

## SLEEP PARALYSIS DURING ET ENCOUNTERS – Judy Carroll

The phenomenon scientists label as “sleep paralysis” has been described by many people undergoing encounter experiences with ETs. Having undergone such encounters since early childhood, I still clearly recall the first couple of times it happened and the awful fear and discomfort associated with it, but the reality is it’s simply a safety measure.

The reason it occurs is to keep the physical body safe while the astral body (spirit) vacates it. Whether the astral body moves only centimetres away or completely leaves the vicinity doesn’t matter – the physical body must be kept as still and quiet as possible.

It’s exactly the same as when a driver steps out of a car to perhaps shut the garage door after backing out onto the driveway. If the engine is left running, the driver must be careful to apply the handbrake and ensure that the vehicle is in the appropriate parking gear, or else it may take off on its own and cause all sorts of damage. Our physical “vehicle” is no different, and must be incapacitated (placed in a state of paralysis) before we can safely step out of it.

This happens to us naturally every night when we sleep, but when it occurs during an encounter experience, our ET Visitor is often assisting the process and we may be partly conscious as a result. Some people are able to do this consciously themselves while meditating, and can actually will their astral body out of their physical body. This is known as an OBE (out-of-body experience). To fully understand this we must be willing to acknowledge the fact that we are much more than just a physical form of flesh, bone and muscle. It’s important to understand that we have other finer (mental, emotional and spiritual) aspects to our being that can continue to operate outside of and independently of the physical body. It’s these finer aspects that are generally involved in ET encounter experiences, although some procedures carried out by the ETs can impact upon our physical body as well.

Not recognising this, some investigators of the phenomenon dismiss claims of ET visitation or out-of-body experiences in which people describe this paralysis. They scoff at any paranormal explanation and insist that what the medical profession calls “sleep paralysis” is a perfectly normal and natural condition that happens to everyone.

In one way they quite correct in that yes, it is indeed a normal and natural condition that happens to everyone, but they then need to take it a step further to know why it happens. If a clairvoyant could be present at the time, they would see the astral form vacating the physical body, leaving behind only a very low level of consciousness to maintain the inner workings of the body to keep it alive and breathing while its “driver” is absent.

Next time it happens to you, don’t panic. Try to relax, concentrate on keeping your breathing steady and deep, and go with it. You may see other beings present that normally wouldn’t be visible to you in your waking state, because you are now operating through your finer astral plane senses, but know that you are quite safe and will not be hurt. The loud roaring/buzzing noise you may hear is simply your inner senses opening up to the sounds of the astral plane.

Written by Judy Carroll, co-author of *The Zeta Message* and author of *Human by Day, Zeta by Night*, published by Wild Flower Press 2011.

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