

WE ARE NOT ALONE



Annette de Jonge

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There are a number of images in this book that have been sourced from the internet and I am thankful to those who shared these images for all the world to see, and who have unknowingly contributed to this book.

Annette de Jonge

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Introduction

To tempt the reader, the first section of this book deals with information researched from the Internet or by studying over many years a long list of books, including those covering the various religions and cultures of our world. Also studied are assorted art forms from ancient, primitive rock drawings to religious paintings depicting what many have interpreted as evidence of alien visitations. My focus is on any recorded evidence that alien species have visited Earth; by what means they arrived here, from where did they come and for what purpose were they on our planet.

While looking for valid evidence of alien visitations my searching took me in unexpected directions; out-of-place artifacts (Ooparts) in the wrong timeline and strata; tools and manufactured jewellery far more advanced than any primitive humans would have had the ability to produce; human and dinosaur footsteps side by side at a time when no reptilians or mammals were known to exist. These and many other anomalous, out-of-place artifacts are problematic for scientists yet credible evidence is there to see.

The experiences recounted in the second part are some of my personal extraterrestrial encounters. What I learned and now understand is that extraterrestrials are not restricted by time lines as we are on our third dimensional plane. My knowledge gained is that they can follow a blood line, family, from generation to generation, lifetimes to lifetimes and members of my family are only one aspect of their agenda for observation and research.

A long time ago, how long was never stated, an ancestor of mine was chosen to be observed by an extraterrestrial race. No reason was ever given but perhaps we had something that stood out from others at the time; some distinguishing mark, unusual colour, an impediment that made it easy for my forebearers to be identified when in a group.

Just as we now have various animals chipped and monitored for research, so we, the human species, are treated the same way by some extraterrestrial researchers.

Most of my extraterrestrial interactions were done when out of my third dimension physical body - but not all. My experiences are, to the best of my memory, factual accounts of what transpired.

Some of my experiences might jog your memory to something that happened to you and has been suppressed by your consciousness. I am assuming those remembered by me, and it may be all of my experiences, have taken place so that they can be shared with others.

For those who do not simply believe but instead 'know' they have been abducted, this section should help you to recognize that you are not alone and your experiences remembered are more than likely as equally valid as mine. Of the extraterrestrial species encountered and remember are the tall, thin, praying mantis type referred to as the insect race, the smaller ones with the large heads and dark eyes commonly referred to as the grays, a member of the reptilian species, a female who stated she was from Orion, a friendly extraterrestrial who did not have the big head or dark eyes as portrayed in pictures and an unseen but 'smelly' extraterrestrial.

It's possible that what we see as the large, dark eyes of the of the grays are some form of eye protectors being worn. As sunglasses protect us from harsh sunlight so they, the grays, may well need a protective eye covering too from the light here on planet Earth.

In any encounter, no species have appeared to me like an octopus with waving arms going in all directions as was once seen portrayed in a magazine, no doubt dreamed up by someone with an overactive imagination. However, as mentioned, there are species that are physically unlike us. There is the insect species, or praying mantis type and in their presence I've

heard a sound like dry, crackly paper. I have no idea if it was a form of communication or electrical static coming from their bodies. Communication with other species such as the grays has been by some form of telepathy.

The reptile encountered did look like a large lizard. The one seen on two different occasions had a body like a tall, upright, green iguana. The sound it made is harder to describe than the praying mantis type. The nearest I can identify it to would be something like heavy drawn out breathing, a slow frog croak and a soft lizard's hiss heard all at the same time.

The more I thought about my experiences the more I began to wonder: perhaps these large reptiles were the basis for the different dragon mythologies and fairy stories passed down through generations? What if what is thought of as fantasy or myth is actually based on fact?

The 'three men in black' who suddenly appeared one night in my bedroom are also included here because it's possible they might also be extraterrestrials.

All Internet sites quoted are still active at time of this e-book 'going to press'.

Part One

What Empirical Evidence is there of Alien Visitations?

'Myth is history in disguise.'

Euphemerus, 4th century philosopher.

Is there any historical evidence that Earth was visited by extraterrestrials in the past? Actually quite a lot when we take the time to investigate. The myths of ancient cultures passed down by word of mouth, cave paintings, petroglyphs as well as the writings in holy books of different civilizations refer to interactions with beings not from planet Earth.

Zecharia Sitchin, America author and scholar, has written a collection of books called *The Earth Chronicles* (2007 Publisher: Harper; Reprint edition March 27, 2007). These chronicles detail Sitchin's research on ancient Babylonian, Sumerian and Akkadian texts. In his books he states there are inscriptions on clay tablets in which the role of the Elohim mentioned in Genesis is the same race as the Anunnaki. A translated copy of the tablets can be found at www.messagetoeagle.com/ancient-secrets-of-mankind-and-the-anunnaki-revealed-on-the-14-tablets-of-enki/

The Anunnaki, states Sitchin, came to Earth some 450,000 years ago from the planet Nibiru. Nibiru, according to Sitchin, is a member of our solar system but because of its wide elliptical orbit only returns to our part of the heavens every 3,600 years. According to Sitchin, the reason the Anunnaki were here was to mine our planet's gold, much needed on their planet.

However, their workers found the work exhausting and complained about it so their chief scientist, Enki, decided to genetically engineer the people, the hominids who, through natural evolution, were already here on Earth. They were to become the workers instead of the Anunnaki and do the exhausting work of mining for gold, especially the large deposits found in Africa.

By adding this genomic science, known and understood by the more advanced Anunnaki race, and using a mixture of the hominid genes and Anunnaki genes, Enki genetically engineered the two race's genes and in doing so vastly increased the evolution of the people already existing on Earth. According to Sitchin the words in Genesis *'Let us fashion the Adam'* refers to this.

But not all academics agree with Sitchin. Mike Heiser, another scholar well versed in ancient cultures and religions, is one who disagrees with Zecharia Sitchin's research and states that he, Sitchin, has it wrong with his conclusions.

Heiser gives his reasons as to why he believes there is no basis to what has been written by Sitchin and, on his website, has written *"I have challenged him [Sitchin] and other ancient astronaut researchers to produce one line of one cuneiform text that demonstrates his ideas about the Anunnaki are really in the Sumerian texts. I want to see one line of one text that says things like the Anunnaki inhabit a planet or inhabit Nibiru, or that the term "Anunnaki" means "people of the fiery rockets, that sort of thing"*. <https://www.sitchiniswrong.com/>

Nonetheless, there are numerous instances mentioned in Genesis and other sections of the Old Testament which appear to be references to visitations to Earth by alien races. As an example, in Genesis, The Beginning of History, Lord God is referred to as a singular; while over the page 3:22 it states *'The man has become like one of us, knowing good and evil....'* (underlining mine). (The New English Bible Oxford University Press. 1970) Who were the others referred to in this passage and where did they come from?

Still with the same Bible but further along in Genesis, 6:2 it states *'When mankind began to increase and to spread all over the earth and daughters were born to them, the sons of the gods saw the daughters of men were beautiful; so they took for themselves such women as they chose.'*

Following on in 6,4, *'In those days, when the sons of the gods had intercourse with the daughters of men and got children by them the Nephilim were on earth. They were the heroes of old, men of renown.'*

Then who were the Nephilim and if we accept the information in Genesis about them, were they the sons of gods? If so, it is not inconceivable to perceive the children born from the mating between the daughters of man and the Nephilim being those that myths refer to? Could the myths we have of the Roman and Greek gods arise from the actual offspring of these matings? Was Euphemerus right when he stated *'Myth is history in disguise'*?

Sitchin also mentions dragons in his chronicles and speaks about ancient Sumerian records on clay tablets referring to a great battle being fought between different alien species to lay claim to Earth and, one of the races, the dragon race, being vanquished. To my mind the dragon race sounds as if it could also be known as the reptilian race others have also mentioned. If my assumption is correct are they also known as the naga?

Dragons, reptilians, naga, are all mentioned in legends and recorded in many of the world's ancient holy literature as well as their images being carved in stone. Some of these images have depicted serpents as top half human, lower half snake, winged or as dragons. These are portrayed as beneficial serpent gods protecting the temples and are to be seen in many of the shrines and monuments of the Middle and Far East and the early Americas/Mesoamerica.

As well as the ancient temples in parts of our globe showing carvings and statues, the Internet has pictures of ancient lizard/humanoid figurines, some of which are on display in our great museums of the world. One of several said to be in the British Museum is of two women. One woman is minus her head, presumably damaged and lost over time. She is breast feeding a baby who has an elongated head. The other female's head, still intact, has a distinct lizard shape and features.

Also said to be in the same museum is a male figurine artifact found at Al Ubaid, an archaeological site in Iraq. Dating around 5900-4000BCE, that culture is understood to predate the Sumerian civilization. The male figurine appears to be wearing an elongated reptilian looking mask. In part the information provided states *',,,,, there is no explanation for the figurine intriguing (mask like) shape'....., 'The object seem to express a humanoid head enclosed in a headgear which may be best characterized as a helmet'*. <http://www.newsinfo.co.uk/pages/ubaid.htm>

It seems though that there was another group, not so beneficial to humans, that has also been recorded. An ancient legend from South Africa speaks of reptilian-like gods coming from the skies in huge spacecraft and overwhelming the local tribes. Members of the tribes were trained by these extraterrestrials to be great warriors *'and make terrible wars'*. <https://exonews.org/a-description-of-the-shape-shifting-reptilian-beings-written-about-in-ancient-india-the-naga/>

The naga do fit the description of the reptilian race who are said to be a race of non-human reptilian-type beings able to shape shift to take on either serpentine or human appearance as it suited them. They, like us, members of the human race, are understood to have their beneficial and non beneficial types.

David Ike, in several of his books and media discussions refers to the reptilian race but I don't recall hearing him refer to them as naga. However, ancient literature refer to both the naga and the reptilian race as having the same shape shifting abilities so it seems reasonable to assume the reptilians are the same as the naga.

Ike does mention the reptilians as being still amongst us but in their human form. He speaks of them being in the bloodline of monarchies and in high places of authority in numerous societies. It all sounds very far-fetched until reading elsewhere part of the information about the naga'*The dynasties of Manipur in northeastern India, the Pallavas in southern India, and the ruling family of Funan (ancient Indochina) each claimed an origin in the union of a human being and a nagi*'. <https://www.britannica.com/topic/naga-Hindu-mythology>. A nagi is understood to be a female shape shifting reptilian and, in human form, is said to be very beautiful.

It seems to me we are back to Euphemerus, our 4th century philosopher and his '*Myth is history in disguise*.'

Andrew Tomas is another researcher who draws our attention to the naga. In his book *We Are Not The First* (1972. First Sphere Books Great Britain) he speaks of serpent gods living in the Himalayas in underground cities illuminated by diamonds. This then poses a question: what if these underground cities, or Bhogawati, of folklore were space bases? The lighting, referred to as diamonds, may have been interpreted in that way by the population of a much earlier era who knew nothing of electricity.

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The information mentioned has primarily dealt with the reptilian species who are said to come from Draco, Latin for dragon, a constellation in the far northern sky but there are stories, fables, from other cultures of our world who speak of seeing and interacting with different forms of aliens.

As one example, the Dogon tribal people of Mali, West Africa, have a belief, alleged to be thousands of years old about the nommo or nommos. The Dogon claim the nommo are not from Earth but instead come from one of the stars in the Sirius constellation. Nommo are said to very wise and have helped advance the Dogon with much knowledge including agriculture and about the cosmos.

Andrew Tomas, in his book *The Home of the Gods*, (1972 Berkley Medallion Books, New York) mentions that Berosus, a Chaldean priest, living at the time of Alexander the Great, wrote about the ancient Babylonians and referred to them at the time as a primitive culture until strange amphibious creatures emerged from out of the water each day and instructed the Babylonians on such things as agriculture, how to construct cities, infrastructure, educated them on laws to live by and the sciences and arts.

