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A Social Psychological Investigation of UFO Sighters

Patricia A. Cross

**A Thesis submitted to the Faculty of Graduate Studies and Research
in partial fulfillment of the requirements
for the degree of
Master of Arts**

**Department of Psychology
Carleton University
September, 1992**

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submitted by Patricia A. Cross, B.A.
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the degree of Master of Arts

Thesis Supervisor

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September, 1992

Abstract

Subjects claiming to have had a UFO experience (n=49) were examined along with a comparison group drawn from the community (n=53) and a comparison group drawn from the university (n=74) on several indexes of psychopathology and fantasy proneness. Various hypotheses were looked at, including the psychopathology hypothesis, the fantasy prone personality hypothesis, and an hypothesis involving temporal lobe lability. It was found that subjects in the UFO group scored as mentally healthier and less fantasy prone than subjects in the comparison groups. Within the UFO group, however, measures of fantasy proneness and psychopathology, though within the normal range, correlated positively with the intensity or bizarreness of the story related. Therefore while UFO subjects as a group did not appear to be fantasy prone, unintelligent, or mentally disturbed, the more bizarre the stories the higher were the scores on fantasy and psychopathology. An hypothesis was formulated that intense UFO experiences reflect complex fantasy productions, which are relatively likely to occur in people who hold a pre-existing belief in alien visitation. Unusual sensory or imaginal stimuli are interpreted in terms of these UFO beliefs. Most sightings occurred in restricted sensory environments (e.g., at night, alone, while falling asleep, upon waking from sleep) generating confusion between internally produced imagery and external happenings.

Acknowledgements

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A Social Psychological Investigation of UFO Sighters

Introduction

The sighting and reporting of strange and unusual things in the sky is no new phenomenon. Instances of such sightings have been recorded throughout history, and across cultures. Some, for example, cite the Bible as containing many references to strange flying craft and visitors from the sky (e.g., Good, 1991, p. 185; Thompson, 1991, p. 148; Vallee, 1988; Chs. 1, 5, 7). However, such reports are by no means restricted to antiquity. In a 1978 Gallup survey, 9% of the adult American population claimed having had a UFO sighting. This projected to a minimum of 16 million sightings (Zimmer, 1984). Interestingly, among the engineers and scientists polled in 1978, some 18% reported having had sightings (Zimmer, 1984). If anything, public interest has been on the rise, evidenced by the outpouring of popular books and movies about alien intelligence currently flooding the market. There are literally thousands of reports every year across North America of strange things in the sky, of sightings of alien beings, of contact with these beings, and, in a few cases each year, of forcible abduction by these beings. Many books reporting such incidents have become best-sellers (notably Communion, by Whitley Streiber (1987)). Locally, the National Capital Commission receives hundreds of reported sightings yearly from the Ottawa area.

Traditionally, UFO studies have centered on the UFO itself. Attempts to prove or disprove UFO stories, or to find alternative explanations for UFO reports, or to find some geographical pattern in the incidence of sightings make up the bulk of UFO research. Little

has been done in the way of critical examination of the sighters themselves. With perhaps the exception of Carl Jung (1959), who saw the flying saucer as a manifestation by the collective unconscious of the archetype of the self, psychologists have either ignored or ridiculed flying saucer stories, attributing them to the delusions of the mentally disturbed, without so much as a cursory examination of the people claiming these experiences. In the last several years, however, some psychologists have begun to show an interest in UFO witnesses and in the phenomenon of alien abduction accounts.

What studies there are in the scant literature tend to address different aspects of the issue, and are of greatly varying scope (e.g. Balch & Taylor, 1977; Lane, 1984; Little, 1984; Sprinkle, 1988). Sample sizes range from less than ten in some studies (e.g. Bloecher, Clamar & Hopkins, 1985) to almost five hundred in others (Zimmer, 1984). Several hypotheses have emerged which attempt to account for UFO reporters and the stories they tell.

The Status Inconsistency Hypothesis:

One of the first researchers to investigate a developed hypothesis regarding UFO experiencers was Warren (1970). His hypothesis was based on the concept of status inconsistency, and stated that UFO sightings are linked to "status frustration" (p. 600) and to perceived status deprivation relative to one's position on the social ladder. UFO sighters, then, are people whose attained societal positions are not consistent with their expected societal positions, given their age, race, sex, and education. For such individuals, best described as societal misfits, UFO stories provide a form of hope and escape from the bitter realities of the societal system. These stories

provide for the possible existence of other planets with other, more flexible, social orders (p. 601).

Subsequent research has failed to support Warren's (1970) hypothesis. Zimmer (1984) administered questionnaires to 475 college undergraduates, and found that the 16.6% who reported having sighted a UFO (a figure close to the 1978 Gallup poll data for those under 30, which was 15%) were as likely as nonsighters to be high academic achievers, and were no more alienated, distressed, or maladjusted than nonsighters (p.204). The only differences he found were a slightly higher propensity, on the part of sighters, to believe in the occult, and to believe in a government cover-up about UFOs. The UFO sighters could not, contrary to Warren's (1970) hypothesis, be classified as social marginals.

The PPI: Temporal Lobe Liability, Imagery, and UFO Experiences

Persinger and his associates (e.g., Makarec & Persinger, 1985; Makarec & Persinger, 1987; Persinger, 1983; Persinger, 1984; Persinger & Desano, 1986; Persinger & Valliant, 1985) have developed a measure they believe assesses temporal lobe liability, and which they contend correlates with a variety of esoteric beliefs, including belief in UFOs. The Personal Philosophy Inventory (PPI) (Appendix J) is a paper and pencil questionnaire which consists of several subscales, one of which is the temporal lobe -like signs subscale (XT). The XT scale consists of items asking about unusual physical sensations (e.g. "If I breathe quickly, I feel dizzy or odd"; "Intense smells bother me more than most people"; "At least once a month, I experience intense smells that do not have an obvious

source"). It also contains items that assess fantasy proclivity (e.g. "I have kept a diary"; "Sometimes, in the early morning hours between midnight and 4:00 a.m., my experiences are very meaningful"; "I have had a vision".) Some of the items on this scale assess experiences that include a physical sensation component combined with an imaginal component (e.g. "There have been times when I have stared at an object and it appeared to become larger and larger"; "While sitting quietly I have had uplifting sensations as if I were driving quickly over a rolling road".) There are also a number of items that address religious experiences (e.g. "'I have had a religious experience that I know was real"; "'after my religious conversion, I suddenly felt full of energy").

The PPI and EEG Findings:

Makarec & Persinger (1985) conducted internal and external validity analyses for the PPI. They found strong positive correlations for a normal population between the numbers of responses that referred to paranormal experiences (including the feeling of a "presence") and to religious beliefs and the numbers of spikes per minute with EEG recordings from the temporal lobe. Numbers of spikes were also correlated with the subjects' scores on the hysteria, schizophrenia, and psychasthenia scales from the MMPI. These clusters of items were not correlated with electrical activity from the occipital lobe (the comparison region). Numbers of responses to control clusters of mundane experiences were not correlated with the temporal lobe EEG measures. A group of student poets scored higher on different subclusters of temporal lobe signs and on the schizophrenia and mania scales of the MMPI than the reference

group. For both groups, there were positive correlations between the amounts of alpha activity in the temporal lobe only and answers to items such as "hearing inner voices" and "feeling as if things were not real". Makarec and Persinger (1985) interpreted these results as demonstrating that electrical changes in the temporal lobe are correlated with specific experiences that are prevalent during surgical or electrical stimulation of this region of the brain, and that the temporal lobe scale of the Personal Philosophy Inventory is sensitive to temporal lobe lability.

In a different study using 61 subjects, Makarec & Persinger (1990) found positive intermediate strength correlations ($r = .43 - .48$) between the total numbers of different temporal lobe signs as measured by the PPI and the average amount of variability in alpha activity from the temporal, but not the occipital lobes, as measured by EEG. These results were also interpreted as supporting the construct validity of the temporal lobe signs scale and as suggesting a continuum of temporal lobe lability within the normal population.

Relationship of the PPI to Fantasy Proneness and Hypnotizability:

Makarec & Persinger (1987) found significant correlations ($r = .50$) between scores on Wilson and Barber's (1983) questionnaire of fantasy proneness (ICMI) (Appendix H) and the number of experiences that are indicative of temporal lobe lability. In addition, correlations ($r = .42$) occurred between temporal lobe EEG measures (scalp electrodes) and numbers of temporal lobe signs. The numbers of alpha seconds per minute from the occipital lobes were correlated ($r = .57$) with the ICMI cluster that indicated interests in altered

states. Scores on the childhood imaginings section of the ICMI were correlated ($r = .44$) with the numbers of spikes per minute over the temporal lobes.

Persinger & Desano (1986) found positive intercorrelations ($r = .40 - .60$) between responses on the ICMI, PPI, and the Hypnosis Induction Procedure (H.I.P., Spiegel & Spiegel, 1978). Although temporal lobe signs were correlated with responses to items about paranormal experiences from both the ICMI and PPI inventories, they were not associated with hypnotic suggestibility. The results suggested that the temporal lobe scale measures imaginal ability and richness of fantasy life. More generally, these findings suggested that the temporal lobe scale measures a propensity for engaging in vivid imaginings, and that this propensity is reflected in temporal lobe activity.

Persinger and Desano (1986) reported that hypnotic induction scores (as measured by the Hypnosis Induction Profile (HIP) of Spiegel and Spiegel, 1978) were positively correlated with responses on the temporal lobe cluster of the PPI. He also found that subjects who report more frequent episodes of childhood and adult imaginings, as measured by the IMCI, scored as more suggestible. To the extent that UFO experiences can be understood as believed-in fantasy productions, Persinger's findings regarding temporal lobe labilities may well apply to UFOs and alien abduction reports.

Taken together, Persinger et al (1985; 1987; 1990) have interpreted these findings to indicate that paranormal beliefs, hypnotizability and fantasy proneness reflect a continuum of temporal lobe activity.

The PPI and Paranormal Beliefs:

Persinger and Valliant (1985) examined a population of university students (n=99). They found correlations between the numbers of different paranormal experiences and the numbers of temporal lobe signs as assessed by the Personal Philosophy Inventory. In order for the present study to obtain measures on temporal lobe-like signs, we administered this inventory.

The Fantasy Proneness Hypothesis:

Baker (1987-88) called for intensive diagnostic testing of abductees, and stated that it was highly likely that, if this were done, many similarities would emerge, particularly the unusual personality pattern that Wilson and Barber (1983) call "fantasy prone". According to Wilson and Barber (1983):

...it has been shown that there exists a small group of individuals (possibly 4% of the population) who fantasize a large part of the time, who typically "see", "hear", "smell" and "touch" and fully experience what they fantasize, and who can be labelled fantasy prone personalities (p. 342).

Wilson and Barber (1983) also stated that these people experience a reduction in orientation to time, place, and person that is characteristic of hypnosis or trance. The reason we do not come across these people more often, according to Wilson and Barber (1983), is that they have learned to be secretive about their fantasy lives. These are the people who become mediums, psychics, and religious visionaries. Most of them, though, fall within the broad range of normal functioning. As Wilson and Barber (1983) stated,

"...subjects with a propensity for hallucinations are as well adjusted as our comparison group or the average person" (p. 380).

The Wilson-Barber Inventory of Childhood Memories and Imaginings (ICMI) purports to measure fantasy proneness. According to Lynn & Rhue (1986), nearly 80% of high scorers on the ICMI scored in the high hypnotizability range on the Harvard Group Scale (HGSHS: A; Shor & Orne, 1962). They stated, however, that the constructs of imaginative involvement, absorption, and fantasy proneness are not readily discriminable, but converge in their emphasis on the continuity between imaginative and cognitive abilities in hypnotic and nonhypnotic contexts. Research cited by Rhue & Lynn (1989) suggests that the ICMI has adequate reliability (test-retest range .98 to .93, 2.5 days - 2 weeks; Lynn, Nash, Rhue, Frauman, & Sweeney, 1982; Lynn & Rhue, 1986; Meyers, 1983; Rhue & Lynn, 1985) and validity in terms of correlating significantly with measures of absorption (Tellegen Absorption Scale, range .67 - .81), response to waking suggestion (Creative Imagination Scale, $r = .30 - .31$; Wilson & Barber, 1978), and vividness of imagery (Betts Imagery Scale, $r = .31 - .41$ (Appendix B); Sheehan, 1967). However, Rhue & Lynn (1989) found, contrary to earlier findings (Lynn & Rhue, 1986), that medium and high fantasy prone subjects were equally responsive to hypnotic procedures, suggesting that factors other than fantasy proneness contribute significant variance to hypnotizability scores.

Rhue & Lynn (1987) interviewed and administered life history questionnaires to subjects who were high, medium, and low in fantasy proneness. Some fantasy prone people reported being

severely physically abused in childhood, while abuse was not reported in the other groups. Fantasy prone people also reported greater frequency and severity of physical punishment, greater use of fantasy to block the pain of punishment, more thoughts of revenge toward the person who punished them, greater loneliness, and a preference for punishing their own children less severely than did the comparison groups, suggesting compensatory and adaptive functions of fantasy involvements.

Baker (1987-88) stated that Whitley Strieber, author of Communion (1987), a book which tells the story of his repeated encounters with aliens, is a classic example of a fantasy prone personality. Baker (1987-88) further hypothesized that the existence of fantasy prone personality satisfactorily explains the UFO abductee phenomenon.

Fake Abduction Stories:

Lawson (1984) selected a group of volunteers (n=20) who had never had a UFO experience, administered a hypnotic induction, and asked them to imagine being abducted by aliens. Subjects reported elaborate narratives with countless similarities to, and no substantive differences from, actual abduction reports (p. 212). Lawson (1984) stated that the imagery and events in the abduction narratives, far from being exotic or unique to the abduction paradigm, bear many similarities to narratives which emerge in a wide variety of contexts, including drug-induced hallucinations, near-death reports, shamanic trances, religious ecstasies, and the revivification of trauma associated with fetal development and birth (p. 212). Lawson (1984) argued that an abduction is "a fantasized

sequence of images and events unconsciously based on the witness' own perinatal memories" (p. 211). As evidence, he pointed out that the dominant creature type in both alien encounters and in birth narratives is humanoid, and resembles the human fetus or embryo (p. 215).

Exotic Beliefs and UFO Experiences:

The Liberal Beliefs subscale (LB) and the paranormal experiences subscale (PARA) of the PPI are both purported to measure endorsement of unusual beliefs and reports of paranormal experiences. The PARA subscale consists of items that ask about paranormal experiences (e.g. "'An inner voice has told me where to find something and it was actually there"; "Sometimes I can read another person's thoughts"; "My soul sometimes leaves my body"). The Liberal Beliefs subscale contains items assessing endorsement of exotic beliefs (e.g. "I would like to time travel"; "Telepathy (ESP) is a real phenomenon"; "I have learned to meditate"; "Although I am not sure, there is a good possibility that I have lived in a previous time").

In addition, the PPI contains three questions which directly address UFO and/or alien experiences. Responses on these three questions can be summed to obtain a measure of propensity to endorse UFO explanations of unusual phenomena. The items are: "There is good evidence that life exists on other planets"; "I have been taken aboard a spaceship"; and "Alien intelligence is probably responsible for UFOs". We called this measure "UFO endorsement".

Hypnotizability Measures:

In order for the present study to address the hypothesis put forward by Persinger and Desano (1986) that a relationship exists

between reports of UFO experiences and hypnotic susceptibility, the Carleton University Responsiveness to Suggestion Scale (Appendix C), an index of hypnotic susceptibility, was administered.

