

THE UFO EXPERIENCE

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A TRUE SPIRITUAL EMERGENCY!

AS STAN AND CHRISTINA GROF MADE CLEAR IN THEIR BOOK **SPIRITUAL EMERGENCY, WHEN PERSONAL TRANS-FORMATION BECOMES A CRISIS**, COSMOLOGIES OF ALL THE ANCIENT AND PRE-INDUSTRIAL CULTURES DESCRIBE VISITATIONS FROM SPACE PEOPLE. UNTIL RECENTLY IN OUR MODERN TIMES, EVENTS OF THIS NATURE OFTEN LED TO A PROFOUND PSYCHO-SPIRITUAL CRISIS, SINCE THE REALITY OF THESE EXPERIENCES WAS NOT ACCEPTED BY PROFESSIONALS AND OUR CULTURE AT LARGE.

WITH THE STUDIES OF RING, GREYSON, MACK, LAIBOW AND SPRINKLE AVAILABLE, WE ARE ABLE TO WORK WITH EXPERIENCERS IN A WAY THAT SUPPORTS THEIR TRANSFORMATIONAL CRISIS.

IN A UFO EXPERIENCE, A PERSON ENCOUNTERS SOME OTHER REALM OR DIMENSION, WHICH PERMANENTLY AND DRAMATICALLY ALTERS THEIR ATTITUDES, BELIEFS, AND VALUES. OFTEN THESE EXPERIENCES ARE THE SEEDS THAT IMMEDIATELY OR EVENTUALLY BLOSSOM INTO PROFOUND SPIRITUAL GROWTH. THE UFO MAY JOIN THE NEAR DEATH EXPERIENCE AS OUR MOST COMMON DOORWAY TO SPIRITUAL DEVELOPMENT AND UNIQUE IN THE FACT THAT IT OPENS REGARDLESS OF WHETHER OR NOT THE PERSON IS LOOKING OR PREPARED FOR SPIRITUAL GROWTH. AND THIS IS LIKELY TO LEAD TO A SPIRITUAL CRISIS.

WHEN SOMEONE UNPREPARED EXPERIENCES A UFO EVENT, THEY MAY DOUBT THEIR SANITY YET BE AFRAID OF REJECTION OR RIDICULE IF THEY DISCUSS THIS FEAR WITH FRIENDS OR PROFESSIONALS. MANY TIMES, EXPERIENCER'S DO RECEIVE NEGATIVE REACTIONS FROM PROFESSIONALS WHICH OFTEN DISCOURAGES THEM FROM SEEKING HELP IN UNDERSTANDING WHAT HAPPENED.

-MANY PEOPLE ADJUST IN TIME ON THEIR OWN, WITHOUT HELP.

-OTHERS OFTEN TAKE ON NEW VALUES, ATTITUDES, AND INTERESTS, WHICH CAN CAUSE PROBLEMS WITH FAMILY AND FRIENDS.

-PEOPLE MAY BELIEVE THE EXPERIENCER HAS COME UNDER SOME EVIL INFLUENCE OR PLACE THEM ON A PEDESTAL AND EXPECT UNREALISTIC CHANGES.

DUE TO THE TRAUMATIC EFFECT OF THE EXPERIENCE, PEOPLE SOMETIMES NEED SPECIALIZED HELP TO ACCESS AND EXPLORE THEIR EXPERIENCE.

SMALL CHILDREN EXPERIENCERS ARE OFTEN TOLD THEY DIDN'T SEE WHAT THEY KNOW THEY SAW AND BEGIN TO DOUBT THEMSELVES OR TO KEEP THE EXPERIENCES TO THEMSELVES AND GET LITTLE OR NO SUPPORT.

WHAT TO DO:

SHORT TERM HELP.

-DO NOT PUSH FOR DETAILS, BE OPEN AND WAIT FOR CLUES IF THEY MENTION AN EXPERIENCE. THEY WILL TEST TO SEE HOW OPEN YOU ARE.

-EXPLORE YOUR OWN ATTITUDE ABOUT UFO'S. BE AWARE OF YOUR PREJUDICES, BOTH NEG AND POSITIVE, ABOUT THE EXPERIENCE ITSELF AND THE PERSON EXPERIENCING IT.

-DO NOT PRESS YOUR OWN BELIEFS OR INTERPRETATION, LET THE CONVERSATION BE GUIDED BY THE INDIVIDUAL'S OWN ACCOUNT AND UNDERSTANDING OF THE EXPERIENCE.

-HELP THEM CLARIFY THEIR INTERPRETATION USING HIS OR HER OWN WORDS.

