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Review: 'How To Defend Yourself Against Alien

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Stig

If Alien Abductors Call, Just Say No
by Diane White, Globe Staff, 08/13/98

How many times have you asked yourself: What would I do if space aliens showed up at my door?

If they came for just a friendly close encounter, it would be one thing. You could invite them in for cocktails and a chat. It's the alien abduction thing you want to avoid. Everybody knows what happens when you're abducted by aliens. They probe your orifices. Life is difficult enough these days without some alien sticking an instrument, or whatever, into your ear, or wherever.

In her book "How to Defend Yourself Against Alien Abduction," UFO researcher Ann Druffel delivers what her title promises. The paperback, just published by Three Rivers Press, costs \$12, a small price for step-by-step instruction in techniques that will help you resist should aliens come calling.

Druffel, who has been researching UFOs since 1957, looked through 250 case studies and found 70 "resisters," people who just said "No!," in a manner of speaking, to alien abduction. Actually, just saying "No!" is Resistance Technique No. 3, one of nine described in the book. Druffel calls it Righteous Anger. It requires assertiveness and a positive attitude on the part of the resister. Righteous Anger, Druffel writes, "is best combined with strong commands, either verbal or mental, such as 'Go away!' or 'Leave me alone!' and so on."

I'm not sure I could pull off Righteous Anger if aliens were to show up at my house. I can't get my cats off the kitchen counter by saying "Go away!" so I doubt it would work on extraterrestrials bent on probing my orifices. Nor do I think I'll be using Resistance Technique No. 2, Physical Struggle. I wouldn't want to risk hurting an alien. "The intent should never be to kill or seriously injure the intruders," Druffel writes, "but to inform them that their presence is violating the witness's right to privacy."

The problem with this gambit is that aliens don't appear to understand the concept of privacy. They're forever showing up unannounced in people's bedrooms in the middle of the night, and if that's not a violation of privacy I don't know what is. Personally, I think they could use a short course in etiquette. I bet Miss Manners could whip them into shape in a hurry.

Of the remaining seven Resistance Techniques my favorite is No. 9, Repellents. Although I'm not ruling out No. 4, Protective Rage, or No. 7, Metaphysical Methods, or even No. 5, Support From Family Members.

You can mix and match Druffel's techniques to suit yourself and the occasion. For example, you could use a well-known Alien Repellent like St. John's Wort along with a Metaphysical Method of resistance, such as envisioning yourself enveloped in a protective bright white light. And if that's not enough, you could fly into a Protective Rage "using rejecting statements, even well-chosen curses" against the intruders. Begone, alien scum!

Druffel writes that most people in the alien abduction field, abductees and researchers alike, don't believe Resistance Techniques can be used successfully. Why? Druffel puts it down to lack of practical experience: "... it seems almost certain that most [abductees] have never even tried [resistance] with the necessary motivation and confidence."

Clearly then, it's best to be prepared. Get a copy of 'How to Defend Yourself Against Alien Abduction'. Practice the Resistance Techniques on telemarketers and cold-call sales people and anybody else who pops into your life uninvited. You don't want to find yourself thinking, "Gee, I wish I'd bought that book," as some big-eyed entity drags you off to the mother ship.

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