Psychopathology and UFO Experiences:

A number of investigators have suggested that UFO reporters suffer from various forms of psychopathology (e.g. Jacobs, 1975; Klass, 1989). Nevertheless, proponents of this hypothesis have failed to support it empirically. Moreover, the few empirical studies that have been conducted on UFO reporters tend to contradict the psychopathology hypothesis. For example, in 1985, Bloecher, Clamar, and Hopkins issued a report on nine abductees who had been assessed by Elizabeth Slater, a clinical psychologist chosen by the authors. Slater was told by the authors that their interest was in evaluating the subjects in order to determine similarities and differences in personality structure, as well as psychological strengths and weaknesses. Slater was not told of the subjects' UFO experiences. Subjects were administered the MMPI, the WAIS, the TAT, the Rorschach, and projective drawings. Slater reported that the nine subjects were all of above-average intelligence, with six of the nine scoring well above the average range. The Rorschach showed "flexibility of thought and sensitivity to affect and/or fantasy" (Bloecher et al, p. 8). Slater also reported that anxiety was prominent among all nine subjects, as well as "a modicum...of narcissistic disturbance" (Bloecher et al, p. 8). In addition, many of the subjects were reportedly mildly paranoid. After Slater was informed as to the nature of the subjects' experiences, she was asked to compile an addendum, addressing several of the authors' questions. When asked

whether the experiences could be accounted for on the basis of psychopathology, she replied, "The answer is a firm no." (Bloecher et al., p. 9). She went on to say that if the reported abductions were fantasy productions, they could only have come from "pathological liars, paranoid schizophrenics, and severely disturbed and extraordinarily rare hysteroid characters subject to fugue states and/or multiple personality shifts" (Bloecher et al, p. 9).

These final comments are especially interesting, particularly in the light of the results of the Lawson (1984) study. Given Slater's conclusions, either all of the subjects who created abduction stories indistinguishable from "real" abduction accounts were pathological liars, paranoid schizophrenics, multiple personalities, and the like, or Slater is unaware that normal people are capable of creating convincing alien abduction stories.

In 1988, Clamar reported that, among the abductees she had seen in her private practice as a clinician, the only thing they held in common was the feeling of being perplexed and troubled by their experience (p. 146). She found no similar thread among the UFO subjects other than the UFO experiences themselves. Interestingly, though, she relates that each client has asked, "in these or similar words: 'Why me?' 'Did this really happen to me?' 'Why was I singled out to be a victim?' " (p. 146). Apparently, every abductee who came to her had, at some point, questioned the reality of his or her experience.

Parnell (1988) tested 225 UFO experiencers on the MMPI and the 16PF. She hypothesized that respondents who claimed more unusual sightings and communication with UFO beings would exhibit

significantly higher mean scores on MMPI scales F, 8, and 9 (infrequency, schizophrenia, and hypomania). She found that those respondents who claimed communication with UFO beings exhibited significantly greater responses to questions about unusual thoughts, feelings, and attitudes, and a greater tendency toward divergent thinking, creativity, alienation, and remoteness from the general environment, and were overly sensitive to criticism (p. 163). This study revealed that UFO reporters shared certain characteristics in common: a high intelligence; assertiveness; experimental thinking; reserved attitude; and defensiveness (p.163). Subjects claiming communication had a significantly greater tendency to endorse unusual feelings, thoughts, and attitudes. They were also more suspicious and distrustful, and tended to be more creative, imaginative and more likely to have schizoid/creative tendencies (p.163).

I.Q. and UFO Reporters:

In the present study, in order to address the finding by Slater that the UFO abductees were of higher than average intelligence, Shipley's Inventory of Living Scale (Appendix D) was administered. This is a scale designed to assess general intellectual functioning in adults and adolescents. It is widely used to assess general intellectual ability (Zachary, 1986). It consists of two subtests: a 40-item vocabulary test and a 20-item test of abstract thinking. Several studies have examined test-retest reliability of the Shipley with different populations. While the test-retest interval varied considerably across samples (median interval = 12 weeks, range 2 to 16 weeks), the results revealed generally high reliability coefficients,

ranging from .62 to .82 (Shaw, 1966; Ruiz & Krauss, 1967; Goodman, Streiner, & Woodward, 1974; Martin, Friedmeyer, Sterne, & Brittain, 1977). Correlations between the Shipley and various Wechsler intelligence tests are all quite high (Zachary, 1986). Zachary, Crumpton, & Spiegel (1985) reported a correlation of .74 between the Shipley and the WAIS-R. Several other validity studies have also correlated the Shipley with other measures of intelligence and academic achievement (Eisenthal & Hartford, 1971; Martin, Blair, Sadowski & Wheeler, 1981; Martin, Blair & Vickers, 1979; Sines, 1958; Watson & Klett, 1968). These studies produced correlation coefficients ranging from .49 for the Slosson Intelligence Test (Martin, Blair, Sadowski, & Wheeler, 1981) to .78 for the Army General Classification Test (Sines, 1958). These generally high correlations with other tests designed to measure intellectual ability and achievement provide additional evidence for the construct validity of the Shipley in its use as a brief estimator of general intelligence (Zachary, 1986).

Psychopathology Indexes for the Present Study:

In order to assess the mental health hypothesis, the present study utilized the following scales: The Rosenberg Self Esteem Scale (Appendix E); the MMPI Schizophrenia subscale (Appendix F); Tellegen's Differential Personality Questionnaire (Tellegen, 1976) (Appendix G); and the combined Magical Ideation (Eckblad & Chapman, 1983) and Perceptual Aberration (Chapman, Chapman & Raulin, 1978) Scales (Appendix I).

Self-Esteem:

The Rosenberg Self-Esteem Scale purports to index self-esteem. O'Brien (1985) compared the Rosenberg Self Esteem Scale with the Eagly revision of the Feelings of Inadequacy Scale, two widely-used self-esteem scales purported to be unidimensional. O'Brien (1985) made a distinction between global self-esteem, which refers to an over-all evaluative set with wide-ranging implications for self-experience (Epstein, 1980) and specific self-esteem, which refers to self-evaluations in narrowly defined domains. Global self-esteem scores may predict behavior across a wide range of situations (Epstein, 1980) while specific self-esteem scores may allow strong predictions to be made in highly delimited behavioral domains (Crary, 1969; Bandura, 1982). O'Brien factor analyzed both the Eagly and the Rosenberg Self Esteem Scale. The analysis of the Rosenberg Scale suggested the presence of a single factor with an eigenvalue of 5.28, accounting for 52.8% of the variance. These results strongly supported the unidimensionality of the Rosenberg Scale. It was further found that the two global subscales of the Eagly scale correlated much more highly with the Rosenberg Scale than did the Eagly's two specific subscales, supporting the contention that the Rosenberg Self Esteem Scale measures global self-esteem.

Differential Personality Questionnaire:

Tellegen's Differential Personality Questionnaire (Tellegen, 1976) contains several subscales. Of interest to the present study are the Absorption (Ab), Social Potency (SP), Aggression (Ag), Stress (SR), Unfriendly World (UW), and Well-Being (WB) subscales. The Absorption subscale measures the subject's tendency to become absorbed in experiences which lend themselves to imaginative

participation, like novels or movies. The Social Potency subscale is intended to measure the subject's tendency to assume positions of leadership both in personal and public domains. The Aggression subscale is a measure of propensity to endorse aggressive behaviours. The Stress subscale is an index of the degree of stress currently in the subject's life. The Unfriendly world subscale is an index of perceptions of the world as a harsh and untrustworthy place. The Well-Being subscale is a measure of general satisfaction and happiness.

Magical Ideation and Perceptual Aberration:

The Magical Ideation (Eckblad & Chapman, 1983) and Perceptual Aberration (Chapman, et al, 1978) Scales are purported to be measures of non-causally-related thought and perceptual distortions, respectively (Johnston, 1991). The Magical Ideation scale was developed to measure magical thinking, one of the traits of schizotypic individuals (Meehl, 1964). Magical thinking was here defined as the belief in events which are not causally related according to the cultural norms (Meehl, 1964). However, many of the items on the scale describe beliefs and experiences with significant popular and/or subpopular support, like a belief in astrology (Johnston, 1991). Hence the scale may end up telling us more about what some psychologists think is appropriate and inappropriate thought rather than how common certain patterns of thought are in the general population (Johnston, 1991).

The Perceptual Aberration scale identifies body image and perceptual distortions reportedly found in schizophrenics and borderline schizophrenics (Meehl, 1964). Such distortions include

unclear body boundaries, feelings of estrangement and unreality, and perception of bodily change. College students who score unusually high on this scale exhibit schizophrenic-like thought disorder on the Rorschach test (Edell & Chapman, 1979), behave more hostile and odd (Numbers & Chapman, 1982), report increased occurrences of psychotic-like experiences like hallucinations, have higher composite scores for schizotypal features, and meet the diagnostic requirements of the Research Diagnostic Criteria (Spitzer & Endicott, 1978) for major depressive disorder or hypomania more often than controls whose scores were not as high (Chapman, Edell, & Chapman, 1980). Lenzenweger & Loranger (1989) describe this scale as a prominent psychometric index of hypothetical psychosis-proneness.

Lenzenweger & Loranger (1989) conducted a study using a nonpsychotic psychiatric sample. Subjects were rated for anxiety, depression, severity of illness, and current adult social competence. Elevated scores were most closely associated with anxiety and depression as well as schizotypal, schizoid, avoidant, and obsessive-compulsive personality disorder symptomatology. Hierarchical regression analysis identified schizotypal symptoms and anxiety as the two underlying psychopathological processes most useful in explaining variance in the scores. Lenzenweger & Loranger (1989) concluded that results supported both the clinical relevance and research utility of the Perceptual Aberration Scale. An alternative account of the Magical Ideation and Perceptual Aberration scales suggests that these instruments assess normal imaginal activity rather than psychopathology. Johnston (1991) found that Magical Ideation and Perceptual Aberration scores failed to correlate

significantly with measures of psychopathology after normal imaginal activity (as indexed by Absorption and other imagery scales) had been statistically controlled.

The Complexity of UFO Experiences:

Sleep Paralysis:

Anecdotal reports indicate that UFO experiences are complex, and reflect a variety of processes. For example, a number of reports contain elements that suggest an etiology of sleep paralysis. Sleep paralysis is the term given to an episode of paralysis of the body either just prior to sleep or upon waking, often accompanied by the sensation of weight pressing on the chest, difficult or laboured breathing, and, importantly, hallucinations (Baker, 1992, P. 19). These hallucinations are often terrifying and vivid (e.g. Hufford, 1982) and, in a culture where the phenomenon is not well-known, it is left to the individual to interpret the experience according to his or her own belief system. Hufford (1982) comments that the experience "can be as easily assimilated to UFO beliefs as it can to vampirism, witchcraft, or anxiety neurosis" (p.234). Keel (1970) published two articles in popular magazines dealing with "bedroom invaders", and reported receiving a great many letters in response which detailed readers' own similar experiences. Ellis (1990), a folklore specialist, regarded the activities of UFO therapists like Budd Hopkins (1981) as creating a modern folklore out of what are essentially sleep paralysis experiences accompanied by vivid hypnagogic hallucinations.

Maher (1988) has argued that all delusions can be understood as responses to anomalous experiences. According to this view, delusions are in fact rational, systematic and reasonable explanations

of these experiences. Delusional explanations are arrived at by the same process which scientists use; the delusional patient, like the scientist, investigates alternative interpretations before settling on a delusional one. In this view, a person who has experienced an episode of sleep paralysis accompanied by vivid hallucinations, having few social referents to which to turn, comes up with an explanation that suits the facts as he or she sees them. And so we get reports of ghosts, angels, and aliens visiting peoples' bedrooms.

Space Ships at Close Range:

Anecdotal reports also indicate that the sighting of a space craft of some type at close range is associated with the more complex UFO experience, and often foreshadows an abduction. For example, the case of Calvin Parker and Charles Hickson, two men who claimed to have been abducted together by aliens and taken up into their craft, the alleged abduction took place with the spaceship hovering low directly above them (Baker, 1992, p. 318). Another recent example is the series of sightings reported and photographed by Walters & Walters (1990) in Gulf Breeze, Florida. The photographs taken of the alleged sightings show that the craft was often close enough to make out details like windows. While a multitude of reports simply claim that a distant light in the sky was acting strangely, the sighting of a craft at close range is less common and is likely to be associated with overtly "alien" explanations of the experience. This makes sense, since a report of a light in the sky has several possible sources, while a reported space ship parked on the road, or hovering 20 feet in the air leaves less room for explanations other than the "alien" option.

Aliens:

Anecdotal evidence also indicates that an important element of some UFO accounts is the sighting of, and/or interaction with, alien beings. The literature is replete with examples of sighted aliens, and their descriptions vary enormously (Baker, 1992, p.322). One need look no farther than Communion, by Whitley Strieber (1987), for many excellent examples of contact with aliens. The following is only one of many from Strieber's (1987) account:

...she's got a big head and her eyes have bulges...she's sort of brown-skinned, not like a black person but like leather. Yellow-brown. And when she opens her mouth her lips are all - she hasn't got lips exactly -- but it flops down. Her lips are floppy. (p. 78)

If contact is reported between the entity and the sighter, it occurs either verbally, physically, or telepathically. The anecdotal literature contains examples of each of these kinds of contact. Verbal contact was the first kind reported, and it appears in the literature as far back as 1897, when the pilot of an airship (a machine which had yet to be invented) was said to land and ask directions of two farmers in Springfield, Illinois (Baker, 1992, p.306). Modern media portrayals of encounters with aliens often include verbal contact (e.g. recent popular films and t.v. shows like "E.T. The Extra-Terrestrial"; the "Star Trek" series; the "Star Wars" series). A great number of reported encounters involve telepathic contact (Baker, 1992, p.312). Strieber (1987) reports contact with entities who can communicate either verbally or telepathically (p. 102). And there are numerous examples of physical contact as well, either via reported scarring or scratching due to pseudo-medical probing (e.g. Strieber, 1987, p. 75-

76; Baker, 1992, p. 320), or through simple touching of the sighter by the entity (e.g. Strieber, p.149).

Missing Time:

Another characteristic of alien encounters which appears in the anecdotal literature is reports of missing time. That is, the sighter claims to be unable to account for a block of time associated with a UFO encounter. Often the experience is preceded by the sighting of a space craft. The next event that can be consciously recalled is usually several minutes, hours, or even days later (for a review of this phenomenon, refer to Hopkins, 1981). A period of missing time is interpreted by many UFO investigators as symptomatic of an alien abduction, the recollection of which has been repressed (e.g. Hopkins, 1981).

Being "Beamed Up":

The literature also includes accounts by some of being taken up into a space craft (Baker, 1992, p. 318; Strieber, 1987, p.14; Walters & Walters, 1990). This is the setting for the medical examinations (Strieber, 1987, p.75-76), or for a chance to exchange information (Baker, 1992, p. 318). Often it is this experience which is "discovered" to lie behind the missing time, the recollection of which later emerges, often only with the aid of hypnotic regression (e.g. Hopkins, 1981).

After-Effects:

Frequently, reported encounters with space craft and/or space beings are said to cause mental and physical after-effects. Above and beyond the missing time phenomenon, a sense of confusion and disorientation is often reported (e.g. Strieber, 1987, p. 114-115).

There have been claims of neurological, physiological, and psychological disturbances following alleged abductions (Baker, 1992, p. 320). For example there have been reports of scarring, and of being otherwise "marked" in the course of alien examinations (e.g. Baker, 1992, p. 320; Strieber, 1987, p. 75-76).

Reduced External Referents:

Many of the reported sightings in the literature occur at night. Baker (1992) stated that a great number of claimed sightings occurred at a considerable distance, and under conditions that amplify uncertainty and ambiguity, such as waking up in the middle of the night, or driving alone on lonely highways in remote unsettled areas (p. 312). In other words many sightings occurred under conditions where there existed a reduction in external sources of reference for the sighters. Under these circumstances the sighters may have become increasingly dependent on internal sensations and perceptions for guidance. It may be that individuals who are particularly attuned to bodily sensations, who have an active and rich fantasy life, and who also endorse exotic beliefs, might be predisposed to interpret events occurring under conditions of reduced external referencing in terms of their exotic belief systems. The fact that many reports are often sleep-related seems to indicate that dream imagery, hypnogogic hallucinations and the like may also be playing a role.

