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ASP - Intuiting 'Entities' in Time to Resist

From: Joseph Polanik <jpolanik@mindspring.com>
Date: Sat, 7 Nov 1998 18:51:28 -0500 (EST)
Fwd Date: Sat, 07 Nov 1998 21:08:14 -0500
Subject: ASP - Intuiting 'Entities' in Time to Resist

In her new book, 'How To Defend Yourself Against Alien Abduction', Ann Druffel summarizes the various ways in which individuals have resisted the approach of entities --- potential abductors. The following extract is from the chapter on 'Resistance Technique #6: Intuition':

It is apparent that the earlier an experiencer detects the approach of harassing entities, the better resistance techniques work.

Although many abductees report that they suddenly awaken aboard a craft with the abduction procedures already under way, many other experiencers often perceive a progression of events before the creatures take charge.

In general, the progression of events can be listed as follows:

1. The experiencers detect presences, indicating that the entities' approach is imminent.
2. They experience a feeling of anxiety of the beginning of the loss of conscious will.
3. They experience paralysis, either physiological in nature or brought on by terror; that is, "frozen in fear."
4. The entities materialize, increasing the experiencer's terror.
5. The entities produce a feeling of calmness that soothes the witnesses' fear while bringing them under greater control.
6. The witnesses experience teleportation into a craft or other setting they do not recognize, and realize they have been captured.
7. If the experiencer's fear resurfaces, the creatures telepathically convey phrases such as "There is no need to fear" or "It will soon be over".
8. The entities continue with procedures, seemingly medical or otherwise investigatory in nature.

<...>

Some witnesses, however, are intuitive to the degree that they can detect the approach of harassing entities long before other experiencers can. These experiencers describe how they receive

telepathic messages in their heads that the entities are on their way. Others feel various physiological effects ... that serve as an 'early warning system'. One well-known Los Angeles abductee ... invariably feels a prickling sensation up and down her limbs and the sides of her body, which increases during a period of forty-eight hours before the entities arrive.

Druffel speculates:

The fact that resistance techniques work more effectively when the experimenter has intuitive advance warning seems to add strength to the hypothesis that the harassing visitors are from an interdimensional source instead of being fully physical and extraterrestrial.

And then describes the case of 'Robert Nolan' [not his real name], who is an ex-Marine with combat experience in Viet Nam. Apparently, the same intuitive sense that allowed Nolan to detect the approach of Viet Cong on the battlefield also allowed him to detect the presence of abductors.

Initially, Nolan wrote off his experiences as 'bad dreams'. Then it became clear to him that the creatures were harming him. He developed an ear condition that the VA doctors couldn't explain.

At this point made a choice. On some occasions, when he didn't want any contact with the creatures, he would use some form of mental struggle to break the paralysis, finding, as most experiencers know, that if the paralysis can be broken the entities will vanish.

On other occasions,

"... He purposely does not use his combination of resistance techniques because his curiosity about the visitors has recently become stronger than his desire to prevent harassment. The creatures have become a matter of intense interest to him; his curiosity about them might be the main reason why the visitations continue, because his curiosity is stronger than his determination to rid himself of them permanently. More than one resister in my database is similarly conflicted.

At current writing, Nolan still has the ability to break off a visit when he intuitively becomes aware of the creatures' approach and when he does not wish to interact with them."

[Source: Druffel, Ann. (1998). *How to Defend Yourself against Alien Abduction*. New York: Three Rivers Press. 111-125]

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