

Q: Are all contacts like mine?

While the vast number of human-ET contact scenarios are similar in some respects, no two are exactly the same. Each person perceives and processes his contact experience through his own brain and personality that are unlike any other brain and personality in the universe. Two individuals can go through the same contact event and perceive it differently. This produces experiences that run the gamut from traumatic and horrifying to blissful, uplifting and life-affirming - sometimes even humorous - and it's one of the reasons contact with alien beings is so difficult to quantify and prove.

There is almost certainly more going on with human-ET contact interactions on Earth than anyone is aware of, but there are some commonly reported types. Although they possess similarities and differences, they are all valid contact experiences.

Alien abduction

This is the most well-known kind of contact, most often represented in the media and entertainment. The term describes an event in which a person is taken against his or her will by alien or otherworldly beings and then returned at a later time. This type of event may involve an individual being subjected to physical examinations, experiments and tests, reproductive procedures, educational activities or being given messages to relay back to specific individuals or humanity, as a whole. Abductions can take place at any time, but are most often reported at night. There may or may not be prior warnings, and sleep paralysis is often, but not always involved. The human subject of alien abduction may be conscious or unconscious during the experience and may have full memory, partial memory or no memory afterward. While not all abduction experiences are the same, typical scenarios are reported, and the aftermath of an abduction experience may be negative or positive.

Taking

This is similar to abduction, except the person is not taken against his or her will. More and more occurrences of this type of contact event are being reported. There may or may not be prior warnings that the event is going to happen, and the person may or may not remember it later. While there may be some elements of fear or discomfort, these events are often described, overall, as uplifting and conferring a feeling of blessing or being chosen for a special purpose. There may be long periods of time between the takings, sometimes years. While scenarios tend to vary more in this type of event than in typical abductions, usually they are positive, and experiencers often look forward to future occurrences.

Visit

This is the most commonly reported type of human-ET contact experience and the most varied. Typically, it takes place when an experiencer wakes up in his bed at night and sees non-human beings in the room with him, but it can happen anywhere, anytime, and the aftermath can

be positive or negative. During a visit, there may be communication between the human and the alien beings and/or downloads of information. Physical contact is sometimes reported that may include healing of the human by the alien beings, but the experiencer is not removed from the location. Visits also include events in which ETs or ET craft appear in response to an individual or group's signal or request for contact.

Programmed event

In a programmed event, an individual receives instructions from an ET or ET group to appear at a specific location on a certain day and time, and the individual may be instructed to appear alone or may be allowed to bring others with him. Experiences at the contact site are reported to vary from physical sightings of craft and actual ET entities to psychic contact and takings. There may be telepathic contact between the alien entity and human attendees, downloads of information or only visual contact.

Psychic contact

In this type of event, ETs make contact with a person when he or she is in a meditative, prayerful or highly suggestible state of mind; however, it can happen any time, including dreaming, and no physical contact or transport is involved. Typically, this is done for the purpose of downloading information from ET to human, exchange of information between the two or preparing the human contactee for future events. This type of contact is becoming more and more frequent, and many adult experiencers who began having physical contact as children now report that as adults, they have only psychic contact, which they describe as much easier, less stressful and more enjoyable than their earlier physical experiences.

Contact dream

Many experiencers describe having dreams of contact with extraterrestrial beings - on ships, on other planets or in other dimensions. But for some people, those dreams are unusually vivid and as real as everyday reality itself, and may actually constitute a form of psychic contact. Contact dreamers often describe experiences that are similar or exactly like those described by physical abductees and contactees, with the exception that the dreamer remains asleep during the event and is not removed from his or her bed. A contact dreamer may talk in their sleep, describing what they are seeing, or speak languages they are hearing or speaking in the dream, and may later remember information that was imparted to them during the dream. They may even awaken with marks on their bodies which were apparently acquired during activities that took place during the dream. While there is no explanation for this type of contact, because it takes place while an individual is sleeping and their conscious mind is at rest, perhaps they are somehow tapping into a level of consciousness they are unable to access during waking. Or perhaps ETs are manipulating or accessing the dreamer's brain while he or she is in a dream state.

The FREE Study reported the following response to their question, *“Did you have an encounter with an ET (non-human intelligent being) but the ET was not physically present?”* Out of 1,632 responses, 1,141 said Yes.

Encounter

Encounters are unplanned, unexpected meetings between humans and extraterrestrial or otherworldly beings. They may involve situations where individuals accidentally come upon a landed or crashed alien craft or the opening to an underground base in a remote location, but it is possible to have unexpected encounters with alien beings anywhere, even in public places. Alien beings performing missions on Earth may be cautious and well disguised, but they're not infallible, and they do sometimes end up in the wrong places. A friend of mine tells about an encounter she had with a poorly-disguised and obviously out-of-place ET one winter evening near the entrance to a major department store in Phoenix, Arizona.