Three Psychological Dimensions:

A review of the literature seems to indicate that there are three psychological dimensions that may be associated with UFO experiences: 1) psychopathology; 2) imaginal propensity broadly

defined to include magical thinking, absorption, hypnotizability, etc.; 3) and sleep disorders. It appears that some people may simply be suffering the delusions of psychopathology, others may simply be exercising an active and powerful imagination, and others may be incorrectly interpreting hallucinations due to sleep paralysis.

The Religion/Science Perspectives:

While the etiology of UFO reports is an important issue, another question arises when studying belief in aliens and UFOs: why believe? What end is served by the endorsement of this belief or system of beliefs? It may be that a belief in UFOs acts in lieu of traditional religious belief. That is, a belief in alien life contains elements normally found in religious belief: that "they" will be our salvation; that "they" are in fact the perpetrators of the miracles recorded in the Bible and in other historical sources; and that "they" created us. Thus a belief in aliens couched in these terms would serve a purpose similar to the role played by traditional religious belief: it would delineate a scheme of the universe in which human beings play an important role; and it would alleviate fears about the future, since there are other, wiser beings who are, or will be, in control.

It may also be that a belief in UFOs exists for some within a conceptual framework borrowed from science. That is, belief in aliens involves an endorsement of ideas such as: "they" are experimenting on us; "they" are observing our behaviour; "they" are investigating the life on this planet. In this sense, a belief in UFOs becomes a "forward-thinking" and "scientific" speculation, which, in the fullness of time, will be proven true. A person couching their belief in these

terms has before him or her the prospect of eventually being proved a visionary and radical thinker, unafraid to go against the tide in the pursuit of truth.

Either or both of these two possibilities benefit the believers, either in alleviating anxiety about the future and placing humankind in a place of cosmic importance, or in lending the belief the surface credibility of scientific endeavour.

The Present Study:

The present study follows along the lines of Parnell (1988), though a different battery of tests and inventories were used. An evaluation of Baker's (1987-88) hypothesis regarding fantasy prone personality was undertaken: therefore the Inventory of Childhood Memories and Imaginings was administered. Also, we examined the hypothesis put forward by Persinger and his colleagues (Persinger, 1984; Persinger & Valliant, 1985; Persinger & Desano, 1986) that a relationship exists between reports of UFO experiences, hypnotic susceptibility, capacity for imagining, and temporal lobe signs. In order to obtain measures on mental health problems, or psychopathology, as well as additional measures of imagery ability, we administered the Rosenberg Self-Esteem Scale, the MMPI schizophrenia subscale, the Differential Personality Questionnaire (Tellegen, 1976), and the combined Magical Ideation (Eckblad & Chapman, 1983) and Perceptual Aberration (Chapman, Chapman, & Raulin, 1978) scales. We assessed I.Q. by administering Shipley's Inventory of Living Scale. We also administered the CURSS to assess hypnotic suggestibility.

Our hypothesis regarding UFO sightings was that most of the reported sightings occurred under conditions of reduced cues for external reality (e.g. at night, in an isolated area). In addition, we expected to find that the reporters were individuals who included in their world view a belief in UFOs and that, as their reports became more bizarre, their scores on fantasy proneness and other imagery scales increased. Therefore UFO reporters are theorized to be people with a propensity toward fantasy, with an established belief in UFOs, who find themselves in a situation where there are reduced external reality cues; when an anomalous sensation occurs (either due to an externally real source, an internal bodily sensation, a sleep disorder-induced hallucination, or a fantasy production), it will be interpreted by the experient in terms of his or her pre-existing beliefs regarding the reality of UFOs and alien life.

In addition, we expected that this belief would act in lieu of traditional religious belief for UFO reporters. It may be that the belief in an all-powerful and benevolent alien race watching over us acts in lieu of standard religious belief in some individuals. The all-powerful, fearful yet benevolent extra-terrestrial may be, for some, the modern-day equivalent of a god. Alternatively, the belief may take the form of a pseudo-scientific explanation. This lends to the belief the credibility of scientific skeptical investigation, and thus validates it in the mind of the believer as a plausible theory.

Method

Subjects:

The UFO group consisted of individuals (N=49) solicited from the general public through newspaper advertising. The advertisement was worded as follows:

Carleton University researcher seeks adults who have seen UFOs. Confidential.

Subjects received payment of \$5.00 for every hour of participation. Session lengths varied, but averaged approximately 3 hours in duration.

Two comparison groups were used. One group (N=53) consisted of individuals solicited through newspaper advertising. The advertisement was worded as follows:

Carleton University Researcher seeks adults for personality study.

Subjects were paid \$10 for every hour of participation, which averaged approximately two hours. The second comparison group (N=74) consisted of undergraduate volunteers in introductory psychology courses who received course credit for their participation. Two comparison groups were used because pilot sampling revealed that the comparison group solicited from the newspaper yielded an inordinate number of unemployed individuals with relatively little education who were attracted to the payment received for participation. Although the undergraduate comparison group was not representative of the population at large, the bias in this group was

expected to be in the opposite direction to the bias found in the community pilot sample (i.e. bias in I.Q. is toward the low end with the general public group, and is toward the high end among the undergraduate group.)

Apparatus and Materials:

Subjects in the UFO group underwent a semi-structured interview (Appendix A). The interview was recorded, with the subjects' knowledge and consent, on audio tape. The contents of the interviews were then transcribed (Appendix K). UFO subjects and subjects from both comparison groups completed the Shor Orne and O'Connell (1962) revision of the Betts' Imagery Scale (Appendix B). All subjects were then administered the Carleton University Responsiveness to Suggestion Scale (Spanos, Radtke, Hodgins, Stam & Bertrand, 1983), which yields 3 measures: an objective score (CURSS:O), indicating the extent to which the subject overtly responded to the suggestions; a subjective measure (CURSS:S), indicating the extent to which the individual subjectively experienced the perceptions called for by the suggestions; and an objective-involuntary measure (CURSS:OI), indicating the extent to which the subject experienced overt responses as occurring involuntarily. All subjects were then administered the previously described inventories.

Procedure:

All subjects in the UFO group were tested individually by the same female experimenter. Subjects in the control groups were tested in small groups of two to ten, by one of two female experimenters. The interview, administered only to UFO subjects,

was loosely constructed as follows: subjects were asked to relate their UFO experience(s), and the interviewer asked questions regarding not only details of the UFO experience, but also regarding the following: the subject's opinions as to what it was he or she saw; the subject's estimate as to the probability of life existing elsewhere; the subject's hypothesis as to why alien life would be visiting us; whether or not, in the subject's opinion, the aliens mean us harm; whether or not the subject was religious; whether or not the subject believed in psychic phenomena; whether or not the subject had ever had a psychic experience; whether or not the subject felt that the government is covering up the truth about alien visitation.

UFO subjects, as well as subjects in the two comparison groups, were then administered the Betts questionnaire (Betts Imagery), followed by the CURSS (Spanos et al, 1983). After completion of the CURSS, subjects were administered the Shipley's Institute of Living Scale, which requires that the administrator limit the time of subjects' performances, allowing them ten minutes for each of the two sections. The remainder of the questionnaires were filled out by subjects working at their own pace. The experimenter was available for any questions or problems that may have arisen.

For the UFO group, the interview was content analyzed in order to code specific aspects of the reported experience for comparison. A score that reflected the intensity of the experience was calculated by summing together the following elements from the interviews: 1) whether the subject had seen a craft close-up; 2) whether the subject had seen any alien beings; 3) whether there was any verbal contact between the alien(s) and the individual; 4) whether there was any

physical contact between the alien(s) and the individual; 5) whether there was any telepathic contact between the alien(s) and the individual; 6) whether the experience of sleep paralysis was reported; 7) whether the experience of missing time was reported; 8) whether the individual reported being taken up in a space craft; and 9) whether any physical or mental after-effects were noted by the individual after termination of the experience(s). For each subject a single intensity score was obtained by summing the experiences. Two raters independently scored subjects' transcribed interview protocols for each category of experience. Each experience was scored dichotomously. Inter-rater agreements ranged from .76 to 1.00. Inter-rater reliabilities for these measures are as follows: craft close-up: $r = .87$; sighting of an entity: $r = .89$; verbal contact: $r = .88$; physical contact: $r = 1.00$; telepathic contact: $r = .96$; sleep paralysis: $r = .92$; missing time: $r = .88$; being taken up in a ship: $r = 1.00$; physical or mental effects: $r = .88$. Cronbach's alpha indicated that this scale demonstrated adequate internal reliability, $\alpha = .78$.

Some other pertinent items scored for in the interviews were: whether or not the subject reported multiple experiences (inter-rater reliability of $r = 1.00$); whether the experience occurred at night (inter-rater reliability of $r = .96$); whether the experience was sleep-related in any way excluding sleep paralysis (inter-rater reliability of $r = .80$); whether the subject was well-read on the subject of UFOs (inter-rater reliability of $r = .96$); whether the subject had developed no theory, a simple theory, or a complex theory to account for his or her experience(s) (inter-rater reliability of $r = .97$); whether the subject's experience was overall positive (inter-rater reliability of $r =$

.76); whether the subjects' experience was overall negative (inter-rater reliability of $r = .76$).

In order to assess the hypothesis that UFO believers couch their belief in either a religious or scientific framework, the UFO interviews were also coded for the following elements: the aliens are going to save us; the aliens were the perpetrators of the miracles described in the Bible (e.g. they were in fact the angels from the sky, Jesus was an alien, and one of their craft was in fact the Star of Bethlehem); the aliens created us. If subjects endorsed any one or combination of these three items, they were scored as endorsing a religion perspective. We also coded for the following: the aliens are experimenting on us; the aliens are observing; the aliens are investigating. If subjects endorsed any one or combination of these three items, they were scored as endorsing a science perspective. These items were coded for by two independent raters, and were scored dichotomously. Inter-rater reliabilities are as follows: the aliens will save us: $r=1.00$; the aliens were perpetrators of Biblical miraculous events: $r=1.00$; the aliens created us: $r=1.00$; they are experimenting on us: $r=.98$; they are observing: $r=1.00$; they are investigating: $r=.98$.

Results

Division of the UFO Subjects:

Examination of the interview material indicated that the UFO subjects can be subdivided into two distinct groups: those who reported relatively simple experiences and who therefore scored 0 on the intensity index; and those whose reports were more involved,

and who therefore scored 1 or higher on the intensity index. Typically those who scored 0 on this scale simply reported seeing lights or shapes in the sky which they interpreted as a possible UFO. Those who scored 1 or higher on this scale reported varying experiences which were more complex and involved. Statistical analyses were conducted on a total of four groups: the UFO non-intense group; the UFO -intense group; the community sample; and the university sample. Table 1 presents the variable means, standard deviations, number of responders, and range of scores for each of the four groups.

insert Table 1 about here

Differences Between the Groups:

Separate ANOVAs were conducted on the individual measures of mental health and of imagery. Separate ANOVAs were conducted instead of an overall MANOVA because a large number of subjects had missing data on at least one variable. The MANOVA procedure excludes all subjects with missing data on any variable, while the individual ANOVAs exclude only those subjects with missing data for the particular variable being analyzed and thus preserve more of the data pool. The UFO non-intense group had 5 out of 18 subjects with missing data (27.8%); the UFO -intense group had 14 out of 31 subjects with missing data (45.2%); the community sample had 17 out of 51 subjects with missing data (33.3%); and the university sample had 21 out of 74 subjects with missing data (28.4%). A chi square conducted on the number of subjects per group with missing

data on one or more variables was not significant, χ^2 (df=3)= 3.02, indicating that no one group suffered higher numbers of incomplete data than the others.

insert Table 2 about here

Mental Health Variables:

Schizophrenia subscale: A one way ANOVA conducted on the MMPI schizophrenia subscale was significant, $F(3, 169) = 9.61$, $p < .001$. Newman Keuls post hoc analyses revealed that both the introductory psychology and community samples scored higher than both the UFO-non-intense and the UFO-intense groups. The two comparison groups did not differ from each other, and the two UFO groups did not differ from each other on this measure.

Self Esteem: A one way ANOVA on the Rosenberg Self Esteem scale revealed a significant difference between the four groups, $F(3, 168) = 8.22$, $p < .001$. Post hoc analyses showed that the UFO-non-intense group had higher self-esteem scores than the three other groups. The UFO-intense group had the second-highest self-esteem scores, significantly higher than the two comparison groups. The two comparison groups failed to differ on this measure.

Perceptual Aberration and Magical Ideation: A one way ANOVA on the Perceptual Aberration scale (Chapman et al, 1978) revealed a significant difference between the four groups, $F(3, 169) = 2.82$, $p < .05$. Post-hoc analyses showed that the UFO-non-intense group had the lowest scores on this measure, while the other three

groups failed to differ from each other. A one way ANOVA conducted on Magical Ideation (Eckblad & Chapman, 1983) scores was non-significant, $F(3, 169) = 1.70, p = .17$.

Unfriendly World: A one way ANOVA on scores from the Unfriendly World subscale of the Differential Personality Questionnaire (Tellegen, 1976) revealed a significant difference between the four groups, $F(3, 161) = 3.15, p < .05$. Post-hoc analyses showed that both comparison groups scored higher than the UFO - intense group. The two comparison groups failed to differ from each other, and the UFO-non-intense group failed to differ from the UFO-intense group or the two comparison groups.

Well-Being: A one way ANOVA on the Well-Being subscale of the Differential Personality Questionnaire (Tellegen, 1976) was significant, $F(3, 161) = 4.10, p < .01$. Post-hoc analyses showed that the two UFO groups failed to differ from each other, but scored higher on this measure than did the two comparison groups. The two comparison groups did not differ from each other.

Stress: A one way ANOVA on the Stress subscale of the Differential Personality Questionnaire (Tellegen, 1976) was significant, $F(3, 161) = 6.92, p < .001$. Post-hoc analyses revealed that the two comparison groups did not differ from each other, but scored higher than the two UFO groups, who did not differ from each other.

Social Potency: A one way ANOVA conducted on the Social Potency subscale of the Differential Personality Questionnaire (Tellegen, 1976) revealed a significant difference among the four groups, $F(3, 161) = 2.70, p < .05$. Post-hoc analyses revealed that the

UFO-non-intense group scored higher than the controls. All other groups failed to differ.

Aggression: A one way ANOVA on the Aggression subscale of the Differential Personality Questionnaire (Tellegen, 1976) was significant, $F(3, 161) = 2.96, p < .05$. Post-hoc analyses showed that the university sample scored higher than the UFO-intense group. The other groups failed to differ from any others.

In summary, the UFO groups scored as mentally healthier than the comparison groups on all significant analyses.

I.Q. Variable:

A one way ANOVA on the I.Q. scores as estimated by Shipley's Institute of Living Scale revealed a significant difference between the groups, $F(3, 164) = 4.98, p < .01$. Post-hoc analyses showed that the UFO-non-intense group scored higher than the other three groups. Further, the university sample scored higher than the community sample. No other differences attained significance.

Imagery and Hypnotizability Variables:

One way ANOVAs comparing the four groups failed to find significance for the following indexes: the Betts Imagery scale, $F(3,146) = 1.46, p = .23$; the Absorption subscale of the Differential Personality Questionnaire (Tellegen, 1976), $F(3,161) = .44, p = .72$; fantasy proneness scores from the ICMI, $F(3,170) = 1.72, p = .16$; and the temporal lobe -like signs subscale of the Personal Philosophy Inventory (XT), $F(3, 164) = 1.38, p = .25$.

A one way ANOVA that compared the four groups failed to attain significance on the objective dimension of the CURSS, $F(3, 146) = 1.05, p = .37$, the subjective dimension of the CURSS, $F(3, 146) =$

.60, $p = .62$, or the objective-involuntary dimension of the CURSS, $F(3, 146) = 1.52$, $p = .57$.

