

NEWSLETTER OF
THE AUSTRALIAN UFO ABDUCTION
STUDY CENTRE

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VOLUME 2 NUMBER 2

While preparing this Newsletter, I was struck by the large numbers of experiencers whom I had talked to since the previous issue. I have undertaken quite a number of radio interviews since January and people have been contacting me after these shows. My thoughts turned to just how many people are out there, isolated and puzzled by their own events with perhaps no-one else to talk to about them. If you have any ideas on how we might reach them, I'd be happy to discuss these with you.

Keith Basterfield.

FIRST HAND

Denise of Victoria has kindly consented to share her experiences with us, hoping it may assist others who have not yet found anyone to talk to about their own experiences.

In March 1989 I was a normal housewife, with 5 children, but that March changed my life for ever. For 18 months we were visited by small beings 105-120cm in height, light grey in colour, with large, black eyes, and small facial features.

Although absolutely terrified by the beings, I felt they meant us no harm. Fear of the unknown was the thing that scared me most.

They concentrated mainly on myself and my 6 year old son, although all the family were involved in some way. Also people outside the family staying at our home were part of the happenings.

In the first incident my son was paralysed by a beam and subjected to an examination. He said the "little men" did not speak with their mouths but in his head. He heard them say: "We will not hurt you."

About a week later I was being physically pulled out of bed by a force I could not see due to the darkness of the

room. Later during a hypnosis session I would recall a voice saying to me: "You must come. You know you have to come." That night was the most terrifying thing that has ever happened to me.

For 18 months after that we would hear mechanical noises outside the house; humming noises above the roof; poltergeist activity occurred; and footsteps noticed in the early hours of the morning.

My daughter saw a disc shaped object floating up our drive in the early hours of one morning.

I had many nights of interrupted sleep where I would wake up in the morning and know something had happened during the night, but never knew just what.

On their last visit I can vaguely remember them cutting my arm with a small knife. They must have done the same thing to my husband, as we both woke up the next morning with 1.25cm cuts on our arms in exactly the same place. They are now permanent scars.

Since my experiences we have sold our old home and built a house on 50 hectares and are in the process of becoming self sufficient. I was told by the visitors that the Earth would go through massive changes over the next 10 years and I must be prepared. I have also taken an almost obsessive interest in native Americans and their culture. Although always concerned with the environment my concern is now very deep. I now take a very pagan view of religion. I find orthodox religion very destructive. I view the godforce now as being part of and within every living thing on this planet.

I believe my experience has been a lifelong thing for me, first starting as a visit by "Pixies" when I was 7 years old. I do not think I will get any more visits but I believe my son will. Although my experience with the visitors was terrifying, I believe they have given to me a knowledge and wisdom to help me through the hard years ahead.

FROM WESTERN AUSTRALIA

Recently, while in Perth, I was fortunate to meet the UFORUM committee, and spend a pleasant evening with them, dining and talking about UFOs and the abduction phenomenon in Western Australia.

Discussion topics included the 1988 Knowles family close encounter; local abduction/abduction like reports; the possible association between abductions and the paranormal; false memory syndrome; and hypnosis, amongst other things.

I have compiled a listing of W.A. events, drawn from the files of UFORUM and my own sources, which appears below.

1. 1990 Rural W.A.

While driving a car, a 20 year old airline hostess, now in the U.K., became aware that it had been flooded with light, and had also become warm. She blacked out. Then she woke up in the car "freaking out". She had conscious recollections that she had been taken onboard a UFO. While there, some humanoid beings with holes for nostrils, did medical tests on her. She was shaken by it all and only told her sister. (UFORA phone-in.)

2. Undated Kalgoorlie W.A.

A 32 year old man called to advise that between the ages of 8 and 15 he used to sleep in an old bus on his parent's farm. Unusual events would happen to him at night. For example, one early morning he awoke to find 2 entities sitting on the end of his bed. They had greyish/blue skin, and skinny arms and body. Another time he awoke in the Moonlight to find some 15 beings standing over him. He did not want any follow-up being too scared to pursue it. (UFORA phone-in.)

3. 1 Feb 1993 Noranda W.A.

At 0030 hours Kylie C. awoke and saw a small figure standing half way down her bed. At the end of the bed were 3 taller beings. The small figure had dark, almond eyes, small nostrils and thin lips. Its head was bald and prominent. It had a pot belly and Kylie noticed only 3 fingers on each hand.