-USE YOUR OWN PERSONAL STYLE OF COMMUNICATING, BOTH VERBALLY AND NONVERBALLY TO SIGNAL YOUR OPENNESS.

-DON'T IGNORE THE UFO'ers PROFOUND POTENTIAL TO BRING ABOUT BOTH POSITIVE AND NEGATIVE CHANGES IN PERSONALITY, BELIEFS, AND BODILY ACTIVITY. IT'S A PRESSING CONCERN.

-RESPECT THE EXPERIENCER AND THE EXPERIENCE. DON'T IGNORE THE PERSONS RICH PERSONAL AND SPIRITUAL BACKGROUND.

- DONT LABEL OR GIVE A CLINICAL DIAGNOSIS BASED ON THE EXPERIENCE. IT WILL CAUSE MISUNDERSTANDING, MISTRUST, AND PUSH THE EXPERIENCER AWAY.
- WHEN INDIVIDUAL EXPERIENCER DOES SEEM TO HAVE A MENTAL OR EMOTIONAL DISEASE, BOTH YOU AND THE PERSON MUST BE CLEAR THAT THE DISEASE IS NOT RELATED TO THE UFO EXPERIENCE ITSELF. THE EXPERIENCE IS NOT A SYMPTOM OF A DISEASE.
- HONESTY IS A MUST. IF APPROPRIATE, SHARE YOUR OWN REACTIONS WITHOUT DISCREDITING THE PERSONS PERCEPTIONS AND INTERPRETATION.
- REASSURE THE PERSON THEIR MATERIAL IS CONFIDENTIAL.
- LISTEN CAREFULLY TO WHATEVER IS SAID. PEOPLE WHO ARE UPSET BY THE EXPERIENCE FEEL PRESSURE TO HAVE YOU UNDERSTAND IT. IT ALSO ALLOWS THEM TO GET RID OF FRIGHTENING FEELINGS.
- THEY ARE USUALLY RELIEVED IF YOU ALLOW THEM TO STRUGGLE UNTIL THEY FIND THE RIGHT WORDS TO DESCRIBE THEIR EXPERIENCES.
- ENCOURAGE THEM TO EXPRESS ANY EMOTIONS OF THE EVENT.
- MOST EXPERIENCES INCLUDE VERY INTENSE EMOTIONS.
- MIRROR THEIR FEELINGS, BUT DO NOT ANALYZE THEM.
- FEED BACK THEIR DESCRIPTIONS AND EMOTIONS TO HELP THEM CLARIFY WHAT AT FIRST MAY SEEM UNEXPLAINABLE.
- ROTATE LISTENERS TO PREVENT BURNOUT IF SEVERAL EXPERIENCERS ARE NEEDING CARE. PATIENCE IS MANDATORY.
- PROVIDE THE PERSON WITH ACCURATE INFORMATION ABOUT UFO EXPERIENCES AND THEIR AFTEREFFECTS IN A STRAIGHT-FORWARD, NONJUDGEMENTAL WAY TO REDUCE THEIR IMMEDIATE CONCERNS ABOUT THE IMPLICATIONS AND CONSEQUENCES OF THE EXPERIENCE
- IT'S OFTEN HELPFUL TO LET THEM KNOW THEIR EXP. IS SOME-WHAT COMMON BUT – DO NOT TRIVIALIZE ANY INDIVIDUAL'S EXPERIENCE OR ITS UNIQUE IMPACT ON HIS OR HER LIFE.
- IF UPSET, IMMEDIATELY FOLLOWING EXPERIENCE, HELP THEM IDENTIFY EXACTLY WHAT IT IS ABOUT THE EXPERIENCE THAT IS CAUSING THE PROBLEM. EXPLORE THE

POSSIBLE PROBLEMS LISTED EARLIER, USING THE INDIVIDUALS UNDERSTANDING OF HIS OWN PERSONALITY AND SITUATION AND GET PROFESSIONAL OR MEDICAL HELP IF NEEDED.

.-TAILOR THE SOLUTION TO THE INDIVIDUAL.

-THEY MAY NEED HELP IMMEDIATELY AFTER THE EXPERIENCE IN DEALING WITH WHAT BROUGHT THEM CLOSE TO SUCH UNUSUAL HAPPENINGS AND BEINGS.

-THEY MAY FIND IT HARD TO ARRANGE PRACTICAL MEDICAL AND SOCIAL DETAILS.

-FOR CONCERNS ABOUT THIS TYPE OF EXPERIENCE, PUT THEM IN TOUCH WITH OTHER UFO EXPERIENCERS.