Exotic Beliefs Variables:

A one way ANOVA on the UFO endorsement measure of the PPI was highly significant, $F(3, 164) = 12.16$, $p < .0001$. Post-hoc analyses revealed that the UFO groups failed to differ from each other. However both UFO groups scored higher on this measure than did the two comparison groups, who did not differ from each other.

A one way ANOVA on the Liberal Beliefs subscale of the PPI revealed a significant difference among the four groups, $F(3, 164) = 10.19$, $p < .0001$. Post-hoc analyses indicated that both UFO groups scored higher on this measure than did the university sample. In addition, the UFO-intense group scored higher than the community sample.

A one way ANOVA on the Paranormal beliefs subscale of the PPI was not significant, $F(3, 164) = .29$, $p = .83$.

See Appendix L for summary tables of significant ANOVAs.

Differences Within the UFO Group:

The Intensity Index:

The intensity index was composed of 9 items scored from the interviews. The intensity index was found to have an L-shaped distribution, with the majority of UFO people scoring between 0 and 2. Of the 49 subjects in this group, 18 scored 0 on this measure, 14 scored 1, 10 received a score of 2, and the remaining 7 subjects were scattered fairly evenly over the remaining possible scores of 3 to 9. Figure 1 illustrates the frequency of scores attained on this

composite measure. In addition Table 3 shows the number of subjects who endorsed each of the 9 items on the intensity scale.

insert Figure 1 and Table 3 about here

UFO Experiences as Positive or Negative:

Chi square analyses compared the UFO -intense and UFO non-intense groups on the dimensions of overall positive and negative experiences. The relevant frequencies are given in Table 4.

insert Table 4 about here

A chi square conducted on the positive experience dimension was not significant, X^2 (df=1) = .940. See Table 5 for chi square values on items coded from the transcribed interviews.

insert Table 5 about here

A chi square on the negative experience dimension revealed that significantly more people in the intense group scored as having an overall negative experience than people in the non-intense group (X^2 (df=1) = 12.551, $p < .005$). In fact, not one person in the non-intense group was coded as having a negative experience. See Table 5.

UFO Sightings Occurring At Night:

A chi square conducted on the coding for whether or not the event occurred at night was not significant, X^2 (df=1) = .054.

Subjects in both UFO groups reported that over 80% of their sightings occurred at night. See Table 5.

Complexity of Subjects' Theories:

A chi square conducted on the coding for whether the subject had developed no theory, a simple theory, or an elaborate theory was also not significant, $X^2 = .985$, $p < .750$.

insert Table 6 about here

The bulk of subjects in both UFO groups were coded as having a simple theory (72 % of the UFO non-intense; 58% of the UFO-intense).

The Religion/Science Perspectives in Subjects' Theories:

A chi square conducted on the endorsement of a theory couched in religious terms revealed that 33% (n=6) of UFO non-intense subjects endorsed this perspective, and 45% (n=13) of UFO - intense subjects endorsed this perspective. The chi square was not significant, X^2 (df=1) = .66. The chi square did reveal, though, that the belief in aliens and UFOs is couched in a religious perspective for 41% of UFO subjects regardless of their intensity scores. See Table 5.

A chi square conducted on the endorsement of a theory couched in scientific terms revealed that 67% (n=12) of the UFO non-intense group endorsed this perspective, and 55% (n=17) of the UFO - intense group endorsed this perspective. The chi square was not significant, X^2 (df=1) = .66. However it did reveal that 60% of the subjects in the UFO groups, regardless of intensity score, endorsed a scientific perspective. See Table 5.

Ten subjects endorsed both perspectives. Of these, 8 were from the UFO -intense group (making up 26% of this group), and 2 were from the UFO non-intense group (making up 11 % of this group).

We also found that most UFO subjects endorsed either the religion perspective, the science perspective, or both. That is, of the UFO non-intense subjects, 16 out of 18 endorsed one perspective or the other, or both. Of the UFO -intense subjects, 23 out of 31 endorsed one perspective or the other, or both.

Sleep-Relatedness:

A chi square conducted on whether the experience was sleep related was significant, X^2 (df=1) = 7.39, $p < .01$. The UFO non-intense subjects less frequently reported sleep related experiences than did the UFO -intense subjects. Sleep paralysis experiences were reported by 14.2% of the UFO subjects (n=7). See Table 5.

Correlations Among Intensity Scores, Imagery, and Mental Health Variables:

Subjects in the two UFO groups were combined and Pearson correlation coefficients were calculated among the dependent variables. These correlations are given in Table 15. The more intense the reported experience (i.e. the higher the intensity score), the higher the inventory measures of imagery and of indices of mental health which tap heavily into imaginal propensities. The intensity score was correlated significantly and in a positive direction with scores from the Schizophrenia subscale ($r = .28$), and the Magical Thinking and Perceptual Ideation scales ($r=.32$ and $.44$, respectively), and with indexes of temporal lobe lability and fantasy (fantasy proneness, $r = .34$; temporal lobe scale, $r = .33$). In addition, many of

the indexes were correlated with each other. For example, Schizophrenia, Magical Ideation, Perceptual Aberration, and Fantasy Proneness were all significantly and positively intercorrelated. These items, which were the sole items found to correlate significantly with intensity scores, all have in common an imaginal component, suggesting that the key factor, rather than psychopathology, is imaginal proclivity.

insert Table 7 about here

Discussion

Fantasy, Temporal Lobe and Psychopathology Hypotheses:

Persinger's hypothesis (Persinger & Desano, 1986) that UFO experiences are related to hypnotizability was not supported, as CURSS scores did not differ between the groups, and within the UFO group, hypnotic susceptibility scores did not correlate significantly with intensity of the experiences reported. Persinger & Desano (1986) also hypothesized that UFO reporters would have an enhanced capacity for imagining and exhibit greater temporal lobe lability than nonreporters. Contrary to these hypotheses, the UFO groups did not differ from the comparison groups on the measures of imaginative ability (i.e. Absorption, Fantasy Proneness, Betts Imagery, or temporal lobe scales). However, within the UFO group, the temporal lobe and fantasy proneness scales correlated significantly and in a positive direction with intensity of experience

reported. But the scores were not high enough to indicate fantasy prone personality. Nevertheless, the correlations among temporal lobe and fantasy proneness scores and intensity scores indicates that imaginal propensity does play a part in the generation of intense ufo reports.

Baker's (1987-88) hypothesis that UFO sighters are fantasy prone personalities, and therefore are members of a hypothesized 4 % of the population who attain high scores on this dimension was not supported by the results of this study since fantasy proneness scores did not differentiate between the UFO and comparison groups. Among the UFO reporters fantasy proneness did correlate with intensity of experience. Nevertheless the fantasy proneness scores of the UFO reporters were not sufficiently high to place them in the top 4 % of the population on this dimension. Rhue & Lynn (1989) used a cut-off score of 37 or above to designate their "fantasizer" group (range 37 to 50) (p. 102). For the present study, the UFO non-intense group ranged in fantasy proneness scores from 8 to 32. The UFO - intense group had scores ranging from 8 to 38, with only one person scoring above the cut-off of 37. Fantasy proneness scores in the community sample ranged from 9 to 41, with 6 people scoring 37 or higher. The university sample had fantasy proneness scores ranging from 7 to 40, with 3 people scoring 37 or higher. Therefore the UFO groups had fewer individuals scoring 37 or higher (n=1) than did the comparison groups (n=6 and 3).

As the intensity of the experience increased, so did the tendency to report these events as negative experiences, associated, often, with strong negative affect and debilitating effects on style of

life. These findings are inconsistent with the idea that UFO reporters live in an enjoyable fantasy world, since, clearly, many of the ufo subjects reported experiences which were distinctly unpleasant.

We predicted that as the strangeness (or intensity) of UFO reports increased, so would scores on mental health problems and imagery ability. Within the UFO group, this pattern was found, but only among those mental health indexes which tap into imaginal proclivities. Between the groups, the UFO subjects scored as healthier than the comparison groups on all measures of mental health. There are at least three different hypotheses that could explain these results. First, it may simple be the case that, because of the number of ANOVAs run, the results were spurious. But, in defense of the findings, they are consistent with the results of other studies that UFO reporters are more imaginative and creative (Parnell, 1988; Bloecher et al, 1985). Second, it may simply be the case that UFO reporters are indeed mentally healthier than the average person. And third, these results can be viewed from the perspective of role-theory. Mills & Hogan (1978) postulated a role-theoretical account of personality and inter-personal behaviour which assumed that in most social situations people attempt to maximize the amount of positive, friendly attention they receive, and to minimize the amount of hostile, negative attention they must endure. According to this view, test-taking is a form of social interaction that closely resembles social behaviour in general. During the test session, as during most social intercourse, each person typically tries to project an image of him- or herself that is designed to manage the impressions that others are forming of him or her (p. 784). This perspective suggests

that the UFO subjects knew they were being interviewed because of their UFO experiences, and were all further aware that the sighting of a UFO is regarded with some derision in our culture. Therefore these individuals were self-presenting as eminently practical, rational, pedantic personalities in order to counter the implication that their UFO reports meant that they were "flaky" or mentally unbalanced.

Within the UFO group, intensity of experience correlated with schizophrenia scores, magical ideation scores, perceptual aberration scores, fantasy proneness scores, and the temporal lobe -like signs subscale. Thus the more intense and involved the UFO experience, the more likely that experiencers scored relatively high both on imagery scales and on those mental health indices which tap into imaginal propensities.

It would be interesting to look at intense fantasized experiences among the comparison groups in order to see whether intense imaginal experiences are in fact found among populations not claiming UFO experiences. Since the UFO group scored as normal on psychopathology and imagery indices, perhaps an intense imaginal experience that is taken as real is not a feature uncommon to normal populations. It may be that a number of normal people have these intense imaginal experiences, and interpret them in different ways based on their belief systems. Thus sightings of ghosts, or encounters with divine beings might be found among a normal population, and UFO experiences may simply be one manifestation of these experiences.

It is essential to note that, while differences in imaginal scores exist within the UFO group as a function of intensity, when compared

with other groups their scores are well within the normal range of responses. For example, the recommended cut-off point for high scores on the Magical Ideation and Perceptual Aberration scales is 3 standard deviations above the mean (Johnston, 1991). Interestingly, no subject in either of the UFO groups scored sufficiently high to meet this criterion, although some individuals in the comparison groups did.

Further, the normative data for the subscales of the Differential Personality Questionnaire (Tellegen, 1976) reveal that with a cut-off for extreme scores at two standard deviations above the mean, the UFO subjects are either below the cut-off or, if any individuals are over, the same is also true for the comparison groups.

For scores on Absorption, the normative data indicates that scores of 34 or higher are considered high. No subjects in any of the four groups scored this high.

On the Social Potency subscale, scores of 24 or higher are considered high. The UFO non-intense group had 1 out of 18 individuals who scored higher than 24. The UFO -intense group had no subjects who scored at this level. The community sample had one person out of 53 scoring at this level, and the university sample had one such score out of 74.

For scores on Well-Being, the normative data indicate that scores of 29 or higher are considered high. None of the subjects in any group scored at this level.

For scores on the Unfriendly World dimension, the normative data indicate that scores of 9 and over are considered high. The UFO non-intense group had 1 individual out of 18 scoring higher than

this, and the UFO -intense group had 2 people out of 31. However, the community sample had 14 people out of 53 scoring 9 or higher, and the university sample had 21 out of 74.

For scores on the Aggression subscale, the normative data indicate that scores of 13 and higher are considered high. The UFO non-intense group had 3 people out of 18 score at this level, and the UFO -intense group had 1 person out of 31. The community sample had 13 scores out of 53 that were higher than 13, and the university sample had 20 out of 74.

For the Stress subscale, the normative data indicate that scores of 25 or higher are considered high. The UFO non-intense group had no scores at this level. The UFO -intense group also had none. The community sample had 4 people out of 53 score 25 or higher, and the university sample had 2 out of 74.

The Reduced External Referents Hypothesis:

The finding that most UFO experiences were reported to have occurred at night is consistent with the hypothesis that reduced external sensory stimuli play a role. Similarly, the finding that the UFO -intense group's experiences were more likely to be associated with sleep supports the idea that reduced external referencing plays a part, in that people who are falling asleep, or abruptly awakened from sleep, often experience confusion and disorientation, and may confuse dream content with reality. The finding that 14.2% ($n=7$) of the UFO subjects reported symptoms indicative of sleep paralysis also supports the hypothesis that a number of the UFO experiences may in fact be symptoms associated with sleep disorders.

The finding that subjects in both UFO groups endorse UFO beliefs significantly more than do subjects in the comparison groups can be interpreted in at least two different ways. First, it may simply be that the experience of having seen a UFO causes the experiencer to search for an explanation; the alien spacecraft explanation can in many ways be seen as the most attractive to some people, and so it is adopted as the theory of choice. However, it may also be that this propensity to endorse a belief in UFOs existed in the UFO reporter prior to the experience, and in fact is responsible for the "flying saucer" interpretation being adopted as an explanation of anomalous experiences.

Our findings are consistent with the idea that UFO experiences are reported by normal individuals who are willing to adopt paranormal explanations, and particularly UFO explanations, for ambiguous experiences, and that the experiences generally occur under conditions conducive to confusing reality with fantasy. The UFO reporters take these experiences and interpret them in the context of previously-held UFO beliefs.

The Religion/Science Hypothesis:

We found some evidence to support the hypothesis that the belief in UFOs may act in lieu of traditional religious belief: over 40% of UFO subjects endorsed one or more of the beliefs that the aliens will save us, that they are the gods and angels of ancient times, and that they created us. It is interesting to note that the UFO subjects scored higher in Well-Being and Self-Esteem than subjects in the other groups. These findings could be taken as support for the religion perspective in that greater well-being and self-esteem would

be expected in people endorsing beliefs which place humankind in a position of importance, and wiser beings in control of our fate. On the other hand, as the UFO experiences became increasingly involved and intense, reports of fear and negative impact on life increased. This finding is not consistent with the hypothesis that belief in alien life acts in lieu of traditional religious belief.

In addition, we found that the majority of UFO subjects endorsed a scientific perspective, couching their belief in terms of alien observation, experimentation, and investigation. The borrowing of scientific terminology and the attribution of the goals of human science to the motives of alien beings lends credibility to the belief, may help believers justify their belief and so maintain it, and, in humanizing the activities of the aliens, reduces any anxiety which may be felt regarding their motives. In short, couching the belief in UFOs in terms of science renders the belief more palatable.

We found that most UFO subjects, regardless of intensity scores, endorsed either the religion perspective, the science perspective, or both. This suggests that subjects found these two perspectives useful in interpreting and formulating theories about aliens and UFOs.

Interestingly, over 1/4 of UFO -intense subjects endorsed both a religious and scientific perspective, as did 1/10 of the UFO non intense group. This may indicate that the religious and scientific viewpoints are not mutually exclusive. It may instead be the case that any given subject is willing to hold several different theories at once, since the topic is, for most, highly speculative, and there is no perceived need to pick one theory and stick to it. Many different

possibilities are acknowledged as options. The link between religion and UFO belief, then, is an area which requires further study.

Conclusion:

On the whole the findings indicate that the UFO groups do not appear to consist of either fantasy prone personalities, unintelligent people, or sufferers of mental disturbances.

It is important to note that the UFO experiences reported to the interviewer differ from each other in a variety of ways. It may be that to combine them together as has been done is to lose valuable information about various possible explanations. For example, we have noted that there is at least one subset of experiences that can be explained in terms of a known sleep-related disorder, i.e. sleep paralysis. It may be that different kinds of UFO experiences have quite different etiologies. Further studies on specific types of sightings are in order to tease out the different experiences and examine them separately. However, regardless of the source of the UFO experience, it seems that it is the presence of a propensity to endorse beliefs about UFOs coupled with a tendency toward fantasy production and an environment lacking in external referents that is the reason the experiences are interpreted as UFO encounters.