She had an overwhelming desire to reach out and touch the small figure as a feeling of love and compassion embraced her. She was unable to call out or move. The being moved backwards and disappeared with a telepathic message: "It's not time yet." At that time Kylie was 4 1/2 months pregnant. The following morning she found she was sore behind the ears. There were some small pin pricks in the same area. (UFORUM.)

4. 22 Jan 1993 Waroona Dam W.A.

Amanda was among 13 people who saw a large, blue-green, flare-like object pass by from north to south. She also claims to have had an "abduction experience"; found bruising finger marks on her upper arms, and skin aberrations on her legs, and other parts of the body. Headaches occurred regularly. Amanda also believes she has developed healing abilities. (UFORUM.)

5. 19 Jan 1993 Beldon W.A.

Tony woke at 3 a.m. and found someone kneeling to the left hand side of his bed about half way along it. Whoever or whatever it was, it seemed extremely thin, possessed no hair, but had normal features, except for the ears which seemed defined only by a faint outline. A gold, box-like object appeared to be attached to the being's neck just below the right ear.

Tony reached out to touch the thing but his hand went right through it. It immediately disappeared, to re-appear seconds later going through the closed flyscreen door. A dog at the bottom of the bed was watching the incident but it did not move, growl or bark. No sound, smell or other anomalies were noted.

The entity was wearing a grey-green T shirt, which had a higher than normal neck. A belt was seen supporting loose fitting trousers like the pantaloons worn by pirates of old. It was too dark to make out details of feet or footwear.

Later, Tony found a 5cm long rash, with accompanying soreness, on the inside of his left wrist. He was very frightened by his nocturnal encounter and did not sleep properly for some time.

Previously, in 1975, Tony was in hospital for an operation. He awoke at 3 a.m. to find a nurse in an unrecognised uniform kneeling by his bed doing something to his wrist. She explained her purpose as a "health visitor" doing the rounds at night. Later it was shown that no nurse fitting the description given was known to any doctors or nurses at the hospital. (UFORUM.)

6. 1983 W.A.

John W., then aged 22 or 23, had a lucid dream set in the USA which foretold the coming of thousands of aliens. He was the only one who knew. He also knew they were amongst us, looking just like us. Another type had large heads and dark eyes, resembling the "greys." In the dream he had to warn the general population of the coming invasion.

A female living in the same apartment block, in the dream, was taken away by the aliens and substituted with an alien double. W. knew of this deception and shot her. The aliens then arrived en masse as two distinct types - one the grey and the other resembling a reptilian lizard. The dream left him feeling very disturbed for a long time. The night before the dream he had sex with a comparative stranger, a drifter passing through who stayed at John's place for 2-3 nights.

In 1980 while living at a house in Midlands, he was sleeping on a mattress in the living room, when he awoke

experiencing pinching and tickling, causing him great fear. He yelled at the top of his voice to attract the two other male members of the house. They later said they had heard a commotion but "couldn't find the light switch to come and investigate." Coincidentally, this event also happened after John had sex with a comparative stranger. He also says he is psychic. (UFORUM.)

7. 1968 W.A.

A Mr Terry W., now aged 30, related that at about age 6-7 2 small beings entered his bedroom and tried to persuade him to leave with them. He has the recurring memory of them saying: "Come with us, come with us..." He remembers being petrified and thinking, "I don't like the looks of you. I want to go back."

He also recalls an event at a flat in Maylands, WA, in 1988/89, but doesn't remember if it was a dream or reality, in which he was lifted up and carried off by some small squat entities. In 1990 he dreamt of being taken away by taller "people" wearing black capes. Terry asserts he is very psychic. (UFORUM.)

8. Two Rocks W.A.

"Ron", was awoken by a bright, white light. There was a brilliant flash, and Ron found himself standing in his pyjamas in a car park. There were about 30 other people standing around, stiffly erect in a dulled or altered state of consciousness. A man in a white coat, different from the others, imparted a telepathic message to Ron, "You have been chosen." He then found himself inside a community hall, used for basketball and other sports. There were humanoids in the group. One, 120cm tall, approached Ron and gave him a bat, 3 wickets and a cricket ball. At this stage Ron realised he must have had an abduction experience when 7 years old.

