

EXPERIENCING HIGH STRANGENESS!

BY JUNE STEINER, PHD, CHT

Imagine your whole world turning upside down.

Where do you go now.....for help, for understanding, for someone to listen to your story without disbelief or judgment?

Imagine something happening to you that you didn't think was possible, that made no sense and that no-one or very few other people believed. Where do you go with that experience? Who do you tell? How do you keep going in a world that often doesn't accept what happened to you, in a world that sometimes suggests you might be just a bit crazy?

Have you had that kind of experience? Were you a child or an adult or both? Was it meaningful, positive, frightening, exciting, spiritual, difficult to express, easy to share, threatening to your world view or your relationships? Did you hope it would never happen again or did you wait in anticipation for the next time; even if you had no seeming control?

Have you seen a ship? A being? Both? Or was it something else? Were you taken against your will or invited to accompany someone or something? Did you think that you couldn't possibly be seeing what you seemed to be seeing or experiencing?

- Did you feel pulled to the experiences and the beings or did you feel they were cold and uncaring?
- Did you feel you were participating in something important or did you feel taken advantage of or abused?
- Did you form relationships or experience one particular being that seemed to be watching over you or participating in most of your experiences?
- Did you ever experience these things with anyone else you know or with other strangers?
- Did you ever feel you went through a portal or were pulled up into a ship?
- Did you ever see things or beings shift their shape?
- Did you hear someone talking without words or sound?
- Did you just seem to know what they were saying or wanting you to know?

- Did you ever become aware of or know things before they happened?
- Were you ever shown or given symbols or knowledge about things of which you know nothing?
- Have you ever had examinations or had anything taken from your body or put into your body?
- Have you ever felt that something put in your body was making you do things or causing discomfort of any kind?
- Have you ever felt your thoughts, movements or decisions controlled by something outside of yourself?
- Have you seen owls and deer or other animals used as screen memories in place of what was actually happening?
- Have you experienced being pregnant and lost the baby only to be told later by other beings that you had a baby and it was being kept somewhere else?
- Have you ever had a sexual experience with an alien during an encounter?
- Have you experienced Reptilians, Nordics, Grays, Insectoids or other unworldly or dimensional species?
- Have you ever been in a group or family shared experience of this kind?
- Have you ever been paralyzed and unable to move in such an experience?
- Have you been unable to help your spouse or sibling or children when they were having an experience?
- Were you calm, angry, exhilarated, frightened, terrified,
- Did you write down what happened to you?
- Did you draw what you saw?
- Do you want to remember the details of the experience?
- Do you want to know more of what happened?
- Do you just want to forget it but somehow you can't?

- What happened when you told your wife or husband, lover or friends about the experience?

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- Do you want to get on with your life and let the experience go?
- How do you feel when you try to do that?

If any or all of those things have happened to you, what did you do?

Where did you go to get help? Or did you just keep it to yourself?

The following organizations are available to provide help.

CONTACT O.P.U.S. Organization for Paranormal Understanding and Support at WWW.OPUSNETWORK.ORG

OR M.U.F.O.N. Mutual UFO Network at WWW.MUFON.COM

They will direct you to professionals or organizations who work with experiencers of all types of anomalous events. They may be therapists, investigators, clinical hypnotherapists, local support groups or email support groups for those living in places where there are no professionals.

If you do go to a professional, the following are some of the steps he or she might take to help you with an experience.

First, Make sure the counselor has had considerable experience with facilitating extra-ordinary events, especially those of a UFO nature and can readily create a safe, supportive, and compassionate environment for the experiencer to recall, integrate and utilize his or her learnings from the particular event. Trust and confidentiality are essential ingredients to assist in the full recall and disclosure of the UFO experience. When a good rapport is established then some or all of the following steps can be taken.

- Having the person tell what he recalls of his experience in whatever way is most comfortable, adding more details as they are remembered. (without feedback, judgment, or reactivity from the listener and without hypnosis). A type of free association.