The physical appearance of these amphibious creatures as recorded by Berosus fits the description of the nommo as depicted on ancient Sumerian clay tablets. The images show solid framed men with long chin beards and, strangely, in some illustrations they carry what appears to be handbags. It seems reasonable for us to assume that these handbags could, in some way, serve as an energy source or for their needs while here. Over their body and head is a mantle, like a large scaly fish skin cape and hood while their feet were portrayed joined like a fish's tail.

As the nommo are said to be amphibious extraterrestrials what was being seen by the locals may have been a space being in their protective space suit. A space suit would have enabled the nommo to function in our dryer atmosphere just as our space men need protective covering when they are in an area dissimilar to their familiar environment.

Similar aliens described as looking like the nommo have been mentioned in other ancient civilizations -- Sumerian culture refers to Oannes, a fish-like being who taught their early peoples farming, crop growing, mathematics and the arts.

But what if not all extraterrestrials come from outer space? My understanding is that there are dimensions interpenetrating our third world dimension and some alien species have the ability to come and go at will. They also have the advantage of being able to see us at any time but we can't normally see them unless they choose to be seen or if we are vibrating to their particular resonance.

As previously mentioned, I have had contact with one of the reptilians but have no personal evidence that they are able to shape shift as others have stated. It is possible that the reptilians' dimension is inter-dimensional and may not even be from the universe our astronomers are familiar with. It seems that their dimension is also different to the places we normally go when asleep, experiencing a consciousness shift or an out-of-our-physical body incident.

I say 'normally' because there are more people now becoming aware of having experiences in other dimensions and on space craft. Those who undergo these experiences, like me, are quite aware they are not dreaming, not hallucinating, and what they are seeing and participating in is as real as the third world reality they normally inhabit.

Ancient Flying Machines

In 1903 the Wright Brothers, Wilbur and Orville made what is considered by western cultures to be the first controlled flight in an engine powered aircraft. It was a great achievement and was the start of the present aviation industry in its various forms. However, there are other, much earlier records of powered craft recorded in ancient manuscripts as well as primitive art work depicting different styles of craft. Small models depicting some of these earlier flying machines are to be found in various museums of the world.

In his previously mentioned book, *We Are Not The First*, Tomas provides photos from some of these different museums around the world showing a technology far more advanced than we previously thought possible for those times; a knowledge only relatively recently acquired by our modern cultures. He speaks of many ancient holy books containing information of flying machines and, like Sitchin and others, refers to them as vimanas. But vimanas weren't the only space craft spoken about in the ancient texts of different cultures.

According to Rene Noorbergen in his book, *Secrets of the Lost Races*, (1977. The Bobbs-Merrill Company Inc. Indianapolis New York) one of the earliest preserved records of flights came from Babylonia where one of the laws in their Halkatha speaks of it being a great privilege to operate a flying machine. '....*Knowledge of flying is most ancient, a gift of the gods of old for saving lives.*' (Noorbergen, p.121).

If, as Euphemus stated, *'Myth is history in disguise'* then legends can often be interpreted as fanciful records of actual happenings. In that case the Babylonian myth of Etana could then fit this criteria. The story, written sometime between 3000 and 2400 BC, and mentioned by Noorbergen in his *Secrets of the Lost Races* refers to a prehistoric flight of Etana, an impoverished shepherd on the back of an eagle.

The story describes Etana's interaction and communication with an eagle as they soar, the eagle pointing out different changing landscapes during their ascension. From the patchwork of the lands, the continents, the curvature of the Earth until all merges into a blue-white haze - a description modern humanity has witnessed from images of present day astronauts' trips into outer space - images we humans only saw during the latter part of the twentieth century onwards when space flights were made. (p. 121/122)

Fact or fiction, the myth, written on ancient cuneiform clay tablets, does accurately portray how it looks leaving Earth and heading skyward. We are left then to interpret what was meant by an eagle's portrayal. What, for example, if the eagle was the primitive culture's interpretation of some form of aircraft?

Another possibility to consider is the Lyran Race of extraterrestrials who were said to be represented by the eagle and they were also said to be frequent visitors to Earth. Could the fable have become changed over time and Etana went into a spacecraft with the Lyra or another alien species for his trip into space?

Noorbergen also refers to other ancient writings from different parts of our globe who have witnessed and recorded flight. Some are noted as giving detailed instructions on how to build and operate these aircraft.

From Chaldean work to the Sifr'ala dating back over 5000 years, early Egyptian recordings, Chinese Chronicles, Nepalese writings, to the folklore of Polynesians of the South Pacific, South America and Mexico, these are only some of the ancient cultures who have referred to different flying machines. It can also be thought that our modern knowledge, while making enormous advancements in technology, is still not as advanced in some instances as what is written about with the ancient flying machines.

Perhaps the two great epics of Indian mythology, the Ramayana and Mahabharata help shed more light on the space craft they call vimanas. These are said to contain many references to four types of vimanas. As well as transporting people the craft were alleged to be used in great battles between opposing forces.

The Ramayana describes a vimana as a double-deck, circular (cylindrical) aircraft. It flew with the speed of the wind and could do amazing turns, elevations, descents in an instant. <http://www.crystalinks.com/ufohistory.html>

That description sounds remarkably similar to the alien craft people have spoken of seeing at different times down the centuries and well into our present era. Craft that have been recorded for posterity in petroglyphs, cave drawings, and portrayed in famous paintings that now hang on walls in monasteries and museums of the world. A few of the religious painting will be shown and discussed later in this book.

Out-of-Place-Artifacts

Information from Wikipedia states '*An **out-of-place artifact** (OOPArt) is an **artifact** of historical, archaeological, or of palaeontology interest found in an unusual context, that challenges conventional historical chronology by being "too advanced" for the level of civilization that existed at the time, or showing "human presence" before humans were known*' .

https://en.wikipedia.org/wiki/Out-of-place_artifact

There are two different ways used to determine the age of stratum and artifacts - archaeological and geological. Archaeologists normally determine the age of artifacts by the strata or rock they are found in. The most recent artifacts are near the surface while digging deeper uncovers older items embedded towards or on the bottom strata. Periods of time are also judged this way.

To find out how old artifacts are, geologists determine the age by use of two methods, radiometric dating and relative dating. Radiometric dating measures the decay of isotopes within the fossil or the rocks connected to or around the fossil. Relative dating determines the approximate age by comparisons with the records of already known ages of similar rocks and fossils

But can findings support what we are being taught as the history of the early civilizations of humanity? Evidence suggests not all objects discovered and uncovered fit with our previous understanding of the origins of the human race. The finding of tools and early human skeletal remains in the wrong strata era seems to infer that we go back millions of years further than our current evolutionary scale suggests.

Then there are some curious discoveries. For example, we have strange man-made artifacts that, to our modern thinking, just don't make sense. The rock formations these out-of-place-artifacts were discovered in go back some millions of years.

An instance of one of many Ooparts examples recorded: on June 11th 1891, The Morrisonville Times ran a story on a Mrs C. W. Culp of Morrisonville, Illinois. A few days earlier to the paper's publication, the report read, Mrs Culp had been shoveling coal into her kitchen stove. A lump of coal dropped and broke in two exposing a gold chain inside. Both ends of the chain remained attached in the coal while the middle of the chain loosened free. The geologists called in to examine the coal and gold chain were at a loss to explain it. The coal sample was judged to be from the Carboniferous period. Noorenberg pp41/42.

Not all artifacts discovered have proven to be genuine but those judged to be authentic have challenged our evolution and timeline perceptions, leaving many scientists scratching their heads. However while the more skeptical of scientists have rejected them as being too anomalous, the evidence is there to see.

These artifacts can be the highlighting of fossils in rocks dating back millennia, skeletons seen to be in the wrong period of rock stratum or manufactured pieces of jewelry, tools, etc., far beyond any understanding we have of what was achievable by the people of the time and the metals available.

The Klerksdorp Spheres of South Africa, so named for the area of the mine they were discovered in are one example of artifacts out-of-place and time. Removed from Precambrian strata, miners unearthed hundreds of mainly small spheres 30 to 50 mm in diameter.

Some spheres have a thin outer metal covering with three parallel grooves running around their middle. They appear as if man-made but the rock strata they were found in suggests different because for that age period no human life is known to have existed. When opened some spheres were found to have contents of a spongy substance and others a charcoal type of core that disintegrated when exposed to the air. To date there is no known natural occurrence for these Klerksdorp Spheres. Photos of the spheres can be found at <http://community-2.webtv.net/WF11/MysterySpheres/>

Dinosaur and human footprints together in the same stratum are especially problematic for scientists, paleontologists and geologists worldwide but ignoring the evidence does not make it go away. In an Internet search for evidence and photos of out-of-place artifacts this site, <http://www.ancient-wisdom.com/ooparts.htm> has what is said to be examples of accredited reports of human footprints side by side with dinosaur prints.

The Mesozoic Era, popularly known as the Age of Reptiles, is when the dinosaurs flourished. The geological period is believed to have spanned a time-frame from 248 to 65 million years and is divided into three periods, Triassic, Jurassic and Cretaceous. The era is considered in scientific circles to be too early for mammals to have made their way up the evolutionary ladder but some evidence suggests differently.

Photographic evidence has been taken of early human footprints in ancient strata. In each photo the footprints are similar in appearance to what most people would see of their own imprint if they walked onto something soft, like sand or mud or even when leaving a damp imprint on getting out of a bath or shower.

Some footprints have the right stride distance and left, right, left, right way of walking as we, modern humans would make. However, what we don't see with our imprints are the clear tracks of dinosaurs that appear to have made their impressions in the soft strata the same time as the early human did.

In 1983 Professor Amanniyazov, Director of Turkmenia's Institute of Geology, had this to say about the footprints in Mesozoic strata. *"If we speak of the human footprint, it was made by a human or a human-like animal. Incredibly, this footprint is on the same plateau where there are dinosaur tracks. We can say the age of this footprint is not 5 or 10, but at least 150 million years old. It is 26cm long, that is Russian size 43 EEE [9.5 American], and we consider that whoever left the footprint was taller than we are...this would create a revolution in the science of man."* (Amanniyazov, Kurban, Science in the USSR T 986, "Old Friends Dinosaurs," p. 103-107.) <http://www.ancient-wisdom.com/ooparts.htm>

In 1987 a paleontologist, Jerry MacDonald, discovered preserved human fossil footprints in Permian limestone strata in New Mexico. Problematic, apart from the footprint, is the age of the rock because the Permian Period had a span from 299 to 251 million years and the period was before birds, dinosaurs and mammals, humans, were understood to have existed.

But even more intriguing than the finding of dinosaur and human footprints side by side is a fossilized finger found in limestone rock said to be over 135 million years old. The digit has a nail and cuticle in what was classed as a humanoid shape but the image presented is remarkably like what most present day humans would see by observing their own index finger.

Dr Dale Petersen, MD, has the fossilized finger in his collection of anomalous artifacts. A cat-scan was done on the fossil and the results banished any doubt in Dr Petersen's mind that it could be anything else but a fossilized index finger. In a video interview and using the image of the scan side by side with the fossil the doctor was able to show viewers the shape of the finger, the tissues beneath the finger, the bone, the joints and the ligament. *The Mysterious Origins of Man, Rewriting Human History* (DVD Video hosted by Charlton Heston. www.flashbackentertainment.com).

It was not stated if the digit was from a primate or human and it is open to conjecture as to how the finger was detached. It may have been through an accident, an attack of some sort either from another or a hungry predator. The fossil showed no signs of damage or decomposition so we are left wondering what fate befell its original owner.