Another humanoid seemed to be draining his emotions. Then he panicked and ran to the hall's entrance, lifting the bar to get the door open to get out. There was a sudden flash, a sensation of falling, and Ron found himself spread-eagled back on his bed.

On March 4th 1992, again at 2.15 a.m. Ron woke up and saw his son (aged 10) in a half sitting position being floated past his bedroom door. Guiding the boy was a misty alien form. Ron jumped out of bed, shouting at the alien as he grabbed his son. There was sudden flash, and Ron found himself back in bed. Later on that day his son described having a nightmare related to the event reported by his father.

At breakfast the son had a coughing fit and coughed up a piece of metal about a centimetre long. This was analysed recently at Curtin University, and found to be a very

unusual combination of nickel, silver, zinc, copper, cobalt and ytterbium. The initial analysis Brian says indicated an artifact of unknown source. However, re-assessment has gauged it to be terrestrial, perhaps part of an electronic probe.

The family, consisting of husband, wife, ex de-facto wife, a 13 year old daughter and son and a third younger child, plus a lodger, have all had UFO sightings and seen apparitions within the house on a regular basis. (UFORUM).

9. 23 Feb 1993 Kwinana W.A.

A husband and wife, Sharon and Ian retired to bed between 2300 and 2330 hours. At 0100 they awoke to find their young daughter Anita crying. Their 4 year old son was still asleep but the girl was standing in her cot very distressed.

When Sharon awoke she had the strong impression she had been in a UFO. Ian, who had been sleeping in another room, woke to find a bright light shining in the room, but was unable to identify the source. He felt very nervous to the point of panic and felt something weird was occurring outside. The couple felt nausea and could not sleep. When sleep did come they were awakened at 0200 by a sound like a train, yet the nearest track is 20km away. The noise, accompanied by a throbbing sound seemed to come from the East. Their own dog and others in the area were going crazy. Two helicopters were heard outside for some 15 minutes, and which seemed to be conducting a search.

The couple suffered headaches later on in the day and felt uneasy and apprehensive. Sand was inexplicably found in the son's bed. The husband's watch, checked at 0100 hours and never known to be wrong, was found to be one hour fast. (UFORUM.)

IN THE MEDIA

On the 16th February the JJJ radio network ran an hour long radio session on the subject of abductions. I was the main guest on the show, which included a live interview with Dr Susan Blackmore, senior lecturer in Psychology at the University of the West of England, Bristol in the U.K. Following our pieces the telephones were opened up for callers to talk about UFOs and abductions.

I advertised the existence of the Centre, giving my home number and drove home from the ABC studio. Upon my return I found numerous messages on my answering machine, and eventually talked to 20 people in relation to my

appearance on the program. The range of experiences being reported was enormous, and I once again was able to see that the events which make the media or reach us, must just be the tip of the iceberg.

A sampling of the calls is as follows:-

* A mother in Northern NSW whose 17 year old daughter had been visited by an entity on 3 separate occasions.

* A 23 year old Brisbane woman who had been experiencing visitations since she was a little girl, and who had found a variety of marks on her body.

* An Adelaide woman whose mother recently had what she thought was a very realistic dream in which some unusual people took her away. She woke to find a precise cut on her groin which she showed to her daughter.

* A couple, then living in Gosford, NSW, who late one night reached home 20 minutes earlier than expected after seeing a light in the sky. The woman involved recalls that at age 5 she was found outside her house, although she did not recall how she got there. She has always had a fear of going to the bathroom at night, which has remained with her even as an adult.

As is the Centre's policy, after ascertaining from the individual what their needs were, i.e. did they wish to talk to a therapist, a UFO researcher or a peer support group, I referred them to the appropriate person in the state from which they called.

FROM NEW ZEALAND

Recently, Colin Paule, the South Australian State Director for the U.S. based Mutual UFO Network, returned to New Zealand to visit his sister. While there he heard a radio program on abductions in New Zealand on Radio Pacific in Auckland. Fortunately, he was able to tape the program and I extract 2 experiences from it for presentation here.

Chris was first. Her experiences began for her as an adult in 1988 in Wellington. One week night she woke up from sleep and sat bolt upright in bed. Coming through the door were 7-8 non-human beings. She'd never been interested in science fiction at all and was terrified. She did however have the presence of mind to look at her bedside clock to see it was 0010 hours. She then blacked out. Almost instantaneously to her she woke, but the time was now 0410 hours-4 hours had just passed.