Taken together our findings are consistent with the hypothesis that intense UFO experiences reflect complex fantasy productions. These productions are relatively likely to occur in individuals who believe in the existence of alien visitation, and who interpret unusual sensory and imaginal experiences in terms of the alien hypothesis. People with relatively strong propensities toward fantasy production are particularly likely to generate such experiences, and these

experiences are particularly likely to be explained as vivid "real events" when they are associated with restricted sensory environments that generate confusion between internally produced imagery and external happenings.

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figure 1

Frequency of Intensity Scores

Table 1

c' Test Battery Means for Subjects in UFO -intense, UFO non-intense, Community sample, and University sample

	mean	sd	range	n	mean	sd	range	n	mean	sd	range	n	mean	sd	range	n
UFO beliefs	1.7 _a	0.6	0-2	26	1.5 _a	0.6	0-2	16	1.0 _b	0.8	0-2	52	0.8 _b	0.8	0-2	70
Paranormal Beliefs	42.2	29.7	0-100	26	34.4	28.7	0-75	16	40.9	33.2	0-100	52	40.0	33.2	0-100	74
Liberal Beliefs	77.0 _{bc}	19.4	44-100	26	67.4 _{bc}	22.5	33-100	16	61.5 _{cd}	24.8	0-100	52	50.2 _a	22.1	0-100	74
Self Esteem	33.9 _d	3.5	28-40	29	35.9 _a	3.2	29-40	18	29.7 _{bc}	6.3	16-40	51	30.8 _{cb}	5.6	11-41	74
Schizophrenia	12.1 _a	8.0	2-34	29	9.2 _a	7.2	1-33	18	19.3 _b	11.6	1-55	52	19.6 _b	8.6	5-44	74
Percept. Aberration	5.6 _b	5.1	0-21	29	3.0 _a	2.5	0-9	18	7.6 _b	6.8	0-27	52	6.3 _b	6.1	0-29	74
Magical Ideation	9.0	6.2	0-22	29	8.3	5.4	1-19	18	10.9	6.6	1-25	52	8.7	5.4	0-27	74
Unfriendly World	3.9 _b	3.9	0-14	24	3.6 _{ab}	4.1	0-16	16	6.7 _a	5.2	0-19	51	6.0 _a	4.7	0-18	74
Well-Being	20.3 _a	4.5	7-24	24	19.9 _a	3.7	10-24	16	15.8 _b	6.7	0-24	51	17.1 _b	6.1	1-24	74
Stress	9.4 _a	5.1	0-19	24	9.8 _a	4.2	3-18	16	13.8 _b	7.0	3-26	51	14.8 _b	5.9	1-26	74
Social Potency	12.1 _{ab}	6.0	3-23	24	16.0 _a	5.7	5-25	16	11.5 _b	6.3	1-25	51	13.0 _{ab}	5.0	2-24	74
Aggression	5.6 _b	4.2	0-18	24	7.2 _{ab}	4.5	2-15	16	7.8 _{ab}	5.1	1-19	51	8.9 _a	4.9	0-20	74
I.Q.	101.6 _{bc}	8.9	83-116	25	109.1 _a	6.6	96-120	16	100.6 _c	12.3	69-119	53	105.4 _b	7.3	87-120	74
Temporal Lobe	32.8	13.7	8-63	26	34.2	13.8	10-56	16	37.3	13.6	8-60	52	38.6	13.3	3-81	74
Betts	74.2	21.4	19-101	23	73.9	17.6	24-103	17	67.3	17.5	16-94	50	68.4	12.2	39-92	60
Absorption	18.7	8.2	1-31	24	20.4	7.6	7-32	16	19.2	7.9	2-31	51	20.3	6.1	5-31	74
Fantasy Proneness	22.4	7.1	7-41	29	21.6	6.8	8-32	18	25.3	8.0	9-41	53	23.6	6.8	7-40	74
CURSS:0	3.1	2.1	0-7	22	3.2	2.0	0-7	17	2.7	2.0	0-7	50	2.5	1.8	0-7	61
CURSS:5	13.0	8.9	0-29	22	14.2	9.7	0-29	17	12.5	9.1	0-32	50	11.3	7.8	0-28	61
CURSSOI:	1.5	1.6	0-5	22	1.5	1.5	0-4	17	1.1	1.5	0-6	50	1.2	1.5	0-5	61

Note: Within rows, means sharing the same subscript fail to differ, significance at $\alpha = .05$

Table 2**Chi Square Analysis of Missing Values for the Four Groups**

	Missing Data	N
Non-intense U.F.O. Group	5	18
Intense U.F.O. Group	14	31
General Population Group	17	51
Intro. Psych. Group	21	74

$$\chi^2 (df=3) = 3.02 \quad ns$$

Table 3**Frequency of Endorsement by UFO Subjects of Items on Intensity Scale**

item	number of subjects endorsing	% of subjects endorsing
craft close-up	10	20.4
sighting of entities	10	20.4
verbal contact	7	14.3
physical contact	3	6.1
telepathic contact	8	16.3
paralysis	7	14.3
missing time	8	16.3
taken up in the ship	2	4.1
physical/mental after-effects	18	36.7

Table 4

Frequency of Coding U.F.O. Experiences as Negative or Positive

	Positive Experience		Negative Experience	
	frequency	percent	frequency	percent
U.F.O. non-intense:	3	16.7	0	0.0
U.F.O. -intense	9	29.0	15	48.4

Table 5

Chi Squares on the Transcript Codings for the Two UFO Groups

	U.F.O. non-intense			U.F.O. intense			Chi Square	sig
	Yes	No	N	Yes	No	N		
Occurring at Night	15	3	18	25	6	31	.05	ns
Sleep-Related	1	17	18	13	18	31	7.38	.01
Positive Experience	3	15	18	9	22	31	.94	ns
Negative Experience	0	18	18	15	16	31	12.55	.005
Religious Perspective	6	12	18	13	18	31	.66	ns
Science Perspective	12	6	18	17	14	31	.66	ns
Both Science and Religious Perspectives	2	16	18	8	23	31	1.07	ns

Table 6

**Chi Square on Number of Subjects in the Two U.F.O. Groups
Coded as having No Theory, a Simple Theory, or an Elaborate
Theory**

	Non-Intense U.F.O. Group	Intense U.F.O. Group	
Subject Coded as Having no Theory	2	5	7
Subject Coded as Having a Simple Theory	13	18	31
Subject Coded as Having an Elaborate Theory	3	8	11
Tot	18	31	49

$\chi^2 (df = 2) = .985, p < .750.$

Appendix A

UFO Interview

The interview format is, of necessity, flexible, but the same basic issues will be addressed for all subjects.

- Tell me about the experience itself. Give me as much detail as possible as to where the event occurred, when it occurred, under what conditions, whether there were witnesses, etc.
- What do you think it was that you saw?
- If the event was such that actual contact was made, give me as much detail as possible about how the aliens looked, what they did, how many there were, etc. Also, did they attempt to communicate? If so, how, and were they successful? If they did communicate with you, what did they tell you? Did they explain their purpose in contacting you and other humans? If they did not reveal their purpose to you, what do you think their purpose is?
- Have you had any experiences since which relate to what was experienced then? (i.e. a sense of being in touch with them somehow)
- After the incident, did you experience the sense of missing time?
- Have you had any vivid dreams about it?
- Has it been a positive or a negative experience for you?
- Are you involved in a group which revolves around the UFO experience?
- Why do you think contact was made with you ?
- What do you think are the implications of the aliens' existence (and of their purpose) for your own life and religious beliefs?
- Do you fear the aliens? Do you think they will come back and contact you again? Would you like a chance to see the same thing again? Do you think they mean us harm?

- Have you done much reading or other research on this topic?
- What is your personal theory as to why they are visiting us?

Appendix B

Betts Imagery Scale

Directions: This questionnaire involves imagining certain situations. For each of the following questions, please indicate which of the responses in the key below best applies.

- a) perfectly clear, and as vivid as the actual experience
- b) very clear, and comparable in vividness to the actual experience
- c) moderately clear and vivid
- d) not clear or vivid but recognizable
- e) vague and dim
- f) so vague and dim as to be hardly discernible
- g) no image present at all; you only know that you are thinking of it

Please circle one response for each question.

1. When you close your eyes and try to imagine a specific automobile which
you have seen many times, how vividly can you imagine it?

a b c d e f g

2. When you keep your eyes open and try to imagine the automobile, how
vividly can you imagine it?

a b c d e f g

3. When you close your eyes and try to imagine a colour, such as
bright blue, how vividly can you imagine it?

a b c d e f g

4. When you keep your eyes open and try to imagine a patch of the
wall
becoming a different colour, how vividly can you imagine the
changed
colour?

a b c d e f g

5. When you close your eyes and try to imagine your name and address

written on a paper before you, how vividly can you imagine seeing the words?

a b c d e f g

6. When you try to imagine hearing a tune, how vividly can you imagine it?

a b c d e f g

7. When you try to imagine yourself running, how vividly can you imagine

yourself actually moving? (This refers to the feeling of your muscles

in motion, not to visually seeing yourself running.)

a b c d e f g

8. When you try to imagine your arms as being especially heavy, how vividly can you imagine it?

a b c d e f g

9. When you try to imagine a common odour, such as a fragrant cup of hot

coffee, how vividly can you imagine it?

a b c d e f g

10. When you try to imagine a common taste, such as the sweetness of sugar,

how vividly can you imagine it?

a b c d e f g

11. When you try to imagine the room as becoming especially warm, how

vividly can you imagine it?

a b c d e f g

12. When you try to imagine the room as becoming especially cold, how

 vividly can you imagine it?

 a b c d e f g

13. When you imagine yourself stroking fur, how vividly can you imagine the

 fur? (This refers to the feeling of touching, not visually trying to see it.)

 a b c d e f g

14. When you try to imagine how it feels when you have a stomach ache how

 vividly can you imagine it?

 a b c d e f g

15. When you try to imagine the room spinning, how vividly can you imagine

 it?

 a b c d e f g

Appendix C
THE CARLETON UNIVERSITY

(7) CURSS 74

RESPONSIVENESS TO SUGGESTION SCALE

Name _____ Date _____

Age _____ Sex _____ Occupation _____

Telephone _____

Student Number _____

PLEASE DO NOT OPEN this booklet until specifically instructed to do so.

Now, in your own words please list all of the suggestions you can remember. You have two minutes to do this.

PLEASE DO NOT TURN THIS PAGE until you are specifically instructed to do so.

PLEASE DO NOT RETURN TO PAGE 2.

PLEASE DO NOT TURN THIS PAGE until you are specifically instructed to do so.

PLEASE DO NOT RETURN TO EARLIER PAGES

Now, in your own words please list all of the suggestions you can remember. You have two minutes to do this.

PLEASE DO NOT TURN THIS PAGE until you are specifically instructed to do so.

PLEASE DO NOT RETURN TO EARLIER PAGES

Now, in your own words, please list all of the suggestions you can remember. You have two minutes to do this.

PLEASE DO NOT TURN THIS PAGE until you are specifically instructed to do so.

SECTION ON OBJECTIVE, OUTWARD RESPONSES

Listed below in chronological order are the specific suggestions you were administered following the standard hypnotic induction procedure. We wish you to estimate whether or not you objectively responded to these suggestions, that is, whether or not an onlooker would have observed that you did or did not make certain definite responses by certain specific, predefined criteria. Thus, in this section we are interested in your estimates of your outward behaviour and not in what your inner, subjective experience of it was like. Later on you will be given an opportunity to describe your inner, subjective experience, but in this section refer only to the outward behavioural responses irrespective of what the experience may have been like subjectively.

It is understood that in some cases your estimates may not be as accurate as you might wish them to be and that you might even have to guess. But we want you to make whatever you feel to be your best estimates.

Beneath a description of each of the six suggestions are sets of two responses, labeled A and B. Please circle either A or B for each question, whichever you judge to be the more accurate. Please answer every question. Make sure that you do not skip any questions. Please answer every one.

1. Arm Rising (Right Arm)

You were asked to extend your right arm straight out in front of you, and were told that your arm was rising into the air. Would you estimate that an onlooker would have observed that your arm had risen at least six inches (before the time you were asked to replace the arm in your lap)?

Circle one. A. My arm rose at least six inches

 B. My arm rose less than six inches

II. Arms Moving Apart

You were asked to extend your arms strait out in front of you with the fingers of one hand touching the fingers of the other. You were then told that your arms were moving apart. Would you estimate that an onlooker would have observed that your hands had moved apart by at least six inches (before the time you were asked to replace them in your lap)?

- Circle one: A. My hands had moved apart at least six inches
B. My hands moved apart less than six inches

III. Arm Rigidity (Left Arm)

You were asked to hold your left arm straight out in front of you, and were told that the arm was becoming stiff and rigid and that it would not bend. You were then asked to try to bend it. would you estimate that an onlooker would have observed that there was less than two inches of arm bending (before you were told that your arm was no longer stiff and to replace it in your lap)?

- Circle one: A. My arm was bent less than two inches by then
B. My arm was bent two or more inches by then

IV. Arm Heaviness (Right Arm)

You were asked to place your right forearm on the table with your hand facing down. You were then told how heavy your arm and hand felt and asked to try to lift them from the table. Would you estimate that an onlooker would have observed that you did not lift your hand and arm at least one inch up from the table (before being told that your arm was no longer heavy)?

- Circle one: A. I did not lift my arm and hand at least one inch by then
B. I did lift my arm and hand an inch or more by then

V. Experiencing Music

You were told that a record player had been brought into the room, that you would hear it playing Jingle Bells, and that you would move your head to keep time to the tune. Would you estimate that an onlooker would have observed you to make recognizable movements of the head (before you were told that the record player had been turned off)?

Circle one: A. I did recognizably move my head to the tune

B. I did not recognizably move my head to the tune

VI. Experiencing a Kitten

You were told that a kitten was sitting in your lap. Then you were asked to look at the kitten and to pet it with your hand. Would you estimate that an onlooker would have observed you to make a petting movement with your hand?

Circle one: A. I did make a petting movement with my hand

B. I did not make a petting movement with my hand

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SECTION ON SUBJECTIVE, INNER EXPERIENCE I

In this section we are interested in your inner subjective experiences instead of your outward behaviour. We want to find out about what you experienced during each of the suggestions you were given. Please read each question carefully and answer it honestly. The outward response people make to a suggestion may or may not correspond to their inner experience. For example, take a person who's outward behaviour is arm rising when given the suggestion that their arm is light and moving upward. In some cases a person may have experienced his or her arm as feeling light. In other cases, however, the person's arm may have moved upward even though it did not feel the least bit light. The important thing to keep in mind is that one type of experience is no better or no worse than the other. This is a scientific study, and all we are interested in is getting at the truth of what people experience. So please be honest in answering each of the following questions. Please answer every question. Make sure that you do not skip any questions.

For each question, choose the one alternative that best describes your experience.

1. Arm Rising (Right Arm)

You were told that your arm was feeling lighter and lighter and was rising in the air. You were asked to imagine that it was like a balloon and was being filled with air.

During this suggestion my arm felt light:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

II. Arms Moving Apart

You were told that your outstretched arms were moving apart, and that they felt like a force was repelling them and pushing them apart.

During this suggestion, my arms felt like a force was pushing them apart:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

III. Arms Rigidity (Left Arm)

You were told that your outstretched left arm was becoming stiff, rigid, and unable to bend. You were asked to imagine the arm in a splint.

During this suggestion, my arm felt stiff and rigid:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

IV. Arm Heaviness (Right Arm)

You were told that your arm and hand were very heavy, so heavy that you couldn't lift them from the table. You were asked to imagine heavy weights placed on your hand and arm.