Another example of a problem for science is the Guadeloupe Woman, said to be a well-authenticated discovery of a human skeleton found in 1812 on the French Caribbean Island of Guadeloupe. The skeleton of a female minus her head and feet is estimated to have been 5 foot 2 inches tall when intact. She was discovered in limestone that modern

geological dating has it to be 28 million years old. This is said to predate any knowledge of humanity's appearance by millions of years.

The skeleton, still in its two-ton limestone block, was exhibited at the British Museum in 1812 as proof of the Genesis Flood. However, in 1881 the exhibit no longer fitted the newer evolutionary theory of life so the exhibit was quietly removed to the basement and is said to remain there to this day.

As Rene Noorbergen points out in his book *'There is another way to interpret history - the Ooparts have proven that. The major assumption of orthodox historians - that our civilization is the result of gradual development from primitive beginnings - can now seriously be challenged. Ooparts, Biblical history, archaeology, geology, paleontology, and ordinary level-headed thinking have guided us in that direction.'* p.205.

Chandelier of the Andes, An Anomalous Curiosity



In the Bay of Pisco, Lima, Peru, is this curiosity impressed into a hillside. The 810 ft high engraving, said to be visible for miles, is done in rock and, like the Nasca Lines, has an unknown creator or creators. It has been dubbed 'The Chandelier of the Andes' and was there when the conquistadors invaded the area in the 16th century. The design was understood by them to be a miraculous sign of three crosses, seen as an approval by God for their Christian invasion of the Americas. Others have suggested it is more like Neptune's trident with branches.

In Andrew Tomas' book *The Home of the Gods* (Berkley Medallion Books, New York 1974) he offers a more plausible meaning. He states that Beltran Garcia, the Spanish scientist gives the theory that the trident in rock was used by the Incas or their predecessors as a gigantic seismograph and a pendulum with pulleys and cords to register earthquakes.p.76.

However, it appears to defy logic that a primitive culture, without known reading or writing ability was able to understand and initiate such a task.

A Picture Paints a Thousand Words.

Ancient clay tablets are not the only suggestion of alien visitation. There is also primitive art drawn on rock faces, in caves and etched on rocks as petroglyphs. These images were done at different periods of time by Earth's diverse cultures. Many have drawings of figures looking remarkably like aliens and their craft.

One petroglyph done by ancient American Southwest Indians and dating back thousands of years seems to show two space craft. The images are simple, but detailed enough to show a familiar saucer shape craft with dome on top. Underneath the outline there are lines angling from it as if representational of a force. According to an Indian myth the two objects collided in the sky and one, damaged in the collision, crash-landed in the region of Death Valley.

Local Indians watched as another ship landed and repaired the damaged craft. One of the two images showed structural damage to its edge and base and it is suggested that it is possibly depicting the one that crashed. The images are stills taken from an old TV series entitled "In search of..." hosted by Leonard Nimoy. <http://www.crystalinks.com/ufohistory.html>

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Many of the artworks, in their different forms, depict aliens as stick figures with large heads. Other images have what is seen to be as space beings in space suits and helmets. The artwork has been done over a period of millennia by different cultures from diverse parts of our globe.

A cave painting from Kolo is one of several from the Tanzania area in Africa. An approximate age dates the artwork up to 29,000 years. It shows what appears to be several stick figures with large heads surrounding and restraining or abducting someone, thought to be a woman.

https://www.researchgate.net/publication/287418493_The_rock_art_of_Kondoa_District_Tanzania

An interesting fact is the similarity of the subject matter done in different parts of the world and over time. However, as with other things in life, interpretation can be open to speculation. It is always wise to keep in mind what is seen to be in this more modern age may not necessarily be what the artist of the time was portraying. The mindset of the beholder at any time will also have an influence on the interpretation of what is being observed.

As an example, in sections of Kimberley Region of Western Australia and sheltering under overhanging rocks is a vast tapestry of ancient primitive rock art. It has been said that some indigenous people believe the artwork was created by unknown others who preceded them. To the majority of aboriginal people the artwork was done some time after the Aboriginal Dreamtime, the time of the creation, the beginning of existence. The scientific community accept that the indigenous tribes have been inhabiting Australia for over 60,000 years.

There are varying styles of artwork defined in the different areas along the Kimberly coast. Possibly though the most well known are the Bradshaw rock paintings, so named after the white pastoralist who discovered them.

Many drawings illustrate the animals and marine creatures familiar to the areas the local aborigines would have hunted. Intermingled with the depictions of the natives' food supply are human shapes. Some of the figures drawn are stick-like, immobile, their images suspended in time while others are portrayed as moving and dancing.

Most are drawn with ornate headgear and some interpretations have the head coverings as helmets worn by aliens. Another possible explanation suggests they could be turbans worn by early traders who plied the coast in their boats and traded with the local tribes.

However, these stick like figures are in contrast to another type of figure drawings also in the Kimberley areas.

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cliff face these human shaped figures are
rounder and are represented as having a
shape like a corona around their head.
is either painted in or left as an outline.
rays spreading outward from the corona.
Tasseli artwork of northern Africa, the
are without noses and mouths and are
by some as the mouthless ones.

have sometimes taken the images to be
in a spacesuit and from the waist up they
interpreted that way. However, in some
when the full figure is shown male
genitalia is also drawn outside of the 'suit' making the interpretation dubious. To the local Australian aboriginal tribes the
images represent the spirits of the clouds, the rainmaker creation spirits.



And what is to be made, if anything, with this rock art on a sandstone wall? The drawing on the left hand upper side shows an 'animated' figure, but is there an interpretation to be made with the middle shape with its nearby bowl in the centre of the same rock face?

Even more puzzling is the outline to the right of the larger outline. It appears to have a large head, big eyes and long thin neck. And still more mystifying is the hand, seen with three digits to the front and presumably one to the back, is holding



what appears to be a fan

Space Craft in Religious Art

In some of the major art galleries and cathedrals around the world are religious paintings, some done centuries apart, that have images included that are remarkably like flying saucers.

In studying art appreciation, students are taught that everything included in a painting symbolizes something relevant to the work; a mood, a season, the positioning of the subject drawn, the clothes worn etc. All these things mentioned are done to add substance to the image the artist wanted depicted. Why then would different artists, at different centuries include what appears to be flying saucers? How would they know of such an image if they hadn't seen it and why add them to their painting if it didn't mean something or add value to their work?

As an example, look to the painting of The Madonna and Saint Giovannino. It was painted by Domenico Ghirlandaio in the 15th century and hangs in the Palazzo Vecchio in Florence, Italy.



The Madonna with Saint Giovannino, 15th Century: The Getty Images

To the right and above the Madonna's shoulder is what appears to be a small space craft or UFO. A man with his dog are both painted looking up at the craft. Above the Madonna's head is a larger illuminated disc, which could be interpreted as the mother ship that the smaller UFO came from as the illumination is very much like the shape and image of this book's cover picture.

On the other hand, it could also be interpreted as light bouncing off cloud, illumination of the Holy Spirit or some other reason but what cannot be mistaken is the male figure and his dog looking up at something unusual in the sky.

Another strange image is depicted in this fresco painting in the Svetishoveil Cathedral,



8

Glorification of the Eucharist by Ventura Salimbeni 1600: The Getty Images

This work from the 16th century by Italian artist Ventura Salimbeni features God and Jesus presiding over the universe. The illustration shows the two images holding onto what appears to be two aerials on a large ball; a ball that looks very much like the Russian Sputnik built nearly 400 years later.

And what, if anything, are we to make of the object on the table below God and Jesus? An electrical technician friend, on examining the copy of the image on the table, suggested it could well be seen to be an old fashioned transmitter and the men were listening to something coming from it.



Svetishoveil Cathedral Fresco 1600s: Georgian Tourism Association

A **fresco** in the Svetishoveil Cathedral in Mtskheta, Georgia, painted sometime in the 1600s, depicts Christ on the cross. To the right and left of the arm of the cross are two images that appear to be out-of-place jellyfish. Bearing in mind that anything in a painting is meant to be portraying some image or something important the artist wanted seen, why jellyfish? Why wouldn't the artist have portrayed lambs or fish known to be symbolic representations of Christ? Is it possible that the unknown artist was painting two UFOs and the 'tentacles of the jellyfish' were thrusters from the space craft as they took off?

Others have thought they represented the moon and the sun but usually these luminaries are depicted with rays all around their form and not just underneath.

Another Crucifixion scene painted around 1350, a few centuries before the Svetishoveil Cathedral Fresco of the 1600s, is depicted in the wall fresco in the Visoki Decani Monastery in Kosova, Serbia. It is the work of an unknown artist.



Crucifixion of Christ 1350: Georgian Tourism Association

Near the top corners of the fresco are two objects. They are different shapes, vaguely similar to the previous painting of 'jellyfish' but unlike the 'jellyfish' fresco both these images show a person inside. The explanation given was, as with the first fresco, it is the moon and the sun. However if they are meant to represent the sun and moon, why are they travelling in the same direction and each with a clearly seen pilot inside? Are these vimanas, Hindu flying machines? And why does the pilot on the right appear to be looking behind, watching the object following? Is he perhaps being chased?

Part Two

Personal Encounters with Extraterrestrial Species.

A Member of the Insect Race.

My earliest memory of an extraterrestrial encounter was while I was quite young, but have no recollection now of my age at the time. My memory is not of extraterrestrials in my bedroom nor of being taken and transported home again. Instead the memory is very strong of lying on a narrow operating table in a large room or space somewhere unfamiliar to me and sensing that there were other tables with people on them nearby, but just out of my sight.

Years later when understanding more about extraterrestrial encounters, I came to realize what was done was not so much as being spirited away in my physical body but rather the experience was an out-of-body encounter. How this was able to be brought about by extraterrestrials I have no idea. Nor do know how they put me to sleep after any interaction with them.

My memory of what is assumed by me to be on a spacecraft is of a large we have in hospitals back on Earth. Hovering to the side, near my left thin, beige extraterrestrial who looked like a praying mantis. This insect-crackling, static, electrical sounds which could have been caused from the several fat bodied little creatures at the side of the operating table.



overhead light, like those shoulder, was a very tall, like extraterrestrial made issuing instructions to

I speak as if these little fat bodied creatures were a species, but don't really know what they were. From memory they seemed to sort of waddle and my impression today is that they could have been small robots or something along that line. I was terrified and a memory stirred that this was not my first experience here.

I can't remember now who pushed a long metal probe into my navel but think it was the tall one, because at the time he was hovering over me. The shock of what was happening and the fear of what might happen was all I remember of the encounter, but even to this day cannot stand to have anything touch my navel. With the benefit of hindsight, I now wonder if one of the tests being done was to check my fertility.

Now, as an adult, it is easy for me to comprehend that extraterrestrial occurrences are possible because of the advanced technology these races have, which is far superior to our present understanding. This ability seems to enable them to access other dimensions and time lines.

At different periods of my life, there has been communication between diverse types of extraterrestrials, this third dimensional me and spirit being; all interacting in communication from somewhere, possibly one of the finer spheres interpenetrating this third dimension reality.

However while the extraterrestrials may have developed the ability to access some of these finer dimensional energy areas, I have learned that without an energy body covering required for a particular dimension, they cannot stay in any area for long. The same applies to us, as spirits, presently dwelling in our third dimension reality body. We need the baser earth energies to anchor us here in what is not our normal finer domain.

The Three Men in Black.

This is possibly the scariest extraterrestrial experience I have ever encountered. However it might have been slightly beaten in the fear factor by the experience with the reptilian to be discussed later. At the time there was no knowledge that others had experienced visitations from this scary trio in black suits. As it's not known to me who they are or where they come from, I will include them in this section.

One night I had been asleep when woken by the feeling that my husband and I we were not alone in our bedroom. Standing at the foot of our bed were three men dressed like the main characters in the movie, 'The Blues Brothers'.