Two years later she again woke up bolt upright and this happened again on a number of other occasions. She was

always terrified but would black out only to wake hours later.

Later, she moved to a 2 storey apartment and has conscious recollections of finding herself outside the bedroom window "coming back from somewhere as if on a slide."

Finally she decided to undergo hypnosis and found that these types of events had been going on since childhood. Under regression she recalled fragmentary memories of being on a table and of communicating telepathically with beings. Another recollection was of being inside a UFO and seeing the earth receding into the distance. In the end she decided the experiences were positive and enriching. They had increased her spirituality and her psychic ability.

Cathy a 47 year old woman was next and told how she had decided on this program to speak out for the first time publicly about her lifelong experiences.

The first recollection she has is of age 4-5 in Staffordshire, England. She was falling asleep when 4 beings appeared in her room and took her away with them. She was floated along until she was "somewhere else" lying on a table. She felt cold and couldn't move. The beings were around her and there was a light over her, a bright light. This illumination was only over her and it did not light up the room she was in. She had never been in hospital by this age. Although she told her parents about the experience they told her it must have been her imagination.

Over the years the experiences continued to happen but no one she told believed her. She said that the beings were interested in her bodily functions, particularly the back of her head. These beings were small in height, with very narrow bodies, thin arms and pliable thumbs. Their heads were enormous with huge eyes. Cathy described them as "fly monsters!"

The experiences continued but she learned to cope with their 2-3 times a week frequency, although they did have an effect on her school work. She also became terrified of the dark and walked in her sleep. She said her parents would sometimes find her asleep in other than the place they had put her down to sleep.

By age 12 her family had now moved to Australia and Cathy thought at first that she had left the intrusive beings behind, as for the first 9-12 months she received no visitations. However, at age 13 a female friend and Cathy were alone in the family house listening to music. Suddenly, a "man" appeared in the lounge doorway. He was 2m tall, not human and wore a long brown robe with a hood. His face was in shadow. Cathy froze, following

which the man disappeared. Cathy was then released and she was able to speak to her friend. Cathy was cold and pale and her friend shook her. Her friend did not see the being. After this the "man" visited her regularly during the daytime, looked at her then disappeared-all during the day. At the same time as these intrusions were going on she was also experiencing nightmares.

In her late teens "abductions" as opposed to the "man" recurred. She again found herself elsewhere, but by now the examinations had become of a sexual nature and included internal exams- and these were very distressing to her. She said it was like a scientific examination in hospital.

Cathy married young and learned to be very secretive about her experiences and felt very isolated. Finally she told someone about them, and found a supportive therapist to work with her.

FIRST HAND

Peter Khoury is one of the Co-Ordinators of the UFO Experience Support Association Inc., PO Box 191, Regents Park, NSW 2143. The Association has produced an information pack about itself, and Peter kindly gave me permission to reproduce pieces from it. I thought it would be worthwhile to let Peter tell his own story.

On the 12th July 1988, I had an experience which changed my life. While in my bedroom lying on my bed, I felt something grab my ankles. As I felt this, a strange numbness, tingling and burning sensation crawled up through my body and right up to my head. I was paralysed. I could not move any part of my body with the exception of my eyes which I could move, open or close.

My brain was functioning but I could not do anything physically. I tried to call out to family members but I could not force the words out. At this stage I started to panic thinking I would not walk again. I thought I was truly paralysed.

All of a sudden I looked to my right side and I could see 3 or 4 figures wearing dark robes with hoods on their heads. Their faces were very wrinkled and shiny dark black in colour. They were only 90-120cm in height. It was then that communication was made telepathically. There was no sound made yet I could hear the message in my mind. I was told not to worry and I would not be harmed, and to relax.

As I moved my eyes and looked to the left side, I noticed 2 beings who looked so different to the others. These 2

were thin, tall, with big eyes and a narrow chin. They were goldish yellow in colour. The one closest to my head communicated with me telepathically, telling me not to worry, it would be like the last time. I would not be hurt. He looked at me with those big, black eyes and I could feel the emotion through them. It was the eyes that expressed these feelings. You could see the smile in the eyes.

It was at this stage that I noticed a long needle like, flexible, crystal tube. The being pointed the needle to the top left side of my head and inserted it. It was then that I blanked out.