During this suggestion my arm and hand felt heavy:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

V. Experiencing music

You were told that you would hear the song Jingle Bells and that you would move your head in time with the music.

During this suggestion, I felt like I was hearing the tune Jingle Bells:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

VI. Experiencing a Kitten

You were told that you would see a kitten in your lap and that you would pet the kitten.

During this suggestion, I felt like I was seeing a kitten:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

VII. Forgetting the Suggestions

You were told that you would be unable to remember any of the suggestions you had been given until you heard a tap and the words "Now you can remember everything". You were told that you would be unable to remember the suggestions even when you were asked to try to remember.

During this suggestion, I forgot the suggestions:

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

PLEASE DO NOT RETURN TO EARLIER PAGES

SECTION ON SUBJECTIVE, INNER EXPERIENCES II

In this section we are interested in a particular class of subjective, inner experiences. We want to find out about the extent to which you experienced your outward behaviour to each suggestion as happening automatically and without a feeling of effort. For example, take a person whose outward behaviour is to not bend their arm when they are told that the arm is stiff and unable to bend. Such a person may have felt that his or her arm was unable to bend. For this person it may have felt like the arm became stiff and unable to bend all by itself. In other cases, however, a person may not bend their arm even though they know that they could have bent it if they chose to. This person would have had the feeling of voluntarily choosing not to bend the arm. Remember, one type of experience is no better and no worse than the other. We are equally interested in finding out about experiences that feel automatic and also about those that feel voluntary. All we are interested in is getting at the truth about what people experience. So, please be honest in answering each of the following questions. Please answer every question. Make sure you do not skip any questions.

For each question choose the one answer that best describes your experience.

I. Arm Rising (Right Arm)

You were told that your arm was light and rising in the air.

During this suggestion, my arm felt like it rose in the air by itself. I experienced that

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: if you chose to lift your arm voluntarily, or if your arm did not feel like it rose by itself, you should choose alternative (a)

II. Arms Moving Apart

You were told that your outstretched arms were moving apart.

During this suggestion, my arms felt like they were moving apart by themselves. I experienced this

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If you chose to move your arm voluntarily, or if your arms did not feel like they moved by themselves, you should choose alternative (a).

2

PM-1 3 1/2" x 4" PHOTOGRAPHIC MICROCOPY TARGET
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III. Arm Rigidity (Left Arm)

You were told that your outstretched arm was becoming stiff and unable to bend.

During this suggestion my arm felt like it was unable to bend. I experienced this

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If you chose voluntarily to not bend your arm, or if your arm did not feel unable to bend you should choose alternative (a).

IV. Arm Heaviness (Right Arm)

You were told that your arm and hand were too heavy to lift from the table.

During this suggestion, my arm felt unable to be lifted. I experienced this

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If you chose voluntarily to not lift your arm, or if your arm did not feel unable to lift you should choose alternative (a).

V. Experiencing Music

You were told that you would hear the song Jingle Bells.

During this suggestion the tune Jingle Bells seemed to occur automatically, without any effort on my part. I experienced that

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If experiencing the tune seemed to take a good deal of effort on your part, or if you did not experience the tune choose alternative (a).

VI. Experiencing a Kitten

You were told that you would see a kitten in your lap.

During this suggestion the image of a kitten seemed to occur automatically, without any effort on my part. I experience this

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If getting an image of a kitten seemed to take a good deal of effort, or if you did not get an image at all choose alternative (a).

VII. Forgetting the Suggestions

You were told that you would be unable to remember the suggestion you had been given.

During this time the suggestions seemed to disappear automatically from my memory, they seemed to just go away by themselves. I experienced this

- (a) Not at all
- (b) To a slight degree
- (c) To a moderate degree
- (d) To a great degree

Remember: If forgetting the suggestions seemed to require effort on your part, if you had to "try and forget", or if you felt that you did not forget anything, you should choose alternative (a).

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Appendix G

Differential Personality Questionnaire

1. When I work on a committee, I like to take charge of things. a) true b) false
2. I keep close track of where my money goes. a) true b) false
3. I frequently find myself worrying about something. a) true b) false
4. I usually prefer to spend my leisure time with friends rather than alone. a) true b) false
5. Sometimes I feel and experience things as I did when I was a child. a) true b) false
6. My table manners are not always perfect. a) true b) false
7. If people criticize me, I usually point out their own weaknesses. a) true b) false
8. I am just naturally cheerful. a) true b) false
9. The surest way to a peaceful world is to improve people's morals. a) true b) false
10. I often keep working on a problem even if I am very tired. a) true b) false
11. Of the following two situations I would like least: a) running a steam presser in a laundry for a week; b) being caught in a blizzard
12. some people go out of their way to keep me from getting ahead. a) true b) false
13. I often stop in the middle of one activity to start something else. a) true b) false
14. I can be greatly moved by eloquent or poetic language. a) true b) false
15. My feelings are hurt rather easily. a) true b) false

16. I don't like having to tell people what to do. a) true b) false
17. Smooth is most like: a) rough; b) soft
18. I could be happy living all alone in a cabin in the woods or mountains. a) true b) false
19. My future looks very bright to me. a) true b) false
20. I am always disgusted with the law when a criminal is freed through the arguments of a smart lawyer. a) true b) false
21. Of the following two situations, I would like least: a) being in a bank when suddenly three masked men with guns come in and make everyone raise their hands ; b) sitting through a two hour concert of bad music
22. When someone hurts me, I try to retaliate (get even) a) true b) false
23. While watching a movie, t.v. show, or a play, I may become so involved that I forget about myself and my surroundings and experience the story as if it were real and as if I were taking part in it. a) true b) false
24. I see no point in sticking with a problem if there is little chance of success. a) true b) false
25. I like to be in the spotlight. a) true b) false
26. When faced with a decision, I usually take time to consider and weigh all aspects. a) true b) false
27. I get "rattled" easily at critical moments. a) true b) false
28. I have always been extremely courageous in facing difficult situations. a) true b) false
29. Many people try to push me around. a) true b) false
30. As young people grow up they ought to try to carry out some of their rebellious ideas instead of just settling down. a) true b) false

31. When I am unhappy about something, a) I tend to seek the company of a friend; b) I prefer to be alone
32. If I stare at a picture and then look away from it, I can sometimes "see" an image of the picture, almost as if I were still looking at it. a) true b) false
33. It might be enjoyable and exciting to experience an earthquake. a) true b) false
34. It is easy for me to become enthusiastic about things I am doing. a) true b) false
35. I perform in public whenever I have the opportunity. a) true b) false
36. I play hard and I work hard. a) true b) false
37. I enjoy violent movies. a) true b) false
38. I often become irritated over little annoyances. a) true b) false
39. Slow resembles: a) sluggish; b) fast
40. Sometimes I feel as if my mind could envelop the whole world. a) true b) false
41. I often act without thinking. a) true b) false
42. Most people make friends because friends are likely to be useful. a) true b) false
43. Of the following two situations I would like least: a) attempting to beat a railroad train at a crossing; b) spraining my ankle so that I can't walk on it
44. I'd be extremely embarrassed to tell people I'd spent my vacation at a nudist camp. a) true b) false
45. I prefer not to "open up" too much, not even to friends. a) true b) false
46. I often feel happy and satisfied for no particular reason. a) true b) false
47. I usually prefer to let someone else take the lead on social occasions

a) true b) false

48. I suffer from nervousness. a) true b) false
49. I like to watch cloud shapes change in the sky. a) true b) false
50. At times I have been envious of someone. a) true b) false
51. I like to stop and think things over before I do them. a) true b) false
52. When I have to stand in line, I never try to get ahead of other people.
a) true b) false
53. I am very religious (more than most people) a) true b) false
54. Of the following two situations, I would like least: a) standing in line
for something; b) getting an electric shock as part of a medical
experiment
55. I enjoy putting in long hours. a) true b) false
56. I live a very interesting life. a) true b) false
57. People have often tried to take advantage of me. a) true b) false
58. If I wish I can imagine (or daydream) some things so vividly that they
hold my attention as a good movie or story does. a) true b) false
59. I often monopolize a conversation. a) true b) false
60. I am a warm person rather than cool and detached. a) true b) false
61. Eagle is most unlike: a) bird; b) fly
62. I often experience periods of loneliness. a) true b) false
63. What this country needs most are higher standards of conduct.
a) true b) false
64. I often prefer to "play things by ear" rather than to plan ahead.
a) true b) false

65. Of the following two situations I would like least: a) balancing along the top rail of a picket fence; b) walking up four flights of stairs
66. I see no objection to stepping on people's toes a little if it is to my advantage. a) true b) false
67. I think I really know what some people mean when they talk about mystic experiences. a) true b) false
68. I don't enjoy problems that can't be solved quickly and efficiently. a) true b) false
69. Every day I do some things that are fun. a) true b) false
70. My opinions are always completely reasonable. a) true b) false
71. I am (or could be) a very effective salesperson. a) true b) false
72. When I want to, I can usually put fears and worries out of my mind. a) true b) false
73. Of the following two statements I agree more with: a) most parents today let their children get away with too much; b) most parents today do a pretty good job of raising their children
74. People often just use me instead of treating me as a person. a) true b) false
75. I am usually happier when I am alone. a) true b) false
76. I sometimes "step outside" my usual self and experience an entirely different state of being. a) true b) false
77. I might enjoy riding to the top of an unfinished skyscraper in an open elevator. a) true b) false
78. I don't like to start a project until I know exactly how to proceed. a) true b) false
79. Mountain resembles least: a) hill; b) lake
80. People say that I drive myself hard. a) true b) false

81. I would not enjoy being a politician. a) true b) false
82. When I get angry, I am often ready to hit someone. a) true b) false
83. Most of the time I feel at peace with the world. a) true b) false
84. Textures -- such as wool, sand, wood -- sometimes remind me of colours or music. a) true b) false
85. I often find it difficult to sleep at night. a) true b) false
86. I prefer working with people to working with things. a) true b) false
87. Of the following two situations, I would like least: a) walking a mile when it's 15 degrees below zero; b) being near when a volcano erupts
88. I am almost always treated fairly. a) true b) false
89. I would prefer to see: a) stricter observance of the Sabbath; b) greater freedom in regard to divorce.
90. I am very level-headed and always like to keep my feet on the ground.
a) true b) false
91. I have at times eaten too much. a) true b) false
92. Sometimes I experience things as if they were doubly real.
a) true b) false
93. It is very easy for me to see the bright side of things. a) true b) false
94. I am quite effective at talking people into things. a) true b) false
95. My mood often goes up and down. a) true b) false
96. I would not enjoy fighting a forest fire. a) true b) false
97. I admit that I sometimes take pleasure in hurting someone physically.
a) true b) false
98. I often keep working on a problem long after others would have given up. a) true b) false

99. I have few or no close friends. a) true b) false
100. Most censorship of books and movies is a violation of free speech and should be abolished. a) true b) false
101. Anger is least like: a) happy; b) mad.\
102. When I listen to music, I can get so caught up in it that I don't notice anything else. a) true b) false
103. I have had an awful lot of bad luck. a) true b) false
104. I am more likely to be fast and careless than to be slow and plodding a) true b) false
105. I have a natural talent for influencing people a) true b) false
106. Of the following two situations, I would like least: a)having to walk around all day on a blistered foot; b) sleeping out on a camping trip in an area where there are rattlesnakes
107. I sometimes feel "just miserable" for no good reason. a) true b) false
108. I enjoy nearly everything I do. a) true b) false
109. I consider it very important to have a good reputation in my community. a) true b) false
110. I try to work just hard enough o get by because I don't want to overdc it. a) true b) false
111. I f I wish, I can imagine that my body is so heavy that I could not move it if I wanted to. a) true b) false
112. I can't help but enjoy it when someone i dislike makes a fool of himself/herself. a) true b) false
113. I am more of a 'loner" than most people. a) true b) false
114. I have always been completely fair to others. a) true b) false
115. Rarely, if ever, do I do anything reckless. a) true b) false

116. I have personal enemies who would like to harm me. a) true b) false
117. I am not interested in obtaining positions of leadership. a) true
b) false
118. I often have a feeling of unworthiness. a) true b) false
119. Of the following two situations, I would like least: a) having a pilot
announce that the plane has engine trouble and he may have to make
an emergency landing; b) working a week in the fields digging potatoes.
120. I can often somehow sense the presence of another person before I
actually see or hear her/him. a) true b) false
121. I very much dislike it when someone breaks accepted rules of good
conduct. a) true b) false
122. Basically I am a happy person. a) true b) false
123. Dark is similar to: a) black; b) light.
124. I like to try difficult things. a) true b) false
125. It is very important to me that some people are concerned about me.
a) true b) false
126. When I need one thing at the store, I get it without thinking about
what else I might need soon. a) true b) false
127. I would rather turn the other cheek than retaliate (get even) when
someone treats me badly. a) true b) false
128. It would be fun to explore an old deserted house a night.
a) true b) false
129. People consider me forceful. a) true b) false
130. The crackle and flames of a wood fire stimulate my imagination.
a) true b) false
131. Occasionally I have strong emotional moods -- anxiety, anger, gaiety,
etc. -- that seem to arise without much real cause. a) true b) false

132. People who think primarily of their own happiness are very selfish.
a) true b) false
133. I would have been more successful if people had not made things difficult for me. a) true b) false
134. I usually find ways to liven up my day. a) true b) false
135. I have at times been angry with someone. a) true b) false
136. I like hard work. a) true b) false
137. It is sometimes possible for me to be completely immersed in nature or in art and to feel as if my whole state of consciousness has somehow been temporarily altered. a) true b) false
138. I tend to value and follow a rational, "sensible" approach to things.
a) true b) false
139. Of the following two situations, I would like least; a) being out on a sailboat during a great storm at sea; b) having to stay home every night for two weeks with a sick relative.
140. I can often go a whole morning without wanting to speak to anyone.
a) true b) false
141. I am easily startled by things that happen unexpectedly.
a) true b) false
142. With a little effort, i can "wrap most people around my little finger".
a) true b) false
143. I am ready for a fight when someone tries to take advantage of me.
a) true b) false
144. The church has outgrown its usefulness and should be radically reformed or done away with. a) true b) false
145. Spider is a kind of: a) web; b) animal.
146. Different colours have distinctive and special meanings for me.
a) true b) false

147. People often say mean things about me. a) true b) false
148. I have several pastimes or hobbies that are great fun.
a) true b) false
149. I would enjoy trying to cross the ocean in a small but seaworthy sailboat. a) true b) false
150. I do not like to be the center of attention on a social occasion.
a) true b) false
151. I often do things on the spur of the moment. a) true b) false
152. For me one of the most satisfying experiences is the warm feeling of being in a group of good friends. a) true b) false
153. In my work, I have learned not to demand perfection in myself.
a) true b) false
154. I am often nervous for no reason. a) true b) false
155. My parents' ideas of right and wrong have always proved to be best.
a) true b) false
156. I am able to wander off into my own thoughts while doing a routine task and actually forget that I am doing the task, and then find a few minutes later that I have completed it. a) true b) false
157. I always tell the entire truth. a) true b) false
158. Sometimes I seem to enjoy hurting someone by saying something mean. a) true b) false
159. I seldom feel really happy. a) true b) false
160. Of the following two situations, I would like least: a) riding a long stretch of rapids in a canoe; b) waiting for someone who's late.
161. I feel that life has handed me a raw deal. a) true b) false
162. I generally rely on careful reasoning when making up my mind.
a) true b) false