One of the most well-known encounter experiences happened to Carl Higdon in 1974. While elk hunting in Medicine Bow National Forest, Wyoming, he unexpectedly came upon five elk standing together in a clearing. He took aim with his rifle and fired, but immediately felt a "zone of strangeness" surround him and the elk. The sound of the shot seemed to come from faraway, time seemed to slow down, and Higdon could see the bullet as it left the gun, traveled slowly through the air and fell to the ground about sixty feet away without striking any of the animals. As he went to retrieve the bullet, an odd-looking humanoid figure dressed in black appeared and gave him a "pill," telling him it would alleviate his hunger for four days. He was then taken aboard a spaceship, transported to their home world and, after being told that they couldn't use him, returned to the forest several hours later, weak and in a state of disarray. When he finally made it back to his truck, he was eight miles from where he had started. There are many other interesting details in this story, including the healing of a serious medical condition that had plagued Higdon for a long time, but it's a classic case of an unplanned alien encounter. Many other types of encounters have been reported throughout the years.

When encounters occur, experiencers often mention missing time or a feeling of being "out of time and place" which may linger for up to several hours afterward. Memories of an encounter may return shortly after the event or not until years later.

Aliens as co-workers

I don't remember seeing this job description at Career Day when I was in high school, but some humans say they have worked with otherworldly beings in high-security government or military facilities on Earth. In some situations, the aliens were there by choice, and in others, against their will. In addition to Charles Hall's claims of working with the Tall Whites on the Nellis Range in Nevada, there are other claims of underground facilities where aliens and human scientists and military personnel work together. Needless to say, these activities are hush-hush and their very existence is controversial, even within the government and UFO community.

Milabs (military abductions)

Milabs are similar to ET abductions, but instead of extraterrestrials, experiencers are reportedly abducted by humans disguised as ETs, controlled by government or military organizations. The experiencer may be taken to an Earth or off-world facility for various purposes once or multiple times. In some cases, alien beings are involved or present as observers. Often, the

person taken in the milab has had prior genuine extraterrestrial contact, which may be the reason he or she was chosen for the milab abduction. These encounters are usually described as unpleasant.

Milabs are not reported in great numbers, but the FREE Study noted the following response to their question, "Do you recall ever having what is commonly called a 'Military Abduction' or MILAB, where humans abducted you?" Out of 1,275 responses, only 157 said Yes. But some investigators believe that genuine extraterrestrial beings do not abduct humans and that all abductions are actually milab.

In their book, *Beyond Strange: True Tales of Alien Encounters and Paranormal Mysteries*, Bob and Trish MacGregor tell the story of Connie Cannon, who was driving to St. Augustine Beach, Florida, with her son, John, when they may have been involved in a milab:

"They were about 100 miles south of Atlanta on I-75 in daylight when suddenly Connie was confused about her location. She was no longer on the interstate but she was certain she hadn't taken an exit. Yet, she and her son were now driving on a strange grid of roads with no buildings in sight. The next thing she knew, she and her son were on their knees outside their vehicle, on a black asphalt tarmac near airplane hangars, sobbing hysterically. Circling overhead were several noisy choppers and three round, softly grumbling spacecraft. In front of her and John were a group of grays and several military men in fatigues and heavy boots who held massive-looking assault weapons. The grays seemed to be just loitering in the area, but one of the soldiers pointed an assault weapon directly at Connie and, in a menacing tone warned her, "If you ever . . . you will never see your family again." Then suddenly she and her son were back in the car - although she had no memory of actually getting into the car - and everyone else was gone, and her son had fallen asleep. She started up the car and drove off as fast as she could away from the area, but, exhausted, she found herself driving around a labyrinth of roads, not knowing where she was. Finally, she came upon a convenience store and stumbled inside and when she told the clerk that she'd gotten lost off the I-75, the clerk told Connie that she was on Warner Robins Air Force Base and couldn't get off the base without going through the same gate she had come in through. Connie had no memory of entering any gate and had no idea she was on a military facility. When they finally got home, 3 hours later than expected, both Connie and her son were exhausted and immediately went to bed. Later, her son remembered being lost and frightened, but he couldn't remember why and he didn't feel normal for the next three days. He has never remembered the details of the event but he is certain that something awful happened."

There is some evidence that not all milabs are perpetrated by elements of the military, but actually by covert intelligence management groups that merely utilize military or paramilitary personnel and facilities to abduct humans who have had previous contact with genuine ETs. The purpose of such groups would likely be to gather information about the ETs the human subjects have had past contact with, not the humans themselves.

The mystery of milabs is one of the most controversial in the human-ET contact phenomenon, but while no one seems to know the truth, something is obviously going on. There is more information about milabs in the Appendix section of this book.

The human-ET contact phenomenon is complex and varied, and all scenarios, be they abductions, takings, visits, psychic contact, encounters, working with ETs, milabs or others, constitute valid contact. Your experiences may be similar to others or completely different, but that doesn't make them any more or less real. There is no right or wrong when it comes to human-ET contact experiences. They are all unique and remarkable, just like the people who experience them.

“Here is the mystery - can we attribute the differences in contact types to the actions of the extraterrestrials or the humans involved? This is an important question and one that remains unanswered.”

Donald Spencer

The Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Experiences (FREE). *Beyond UFOs: The Science of Consciousness and Contact with Non Human Intelligence - Volume 1, 2019.* 2019.

MacGregor, Bob & Trish. *Beyond Strange: True Tales of Alien Encounters and Paranormal Mysteries.* Crossroads Press. 2017.