The next thing I remember I was conscious. I jumped out of bed like a flash, walked into the TV room where my dad and brother were. I noticed they were asleep. I woke my brother up-he looked dazed and lost. As he put it he felt "switched off." I asked him how long it had been since I went to my room. He replied about 10 minutes, which was how long I thought it had been. When I left the TV room a film was just starting, yet as I spoke to my brother we realised that the TV station was closed and at least 1 to 2 hours had passed.

The next day I spoke to my wife Vivian (who at the time was my fiancée). I explained to her what had happened through the night. As I touched the spot where the needle was inserted, I discovered some dried blood under my finger nail. Vivian took a closer look and noticed a puncture hole and blood. I went to my family doctor and asked for a check up. The Doctor spotted the puncture mark instantly and commented that I must have hit my head on a nail while at work. When I tried to explain what had happened I was laughed at. I had no where to go for help; no one to discuss the incident with. It was frustrating to experience something so bizarre, so strange; yet so real.

A THERAPIST'S ACCOUNT

An Adelaide psychotherapist who has been in private practice for 10 years forwarded me the following article for the Newsletter.

There is a huge amount of literature about how counselling and psychotherapy have helped clients. What most clients don't suspect, and many therapists don't realise, is that the practice of therapy often heals the therapist as much as the client.

Early in 1994 a woman came to see me because she felt so anxious and depressed that she had started to see suicide

as a positive choice. She was experiencing episodes of a sort of fainting—a loss of contact with reality. She was both depressed and anxious.

After a few sessions she told me that her depression had started after she had been visited by extra-terrestrial beings. She experienced them as demanding something of her which she had been unable to give, and now she was burdened by the sense that she had failed some sort of important test.

I did not say so, but my immediate thoughts were that she was suffering from delusions, probably from a psychosis. I had never had a client who claimed an ET experience before. And I had scoffed at all the reports which chanced my way. I believed that they were all fantasies—benign or psychotic.

I do not advise clients who come to see me, and I do not offer either my opinions or recount my own experiences as a part of therapy. I work with what the client is presenting, and do not try to convince the client that my orientation to reality is "superior" or more "real" than theirs. This is, at least, the ideal.

This client presented me with quite a challenge. In the beginning I listened to her talk of "extra-terrestrials", and silently translated her words in my head into "fantasies about extra-terrestrials."

I keep a diary of my own experience when working with clients. By noticing what is going on in me before and after seeing a client, and writing it down, I often gain useful and profound insights into how their lives are affecting my own inner life, and vice versa.

When I was writing this diary one day, I suddenly saw that I was not accepting this client's experience; I was demeaning it by automatically assuming that she was deluded, and by doing that, I was belittling her humanity.

What if this ET experience were real? Did I have all the facts about existence? Could I claim to be an expert in reality?

I decided from then on to listen to her experience just as I would if she were talking about a country which I hadn't visited—with an attitude of openness to what I could learn. At the same time I need not drop my therapist role—I could help her with the difficulties which she may have with the experience. I was no longer waiting for her to "see the light" and agree with me that a visit from extra-terrestrial beings must be fantasy or delusion.

Her journey to wholeness seemed to be eased with my new self-awareness. The sessions went deeper, and she moved out of her depression. But I also had been moved along on my own journey. I had found a new space in myself. I realised that there were many judgements in me about the validity of other people's experiences. In everyday life it is easy to avoid confronting one's prejudices. When trying to practice therapy from an open heart (which is my goal), these silent judgements trip me up.

I became interested in ET phenomena, read some books and found out about the Australian Abduction Centre. This aspect of the human experience is still foreign to me, but I no longer believe that it is any less "real" than other parts of life in which I do participate. I was able to join my client in her search for the meaning in her experience, without needing to reclassify that experience.

I became a better therapist because of this client. Uncovering this particular prejudice made me more sensitive to noticing other unconscious judgements. I noticed how such prejudice prevents me from truly sharing the other's world.

One of the best kept secrets about psychotherapy is the benefit of therapy to the therapist's inner life!

NETWORKING

54 copies of this issue are being distributed. 18 go to experiencers, 15 to health professionals/therapists, 18 to UFO researchers and 3 to other interested parties.

Distribution by state is SA-21; NSW-10; VIC-12; QLD-7; TAS-1; WA-2 (1 to the USA.)