163. I usually do not like to be a "follower". a) true b) false
164. I can sometimes recollect certain past experiences in my life with such clarity and vividness that it is like living them again or almost so. a) true b) false
165. I often feel fed-up. a) true b) false
166. Even when I have done something very well, I usually demand that I do better next time. a) true b) false
167. I think people should observe moral laws more strictly than they do. a) true b) false
168. I prefer to work alone. a) true b) false
169. Blossom differs most from: a) apple; b) flower.
170. Most mornings the day ahead looks bright to me. a) true b) false
171. It might be fun learning to walk a tightrope. a) true b) false
172. I enjoy a good brawl. a) true b) false
173. Things that might seem meaningless to others often make sense to me a) true b) false
174. When I am with someone else, I do most of the decision-making. a) true b) false
175. I sometimes get in a state of tension and turmoil as I think of the day's happenings. a) true b) false
176. I am often not as cautious as I should be. a) true b) false
177. I am disgusted by foul language. a) true b) false
178. I know that people have purposely spread false rumours about me. a) true b) false
179. Sometimes I'm a bit lazy. a) true b) false
180. Some people say that I put my work ahead of too many other things.

a) true b) false

181. I would rather have a house a) in a friendly suburb; b) alone in a deep woods.
182. While acting in a play, I think I could really feel the emotions of the character and "become" her/him for the time being, forgetting both myself and the audience. a) true b) false
183. Of the following two situations, I would like least: a) being at the circus when two lions suddenly get loose down in the ring; b) bringing my whole family to the circus and then not being able to get in because a clerk sold me tickets for the wrong night.
184. Most days I have moments of real fun or joy. a) true b) false
185. I get a kick out of really frightening someone. a) true b) false
186. Of the following two statements, I agree more with: a) if a boy 6 or 7 years old lies or steals, he should be punished severely; b) lying and stealing aren't very serious in boys aged 6 or 7.
187. I do not like to organize other people's activities.
a) true b) false
188. I am often troubled by feelings of guilt. a) true b) false
189. Needle is least like: a) pin; b) thread.
190. My work is planned and organized in detail before it is begun.
a) true b) false
191. My thoughts often don't occur as words but as visual images.
a) true b) false
192. Most people stay friendly only as long as it is to their advantage.
a) true b) false
193. Of the following two situations, I would like least: a) having to drive alone for a day and a half without stopping for sleep because I stayed on my vacation too long; b) jumping from a third storey window into a fireman's net

194. I often feel sort of lucky for no special reason. a) true b) false
195. If I have a problem, I like to work it out alone. a) true b) false
196. I am not a terribly ambitious person. a) true b) false
197. I am a better talker than a listener. a) true b) false
198. I would describe myself as a tense person. a) true b) false
199. No decent person could ever think of hurting a close friend or relative.
a) true b) false
200. I often take delight in small things (like the five-pointed star shape that appears when you cut an apple across the core or the colours in soap bubbles). a) true b) false
201. Never in my whole life have I taken advantage of anyone.
a) true b) false
202. Sometimes I hit people who have done something to deserve it.
a) true b) false
203. I often start projects with only a vague idea of what the end result will be. a) true b) false
204. I would not like to try skydiving. a) true b) false
205. People rarely try to take advantage of me. a) true b) false
206. I often take it upon myself to liven up a dull party. a) true b) false
207. When listening to organ music or other powerful music, I sometimes feel as if I am being lifted into the air. a) true b) false
208. It is easy for me to feel affection for a person. a) true b) false
209. Every day interesting and exciting things happen to me.
a) true b) false
210. Of the following two statements, I agree more with: a) parents should ignore it when small children use naughty words; b) parents should punish small children when they use naughty words.

211. City is least like: a) town; b) park
212. Minor setbacks occasionally irritate me too much. a) true b) false
213. I push myself to my limits. a) true b) false
214. People say that I am methodical (that I do things in a systematic manner). a) true b) false
215. Of the following two situations, I would like least: a) finding out my car was stolen when I don't have theft insurance; b) riding a runaway horse.
216. Sometimes I can change noise into music by the way I listen to it. a) true b) false
217. I would not hurt others to get what I want. a) true b) false
218. On social occasions I usually allow others to dominate the conversation. a) true b) false
219. I have sometimes felt slightly hesitant about helping someone who asked me to. a) true b) false
220. I always make it a point when deciding anything to refer to the basic rules of right and wrong. a) true b) false
221. I am rather aloof and maintain distance between myself and others. a) true b) false
222. I get over a humiliating experience very quickly. a) true b) false
223. I find it really hard to give up on a project when it proves too difficult. a) true b) false
224. In my spare time I usually find something interesting to do. a) true b) false
225. Of the following two situations I would like least: a) being chosen as the "target" for a knife-throwing act; b) being sick to my stomach for 24 hours

226. Several people would like to take away what success I have.
a) true b) false
227. Some of my most vivid memories are called up by scents and smells.
a) true b) false
228. I am a cautious person. a) true b) false
229. Sweet is most like: a) gentle; b) sour
230. It is a pretty callous (unfeeling) person who does not feel love and gratitude toward his/her parents. a) true b) false
231. I am usually light-hearted. a) true b) false
232. I like to watch a good, vicious fight. a) true b) false
233. I am quite good at convincing others to see things my way.
a) true b) false
234. I have often lost sleep over my worries. a) true b) false
235. Certain pieces of music remind me of pictures or moving patterns of colour. a) true b) false
236. I am happiest when I see people most of the time. a) true b) false
237. I like (or would like) to dive off a high board. a) true b) false
238. My "friends" have often betrayed me. a) true b) false
239. I generally do not like to have detailed plans. a) true b) false
240. I see no point in spending time on a task that is probably too difficult.
a) true b) false
241. I have never felt that I was better than someone else. a) true b) false
242. Of the following two statements, I agree more with: a) no child should be permitted to strike his/her mother; b) a mother should not be harsh with a small child who strikes her
243. I often know what someone is going to say before he or she says it.

- a) true b) false
244. I would enjoy being a powerful executive or politician. a) true
b) false
245. I worry about awful things that might happen. a) true b) false
246. I sometimes tease people rather mercilessly. a) true b) false
247. I feel pretty optimistic about my future. a) true b) false
248. Of the following two statements, I would like least: a) tying up a
truck full of newspapers for a paper sale; b) seeing a tornado cloud
moving toward me when I'm driving in the country
249. I tend to keep my problems to myself. a) true b) false
250. I have often been lied to. a) true b) false
251. I often have "physical memories"; for example, after I've ben
swimming I may still feel as if I'm in the water. a) true b) false
252. Striving for excellence means more to me than almost anything else.
a) true b) false
253. I dislike seeing religious authority overturned by so-called progress
and logical reasoning. a) true b) false
254. Whenever I go out to have fun, I like to have a pretty good idea of
what I'm going to do. a) true b) false
255. Cottage is most unlike: a) garden; b) house.
256. For me life is a great adventure. a) true b) false
257. I don't enjoy trying to convince people of something. a) true b) false
258. I have often felt listless and tired for no good reason.
a) true b) false
259. Of the following two situations, I would like least: a) being in a flood;
b) carrying a ton of coal from the backyard into the basement.

260. The sound of a voice can be so fascinating to me that I can just go on listening to it. a) true b) false
261. When people insult me, I try to get even. a) true b) false
262. Strict home discipline would prevent much of the crime in our society
a) true b) false
263. I often prefer not to have people around me. a) true b) false
264. I have occasionally felt discouraged about something.
a) true b) false
265. People consider me a rather freewheeling and spontaneous person.
a) true b) false
266. I would describe myself as a pretty "strong" personality.
a) true b) false
267. I like the kind of work that requires my close attention.
a) true b) false
268. I know that certain people would enjoy it if I got hurt.
a) true b) false
269. I would enjoy learning to handle poisonous snakes. a) true b) false
270. There are days when I'm "on edge" all of the time. a) true b) false
271. At times I somehow feel the presence of someone who is not physically there. a) true b) false
272. Quiet is similar to: a) loud; b) soft
273. Without being conceited, I feel pretty good about myself.
a) true b) false
274. Before I get into a new situation, I like to find out what I can expect from it. a) true b) false
275. I am not at all sorry to see many of the traditional values change.
a) true b) false

276. Without close relationships with others, my life would not be nearly as enjoyable. a) true b) false
277. I could not feel happy about anybody's bad luck. a) true b) false
278. People seem naturally to turn to me when decisions have to be made. a) true b) false
279. Of the following two situations, I would like least: a) realizing the ice is unsafe when I'm standing in the middle of a frozen lake; b) finding that someone has slashed all four of my car tires
280. Sometimes thoughts and images come to me without the slightest effort on my part. a) true b) false
281. I am too sensitive for my own good. a) true b) false
282. I don't like to do more than is really necessary in my work. a) true b) false
283. When people are friendly, they usually want something from me. a) true b) false
284. I find it very easy to enjoy life. a) true b) false
285. High moral standards are the most important thing parents can teach their children. a) true b) false
286. Never in my whole life have I wished for anything I was not entitled to. a) true b) false
287. On social occasions, I don't particularly care to "run the show". a) true b) false
288. I find that different odours have different colours. a) true b) false
289. I often like to do the first thing that comes to my mind. a) true b) false
290. Of the following two situations, I would like least: a) being seasick every day for a week while on a ocean voyage; b) having to stand on the ledge of the 25th floor of a hotel because there's a fire in my room.

291. I could pull up my roots, leave my home, my parents, and my friends without suffering great regrets. a) true b) false
292. I sometimes change from happiness to sadness, or vice versa, without good reason. a) true b) false
293. Sometimes I just like to hit someone. a) true b) false
294. I set extremely high standards for myself in my work.
a) true b) false
295. Carpet is most unlike: a) wool; b) rug.
296. I always seem to have something pleasant to look forward to.
a) true b) false
297. I can be deeply moved by a sunset. a) true b) false
298. Some people oppose me for no good reason. a) true b) false
299. I admire my parents in all important respects. a) true b) false
300. Of the following two situations, I would like the least: a) burning my arm badly by leaning against a hot water pipe: b) swimming where sharks have been reported.

Appendix H**Fantasy Proneness Scale (ICMI)**

Name: _____ Age: _____ Sex: _____

Inventory of Childhood Memories and Imaginings (ICMI)
by S.C. Wilson, Ph.D., and T.X. Barber, Ph.D. (F.P. SCALE)

The major purpose of this inventory is to determine how many adults remember themselves as very imaginative during childhood. A Second purpose is to quantify the kinds of childhood imaginative activities, fantasies, and related experiences that can be remembered by adults. A third purpose is to determine to what extent childhood imaginings affect adult experiences or carry over into adult functioning.

Please place a check in front of each item below that applies to you. Please answer as honestly as possible and do not be concerned if you find that you are either checking almost all the items or almost none.

- _____1. When I was a child, I enjoyed active movement such as running and jumping.
- _____2. When I was a child, I enjoyed swinging (on a swing).
- _____3. When I was a child, I liked some kinds of music.
- _____4. When I was a child, I enjoyed cartoons (on TV or in movies).
- _____5. I can remember clearly one or more things that happened to me when I was two years of age or younger.
- _____6. When I remember back to when I was 6, 7, or 8 years of age, I can re-experience myself as a child; that is, I can "see" and "hear" what I saw and heard then and I can feel again the emotions and sensations I felt then.
- _____7. Although I have grown and I've had more experiences, I still feel basically the same as I did when I was a child.
- _____8. When I was a child, I believed in such beings as fairies, elves, or leprechauns, etc.

- _____9. Now that I am an adult, I still in some sense believe in such beings as fairies, elves, or leprechauns, etc.
- _____10. When I was a child, I would dream or imagine I was flying with such vividness that I felt as if I actually did fly.
- _____11. When I was a child, I enjoyed fairytales.
- _____12. As an adult, I would still enjoy fairytales.
- _____13. When I was a child, I was very imaginative.
- _____14. At the present time I am very imaginative.
- _____15. When I was a child, I was a "childhood philosopher". That is, I spent time thinking about such things as the meaning of life, and of death, about hypocrisy, levels of existence, etc.
- _____16. When I was a child (below age 12), I preferred playing make-believe games which require imagining or pretending, such as cowboys, school, house, etc. I preferred such make-believe games over realistic games which require skills such as hopscotch, checkers, building things, ball games, etc.
- _____17. When I was playing make-believe games as a child, I usually would imagine so vividly that what I pretended seemed real to me.
- _____18. When I was a child, I lived in a make-believe world much or most of the time.
- _____19. As an adult, I still occasionally live in a make-believe world.
- _____20. When I was a young child, I believed that my doll(s) or stuffed animal(s) were alive.
- _____21. When I was a child I had an imaginary companion (or companions) such as an imagined person, animal, or object which I talked to, shared feelings with, or took along with me.
- _____22. When I was a child, I would at times pretend and in some sense believe I was someone else such as a fairytale character (e.g., Snow White, Peter Pan, Rapunzel, etc.), a prince or a princess.

an orphan, etc.

- _____23. As an adult, I occasionally pretend I am someone else.
- _____24. When I was a child, I would have enjoyed or I did enjoy taking ballet dancing lessons.
- _____25. When I was a child or teenager, at times I was afraid my imagining would become so real to me that I would be unable to stop it.
- _____26. When I was a child or teenager, sometimes I was accused of lying when I was just reporting what I imagined.
- _____27. When I was a young (pre-teenage) child, I had sexual fantasies.
- _____28. I have had an orgasm (or orgasms) just by imagining only.
- _____29. When I was a child, I would spend at least half my total waking day imagining.
- _____30. Now as an adult, I spend a substantial part of my total waking day imagining.
- _____31. If I could not imagine anymore, besides other effects it would have on my life, I wouldn't be me anymore -- I would be a basically different person.
- _____32. At times, when I was a child or adolescent, it was difficult for me to determine whether something actually happened or whether I had imagined it happened.
- _____33. If given the opportunity, I would be very eager to experience an entirely new sensation -- a sensation such as vision, hearing, smell, or touch, but as different from all these as they are all different from each other.
- _____34. I have had a deeply moving personal religious, spiritual, or mystical experience.
- _____35. I have felt, heard, or seen an apparition (a spirit or ghost).
- _____36. I have had an out-of-the-body experience; that is, I have felt as if "I" (my mind or my spirit) left my body and existed for

awhile independently of my body.

- _____37. I have experienced precognition (prophecy or foretelling the future) in a dream or while awake. That is, I have known something would happen even though there was no rational way I could have known.
- _____38. I have at times written poems, inspirational messages, short stories, or songs, etc., and I did not feel it was I who was creating them.
- _____39. I have at times felt unexplainably compelled to go somewhere, or to do something I wouldn't ordinarily do (such as call someone I wouldn't ordinarily call) and then later discovered there was a reason for my compulsion. (For instance, the person I called desperately needed me at that moment.)
- _____40. I believe reincarnation is possible, and I have become aware of a life (or lives) that I may have lived prior to this one.
- _____41. I have at some time in my life experimented with marijuana, psychadelic drugs (LSD, etc.) amphetamines ("uppers"), tranquilizers ("downers"), or other such drugs in order to experience an altered state of consciousness; that is, in order to experience the world in a new way, not just to relax or feel good.
- _____42. I would like to experience hypnosis.
- _____43. I think I am hypnotizable; that is, I think I could be hypnotized.
- _____44. I have at times thought something happened to me, developed physical symptoms but later found out that what I thought happened never actually occurred. (Some possible examples to illustrate this are as follows: (a) you thought something was in your eye, your eye became irritated, but you couldn't find anything in your eye; (b) or you thought you ate spoiled food, became ill, but later found out that others eating the same food were not bothered; (c) or you thought you touched poison ivy, developed an itch but the doctor said it wasn't poison ivy.)
- _____45. I have at some time in my life thought I was pregnant and in addition to not menstruating, developed other symptoms of

pregnancy (e.g. morning sickness, abdominal enlargement, breast changes, etc.), only to find out later that I was not pregnant.