They never uttered a word or touched us but the feeling coming from them was menacing, threatening, and I was terrified of what they might do to us. While my husband slept soundly next to me I lay either paralyzed by fear or immobilized in some way, I really don't know which it was. Certainly I was too frightened to move or utter a sound.

The trio stood side by side not moving, presumably just staring at me. I had no idea then and still don't know what they wanted but prayed to God whatever it was we didn't have it. The next recollection was it was morning and the sun was streaming in the windows. My husband had slept through the visitation and knew nothing of it until I told him.

I have since learned this is quite common where one partner experiences something the other person sleeps peacefully on. However, my experience left me with a clear understanding or knowing that whoever the trio were they were not a dream or nightmare.

As to why they were there, how they accessed our home and what they were after still puzzles me. What is known is the experience was terrifying and whoever they are, I hope they never return.

My experience happened sometime in the 1980s but in searching the Internet when writing this book found that many people have experienced visitations from men in black. Some visits have been by one or two men in black suits but mine was definitely three men.

Because my 'visitors' were in front of a large window and so in silhouette I did not see their features but could clearly see dark suits, white shirts with ties. Each man had a hat on and, from memory, one was carrying a briefcase.

They have been described by others as having very pasty pale skin, no eyebrows or any facial hair but with dark penetrating eyes. 'Creepy' is a term often used as a description. I am glad they were in silhouette because it was already scary enough just by them being there.

Based on what occurred in my home and what I've since read, others have experienced, have to discard the men in black secret government theory. Perhaps in my case it happened because of the contacts I've had with other species and dimensions. No government agency could have known about these contacts unless it was by some independent means.

Perhaps it could have something to do with alien implants mentioned later in this book. On reflection though, what if these men in black who terrorized me were inter-dimensional and could come and go at will as the reptilians are said to be able to do? That would explain how they were able to appear in our locked home and leave without a trace.

Alleged Men In Black Caught On Video

This picture was downloaded from the Internet. It is of two men in black entering a hotel in



Canada. They started asking questions about an employee working there. Fortunately the story said the man was not working there during their visit.

According to witness accounts, the men acted suspiciously and asked strange questions. They were described as having no eyebrows or eyelashes but had strange, hypnotic eyes, bald heads and were possibly wearing wigs. The men, caught on video camera, left as mysteriously as they appeared.

Men in black are rumored to be anything from part of a secret government agency, human-alien hybrids that only target civilians who have been abducted by extraterrestrials, have seen UFOs or are actively researching alien life. They arrive out of the blue, can flash security cards and ask questions but don't give any answers. However, they demand silence about any experiences or sightings.

The Lioness.

Another species of the extraterrestrial encountered are what others who have also had contact with them and refer to as the lion people. The only one seen in my home was female, with skin the color of chamois leather. All over the surface was what I at first thought were tiny wrinkles but later thought might be very fine darker hairs. Her eyes were an amber color, similar to a lion's but her expression was of kindness, compassion and wisdom.

Her unexpected appearance at our Friday night class took us completely by surprise and, unprepared, we didn't know what to ask. However, my friend Kris was less startled than me and asked a few questions. As was normal practice each Friday night a tape recorder was recording our meeting for transcribing later in the week.

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the female and while listening to her answers I noticed something strange. There draught in the room yet her hair, looking like thick strands of upright rooster's moving as if there was a breeze. My ears pricked up when I heard her say, *'even if to we couldn't hurt her.'* Perhaps what was meant by this statement was although appeared as if in our room, she was someplace else and what we were seeing was a maybe a holographic impression. The streaming in of this image was the reason appeared to be moving as if in a breeze.

Kris asked the first question; 'There have been media reports of five lights in formation in the sky over Surfers Paradise, Australia. Is this from your craft?' Kris spoke normally but our answers received were telepathic.

'No. There are others from Venus here at present. It might be from their craft. You will not see us. There could many of our intergalactic space craft directly overhead, yet all you will see is a clear blue sky.'

She then went on to answer Kris' question about how they dealt with the dangers of space debris colliding with their craft. We learned there was some sort of invisible barrier surrounding their ship that protected them from any potentially dangerous debris.

Unprepared, our questions asked were not particularly intelligent but all were answered with grace and good humor. As was our practice, the next day I would transcribe the tape, understand what was raised and what might have been better questions to ask had we been prepared. At the time I asked 'Will we see you again?' Smiling she answered that we only had to think of her and she would be with us. Then her image faded out and we were alone in the room.

The following day we were keen to hear what had been recorded. However, on beginning to transcribe the tape into the computer were dismayed to find the new tape with the fresh batteries in the recorder had failed to pick up any sound, not even of our voices. It had wound from one side to the other in the normal way but the tape was blank. I have since learned that it is quite common for electrical apparatus to fail to work at these times.

Another explanation might be that, like the experience with the reptilian discussed later, the conversation seemed to be for our ears only before the tape was somehow wiped clean.

On researching extraterrestrial races on the Internet discovered there is more information about the lion race, called Lyrans.

The information describes them, in part, as '...ethereal beings in 4th dimension and maybe the 5th too..... The lion (Lyran) people generally were sandy in color and mainly had golden or red hair.... Their eyes are yellow, green or blue,

large with cat pupils.. Their bodies are covered with fur....These feline people have long hair on their head, something like a lion's mane.' <https://alien-races-extraterrestrials.blogspot.com/2016/04/lyran-aliens.html>.

Ancient statues, the Sphinx and other images from ancient cultures are said by some to represent the Lyran race when they were dominant on Earth.

Space Travelers Over Brampton Island, The Great Barrier Reef.

Another experience happened sometime in the mid 1980s and this is a short version of that event. Four of us, women, met just before midnight on a beach at Brampton Island, Australia. The woman who had suggested we do this was a member of the hospitality staff on the island, while the three of us were paying guests on vacation there. Our reason for being on the beach was to see and communicate with the flying saucer that this woman assured us flew over most nights about midnight.

We were skeptical, but curious. I had already formed the opinion it was going to be a satellite or something like that; whatever it was wouldn't be a space craft because to my understanding they were not seen anywhere on a regular basis. This one, according to our friend, appeared on time every night. We three guests had discussed the probability of seeing a space craft and accepted it didn't seem possible, however we would try to keep an open mind and wait and see.

On the beach at the designated time, our hostess told us if we flashed the torch she would lend us it was a signal for the spacecraft to stay suspended high above us. It would then flash back the exact amount of beams we flicked at it until we grew tired of the game and then it would continue on its journey.

Well, that is exactly what happened. In the sky a single light came toward us moving at, I estimated, about the height and speed of a plane. Even though midnight seemed to be an unusual hour for a plane to be flying that's what I thought we were seeing. When it was nearly overhead the woman flashed her torch beam and the light stopped and hovered.

The woman flashed the torchlight several times and the silent, stationary light overhead reciprocated. My skepticism vanished as I realized we don't have any aircraft able to silently hover motionless as this one was doing.

Joining in we all took turns with the torch and continued for a while. Every time we had the torchlight blink a number we were met with an identical light number coming back. To my mind there is absolutely no way it could have been anything else but an unknown intelligence answering us.

I don't know how long we stayed there flicking the light on and off but eventually we became bored and stopped. Whatever or whoever was in the craft waited a few minutes and then moved off, on its way.

All I can say to you about the experience is perhaps when you see something you think or believe to be a space craft try flicking a torch beam at it. You may be rewarded with a reply. It happened to us.

Journeyman

I became good friends with an intelligent, restless, troubled man who never felt at home on Earth. When he visited we would sit out on my balcony and gaze at the stars as we talked. Sometimes he appeared impatient to go home but where was 'home'? Neither of us knew.

At one of these meetings he asked me to speak to my spirit teachers and find out who his guide was. I complied but instead of the familiarity of my spirit people, a metallic, flat, robotic voice spoke. 'Sath' it said loudly, then spelt 'S.A.T.H'. It then used the same metallic sound to spell the name of my spirit guide. Finished, this presence then seemed to wait to see if we wanted to know more. Surprised by this strange turn of events we didn't think to ask any more questions. While we talked on other matters of interest the energy stayed behind us something like an attentive waiter or butler.

Sometime later, days, weeks, I don't really remember, while in an altered state of consciousness I found myself in a huge space ship in an area that appeared to be some sort of a nursery or laboratory. On a long bench nearby was a row of what seemed to be large glass jars similar to bell jars. A bell jar is shaped like a large glass bell and sits over something to protect it.

My awareness was drawn to a particular bell jar. Inside it was what looked to be a healthy fetus. The other glass containers also contained fetuses, all in different stages of growth. The feeling was this is where my friend came from. Once this information was understood by me my consciousness returned to my physical body.

Thinking about this strange event left me wondering: is this what happens to fetus' who have been reportedly taken from their human mother's wombs during the first trimester of pregnancy? Like the Anunnaki blend Zecharia Sitchin speaks about in his books, the offspring are said to be a mix between extraterrestrial races and humanity.

I didn't think to look to see if the other fetus' were homo sapiens in appearance or some other species and, on reflection, don't think I was meant to see any more than what I did. Perhaps what I was meant to see and understand is this is or was David's home and maybe even how he came into being.

Apparently my friend was well known to different extraterrestrial identities and whenever we made altered state contact, they spoke to or of him and called him 'Journeyman.' Journeyman, or David as he was known on this dimension, has now passed from this reality but he does still visit from time to time.

David was always a seeker of knowledge and experiences and like the rest of us he chose to be born on this Earth dimension at this time to experience the different growth experiences offered. However, once here, he found life extremely difficult and confining. The knowledge that he was so much more was innate in him but his powers on Earth were severely restricted. He is now free of earthly limitations. Travel well, unfettered and free, Journeyman.

Piggybacking an Extraterrestrial.

Standing in my bathroom daydreaming one day my attention was drawn to whatever I was doing. In front of my face was my right hand and I seemed to be observing it as if for the first time. There was a bemused feeling as I first turned it back and front then opened and closed my fingers fascinated by how they worked.

It was bizarre behavior until I realized my awareness was from two perspectives. Superimposed over my physical body and seen with my inner vision was a transparent shape that seemed to be a small extraterrestrial and we were both looking with my physical sight. It was a strange sensation but not unpleasant or scary so I allowed the experience to continue. After a short time and seemingly satisfied at his or her understanding of the mechanics of a physical body, the other energy left.

A Theta Healer teacher Sandy's negative opinion of this and some other of my experiences is recorded in her case study notes at the end of this book. I am not consciously aware this sharing my body experience with an extraterrestrial has ever happened to me at any other time.

When asked my teachers they said the extraterrestrial was well known to me and I would not have permitted such familiarity if this had not been the situation. Bearing in mind my fear of someone possessing my physical body, this would have to be true.

Out and About With My ET Friend.

At one time during an out-of-body experience I was on a planet with a small extraterrestrial. I think it was the same one who had, for a very short time, shared my energy body. There was a sense the being was trying to teach me something.



For some reason still unknown to me my vision was limited and all I could see was indistinct outlines through a rusty red atmosphere. Wherever it was seemed very bleak. Some sort of sand or dust was underfoot and I sensed small hills were in the distance.

Around me were different sized objects it seemed I was meant to learn to identify. They felt like boxes but could have been something else. The small framed extraterrestrial was sitting to one side mentally encouraging me to try harder with identifying what they were and contained. I was not assisted and it seemed important that my learning was done by encouragement only. Getting bored and frustrated I returned to my physical body.

What was achieved by this experience is understanding that our minds, like computers, need to be able to recognize whatever is encountered. If recognition isn't there often the next closest match is selected. This choice may or may not be accurate.

When mentioning this experience to a friend he was able to tell me that wherever it was, it must have been on a dying star or planet. The reason he knew, he explained, was young stars are blue, dying ones are red. That information was something not known to me previously.

