

# 'I'm determined to prove that aliens exist!'

Hypnotherapist Laurie McDonald, 55, from California, USA, devotes her life to helping alien abduction victims to understand their otherworldly encounters

**'A**s my client, John, lay down on the sofa and closed his eyes, I urged him to breathe deeply and feel himself relaxing.

"Allow your mind to travel back to a time when you were aware that the UFOs were coming," I said, calmly. "I want you to see that UFO in your mind, as if you were right there."

Suddenly, John's breathing quickened. He was in a trance-like state and tears rolled down his cheeks. A traumatic, repressed memory was coming back to him.

"It's a flying saucer," John whispered. "An alien is leading me to the ship, telling me to forget."

Unless you've personally experienced alien phenomena, it's hard to imagine how unsettling and confusing an alien encounter can be. Many people still don't believe aliens exist. They label people like John as being delusional, liars and attention-seeking.

But I'm certain that human beings are not the only entities

in the universe. I opened my first clinical hypnotherapy practice 25 years ago, specialising in regression work for alien abductees and contactees, or people who believe they've been abducted and contacted by extraterrestrials.

At my current practice in Sacramento, I help people work through traumatic extraterrestrial – or ET – experiences, so that they can process them and find peace. Most of my clients find me online, but others have claimed that aliens told them to contact me.

Before I started the practice, my interest in aliens was just a hobby. As a young woman, I rejected the impressions of alien life shown in films like *Star Wars* and *ET The Extra-Terrestrial*. I knew, from my own research

and talking with other believers, that they simply weren't realistic. I believed aliens were visiting Earth for a combination of reasons – some wicked, but mostly for integration by extracting human sperm, female egg cells or sharing information.

I worked in journalism and interior design, but in my spare time I'd attend special night-time watches to spot UFOs and compile profiles of different extraterrestrials.

My husband, a travel writer, was totally supportive. We have two children, who were also brought up with an understanding of and respect for alien phenomena.

Then, one night in the early 90s, I had my first alien encounter. I was lying down on my bed when I suddenly felt an intense pain in my left ovary.

"Laurie!" a voice called. I felt like I was trapped in a painful dream, until two grey alien silhouettes appeared. Then, moments later, a flash of light caused another alien to appear. This creature was tall and freaky, with claw-like hands that were clutching a large needle. I screamed and kicked wildly before losing consciousness. The next morning, I woke up in severe pain.

My husband took me to the

doctor, who revealed that in my struggle I'd torn my abdominal muscles. I had surgery to repair the damage with mesh implants.

"I must have had a nightmare," I told the doctor.

But I had no doubt that I'd injured myself while fighting off a malicious alien. I knew that most people, including health professionals, would reject my theory. People like me didn't have a safe place to reveal their truth or someone to help fill in the blanks and reassure them without any judgment.

## ABDUCTION THERAPY

So, in 1993, I trained as a clinical hypnotherapist to transform my alien affinities into a full-time career. A regression session at my practice costs \$250. Treatment begins with an interview, followed by immersive talking therapy and hypnosis, with a sketch artist present to capture the extraterrestrial activity described. As most abductees don't have conscious memories of their experiences, hypnotherapy is a tool that's used to retrieve their recollections.

Sadly, children are particularly vulnerable to ETs as they're easier to manipulate. My youngest client, a seven-year-old girl, was drawing extraordinary pictures of UFOs and aliens, but couldn't explain why. We worked together for several years trying to piece together what had happened and come to terms with it. She had been visited by reptilian aliens who had tried to control her.



Laurie says aliens want human sperm and egg cells

PHOTOS: Getty Images, Pete Marcellina Photography



She attends UFO sightseeing events



**She wants to make sure people who've had alien experiences are supported**



**Laurie's client John has "alien offspring"**

"It's such a relief to tell someone. I can't talk about this with my friends at school," she told me.

Once, I met with a family-of-four who'd reported a "missing" encounter, meaning they couldn't account for the elapsed time during which an alleged abduction occurred.

They had been driving along at sunset when they saw a bright light. Three hours later, they were sitting in their car at the side of the road, unable to explain what had happened.

**ALIEN ENCOUNTER**

Sceptics will discredit their ordeal, but they are not in a position to judge. It's often

claimed there's no physical evidence for ET experiences. The alien abduction phenomenon is dismissed as fantasy, false memories, sleep paralysis, deception or suggestibility. Some have even argued that abductees are actually repressing memories of abuse

by replacing them with something unexplained. I think that's ridiculous. Why would someone who's been through a traumatic ordeal need to act out and create a different narrative about aliens?

Over time, I've accepted why some people are sceptical. I don't feel hurt by nonbelievers – they're simply having a tough time wrapping their heads around the concept. I'm not a medical doctor, but I can tell the difference between a rational ET account and someone who's experiencing mental health issues or drink and drug abuse. I can also recognise whether someone is simply dreaming of UFOs, or has actually made legitimate contact with aliens.

Everyone deserves therapy if they feel traumatised, depressed or confused. Growing up, I was raised in foster care because my birth mother couldn't cope. When she eventually made contact decades later, I was amazed to learn that she'd struggled to bond with me because she'd been violated by aliens during her pregnancy.

"I was visited repeatedly by two aliens," she said. "They'd take me up on a craft and ask to look at you inside my belly. I had several medical examinations

afterwards, but my doctors told me it was just hormones."

My mother explained that after being sent to a therapist, she was told not to mention the alien experiences again for fear of being labelled "crazy". So she'd never been able to tell anyone because she was afraid of the consequences. If she'd had the right support, my life could've been so different.

Now, I want to make sure that other people who've experienced alien contact are properly supported. I've seen more than 1,000 cases and one of my clients, John – who searched for years to find a therapist he could trust – had a similar ordeal to my birth mum. John is a lifelong alien experiencer and he even has alien offspring, but has found it difficult to confide in anyone.

I want people to be open to the fact that aliens exist. I run a full-time practice with 12 regular clients, as well as other mainstream hypnotherapy sessions for stress, anxiety and behavioural modification. I also oversee an online 24-hour support group for OPUS, the Organization For Paranormal Understanding And Support. It's impossible to look up to the sky and fail to recognise there's life outside of our planet. We believe that gods came down from the sky, so why not aliens?

I'm an award-winning hypnotherapist and determined to prove that this phenomenon is real. I believe one day we'll all come face-to-face with aliens. My work is a wake-up call and it's time to stop judging. Alien abduction needs to be taken seriously.

**Hadley Middleton**

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