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Budden's Checklist for ElectroMagnetic Sensitivity

From: Joseph Polanik <jpolanik@mindspring.com>
Date: Sat, 6 Mar 1999 11:37:06 -0500 (EST)
Fwd Date: Sat, 06 Mar 1999 14:34:57 -0500
Subject: Budden's Checklist for ElectroMagnetic Sensitivity

It has long been thought that some UFOs radiate electromagnetic energy strong enough to shut off vehicle engines and to leave burn marks on the individuals who encounter them.

Albert Budden has investigated the ElectroMagnetic Hypothesis [EMH] more thoroughly than anyone I'm aware of. One thrust of his work is to show that exposure to EM fields can have a wider range of objective and subjective effects than has previously been thought.

He writes that, among those with Electromagnetic Hypersensitivity, exposure to EMFs

... could translate into the utterly bizarre consciousness effects of alien abductions, out-of-body experiences (OBEs), ghostly visitations and the physical phenomena of 'hauntings', poltergeists and UFOs.

[Budden, Albert. (1998). *Electric UFOs*. at 12.]

Although I think that Budden is too quick to dismiss these anomalous experiences as hallucinations now that he has found a causal connection to an objectively detectable phenomenon, his findings do (IMHO) show that the ElectroMagnetic Hypothesis is a more plausible explanation than the ExtraTerrestrial Hypothesis for this class of UFO/aerial phenomena.

Budden naturally urges UFO/Abduction investigators to gather evidence that would either implicate the EMH or rule it out in any particular case. To help investigators standardize their approach, Budden distills his approach into a series of questions to ask experiencers.

They are:

1. Do you frequently get severe shocks from door handles, are bodywork or other surfaces?
2. Do you feel uncomfortable in synthetic materials (e.g. acrylic, nylon)?
3. Are you sensitive to perfumed products, aerosols, cigarette smoke, petrol, (household) gas, make-up, aftershave, etc.?
4. Does electrical equipment go wrong or behave oddly in your presence?

5. Are there any foods/drinks that you either avoid or consume large amounts of? Do you have food allergies (e.g. chocolate, coffee, milk, food with artificial colouring of flavours, wheat products)?
6. Did you have a happy childhood? If no, give reason(s) briefly.
7. Do you ever have hairs on your body stand on end, feel suddenly cold or overheated, experience tingling or numbness?
8. Do you ever get a metallic taste in your mouth?
9. Do you get deja vu strongly and often?
10. Do you ever get the overwhelming sensation that someone is in the room with you, watching, although you cannot see anyone?
11. Are you very sensitive to light? (Sunlight? Flickering light? Do you ever wear tinted glasses?
12. Are you sensitive to medications (especially antibiotics)?
13. Do you have what could be called psychic experiences (e.g. ghostly encounters, OBEs, etc.)?
14. Do you find that objects in your home go missing or sometimes seem to behave oddly in any way?
15. Do light-bulbs seem to last for a very short period of time in your home?
16. Have you ever been close to a lightning strike or suffered major electrocution? (Or defibrillation? Or electroconvulsive therapy/ECT)?
17. Do you ever see small lights darting about the room?
18. Does fluorescent light bother you at all?
19. Do you ever have periods where you lose all concentration, feel overheated, see light flashes, lose muscle power in your legs and feel tingling and heavy?
20. Are there any of the following features near your home: a quarry, radio mast, power lines, reservoir, hill, military base, TV/radio station, ham radio?
21. Does time ever seem to slow down or pass in a flash?
22. Have you ever had periods of time for which you cannot account?
23. As an activity, do you write very much?
24. Have you ever had the experience of everything going wery still, timeless and silent?
25. Do you ever get painful electrical rippling sensations under the skin?

Oddly enough, Budden does not ask, "Have you ever found yourself lying fully conscious or in a dreamlike state, unable to move or cry out, while experiencing auditory or visual phenomena, or total blackness?"

A positive response to this question might indicate an ASP [Awareness during Sleep Paralysis] event. Since Budden does indicate that individuals with EH [Electromagnetic Hypersensitivity] "experience transient periods of immobility, frequently although not exclusively on awakening", investigating the connection between EH and ASP would seem worthwhile.

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