My teachers told me what I was trying to understand were containers holding radiating energy plus knowledge relating to a race from an abandoned planet. It was to show me the shapes were still active, with a history, life of their own. I don't know why the planet was abandoned, where it is situated in the cosmos or where the inhabitants went.

When speaking about communicating with other non-earthly energies there is a limitation on how to explain what happens because most times I really don't know myself. What is understood by me is that communication many times goes beyond mental telepathy. This type comes more as a knowing, a transference and it is received faster than I could think it myself.

I am familiar with mental messages and still get an inner voice speaking often when passing on spirit guidance. This other type transcends this and is not heard as a voice; it is just 'there' in my mind.

There have been other episodes when I have gone with my extraterrestrial teacher friend and these episodes have only reinforced my lack of understanding the reality of what was there. One time we appeared to have journeyed to another planet and it seemed as if the distance travelled was instantaneous.

Again my senses recorded that same dull red night atmosphere but this time we were at a metropolis or built-up area. My inner vision saw a street scene of strangely shaped houses like large round, old fashioned European beehives, the type that look as if made of a thick cord wound around and around on top of each level to an ever diminishing circle ending at the top. This cord composition appeared to be constructed of a muted glowing energy. Lighting or glowing energy of some sort was inside, giving the structure the appearance of being made of some soft, frosted form. I also sensed that this muted energy served as some sort of key to access the buildings. Something perhaps like our face or fingerprint recognition.

My little extraterrestrial companion was of a different build to those inside the homes. These larger ones were tall, like the stick insects previously seen on the space craft but my sensory information did not make it clear enough to say if they were the same species.

I looked for constructed roadways like we have on Earth. Instead sensed there seemed to be some sort of routes in the air. There was no sound and it seemed to be very busy on this planet but as I couldn't see any more than just described grew bored and returned to my physical body.

A Dangerous Visit.

The next experience with this little alien took place somewhere on Earth. My little travelling companion mentally impressed on me the need for the utmost caution because wherever we were going it was extremely dangerous.

I must have satisfied her need of understanding the risk because instantaneously we were now both hiding behind a large rocky outcrop somewhere in a huge, high ceiling rock cavern. Inside this illuminated cavern were several round space craft on tripod legs. Lots of boxes, different sorts of machine equipment and other shapes unfamiliar to me were along the sides of this massive rock interior. The lighting there was adequate so there was no trouble seeing clearly.

My companion pointed. A distance ahead was a stocky man in a uniform standing guard. My knowledge of weaponry is limited, as is what country wears what uniforms but do recognize an extremely well armed soldier carrying modern weaponry. There was some sort of smaller barrel on top of the main barrel of the rifle which made me think the weapon had night vision and possibly a lethal laser beam.

The man we were watching appeared to be human, a professional, dedicated soldier. There really was no illusion with the implications I felt were there. Human or extraterrestrial, this guard meant business. From behind our vantage point we watched a few other humans and some other species moving about further into the cave. Those who appeared to be another species I took to be extraterrestrials and, from memory, were thin and their movements were jerky. I have no idea what species they were but they certainly did not appear to be human.

That these different entities were working together was quite obvious. What the agenda was not clear but my gut impression was it was not something new. After a short while I returned to my physical body but don't know where my extraterrestrial guide went.

However, whatever the information was it seemed important and to help me understand something, so we went back again a few nights later. I don't know if I finally got the message but was able to understand that despite governments saying the contrary, somewhere in the world there is at least one extraterrestrial base. Perhaps I was also meant to understand that the Caucasian-looking guard was a soldier from one of the world's governments or armies. Their agenda is anyone's guess.

Going Home.

It was a very hot night, was sleeping naked when I became aware of my little ET teacher at the side of my bed. She was very excited and put her hand out for me to grasp; we were going somewhere. I indicated to her my lack of clothes but she didn't seem to think it was a problem so in my out-of-body state, rolled out of bed, took her hand and the next moment we were somewhere unfamiliar to me.

We were in a room with what appeared to be stainless steel walls with two stainless steel sliding doors, like lift doors facing us. The area looked as if it might be a holding bay and there seemed to be dust on the stainless steel floor. The doors facing us were closed and my little friend appeared quite excited, almost jumping up and down waiting for the doors to open.

When they did I saw other little excited ETs, each holding the hand of a human, male and female. The humans seemed to be sleepy or just waking up. At the front was an elderly grey haired man in green and white striped pajamas holding the hand of his little ET.

Then realization came, if I could see these humans very soon they would become aware and see me, naked. The anticipated embarrassment had me straight back to my physical body. That was the last time I saw my friendly ET.

The Nexus Conference of 2007

I have mentioned my terrifying experience with the men in black and still wonder if this next experience surpassed it in terror. This incident happened when at my friends' home, Brian and Alison's, in the hinterland of the Sunshine Coast of Queensland, Australia. I was there because Brian and I were to go to a meeting together the next day and it was decided the most practical thing was for me to spend the night at their place and we would leave together to the conference the next morning.

That night we discussed extraterrestrial experiences and watched a DVD of a woman who was to be a guest speaker at the conference the following day. The DVD finished at about 10.30pm and as we had to get up early, decided to go to bed.

The interior design of Brian and Alison's family home is open living with the master bedroom on one wing and the children's two bedrooms on the opposite side wing. The kitchen, dining and lounge areas are situated in the middle. I was to sleep in one of the children's rooms. Alison and the two children had a commitment in Brisbane, leaving Brian and myself in the home. The house is in a country area and when the lights go out it is really dark and quiet.



I had turned off the bedroom light and just settled down when all my senses went onto red alert. Something had entered the bedroom through the only doorway. I couldn't see a thing in the darkness but my inner vision showed quite clearly and terrifyingly the solid form of a man-size greenish upright lizard. As it moved closer one of its arms was extended toward me and I knew intuitively its splayed fingers were going to make contact with my face.

My life didn't exactly flash before me but in a space of a nanosecond other thoughts rocketed through my mind. *Quick, turn the light on. No, don't do it. You might upset it.* My heart was pounding so fast and hard I wondered how it could still keep beating without leaping out of my chest. The creature was between me and the doorway so there was no chance of escape. The only thing I could think to do was silently repeat *The Twenty-third Psalm*.

If this all sounds overly melodramatic be assured, I sincerely felt death was near, either from my heart stopping or from whatever this creature was going to do to me. However I only managed to mentally say the first line of the prayer before the being moved to one side. Apparently it could read my mind or energy body and didn't want to frighten me any more than it already had.

The next thing it was morning. I had slept soundly through the night. Impatiently I waited for Brian to wake up and come out and hear what happened. 'I had a visitor last night'. I told him. 'So did I' he replied.

When we compared experiences they were similar. In Brian's case he said he was lying in bed in the darkened room when he sensed something had entered his room. He didn't see what it was but mentally said to himself, *Brian you are an adult male. You don't need to open your eyes* but one of his eyes flicked open of its own accord. The next thing he remembered it was morning and time to get out of bed – but that wasn't the end of our extraterrestrial visitation.

We attended the conference and, with the permission of the organizer, I intended taping certain speakers who were talking on subjects of interest to me. The machine was new and as I was not sure if the tape deck was recording as it should and, so as not to disturb the speakers, had to wait for the lunchtime break to check it out. Where we were having our picnic lunch was at the resort's nearby small beach and we were the only people there. As I prepared our picnic lunch asked Brian to check if the machine was functioning properly.

Brian put a new tape into the machine, pressed the record button, adjusted the sound and spoke briefly into the machine. He rewound the tape and we listened expecting to briefly hear his voice. What we heard sent shivers up my spine. The

sound was not human. At the same time I saw with my inner vision the exact reptilian shape from the night before and he was now standing at the waterline.

Brian walked with the aid of two walking sticks and was not able to move fast. I thought about running, it was certainly tempting, but couldn't leave my friend. Until I told him Brian was unaware of the reptile at the shoreline. He didn't have inner vision and his interest was taken with the tape recorder and trying to identify the sounds that had been recorded

Both of us described a deep, heavy, slow breathing but that is where our interpretation differed. Brian thought it sounded as if it was heavy breathing with a soft overlay of a lion panting and something else he could not identify. I thought it sounded like a slow frog croak and a soft lizard's hiss. Like I had ever heard that combination before! However, to me, that is what it seemed it could be. Strangely each time we played the tape the recording extended from what had been about ten or fifteen seconds to nearly five minutes of this strange sound. We couldn't understand it.

Alison had returned from Brisbane and that night, when the children were in bed, we played the tape for her. She could not identify the sound either but we decided the next day when we all attended the conference, we would go to the same little secluded beach and see if the creature returned or if we could record any other strange sounds. This we did and set the tape for the recording to follow on. This time nothing out of the ordinary was recorded and the creature did not appear either.

Brian asked me to channel my spirit teachers to find out what had happened. Before I did Brian prepared the tape. Then he pressed the record button.

My teachers started to tell us not to be frightened of this creature and proceeded to explain why we had the visitation. Then Brian spoke. Surprised at his intrusion I stopped communication to listen to what he had to say. In some mysterious way my simple, basic tape recorder rewound itself while in the record mode and wiped everything we had previously recorded.

Not understanding how it could have happened I thought Brian had made some sort of mistake and wiped the sound off leaving us with just a blank tape. However, Brian's training was in sound recording and electronics so that was highly unlikely. Not giving up that something might be heard, Brian put the tape into his more sophisticated equipment at home. The result was the tape was then irretrievably chewed up with no hope of ever resurrecting anything. We were left to conclude that the three of us were permitted to hear the sounds but no-one else

The "Smelly" Extraterrestrial.

One night in 2008 I awoke with a start. Something or someone was in my room with me. In the corner of my bedroom was a strong, unmistakable pungent odor of insect repellent. While my physical sight saw nothing out of the ordinary my inner vision showed me an indistinct large brown outline silhouetted against one of the pale-colored walls. Previous experiences had taught me - whatever was now in my room did not come from this dimension.

I knew there were extraterrestrials about because for several nights had caught fleeting glimpses of the more familiar ones called 'the grays', but had never smelt any odor from them. Nor from any other close encounter experience. What I did know was whatever was there should not be there and needed to go. Using a learned technique, I altered my third dimensional awareness to the finer energy of theta and commanded all elementals and extraterrestrials be removed from my energy bodies and taken to universal love and light. The smell receded, and then went away. Satisfied, I settled down but slept poorly.

In the morning, the fly-spray smell was again in the corner but somewhat fainter now. I knew whatever was creating the odor was still around. A friend was holidaying with me but could not smell anything unusual. However, she kept sneezing as if she was allergic to something in my apartment.

It was Thursday, the day of the week when I met with a group of people for meditation and theta healing. Most of the people who attended are aware of and communicate with some of the other normally unseen inhabitants on this and other levels in our multidimensional reality. Our gathering also attracted spirit teachers who guided us. I knew one or the other of these people would be able to tell me whatever it was still in my room and how to remove it.

A spirit teacher answered my question and said the odor did come from an extraterrestrial but not what we refer to as 'a gray'. This other entity had been attracted to the quanta energy light emitted by me and had come to investigate. He was studying the earthly conditions, thought they were very strange and had no desire to get involved in them. He also apologized for scaring me.

Unfortunately, he was trapped in our earth dimension and could not break free. We were instructed to use sound to help release him. Those who could tone were guided to the particular vibrational sound to use. They first heard it by their inner senses and then copied the sound out loud.

We knew we were successful when told by one of the teachers that the toning had created an energy pathway that the entity had zipped along into another dimension. I didn't think to ask but perhaps to his own dimension. I never smelt the fly spray again. It was also my only experience of smelling any extraterrestrial.

In this account about the trapped extraterrestrial you may have wondered why I accepted so readily the experience of the unknown presence in my bedroom. Why did I, like the others in my Thursday group, accept the information from unseen spirit energy on how to help the extraterrestrial escape the pull of the earth dimension? Why were we successful in our endeavors? Where did he go? Well, we never thought to ask my spirit teachers any of those questions so really don't know.

