

Q: Are all contact experiences like mine?

No, they’re not. While the vast number of human-ET contact scenarios are similar in some aspects, no two are exactly the same. Each human experiencer is an individual who perceives and processes his or her contact through their 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 completely differently. This produces experiences that run the gamut from traumatic and horrifying to blissful, uplifting and life-affirming – sometimes even humorous – and is one of the reasons ET contact events are so difficult to quantify and prove.

There is a lot more going on in the area of human-ET contact interactions on Earth than most people realize, but the following are the types of contact most commonly reported to investigators and therapists at this period in time. Volumes have been written about some of these, so I offer only brief descriptions here. Some are not as well-known as others, but all are considered valid contact experiences.

Abductions

This is the most well-known type of human-ET contact, but it’s not actually the most commonly experienced. While the term “abduction” is still used, it has pretty much been supplanted in the modern UFO/ET lexicon by the term “experience” to describe an event in which a person is taken against his or her will by alien beings for a variety of purposes that may include physical experimentation, reproductive procedures, testing, education, or being given messages to relay back to humanity, and then returned to the original location afterward. An abduction can take place in daylight or at night, but night time is more commonly reported, and can happen only once or many times throughout a person’s life. The subject of an abduction may be conscious or unconscious during the experience and may have full memory, partial memory or no memory of it afterward. While not all abduction experiences are the same, typical scenarios are reported, and their aftermaths may be traumatic, positive or neutral.

Takings

Similar to abductions, except in this case the person is not taken against his will, but with his knowledge and compliance. More and more occurrences of this type of contact are being reported. There may or may not be prior warning that the event is going to happen, and the person may or may not remember it right away. While there may be some elements of fear and discomfort, these events are usually 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 abductions, usually they are positive, and experiencers often look forward to further occurrences. The increase in this type of event is one of the reasons the term “abduction” is no longer widely used.

Visits

A visit is when an ET appears to an individual either physically or paranormally (in the form of a spirit). This is the most common type of contact event reported by experiencers. Visits can happen anywhere, and the individual is not removed from where the visit takes place. There is usually some kind of communication between the being and the human, downloads of information are often reported, and missing time may be experienced. Cases of human-ET healing often include reports of visits that take place in hospital rooms by aliens who appear at night disguised as nurses or doctors, disappear immediately afterward and cannot be found the next day. Visits also include instances in which ETs or ET craft appear in response to an individual's or a group's signal or request for contact.

Psychic contacts

In this type of event, ETs make contact with a person when he or she is in a meditative, prayerful or highly-suggestible state, with no physical contact or transport involved. Typically, this is done for the purpose of downloading information from ET to human, exchange of information between the two, or prepping the human subject for future contact. Many adult experiencers who began having physical contact as children are reporting that they now have only psychic contact, which many of them prefer to physical transport.

Encounters

Encounters are unplanned, unexpected meetings with ETs. Although rare, it is possible to encounter an ET anywhere, at night or during the day – even in public places. ETs aren't infallible, and they do sometimes end up in the wrong places. Beings such as the other-worldly beings sometimes known as men-in-black are often encountered in places where they shouldn't be. 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 the encounter may return shortly after the event or not for some time later.

ETs as co-workers

I don't remember seeing this job description at Career Day when I was in high school, but some people say they have worked with ETs or other-worldly beings in high-security government or military facilities that function under strict guidelines and agendas. In some situations, the ETs were there by choice, and in other situations, they were there against their will. Charles Hall, in his “Millennial Hospitality” series, tells about his experiences with the aliens he calls the Tall Whites on the Nellis Range in Nevada, and there are claims of other underground facilities where aliens and human scientists and military work together. Needless to say, these activities are hush-hush and their existence is controversial, even within the UFO community.

MILABS (military abductions)

In this type of contact scenario, a human experiencer is abducted by other humans posing as ETs. Milabs are similar to typical ET abductions, but instead of extraterrestrials, the perpetrators are human agents of a government or military. The experiencer may be taken to an Earth or off-world facility for various purposes once or numerous times, and in some cases, ETs are involved or are present as observers. Often, the person taken in the milab has had genuine ET contact previously, which may be why they were singled out for the milab. These encounters are usually described as unpleasant.

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 experiences; and the term “experiencer,” “contactee” or “abductee” can refer to anyone who has been through any of them. Your experiences may be similar to others or completely different, but that doesn’t make them any more or less valid. There is no right or wrong when it comes to human-ET contact experiences. They are all remarkable.