

## **CATEGORIES OF UFO EXPERIENCES:**

A compilation from various UFO sources by June R. Steiner, PhD, CHT

1. SIGHTINGS OF UFO.
2. SEEING PHYSICAL TRACES OF SPACECRAFT HAVING LANDED.
3. TELEPATHIC OR DREAM CONTACT.
4. ENCOUNTER WITH HUMANOID BEINGS WITH OR WITHOUT A SIGHTING.
5. ENCOUNTER WITH SOMEONE OR SOMETHING THAT CHANGES SHAPE, SPECIES, MATTER AND/OR MATERIAL FORM.
6. "HEARING" OR OTHERWISE RECEIVING MESSAGES ON ONE OCCASION OR ON AN ON-GOING BASIS.
7. ABDUCTION WHERE PERSON IS TAKEN INTO A SHIP OR TO ANOTHER LOCATION.
8. BEING EXAMINED, IMPLANTED, FERTILIZED OR OTHERWISE PHYSICALLY IMPACTED.
9. INDIVIDUAL EXPERIENCES, GROUP EXPERIENCES, FAMILY EXPERIENCES.

.Many people have multiple experiences, some over an entire lifetime. Others may only have one event. One person in a household may be singled out or entire families may share events. Screen memories may have been utilized to keep the person from awareness of what actually happened. Unlike the NDE, the UFO experience is not widely recognized by the medical nor the scientific community, and often not by society at large. Reporting such an event can bring ridicule, recriminations, and/or being ostracism, or even being labeled as mentally ill in some situations. Therefore the person can come back with little or no support from their communities or families to help them integrate their experience or the aftereffects. Few people are trained to help them work through their experience.

### **THE PACTS MODEL OF ABDUCTEE/CONTACTEE EXPERIENCE**

Things that may surface after an abduction or sighting.

1. LOST TIME THAT CAN'T BE ACCOUNTED FOR.
2. PERSISTENT NIGHTMARES AND/OR DREAMS OF UFO'S AND/OR ET/S.
3. SLEEP DISORDERS
4. WAKING UP WITH UNUSUAL BODILY SENSATIONS.

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5. APPEARANCE OF MYSTERIOUS MARKS ON THE BODY.
6. FEELING MONITORED, WATCHED, AND/OR COMMUNICATED WITH.
7. INTERFERING WITH ELECTRICAL EQUIPMENT.
8. REPEATED SIGHTINGS OF UFO'S.
9. VAGUE RECOLLECTIONS OF A CLOSE ENCOUNTER.

10. UNEXPLAINED HEALING OF AILMENTS OR AFFLICTIONS.
11. REACTING WITH FEAR OF AND/OR ANXIETY ABOUT UFO's,
12. PARANOIA, LOOKING UNDER BEDS AND IN CLOSETS.

**THE MAJOR PROBLEMS FACING THE EXPERIENCER ARE:**

1. MANY PEOPLE DO NOT HAVE IMMEDIATE MEMORY OF THE INCIDENT AND OFTEN HAVE AFTER-EFFECTS THAT DO NOT MAKE SENSE TO THEM. SOME ARE REMEMBERING AFTER MANY YEARS. MANY WERE TOLD BY THE CONTACTEES TO FORGET THE EVENT OR THEY RELEGATE THE MEMORY TO THEIR UNCONSCIOUS BECAUSE THEY ARE AFRAID TO EXPOSE IT TO THEMSELVES OR TO ANYONE ELSE.
2. MOST EXPERIENCERS FEAR THEY WILL NOT BE BELIEVED AND/OR THEY DO NOT BELIEVE IT THEMSELVES. MANY FEAR REJECTION OR BEING LABELED AND/OR DOUBT THEIR SANITY.
3. MANY FEEL TRAUMA DUE TO BEING KIDNAPPED, INVADED, ABUSED, OR TRAUMATIZED BY EXAMINATIONS, IMPLANTS, AND THE ABDUCTION ITSELF. MANY FEEL THEY HAVE BEEN SEXUALLY INVADED.
4. PROBLEMS CAN ARISE IN THE FAMILY BECAUSE OF THE CHANGES IN VALUES, ATTITUDES, AND INTERESTS THAT OFTEN TAKE PLACE IN THE INDIVIDUAL'S LIFE AFTER AN EVENT. DIFFICULTY WITH FAMILY UNITY AND ACCEPTANCE. WITHOUT PROFESSIONAL HELP THESE CHANGES CAN CREATE FEAR AND FEELINGS OF ISOLATION.
5. MANY HAVE DIFFICULTY FITTING INTO DAILY LIFE BECAUSE OF THESE CHANGES.

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6. MANY EXPERIENCE FEAR OF RIDICULE.
7. MANY HAVE DIFFICULTY WITH CHANGING BELIEFS, VALUES AND LIFE PURPOSE.
8. MANY HAVE FEAR OF BECOMING A TOOL OR CAPTIVE SUBJECT OF THESE UNKNOWN "BEINGS"

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