Have You Had an Encounter with an Extraterrestrial?

If it crosses your mind to question if you have had or continue to have any sort of extraterrestrial contact, you might be interested in an article *Unidentified Fortunate Objects* written by Sheryl Gottschall in issue 26 of the magazine *Spheres, The Spirit Guide*, (p. 56, Métier Media Pty Ltd, Michelson Australia, 2009). Gottschall states in the article her long research has brought her to the conclusion that there are people on Earth who are what she refers to as having '*encounter-prone personalities*'.

As a general guideline for such a person she has given clues.

'They are usually sensitive, not just psychically, but also to their environment, for example, they often have difficulty with bright lighting, strong smells, loud noises and even rough clothing' p. 56.

Gottschall's article mentions the sensitivity these people experience to any chaotic or intense over stimulation that continues for long periods of time. She states that other indicators are in tending to crave deeper levels of existence and experience the trans personal. Gottschall says this could be because of their experiences that are beyond the mundane levels of existence.

If you identify experiencing several or all of these mentioned traits but have no knowledge of any extraterrestrial encounters it could well be because it has been blocked from your consciousness. That could be by you or by the extraterrestrials. Either way it would be so as not to traumatize you.

ET Implants.

Dr Roger Leir was a podiatry physician and surgeon who has not only taken x-rays of various shaped implants in different parts of people's body but has also surgically removed some of those he saw. He then had the implants sent off for analysis. His book, *Alien Implants* (2000. Dell Publishing New York.) with included x-ray photos show evidence of different people with implants. These implants, some found in hands, arms, feet, legs, jaws were shaped like cantaloupe seeds while others were little grayish-white balls. Some were even triangular or T-shaped.

Once each implant was removed from his patient Dr Leir says he used a surgical blade to scrape off the soft tissue from around the implant. This soft tissue was some sort of gray, dense biological membrane composed of the patient's body surface tissue which stopped any rejection of the implant. Underneath the soft tissue the object had another covering. This was a dark gray membrane that Dr Leir said could not be scraped off or cut through with surgical instruments.

All implants were extracted by surgery on an operating table and the procedures were recorded. Laboratory analysis in some showed different combinations of elements normally found on Earth as well as the trace elements of europium, ruthenium and samarium. Doctor Leir stated '*These elements can only be manufactured in a laboratory and are not found naturally on earth, which gave us more evidence that the objects were indeed manufactured*' (pp. 138/139).

The question was then: who manufactured these implants and how did they gain access to the bodies of Dr Leir's patients? Dr Leir suggested people may be having unnecessary operations because of these implants affecting different organs in their body. Reading this information I couldn't help wondering if perhaps operations throughout my lifetime were because of implants.

Also mentioned by the doctor are the effects these foreign objects have had on his patients. He found, amongst other things, evidence showing unusual reactions to aesthetic; either allergic reactions or some needing heavier doses than are normally required. A craving for salty food and large amounts of table salt was another effect. I don't remember him speaking about his client's sensitivity to light or loud noise as previously mentioned by Sheryl Gottschall.

Dr Leir revealed that some, if not all, of his clients had memories of experiencing alien abduction at some stage of their life. It seems reasonable to assume it was during these abduction times that the implants were placed, but why use different shaped implants and embed them into different body parts? Is it because there are different extraterrestrial species inserting different implants or were previous models merely updated?

Another consideration it that not all implants are in the third dimensional physical body. Those that are can be seen by x-ray and removed surgically. However, some implants are in the energy body surrounding and interpenetrating the human frame. They may not have any, or negligible effect on the wearer. On the other hand people suffering recurring complaints where no illness can be found could be affected by these implants in their energy body.

Sheryl Gottschall, previously stated that her research had her conclude there are some humans who have encounter-prone personalities and there could be a very good reason for this. Extraterrestrials are said to be able to continue their research by following members of a family from generation to generation without the constraints of the third dimensional time-lines we humans have. It is also common to have more than one member of a family being monitored.

Several times, when experiencing an out-of-body incident I found myself inside space ships with different beings. At one particular instance I was standing in a horseshoe-shaped area where there were a lot of computers. Sitting on chairs in front of the monitors were little gray beings. Moving over to stand behind one, I tried unsuccessfully to see what was on his screen. Telepathically I asked what he was watching. Without turning or taking his eyes off what he was doing he answered he was watching the controls.

Thinking he meant the controls of the spaceship I was about to say ‘but don’t you have a mainframe computer to do that?’ when I sensed there was something behind and to the left of me. Turning, I saw three grays. One had some sort of a hand weapon pointed at me and my surprise sent me instantly safely back in my physical body.

I don’t believe these extraterrestrials intended to harm me and think they seemed more to want to immobilize me. What is clear though was that they were able to see me in my out-of-physical- body state.

Personal Experience with Implants.

Being an involuntary psychic or what I've been described as being 'open to the universe' brings with it other complexities. As previously mentioned, since childhood there have been visitations from extraterrestrials as well as spirit beings. I also recall several times finding myself with extraterrestrials in an out-of-body state but have no conscious memory of ever being physically abducted.

All visitations and out-of-body experiences have taken place at night or in the early hours of the morning. There is no conscious memory of receiving the implants but now understand some are placed into a person's astral or finer energy body where they can and do have a physical effect on their third dimensional body.

All healing treatments performed on me have been by healers working with my unseen energy body. This is in contrast to Dr Leir's patient's implants which were surgically taken from areas in the person's physical body.

When referring to 'seeing' and 'non surgical removal' I am not speaking of the familiarity of our sensory world as we understand it. We are using our inner sight, what Eastern philosophies refer to as the third eye said to be centered in a person's forehead.

I am coming to believe this inner sight has no boundaries or time-frame constraints. Perhaps it is our doorway to the fourth or other multiple dimensions. It is also becoming more obvious to me that these other multiple worlds or dimensions do affect our physical world in different ways. Dr Leir's case studies are examples of this.

I understand the idea of people being unknowingly impregnated with foreign objects by unidentified species and the removal of these implants, sometimes without surgery, may be daunting to accept. As is the question, why me and how did it happen in the first place? However that doesn't change the reality of the experience. Nor does the fact that all implants may not be in the physical body but are still affecting the physical body while implanted in the unseen energy body encasing every person's physical body like an eggshell encompasses a yolk.

As previously mentioned, some implants are physical and can be removed by surgery, as Dr Leir has shown. The other implants that would not be apparent on normal x-rays need other modes of treatment to remove them.

I am assuming that some of the implants, being physical, must be inserted at times of physical abductions. The others that I have experienced are no less real but are done in an out-of-body state and are inserted into my energy body. Another question that springs to mind is how many extraterrestrial races do we have interacting with us in our physical reality?

It was during a 1990s consultation with my healer friend John, that my first implant was found. Implants were unknown to me before then. As John was clearing emotional energy blockages he asked if I knew there was an implant in my ear? My thought was it must have been a bug or bead or something terrestrial.

When queried as to what it was John, also psychic, said it was not from this world and was an alien implant. He then explained there are lots of people walking around with these implants who are completely unaware they have them. Some may be recent implants while others could have been implanted into various parts of their body years ago.

John couldn't see this implant causing me any problems but I still wanted it removed. So, using a non-surgical technique that works on the finer energy body, or aura, he removed the implant and that was the end of that as far as I was concerned - but it wasn't.

In February 2004 I attended a Theta Healing workshop. I was impressed with the tutor, Sandy Hounsell, and when the workshop ended made an appointment for some energy blockage clearing to be done by her. It was during my first consultation that Sandy found another implant. This time it wasn't in my ear. Instead it was very close to an area in my upper spine where Sandy said it was impeding the energy flow up and down my back.

Not wanting this one in my body either I asked Sandy to remove it using the theta healing non-surgical technique. This she did and that seemed the end of it but before leaving, I made another appointment with Sandy to have more energy clearing work done.

It was at my second healing session with Sandy that she 'saw' extraterrestrials; two grays had come with me. One of them was in the room with us watching what was happening. The other was outside prowling up and down the hallway.

While Sandy worked on me multiple implants in my body were now able to be seen by her. They were different shapes and were in areas where I had been having ongoing health issues. We assumed from this they must have been implanted for quite some time. My concern was to get rid of them. I didn't think to ask why they hadn't been seen before.

As Sandy tried to remove the implants she 'watched' a metal plate sliding into place over them. Somehow the owners of the implants were very much up to date on what was happening and didn't want them removed. Despite Sandy's best efforts some of the implants stayed put.

After Sandy's treatment I asked her if I could have a copy of her notes. She kindly agreed.

Sandy's Theta Healing on Annette 17th February 2004

Alien involvement of her body resulted in body being quite toxic, chemical imbalance. Soul, bodies have become fragmented, lost her way. They played with her body, she was their playground.

Implant found on the back of the neck causing energy blockage. Energy also draining away down the right side.

Two sets of aliens around, small, bluish/grey. Quite 'impish' looking, thinnish. They were very childlike – mischievous. The next set was taller, slightly, bluish -- proverbial large alien eyes. Also childlike -- having fun with her body.

Two beings – warm, lovely silver blue gowns, wide square shoulders, bright light around their head. Wanting to help, waiting for Annette to stop the playing and get serious about herself and her body, but they can't interfere.

They are wanting to build a structure around her to reconnect her. They call it a wave structure. Moving form, vortexes, also mesh like. The wave structure is curved, almost like fine ectoplasm – all 3D.

They will build a form, head to foot -- connecting all bodies and bringing form back into the nonphysical. This structure will reconnect her, get her back to her own being, in tune with her own self, spiritual self.

The energy is not like other healings where I am working on deep emotional issues and removing the pain and replacing it with light and positive affirmations. Not like working with colour healing either. This is a different experience altogether.

She understands God and spiritual matters, psychic matters and the complications/happenings in the astral world. Other people who come to me for help and who are suffering from depression, pain, emotional trauma need healing with lots of what I call 'love energy' brought in by my Council, their angels, etc.

Annette also need to lots of healing, but it's more technical, almost a computerized type feeling. It's all done through unconditional love, as with all healings but it's more on a technical, practical level.

The structure was in place and I removed the implant from the back of her neck. It was screw shaped, convex in the middle and contains some form of fluid, light green in colour. This I felt broke her spiritual connection, a blockage.

The body filled with light, a golden yellow. The structure was moving. Annette was so pleased with the results from the first session. 'This is exactly what I needed, what I needed to hear. Thank you so much. When I come again?'

Annette also had a constant nasal drip that really irritated her. I felt this was also caused from the alien invasion but it was there to remind her on what she should be doing and until she got more serious and wanting this to stop (her lending of her body for alien playtime), the drip would continue.

Second session -- 27th of February 2004 - 10 days later.

A different Annette walked through the door. More focused, more calm, less on edge. But more aware now, like 'What have I been doing all this time. How stupid of me. How could I?'

I checked the chakras. Still not much movement or colour, but I could see more into the body this time. The first session I was more drawn to the external subtle bodies in creating the 'wave structure.'

What I saw and experienced this time was again quite different. I was 'in' her lower chakras but I was standing on the 'edge' of the universe. It was very dark but dull, like a steep shore in the distance. I tried to go to my usual place to connect and start commanding changes. I say this time 'tried' because all I got was this vast, dark, empty dimension.

I spoke to Annette and told her of this issue and asked her to focus her energies of helping me to connect, which she did. Straight away I was in my usual plane of light connecting to God, asking for help and commanding the changes to occur (add later.)

I came back to the room again and found myself in other dimension but this time I was shown a being sitting on a swivel type chair looking at many screens. It was Spirit's way of showing me that they [the aliens] were 'plugged' into Annette and monitoring her and her organs.