LONG TERM APPROACHES-

BE PREPARED FOR THE EXPERIENCE TO RAISE ISSUES ABOUT LIFE AND ITS PURPOSE THAT MAY NOT COME UP IN OTHER CLINICAL RELATIONSHIPS.

YOUR OWN PSYCHO-SPIRITUAL GROWTH MAY ALSO BE AFFECTED. DECIDE WHETHER YOU WANT TO ACCEPT THAT RISK BEFORE STARTING TO WORK WITH A UFO EXPERIENCER ON AN ONGOING BASIS.

CLARIFY WHAT YOU BOTH EXPECT FROM THE WORK.

KNOW WHAT THE PERSON WANTS FROM YOU AND WHAT HE HOPES WILL COME OUT OF YOUR WORK TOGETHER. AND VICE-VERSA.

BE CAREFUL OF JUMPING TO CONCLUSIONS ABOUT PEOPLE YOU KNEW BEFORE THEIR EXPERIENCE. DO NOT ASSUME THAT WORK YOU BEGAN BEFORE THEIR EXPERIENCE WILL CONTINUE ON THE SAME COURSE AFTER THE EXPERIENCE..

EVEN though THE PERSON'S UNDERLYING PROBLEMS AND PERSONALITY MAY BE THE SAME, THE EXPERIENCE MAY DRAMATICALLY CHANGE HIS GOALS AND PRIORITIES IN LIFE AND IN YOUR WORK TOGETHER.

YOU MAY FIND IT IMPOSSIBLE TO HELP SOMEONE WITH BOTH UFO RELATED PROBLEMS AND PAST UNRELATED PROBLEMS.

WORK TOWARD MUTUAL TRUST. IT MAY TAKE LONGER THAN USUAL FOR THE PERSON TO TRUST EVEN THE MOST SENSITIVE HELPER WITH SOME PARTS OF THE EXPERIENCE AND AFTER EFFECTS.

IT IS HARD FOR EVEN THE MOST OPEN-MINDED HELPER TO TRUST SOME OF THE UFO EXPERIENCERS' RECOLLECTIONS AND INTERPRETATIONS.

DONT BE TOO CONCERNED ABOUT TRADITIONAL CLINICAL ROLES, AS RIGIDITY TO FORM AND APPEARANCES MAY UNDERMIND YOUR RELATIONSHIP. MANY OF OUR LABELS AND DEFINITIONS LOSE THEIR MEANING AFTER AN EXPERIENCE OF THIS KIND, SO YOU MUST RELY MORE ON YOUR DIRECT EXPERIENCE WITH THE PERSON AND LESS ON FORMAL TRAINING AND KNOWLEDGE OF CLINICAL TECHNIQUES THAT MAY NOT BE APPROPRIATE OR HELPFUL HERE.

BE FLEXIBLE WITH HOW LONG AND HOW OFTEN YOU SEE THEM. IT MAY TAKE UNUSUALLY LONG SESSIONS AND MAY UNLEASH OVERWHELMING EMOTIONS AND THOUGHTS.

BE PREPARED TO STAY WORKING WITH THEM.

DO NOT THINK OF THEM AS A PASSIVE VICTIM. HELP THEM TO SEE THEIR ACTIVE ROLE IN CREATING OR UNFOLDING THE UFO EXPERIENCE TO HELP THEM UNDERSTAND AND DEAL WITH PROBLEMS ARISING FROM THE EXPERIENCE.

PARTS OF THE EGO THAT DIED IN THE EXPERIENCE NEEDS TO BE GRIEVED FOR.

MAJOR FEATURES OF AN IND UFO EVENT MAY GIVE YOU CLUES AS TO THE SOURCES OF PROBLEMS CONTINUING AFTER THE EXP.

HAVE THE EXPERIENCER TELL EVERYTHING THEY CAN CONSCIOUSLY REMEMBER BEFORE USING ANY HYPNOSIS.

PARTICULARLY EXPLORE DETAILS OF THE EVENT THAT SEEM BIZARRE OR UNEXPLAINABLE, USING TECHNIQUES TO INDUCE ALTERED STATES TO RECALL FURTHER DETAILS OF THE EXPERIENCE AND TO HELP PERSON LEARN TO SHIFT AT WILL BETWEEN DIFFERENT STATES OF CONSCIOUSNESS.

USE E.M.D.R. TO REDUCE ANXIETY, LESSEN TRAUMA, AND BRING UP MEMORIES. USE TECHNIQUES TO INTEGRATE THE LEFT AND RT. HEMISPHERES TO FIND PRACTICAL WAYS TO APPLY WHAT THEY LEARNED.

