Hag Attacks, Incubi/Succubi Visitations, Lucid Dream Events or Out-of-Body Experiences, and those who don't report these unusual experiences.

What *does* differentiate between experiencers and non-experiencers is that experiencers report Awareness during Sleep Paralysis.

Q. How does this make a difference?

Someone for whom the Awareness is more immediate, more significant, than the feelings of bodily immobility may take control of the situation and aim for a more positive outcome. The experience of bodily immobility may become a gateway to a lucid dream or out-of-body experience.

Q. What about people who believe they are being abducted by aliens? How do they turn the situation toward a more positive outcome?

Abduction researcher, Ann Druffel, found numerous abductees who warded off an impending abduction or aborted an abduction in the early stages.

Interestingly enough, the techniques these abductees used are the same as those used by others to ward off visitations by entities not perceived as being aliens but as demons, the old hag or whatever.

Q. What are these techniques?

They range from attempting to move a finger or a toe (in order to end the paralysis and, hence, the experience), to invoking the name of a spiritual entity.

Q. How can I learn more?

A lengthy file on the subject of responding constructively when Aware during an episode of Sleep Paralysis, Respond.txt, is available from ASP-L, the Awareness during Sleep Paralysis mailing list. To obtain the file send an email msg with the command 'Get-Respond.txt' (without quotes, but with the file extension) in the SUBJECT: field to:

nightflyer@mindspring.com

<=====>

ASP-L is a mailing list for the discussion of Awareness during Sleep Paralysis [ASP] and experiences with which it has been associated: Lucid Dreaming, Out-of-Body Experiencing, Alien Abductions, Old Hag Attacks and Supernatural assaults such as the Incubus/Succubus assault.

To subscribe to the list, send the word "Subscribe" (without quotes) in the SUBJECT: field of your msg to the same address.

ASP-L is a service of the Trionic Research Institute,
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