I saw studs all down her right side from the top of the ascending colon going along the 'V' shape to her groin. They were like silver studs, but they were (?) implants. The left side was swollen and purple/red in colour. Annette advised she had a lot of discomfort down the right side and some down the left side. I felt that these 'studs' had also created a chemical imbalance (Annette confirmed this.)

I checked up the body to the liver and saw a metal type protection over the liver, across the stomach and up over the heart and lungs. I was told that this had been put in place to protect her upper organs while they were checking, monitoring her lower organs. I saw that she had been on an operating table at one time when this had taken place (Annette confirmed.) This had been done by the larger of the two aliens.

We decided to remove the studs. I asked Annette to connect to her guides/angels for assistance, as I knew that this wasn't going to be easy. I went to Theta and made my commands, came back and started to remove the studs/implants.

As I was working on the right side I saw a large metal type plate forming right across the abdomen. They [the aliens] didn't want this removed. We also both felt one of them in the room with us. I had seen a small blue square floating near her right arm (eyes opened at the time), and felt their presence.

Anyhow, we continued. As I started to remove the plate underneath it was all dark and again dimensional. She was wide open and connected to their energy. Her body had no boundaries. They had plugged into her and she no longer belonged to herself.

All these plugs/leads were connected into the screens that I had seen earlier. Annette saw them too, so I asked her to assist with their removal. She really had to want to remove them. She was still open to the universe 'anybodies' (yes, they could come in at will.)

It took a while to remove the studs from the right, then I worked on the left, but they were more 'screwed in,' so required a lot more energy to unscrew the bolts. I brought in light, but she wasn't accepting it. I asked the help and was given a clear crystal merkabar(?) in shape and place it in her abdomen. The light started to revolve and defuse across the abdomen and down the legs.

Success!!!! Great, we are on our way!!!

I was then shown to build a connecting tube to God. Again this was different to other healings where I reconnected people to their soul and God. Their tubes were (?) colors and light. Annette's tube was of a material substance, solid, but a flexible/soft, pliable material, almost like a soft plastic. I build from her base chakra all the way up to her crown chakra and up to the celestial realms where only pure Divine light exists of the most exquisite colors and hue.

We filled the tube with light from above and brought it down into her body to the base chakra. Annette accepted this light now more easily and the light started to defuse throughout the body. It was starting to light up. The chakras started spinning as colour returned to them.

The beautiful Beings were in the distance, waiting and watching. They will be able to come closer now that Annette is on her way to being mended.

Annette must maintain her spiritual connection through the 'tube'. In her meditations visualize the plugs all being removed and continue with this until she sees them no more.

Although we had removed them in the healing, unless Annette puts real intent into her recovery (as in the suggested meditation), she won't be completely free. She has to show intent with seriousness in wanting to be more at adult in her outlook of both her spirituality and her physical body. Playtime with the aliens has to stop.

This was not like removing entities to the light. That they can't come back when we do this. But this, as I have said, is a very different energy from another dimension and I don't know what the rules are there. Sending them to the light was not an option offered to me. It's more a question now of Annette;

- (a) becoming more serious about her spirituality and connection to God and
- (b) sending them a constant (?) (via her meditation/visualization) that playtime is over and that they no longer have any connection with her because she now says "NO!!"

It's still all God's healing and I believe that no matter what dimension, and what exists in those dimensions, we all answer to God. God is the ultimate source of light, love, goodness and all have to obey by his Divine Law - even aliens. We just have to apply different methods.

After I had removed the plate/studs from the abdomen I checked the ovaries. They looked very grey and very swollen. Annette confirmed that she had had a few cysts on her ovaries, which had caused her a lot of discomfort.

When checking I found implants in both ovaries. Again, metal like convex in the centre. It wasn't easy removing them and it felt quite painful to do. So although Annette didn't feel any pain, she was happy receiving all this beautiful healing energy from God.

Again the chemical smell which told me that there was a chemical imbalance. The ovaries shrunk down in size after the implant removal. Light was put in their place and gold light put all inside the Fallopian tubes and uterus. END OF SANDY'S NOTES.

I am aware of communication between me and unseen energies, white robed spiritual beings and helpful, teacher extraterrestrials has been going on for many years. I communicate willingly with these energies because of the trust formed from 'experiences' and the guidance and information provided by them to my questions. Although I am aware that grays were sometimes around have no memory of consciously channeling them.

o0o

A friend Jo, and I decided to have a meditation that included an out-of-body experience. Her travels took her to a space craft somewhere in space. She was on the outside of the ship looking through one of the large windows. Behind a desk running along the inside wall were extraterrestrials. They invited Jo in and she was about to take up their offer until they said '*And bring your children with you.*'

'I was prepared to go inside but when they said to bring my children warning bells sounded within me and I came back to my body' she said.

o0o

Astonishing Information

As the third dimensional member of our spiritual discussion group, learning and growing, I was now asking my spirit teachers questions relevant to my present level of understanding. Over the years the teachers have changed as needs required. The 'newer' teachers now choose to remain unseen and unnamed apart from answering to 'the teachers'. I identify their presence by a subtleness of energy and, like the Brethren, the wisdom of their words

The information included below is in answer to a recent nocturnal visit I had from the grays. It is also to correct a statement I made in 2004 when believing then I'd never had interactions with the grays species.

I would like to discuss an experience I had last night and get your understanding of what was happening. Is it okay if we go that way today?

All the time it is the way that you choose and we comply.

Thank you. I had gone to bed as usual and was sleeping peacefully until a loud bang, like something being dropped by the tenant in the unit above me, woke me up. In my room, on an etheric level, was a group of extraterrestrials called the grays.

There were more than two, perhaps six in the group. The one closest to me appeared to be agitated and all seemed to be in a hurry. It has been some time since I have been aware of their presence. Why were they there?

Many times you 'issue a command' so to say and they comply. It is all 'okay' as you say. You are instructing them and working along their sights, the way it is to be. It is not for naught they come around for you have a link that binds you fast in this way, with this.

What sort of command would I issue and why? I have no conscious knowledge of calling them in or desiring them to be with me.

We say it again. You called them in. Perhaps not as you desired in your waking state but nonetheless you called them in. You understand the terms set down by you all. Combined you get 'things done' as you say. You are working together is another way of stating the situation for your recall.

To my mind they are the ones who took me off into a space craft to be examined. I didn't and still don't want to go that way.

It is so that they did 'take you' off as you say but we now instruct you to understand, ask yourself why? Why would you acquiesce to another energy divine to take you from your bed at night and 'spirit you away' as you say? It is as you say 'a fait accompli'.

It is decided before you incarnated here that you will instruct, work with these energies to the betterment of all. It is not some accident thrust upon you and you are mistaken if you think, go that way with this.

Are you saying that I am one of them, have come from them?

You have preplanned, agreed is what we are saying. It is 'a fait accompli'. You have initiated, agreed to work with them in this way. It is not a problem where you are not in control. Each time you have interaction it is preplanned. You initiated it each time is the way.

Why? What purpose is achieved?

We are saying that you work in accord with what you chose to achieve. You set out with a purpose to gain knowledge along these lines. You work, collude with these entities for the goodness, achievement of each species.

You work, collude and gain in different ways. You are able to access much of what would be denied you where you delve into other avenues not yet set out for you. You do not have the aptitude, the set way of achieving yet these entities are of accord to 'piggy back' you so to say and you act in kind. They learn from this as well as you gaining the 'thrust up' so to say.

We are explaining by this that you are changing energy for other endeavors by the grace of these beings. You, in turn, allow them to experience what they have not achieved by themselves. They can then use this information to advance themselves and like minded others of their kind. You transpire the same way with this.

Then if we are so familiar to each other why do they make me feel uneasy? I don't consciously want to go with them.

They are not of your kind and this brings an uneasiness to the physical part of you. However, the other part, the spiritual has not thought along that line. You achieve, as we said, and you go on, each to their own way with this.

These grays seemed to be in a hurry last night and one seemed stressed. Why?

It is of accord. They were serving their purpose and it followed the right way.

But why were they there? What did they want?

They had a 'prearranged agreement' so to say with you. It was not a surprise. To your conscious mind may be the way but it was preplanned. You were to go off with them and sort out conditions that previously had caused consternation. It was to be, go that way, along that line. We cannot say it any other way.

I wasn't going off for more implants or examinations?

We do not see it being that way. What was chosen, the way to be, was designated beforehand. We do not understand why you are making such a fuss.

Because their presence alarmed me and I had no idea why they were in my bedroom or what they intended to do to me.

It is not the way that they sought to be, do you harm. You have preconceived plans set in place. It cannot be the way that they were there to 'do you in' as you say. They had no intention of harming you. It was not their way, their intention.

Are you able to say where we went? What transpired?

We are able to see and understand your energy field. We are able to absorb and get information even when we are not 'present' so to say. You were not harmed and learned a lot, much of what was previously unknown to you. It was again a win/win situation.

Would you react the same way if you saw our appearance? Would you cringe, stand back in horror because we are not of your physical kind? We are not to harm you either yet we are so different to what your countenance requires that we feel you would treat us, react the same way as you have to these entities who seek you no harm.

It is the way it is. 'Each to his own' you say but there is more afoot here with learning, gaining from other entities not of your physical kind yet still of your kind. You provide and receive a service, it is the way.

Thank you for the information today. I will mull over it and perhaps somewhere we went or what happened will become clear to me.

We wish you well. Peace and blessings go to one and all. We are finished now.

o0o

I seek further information on the question/answers from yesterday. I have done a lot of thinking on your answers to my questions. I always thought the grays were one of the 'bad guys' of the universe. What we refer to as being like 'guns for hire.'

No, it is not the way it is at all. Your preconceived opinion is onerous, wrong. It is not at all like that.

Well, as a child I have memories of being in a space craft and tests of some sort were carried out on me. The grays, I think, were one of those species helping the insect race as they did their tests.

No, it is not at all as you like to recall. To your mind, a child's mind it was the way. You saw and delved but not deep enough to see what was actually transpiring. You were not there, taken without consent. You went there willingly but once there when 'reality' your term set in you became afraid.

Again we say to you, you cannot have happen to you that you have not previously in some way instigated. That is the reality of the form.

So, what you are implying here is that it was all preplanned before my inception?

Yes, and carried through as accord. You don't go anywhere against your will when out of your physical frame. There is always a plan instigated even if, to your prevent understanding it is wrong, not as you seek to comprehend.

Then what about the implants I have in my energy body that are affecting my physical body? What about the other human beings who also have implants? Some are in their etheric like mine. Others have had x-rays showing them embedded in different places in their physical body. Some have had them removed while others have chosen to leave them where they are.

Again, we say, they are not 'implanted' as you say, to do them harm. They are not planted there as a relay. They are there with your consent. They are not given where you will be harmed. They are there with your grace even if, to this consciousness part, it is not the way.

But they can have an effect on this physical part?

Yes, that may be the way but it is still preplanned, with your consent. Again, we ask you to think beyond preconceptions. If, as we state, that all that happens in your life at any time is in some way instigated by you for whatever learning characteristic can be achieved, you are the instigator. It cannot flow any other way.

Nobody else is to shoulder any concern, blame for what you instigate. It cannot be the way, like that where others are at your beck and call and you command them to injure you in some way.

All have their instruction, their mission they seek to achieve and they set about it in their own inimitable way. If you change your mind and add enough impetus to the thought it will change your situation, what you had preplanned and it will go that way. It is all of accord. You instigate whatever comes your way.

Before I finish our discussion for today would like to ask: when the grays came for me the one closest to me seemed agitated and they all seemed to be in a hurry. Was that because of the noise that woke me enough to make me conscious of their presence?

It may be the way. Many times events take place where there is the preplanning yet little evidence, knowledge is given to the earthly consciousness by this, in this way.

So, if I hadn't heard the loud noise I might have been oblivious to going somewhere with the grays?