EXPLORE PERSON'S SENSE OF A SPECIFIC PURPOSE OR MISSION AFTER THE UFO EVENT. EXPLORE THE UNFINISHED BUSINESS OF THAT MISSION, AS WELL AS POSSIBLE CONTINUED EXPERIENCES AND OR CONTINUED CONTACT BY THE "BEINGS" WHICH MAY BE A SOURCE OF CONTINUING PROBLEMS OR AWARENESSES.

EXPLORE FEARS ABOUT UNWANTED AFTER-EFFECTS. PERSON MUST FEEL FREE TO REJECT OR RESIST UNWANTED AFTEREFFECTS WITHOUT HAVING TO DEVALUE THE UFO EXPERIENCE ITSELF.

MEET WITH EXPERIENCER AND ENTIRE FAMILY TOGETHER, IDEALLY IN THEIR HOME, TO SEE SUBTLE CHANGES IN FAMILY INTERACTIONS THAT CAN CAUSE CONTINUING PROBLEMS.

HELP PERSON CHANNEL WHAT HE OR SHE LEARNED IN THE EXPERIENCE INTO PRACTICAL USE. ENCOURAGE THEM TO USE WHAT THEY HAVE LEARNED TO HELP OTHERS. HELP THEM TO SEE THEY ARE HELPING TO BUILD A BRIDGE BETWEEN REALITIES.

YOUR WORK IS FINISHED WHEN THE PERSON FINDS A WAY TO BE WITH THEIR EXPERIENCE WITHOUT DOUBTING THEMSELVES, HIDING THE EVENT, OR REFUSING TO

TALK ABOUT IT. THEY MUST BE ABLE TO LET GO OF THEIR ANXIETY AND ANY UNFOUNDED FEARS. IT IS IMPORTANT FOR THEM TO BRING INTO DAILY LIFE ANY LOVE AND/ OR PURPOSE THAT HE OR SHE RECEIVED IN THE UFO EXPERIENCE.

ENCOURAGE THEM TO JOIN A SUPPORT GROUP OR OTHER GROUP TO STAY IN AN ENVIRONMENT WHICH WILL SUPPORT THEM AND WHERE THEY FEEL ACCEPTED.

SPIRITUAL ASPECTS FOUND IN THE UFO EXPERIENCE

BECAUSE OF THE OFTEN PROFOUND SPIRITUAL EFFECTS OF AN EXPERIENCE OF THIS KIND, SEVERAL INVESTIGATORS HAVE SUGGESTED THAT THE SIGNIFICANCE OF THE UFO EVENT MAY BE IT'S ROLE AS A CATALYST FOR HUMAN EVOLUTION, AND THE EXPERIENCERS MAY COLLECTIVELY BE A PROTOTYPE OF A NEW KIND OF HUMAN BEING THAT IS EMERGING IN OUR TIME. THOSE SPECULATIONS ARE BASED ON THE REPORTED AFTEREFFECTS OF UFO EVENTS. MENTAL, PHYSICAL, AND SPIRITUAL CHANGES SUGGEST THAT EXPERIENCERS MAY UNDERGO AN ACCELERATED DEVELOPMENT OF DIFFERENT-ORDER INTUITIVE MENTAL FUNCTIONING.

SEVERAL CONSCIOUSNESS RESEARCHERS HAVE ARGUED THAT THE INCREASING NUMBER OF PEOPLE EXPERIENCING THOSE HIGHER STATES OF CONSCIOUSNESS HERALDS THE EMERGENCE OF A NEW TYPE OF HUMAN BEING, A NEW PERSONALITY THAT KENNETH RING CALLED THE OMEGA PROTOTYPE.

EXPERIENCERS ARE REPORTING PRECISELY THE KIND OF PHYSIOLOGICAL CHANGES THAT ARE ASSOCIATED IN EASTERN TRADITIONS WITH THE BIO-ENERGY THAT DRIVES EVOLUTION. EX. AWAKENING KUNDULINI. HARRIS SUGGESTS THAT THE NEXT STEP IN UFO RESEARCH MAY BE TO MEASURE OBJECTIVE AND RELIABLE PHYSIOLOGICAL CHANGES IN EXPERIENCERS.

RESEARCH BY RING, SPRINKLE, MACK, LAIBOW, AND OTHERS HAS ESTABLISHED THAT THE UFO EXPERIENCE IS AN AUTHENTIC PHENOMENON THAT IS ESSENTIALLY THE SAME IN WHATEVER COUNTRY OR CULTURE IT OCCURS THOUGH THE WAY IT IS SEEN IS COLORED BY LOCAL BELIEFS AND CULTURAL NORMS.

IF IT IS A HALLUCINATION, IT SEEMS IT IS A 'UNIVERSAL HALLUCINATION'.