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- Having the person write his experience as fully as possible.
- Dreams working with the person's dreams involving UFO activity.
- Focusing - focusing on one memory or face and allowing feelings and thoughts to surface.
- Active imagination (using an image to rebuild a scene).
- Hypnosis (hypnotherapy, self-hypnosis, affect bridge (taking a feeling, intensifying it and going back to an earlier time you felt it), age regression, age progression.)
- Ideo-motor responses
- Guided visualization
- Breathwork
- Meditation
- E.M.D.R. (Eye Movement Desensitization and reprocessing)
- Symbolic Resonance (where one feels a special draw for no known reason toward some things and not others).
- Pendulum work
- Bodywork
- Psychotherapy
- Investigative techniques
- Experiencer Support Group

Why would I go to an experiencer support group? After working with a therapist or other professional, or if you just want to start with a group, support groups are very helpful for long or short term association with other people who have had similar experiences.

When a person experiences things that are beyond his or her normal reality and understanding, that may not be accepted by society as "real" or appropriate, or that create fear or a feeling of lack of control over their own life, it is important that the person be provided with a safe and non-judgmental place to share, listen, and ask questions that will help him to integrate and come to terms with what has happened. One may June never truly "understand" what happened or be able to say it will never happen again, but knowing that others have gone

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through a similar or identical experience, perhaps many times, helps them to come to terms with something they cannot erase, forget, or change no matter how much they may want that.

Talking about how others have looked at the experience, translated it's meaning, handled the fear (if there was fear), or found higher purpose (if they have), creates a way to help the psyche integrate the experience emotionally, physically, mentally, and spiritually. When one can begin to acknowledge what happened and explore the "whys" of what it might mean, healing can take place. Whether the experience was traumatic or ecstatic (or both), there is a high level of stress that accompanies it at first. One wonders if he/she will be accepted by family, friends, work, and/or society as a whole. One may even question their own sanity. Was it imagination, a dream, or high drama? "Surely I'm making that up...".

If the person has tried to share their experience and been ridiculed, ignored, looked sideways at, or told she is crazy, she is likely to bury what happened and lose faith in herself and others. She may live in fear that it will happen again and there will be no support system to help her work through it.

In a typical support group of experiencers, with someone trained to guide the group, the person can just sit and listen for one or many meetings until he feels safe or comfortable enough to talk about his own experience. Other people's questions often bring forward answers that shed light on something someone else didn't know how to ask about. Seeing scars, hearing about implants, identifying the different species and types of ET's and descriptions of many kinds of ships will often assist someone in coming forward to check out if anyone else has had the same experience as they have.

Most people who have had their lives touched by the trauma and or/exquisite resonation often felt with the "beings", have developed open hearts and high empathy for others with similar experiences. There is a special nurturing quality to the meetings that help people through their fear, and that eventually allows conversation to move into the "meaning" and

responsibility (the ability to respond) of having these encounters in one's life. Those of like kind and experience find they can finally laugh with one another and release some of the tension that has been created.

In a healthy support group no-one tells you the way it is, what's "really" true, or what can happen or not. No-one tells you how to handle it or what it means. They encourage and support one another in finding each person's own truth and building personal trust. They offer a place to explore meaning, remember events, and find new ways to face, handle, and look at possible future happenings. They create a safe place to share experiences, support, trust, nurturing, and acceptance. This is

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healing on all levels of one's consciousness.

What is an email support group?

Once someone becomes a member of the local support group or contacts OPUS for help, the experiencer dialogues with June Steiner, Laurie McDonald or Les Velez and if they are a good candidate, they are put on the support email list and asked to write a short bio on themselves and what brought them to the group. Other members then respond with their bios or they welcome the new member and give them healthy feedback. Members put articles, questions or ongoing experiences out to other members and dialogues begin. We encourage people to keep the dialogues open to all members, but sometimes members share on a more personal and individual basis. The opportunity to share and inquire with others is a wonderful way to reach out and be supported as well as to support others. These dialogues often lead to in-depth discussions around healing, trust, emotions and spirituality, as well as finding ways to integrate past or ongoing events in one's life.

If you have found help, do you feel you have explored your experiences in a way that have brought understanding, meaning and purpose into your life? Were you helped to find your own answers or were you told what the experience meant? Have you been able to integrate your experiences into your ongoing life and bridge both realities? Were you helped to deal with any highly charged emotions or trauma? Do you feel grounded in your own ability to deal with what might continue? Are you able to fully express and discuss what happened with those you love and help them to accept what has happened to you? If so, you have done remarkable work.

We invite anyone wanting help in working through his or her experience or wanting a support group or email group to go online to www.opus-net.org or to email June Steiner at JuniMoon7@aol.com

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