It is the way. We reiterate, there are no accidents and it may well be that you chose to receive the information in this way so that you could relate it here, in your missives, to let others understand that much goes on 'behind the scenes' so to say that is rewarding to them and brings them to no harm. It is how it is.

I will finish for today and read back our discussion. Thank you again for your information.

Then go in peace and peace be upon you all now and forevermore. It is done and we are gone.

2019 - In A Spaceship 'Hospital?'

I was participating in a newly formed meditation group and as is often the case during meditations, had a change of consciousness. In my altered state I was in a velvety dark, vast expanse with images, mainly iridescent greens, golds and purple geometrical shapes moving toward and through me. Then the scene changed and I was inside a room on an extraterrestrial space craft.

From my position of slightly to the left and above the scene I was looking down on a several groups of extraterrestrials bending over inert forms of other extraterrestrials on narrow beds. There was muted lighting coming from the ceiling but there didn't appear to be any medical equipment being used on the motionless forms. Perhaps there was some other form of healing unfamiliar and unseen to me being used.

All workers were dressed in the same unusual green and purple iridescent colors of the geometrical shapes I had just passed through. They were working quickly on a variety of different forms lying, semiconscious or unconscious on the narrow beds. I could see their handling of their patients was tempered by great care and efficiency and sensed they felt compassion for the different forms they were trying to help.

One nearby motionless form, much larger than the others had a skin that was a pale, pasty color that contrasted with the others there. This entity's body appeared externally as the closest to our physical form. As I watched two of the smaller ETs were gently working on this entity and I felt a genuine sadness emanating from them. It seemed that despite all their care, this body wasn't going to make it.

I had no idea why I was watching this scene unfold and it could have been as a witness, to see and understand that not all extraterrestrial interactions are to harm us and some actually work to assist different other life forms.

When I grasped this concept my awareness shifted from the room to outside looking at the exterior of a huge spacecraft. I assumed it was the spacecraft I had been inside and witness to what may be a normal part of a procedure inside the ship. My awareness then returned to the meditation room and I was left to ponder on what I'd just seen.

Part Three

The Gordian Knot.

(More Questions Than Answers)

*The **Gordian Knot** is a legend of Phrygian Gordium associated with Alexander the Great It is often used as a metaphor for an intractable problem (disentangling an "impossible" knot) solved easily by finding a loophole or thinking creatively ("cutting the Gordian knot"):Source Wikipedia*

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In looking at the many varieties and complexities of Earth's civilizations we still don't really know for certain how we came into existence as a species. Nor do we know who preceded us, modern humanity, and left behind intriguing Ooparts.

Zecharia Sitchin and others believe there is evidence to show we were brought here by aliens to colonize Earth. By whom and to what ultimate purpose is not adequately discussed. Sitchin has referred to information from Genesis and from ancient Sumerian clay tablets that primitive humanity has had their DNA changed and our genes mixed with aliens' DNA. But any changing was done to beings, prototype humans, already here.

There is a vast array of primitive artwork from all around our planet suggesting we have been visited many times by different non-terrestrial beings. The myths from different cultures refer to aliens who assisted them by advancing their cultures. Some cultures have myths relating to their royalty mating with extraterrestrials but again, any alien interaction was with existing human species.

We don't seem to have any actual evidence supporting the theory that early humanity was brought here to colonize Earth. Nor do we have any adequate evidence to support the other existing theories.

If we go along with the assumption that humanity, possibly other species, were brought here then from where, what planet, by what alien species? We could be part of a giant intergalactic experiment and the implants could be part of the monitoring of that experiment.

The not knowing our true origin, our heritage; that seems to be our Gordian Knot.

Appendix 1

To finish this book, and with his permission, the last word goes to Zecharia Sitchin and his article, as written by him in 2001.

THE CASE OF ADAM'S ALIEN GENES : Written by Zecharia Sitchin

In whose image was The Adam – the prototype of modern humans, Homo sapien – created?

The Bible asserts that the Elohim said: “*Let us fashion the Adam in our image and after our likeness*”. But if one is to accept a tentative explanation for enigmatic genes that humans possess, offered when the deciphering of the human genome announced in mid-February, [2001] the feat was decided upon by a group of bacteria!

“Humbling” was the prevalent adjective used by the scientific teams and the media to describe the principal finding – that the human genome contains not the anticipated 100,000 - 140,000 genes (the stretches of DNA that direct the production of amino-acids and proteins) but only some 30,000+ -- little more than double the 13,601 genes of a fruit fly and only two thirds more than the roundworm’s 19,098. What a comedown from the pinnacle of the genomic Tree of Life!

Moreover, there was hardly any uniqueness to the human genes. They are comparative to not the presumed 95 percent but to almost 99 percent of the chimpanzees, and 70 percent of the mouse. Human genes, with the same functions, were found to be identical to genes of other vertebrates, as well as invertebrates, plants, fungi, even yeast. The findings not only confirmed that there was one source of DNA for all life on Earth, but also enabled the scientists to trace the evolutionary process – how more complex organisms evolved, genetically, from simpler ones, adopting at each stage the genes of a lower life form to create a more complex higher life form – culminating with Homo Sapien.

The “Head-scratching” Discovery

It was here, in tracing the vertical evolutionary record contained in the human and the other analyzed genomes, that the scientists ran into an enigma. The “head-scratching discovery by the public consortium,” as Science termed it, was that the human genome contains 223 genes that do not have the required predecessors on the genomic evolutionary tree.

How did Man acquire such a bunch of enigmatic genes?

In the evolutionary progression from bacteria to invertebrates (such as the lineages of yeast, worms, flies or mustard weed – which have been deciphered) to vertebrates (mice, chimpanzees) and finally modern humans, these 223 genes are completely missing in the invertebrate phase. Therefore, the scientists can explain their presence in the human genome by a “rather recent” (in evolutionary time scales) “probable horizontal transfer from bacteria.”

In other words: At a relatively recent time as evolution goes, modern humans acquired an extra 223 genes not through gradual evolution, not vertically on the Tree of Life, but horizontally, as a sideways insertion of genetic material from bacteria

An Immense Difference

Now, at first glance it would seem that 223 genes is no big deal. In fact, while every single gene makes a great difference to every individual, 223 genes make an immense difference to a species such as ours.

The human genome is made up of about three billion nucleotides (the “letters” A-C-G-T which stand for the initials of the four nucleic acids that spell out all life on Earth); of them, just a little more than one percent are grouped into functioning genes (each gene consists of thousands of "letters"). The difference between one individual person and

another amounts to about one “letter” in a thousand in the DNA “alphabet.” The difference between Man and Chimpanzee is less than one percent as genes go; and one percent of 30,000 genes is 300.

So, 223 genes is more than two thirds of the difference between me, you and a chimpanzee!

An analysis of the functions of these genes through the proteins that they spell out, conducted by the Public Consortium team and published in the journal [Nature, Feb 15, 2001] shows that they include not only proteins involved in important physiological but also psychiatric functions. Moreover, they are responsible for important neurological enzymes that stem only from the mitochondrial portion of the DNA – the so-called “Eve” DNA that humankind inherited only through the mother-line, all the way back to a single “Eve.” That finding alone raises doubt regarding that the "bacterial insertion" explanation.

A Shaky Theory

How sure are the scientists that such important and complex genes, such an immense human advantage, was obtained by us --“rather recently”-- through the courtesy of infecting bacteria?

“It is a jump that does not follow current evolutionary theories,” said Steven Scherer, director of mapping of the Human Genome Sequencing Center, Baylor College of Medicine.

“We did not identify a strongly preferred bacterial source for the putative horizontally transferred genes,” states the report in Nature. The Public Consortium team, conducting a detailed search, found that some 113 genes (out of the 223) “are widespread among bacteria” – though they are entirely absent even in invertebrates. An analysis of the proteins which the enigmatic genes express showed that out of 35 identified, only ten had counterparts in vertebrates (ranging from cows to rodents to fish); 25 of the 35 were unique to humans.

“*It is not clear whether the transfer was from bacteria to human or from human to bacteria,*” Science quoted Robert Waterson, co-director of Washington University’s Genome Sequencing Center, as saying.

But if Man gave those genes to bacteria, where did Man acquire those genes from to begin with?

The Role of the Anunnaki

Readers of my books (Sitchen) must be smiling by now, for they know the answer.

They know that the biblical verses dealing with the fashioning of The Adam are condensed renderings of much much more detailed Sumerian and Akkadian texts, found inscribed on clay tablets, in which the role of the Elohim in Genesis is performed by the Anunnaki – “Those Who From Heaven to Earth Came.”

As detailed in my books, beginning with The 12th Planet (1976) and even more so in Genesis Revisited and The Cosmic Code, the Anunnaki came to Earth some 450,000 years ago from the planet Nibiru – a member of our own solar system whose great orbit brings it to our part of the heavens once every 3,600 years. They came here in need of gold, with which to protect their dwindling atmosphere. Exhausted and in need of help in mining the gold, their chief scientist Enki suggested that they use their genetic knowledge to create the needed Primitive Workers. When the other leaders of the Anunnaki asked: How can you create a new being? He answered:

*"The being that we need already exists;
all that we have to do is put our mark on it."*

The time was some 300,000 years ago.

What he had in mind was to upgrade genetically the existing hominids, who were already on Earth through evolution, by adding some of the genes of the more advanced Anunnaki. That the Anunnaki, who could already travel in space 450,000 years ago, possessed the genomic science (whose threshold we have only now reached) is clear not only from the actual texts but also from numerous depictions in which the double-helix of the DNA is rendered as Entwined Serpents (a symbol still used for medicine and healing).

When the leaders of the Anunnaki approved the project (as echoed in the biblical "*Let us fashion the Adam*"), Enki with the help of Ninharsag, the Chief Medical Officer of the Anunnaki, embarked on a process of genetic engineering, by adding and combining genes of the Anunnaki with those of the already-existing hominids.

When, after much trial and error breathtakingly described and recorded in antiquity, a "perfect model" was attained, Ninharsag held him up and shouted: "*My hands have made it!*" An ancient artist depicted the scene on a cylinder seal.

And that, I suggest, is how we had come to possess the unique extra genes. It was in the image of the Anunnaki, not of bacteria, that Adam and Eve were fashioned.

A Matter of Extreme Significance

Unless further scientific research can establish, beyond any doubt, that the only possible source of the extra genes are indeed bacteria, and unless it is then also determined that the infection ("horizontal transfer") went from bacteria to Man and not from Man to bacteria, the only other available solution will be that offered by the Sumerian texts millennia ago.

Until then, the enigmatic 223 alien genes will remain as an alternative – and as a corroboration by modern science of the Anunnaki and their genetic feats on Earth.

ZECHARIA SITCHIN

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The report of the Public Consortium is in Nature, Feb 15, 2001 and of Celera Genomics in Science of Feb 16th, 2001.

[Illustrations provided with this article have been omitted by Annette]

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If you found this e-book interesting you might also like to read *Earth Energies and the Nature Kingdom*. It offers information from the perspective of a group of spirits involved with the nature kingdom and speaks of the ramifications our present actions are having on all life on Earth. The e-book also discusses various experiences I've had with the earth energies in different parts of our world.

Another e-book you might also like to read *The Earth Energy Connection* that speaks of the earth elementals and their earth energy overseer. It highlights the reason why we have this connection and the implications of not learning this particular lesson of mind control.

Psychics and Séances - A Journey to Understanding is my personal journey from ignorance of events happening throughout my life that went beyond my five senses to an understanding that we are part of a wonderful plan of evolution.

Other Perceptions of Reality continues on with expanding our knowledge of some of the unseen realities and their inhabitants. The information refers to other dimensions and their inhabitants in a series of several, ongoing e-books. The intention of these e-books is to have us understand how we are part of a magnificent kaleidoscope of consciousness that goes beyond our present understanding.

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