- _____46. While listening to my favourite music, in addition to experiencing mood changes (e.g., feeling clam, relaxed, energetic, mellow, etc.) I also often experience a transformation (e.g., a feeling of oneness with the music or being transported to the past or to another place or time, etc.)
- _____47. When I remember significant events in my life, in addition to thinking about them, I can also re-experience them. That is, I can see again what I saw then, hear again the sounds, voices, etc., as I heard them before, feel the emotions and sensations I felt then. I can re-live them -- not just think about them or see them in my mind's eye.
- _____48. I can vividly re-experience in my imagination such things as: the feeling of a gentle breeze, warm sand under bare feet, the softness of fur, cool grass, the warmth of the sun, and the smell of freshly cut grass.
- _____49. When asked to close my eyes and imagine holding a baby or an animal (dog, cat, etc.) on my lap, I can experience it as if it were actually there. That is, I can feel its weight and warmth, touch it, see it, hear it, etc.
- _____50. At times just before I fall asleep, I experience vivid images.
- _____51. Many or most of my dreams tend to be at least as vivid as actual life experiences.
- _____52. If I wish, I am usually able to finish or change a dream after I awaken.

Appendix I

Magical Ideation and Perceptual Aberration Scales (comb.)

PLEASE circle whether each statement is True (T) or false (F) for you.

1. Sometimes I have had feelings that I am united with an object near me. T F
2. I have sometimes had the feeling that one of my arms or legs is disconnected from the rest of my body. T F
3. Some people can make me aware of them just by thinking about me. T F
4. I sometimes have to touch myself to make sure I'm still there. T F
5. I have had the momentary feeling that I might not be human. T F
6. Sometimes I have had the feeling that a part of my body is larger than it usually is. T F
7. I have sometimes been fearful of stepping on sidewalk cracks. T F
8. At times, I have wondered if my body was really my own. T F
9. I think I could learn to read others' minds if I wanted to. T F
10. Parts of my body occasionally seem dead or unreal. T F
11. Horoscopes are right too often for it to be a coincidence. T F
12. Things sometimes seem to be in different places when I get home, even though no one has been there. T F
13. Sometimes I have had a passing thought that some part of my body was rotting away. T F
14. Numbers like 13 and 7 have no special powers. T F

15. Occasionally I have felt as though my body did not exist. T F
16. Sometimes I have felt that I could not distinguish my body from other objects around me. T F
17. I have occasionally had the silly feeling that a TV or radio broadcaster knew I was listening to him. T F
18. It has seemed at times as if my body was melting into my surroundings. T F
19. I have never felt that my arms or legs have momentarily grown in size. T F
20. I have worried that people on other planets may be influencing what happens on Earth. T F
21. The boundaries of my body always seem clear. T F
22. The government refuses to tell us the truth about flying saucers. T F
23. I can remember when it seemed as though one of my limbs took on an unusual shape. T F
24. I have felt that there were messages for me in the way things were arranged, like in a store window. T F
25. I sometimes have had the feeling that my body is abnormal. T F
26. I have never doubted that my dreams are the products of my own mind. T F
27. I have sometimes had the feeling that my body is decaying inside. T F
28. Good luck charms don't work. T F
29. I have had the momentary feeling that the things I touch remain attached to my body. T F
30. I have noticed sounds on my records that are not there at other times. T F

31. Occasionally it has seemed as if my body had taken on the appearance of another person's body.	T	F
32. The hand motions that strangers make seem to influence me at times.	T	F
33. sometimes I feel like everything around me is tilting.	T	F
34. I almost never dream about things before they happen.	T	F
35. Ordinary colours sometimes seem much too bright to me (without taking drugs).	T	F
36. I have had the momentary feeling that someone's place has been taken by a look-alike.	T	F
37. My hands or feet have never seemed far away.	T	F
38. It is not possible to harm others merely by thinking bad thoughts about them.	T	F
39. I have sometimes felt that some part of my body no longer belonged to me.	T	F
40. I have sometimes sensed an evil presence around me, although I could not see it.	T	F
41. I have felt that something outside my body was a part of my body.	T	F
42. I sometimes have a feeling of gaining or losing energy when certain people look at me or touch me.	T	F
43. I have felt that my body and another person's body were one and the same.	T	F
44. I have sometimes had the passing thought that strangers are in love with me.	T	F
45. Now and then when I look in the mirror, my face seems quite different than usual.	T	F

46. I have never had the feeling that certain thoughts of mine really belonged to someone else. T F
47. I have felt as though my head or limbs were somehow not my own. T F
48. When introduced to strangers, I rarely wonder whether I have known them before. T F
49. Sometimes when I look at things like tables and chairs, they seem strange. T F
50. If reincarnation were true, it would explain some unusual experiences I have had. T F
51. I have never had the passing feeling that my arms or legs had become longer than usual. T F
52. People often behave so strangely that one wonders if they are part of an experiment. T F
53. I sometimes have had the feeling that some parts of my body are not attached to the same person. T F
54. At times I perform certain little rituals to ward off negative influences. T F
55. I have had the momentary feeling that my body has become misshapen. T F
56. I have felt that I might cause something to happen just by thinking too much about it. T F
57. Sometimes part of my body has seemed smaller than it usually is. T F
58. My hearing is sometimes so sensitive that ordinary sounds become uncomfortable. T F
59. I have wondered whether the spirits of the dead can influence the living. T F

- 60 Sometimes people whom I know well begin to look like strangers.
T F
61. I have sometimes felt confused as to whether my body was really
my own. T F
62. At times, I have felt that a professor's lecture was meant
specifically for me. T F
63. Often I have a day when indoor lights seem so bright that
they bother my eyes. T F
64. I have sometimes felt that strangers were reading my mind.
T F
65. For several days at a time I have had such a heightened
awareness of sights and sounds that I cannot shut them out.
T F

Appendix J

Personal Philosophy Inventory (PPI)

Answer either TRUE or FALSE:

1. Most nights I go to sleep without thoughts or ideas bothering me.
2. I like reading mechanics magazines.
3. I do not always tell the truth.
4. During important conversations, I stick to the topic more than most people.
5. When I get upset or angry, my legs feel weak.
6. I go to church at least once a month.
7. After writing prose or poetry, i feel better.
8. I do not read every editorial in the newspaper every day.
9. I like to read or study while listening to the radio.
10. There is good evidence that life exists on other planets.
11. If I breathe quickly, I feel dizzy or odd.
12. Sometimes an event will occur that has special significance for me only.
13. I am afraid of earthquakes.
14. I like to buy new things.
15. I have had a vision.
16. Once in a while I put off until tomorrow what I ought to do today.
17. An inner voice has told me where to find something and it was actually there.
18. At least once in the last ten years I have fallen asleep and then awoke the next morning in another room.
19. I would rather go to a priest or minister than a psychologist for personal problems.
20. Sometimes I am sure that people can tell what I am thinking.
21. At least once during childhood, I hit my head (or was hit on the head) and blacked out.
22. I like to eat well-prepared meat.

23. There have been times when I have stared at an object and it appeared to become larger and larger.
24. If I could get in to a movie without paying and be sure I was not seen, I would probably do it.
25. Once I start talking in an enjoyable setting, I have a hard time leaving.
26. I believe there is a God.
27. About once a year I will awaken during sleep and not be able to move
28. Once in a while, I laugh at a dirty joke.
29. While sitting quietly, I have had uplifting sensations as if I were driving quickly over a rolling road.
30. I prefer to eat with my left hand.
31. Belief in science and belief in God are not compatible.
32. Sometimes I can read another person's thoughts.
33. People tell me that I "blank out" sometimes when we are talking.
34. I would rather win than lose in a game.
35. I have had a religious experience that I know was real.
36. Once I thought about a person whom I hadn't seen for a while and then saw the same person a few minutes later.
37. Compared to other people, my memory is excellent.
38. At least once in my life, very late at night, I have felt the presence of another being.
39. If I am not careful, a high pressure salesperson can sell me "a bill of goods".
40. When I have a tough decision to make, a sign will be given and I will know what to do.
41. I like to know some important people because it makes me feel important.
42. Intense smells bother me more than other people.
43. God has healed me or one of my family on at least one occasion.
44. I would like to time travel.
45. Evil spirits posses me sometimes.
46. There are no such things as ghosts or haunts.
47. I like to read about science.
48. I like to poke fun at people.
49. I do not like everyone I know.

50. I go to church at least once a week during most months.
51. There must be something more to life.
52. Most of the time, I am happy.
53. I keep a diary or notebook about my feelings and thoughts.
54. If there was a car accident, I believe i would have a better chance than most people to survive.
55. I have been known to walk in my sleep.
56. I gossip a little at times.
57. My spouse or (girl or boy) friend should do what I want out of love for me.
58. I have been taken aboard a spaceship.
59. People tell me that I become excited over insignificant events.
60. Sometimes I am so full of pep and energy that I feel superhuman.
61. Every so often I feel like gripping my thumb within the fingers of the same hand.
62. When relaxed or just before falling asleep, I sometimes feel pleasant vibrations moving through my whole body.
63. Sometimes in the early morning hours between midnight and four a.m., my experiences are very meaningful.
64. I am no different from anybody else.
65. Sometimes at elections I vote for people about whom I know very little.
66. Christ has appeared to me in a vision.
67. I am not afraid of snakes.
68. There is something wrong with my mind.
69. I have a good appetite.
70. When I have a headache, it is primarily along the sides of my head.
71. My soul sometimes leaves my body.
72. I am afraid of mice.
73. I get angry sometimes.
74. When I have personal problems, talking to an older person is more helpful than talking to my friends.
75. I have never had "memory blanks" where I could not recall previous events.
76. I have heard an inner voice call my name.
77. Criticism and scolding hurt me terribly.

78. When I am really upset,I feel my hands shaking.
79. Lightning is one of my fears.
80. Everything is turning out just like the prophets in the Bible said it would.
81. At times, I feel like swearing.
82. At least once a month, I experience intense smells that do not have an obvious source.
83. The existence of God cannot be explained by science.
84. I use "hunches" more than simple learning to solve new problems.
85. There are some days when I accidentally hit my hand on something, smash my fingers, or trip over my own two feet.
86. I prefer to write with my right hand.
87. When I lose an argument, I spend a lot of time thinking about what I should have said.
88. I often feel as if things are not real.
89. I love(d) my father.
90. People tell me that I imitate the characters in a movie I have just seen.
91. When I walk upstairs, I sometimes note a strange smell from nowhere.
92. I like poetry.
93. I can "speak in tongues".
94. Telepathy (ESP) is a real phenomenon.
95. Some people are so bossy that I feel like doing the opposite of what they request, even though I know they are right.
96. As a child, I played with an imaginary friend.
97. I sometimes feel a sensation or a bulge in my abdomen.
98. My table manners are not quite as good at home as when I am out in company.
99. Animals should not be killed just for the benefit of humankind.
100. I have kept a diary.
101. There is an Eternal and Infinite force.
102. Once, in a crowded area, I suddenly could not recognize where I was.
103. I have learned to meditate.
104. Although I am not sure, there is a good possibility that I have lived in a previous time.

105. I like to spend time persuading people to do things.
106. Once in a while, I think of things too bad to talk about.
107. After my religious conversion, I suddenly felt full of energy.
108. When I start something, I have a hard time stopping until it is finished.
109. I have had experiences when I felt as if I were somewhere else.
110. I have dreams of floating or flying through the air at least once a year.
111. I am very religious (more than most people).
112. At times I feel like smashing things.
113. I have had an epileptic seizure.
114. Sometimes when I am not feeling well I am cross.
115. Alien intelligence is probably responsible for UFOs.
116. Haunts and poltergeists are the works of the devil.
117. I have frequent headaches.
118. I have noticed tingling sensations along the back of my legs.
119. My parents should be obeyed and respected.
120. At least once a month or so, I'll keep singing or thinking a part of a song again and again.
121. I lack self-confidence.
122. When I am alone or feel really low, reciting poetry or prose is a pleasant experience.
123. At least once in my life, just before falling down, I had the intense sensation of a smell from childhood.
124. I do not worry about catching diseases.
125. There are some things that science should not investigate.
126. I believe in the second coming of Christ.
127. When I see a child starving from hunger on T.V. commercials, I feel sad.
128. Most people should be guided to ensure their spiritual development.
129. I am a special agent of God.
130. Women should have the same opportunity as men for education.
131. I have experienced terror.
132. Most of the time, I study while listening to music.
133. I have been visited by a Spiritual Being.
134. My face has never been paralyzed.

- 135. I sincerely believe that I am very special.
- 136. If God told me to kill, I would do it in His name.
- 137. Two or three times in my life, there have been a few brief moments when I felt very close to a Universal Consciousness.
- 138. My first religious or mystical experience occurred before I was a teenager.
- 139. I have a tremor in one or both of my hands.
- 140. People say that I repeat myself often.

Appendix K
Contents of UFO Interviews

subject number 3
male, age 27
salesman
intensity score=1

May 1977, Montreal suburb of Longueuil, 7:00 p.m.

He (then age 14) and 6 others were in a park. Out of a cloud shot 4 or 5 metallic discs. They shot across the sky at a good clip (estimated 700 miles per hour). They then stopped at about 2 miles distance and hovered for 6 seconds, then shot off into the atmosphere incredibly fast. They were soundless and "absolutely without a doubt not from this planet".

He was in shock for about 6 hours after - his eyelids were stuck open and tears streamed from his eyes.

He was born and raised a Catholic. This experience wiped out his religious feelings. Now he thinks of God more in the sense of a force rather than a "person".

Ever since the event it has become a hobby for him to listen to other stories and try to find out what's going on. We shouldn't fear them because they're advanced, and so are past the hurdles of violence and greed, etc.

Subject's theory about the experience: they're observing us.

subject number 10
male, age 41
architectural draftsman
intensity score=1

multiple events

#1: 1970, summer, night

He was watching stars in the sky. One star moved erratically: it would stop, change direction, and would change colours (rainbow colours). It started to leave, and he thought, "Don't leave, come back!" It came back and hung around for awhile. He feels he mentally contacted it. The whole event took 1/2 hour.

#2: autumn, 1989, on a river in St. Eustache, night

He was with a friend on a boat, looking at the stars. He saw a DC-9 with something behind and above it. It was egg-shaped, glowing golden, with rays around it. It travelled the same relative speed as the plane, but it must have actually been going faster because it was much higher - above the cirrus clouds (estimated 50 000 ft). It left no trail.

He started yelling and waving his arms, yelling out formulas to it. It deviated suddenly and came back right above their heads. It turned sideways and he could tell there was a force field around the top of it, white in hue. Then it started following the plane again. Then it just disappeared. Maybe, he says, it turned black. It "just wasn't there anymore".

He was born Catholic. He believes there is a God. He believes there is other life out there. He feels the beings in the craft he saw come from other planets. He tries to contact them with his mind, and feels he has made mental contact.

He has done some reading but nothing in the books looked like what he saw.

He believes he can read other people's thoughts. He believes you can bring people back to life, walk on water, etc.

He believes he stopped the Cold War by manipulating $E=MC^2$ into $C^2=E/M$

He believes he is persecuted because he is part native.

subject number 11

male, age 36

bus driver

intensity score=1

multiple events

#1: age 7, 6 p.m., winter

He was walking down the street with some friends. He was walking backwards to avoid the wind. His friends, who were walking frontwards, said, "Look at that falling star". He tilted his head back and saw a large ball around the size of the moon go across the sky about 2 miles up. It was very white.

#2: 1969-boy's camp, 11 p.m.

His camping group were camping out on an island overnight in tents. His tent mate said that there was something scratching on the side of the tent. The bush behind the tent suddenly lit up. It was getting bright everywhere outside. He sat up to the entrance of the tent. He noticed the crickets were silent. He opened the flap of the tent and could see the shadows cast by all the trees. The counsellor called over, "Come on, turn out the flashlight". He replied, "It's not me".

He said to his tent mate that he was going to take a look and see what's out there. He suddenly fell asleep. His counsellor told him the next day that he too had suddenly fallen asleep. The counsellor did not want to discuss it, and got very upset with him for bringing it up. He feels someone was abducted that night.

#3:1990, August, 1:30 a.m.:

He was in his basement apartment and thought he heard something outside, and wondered if a thief was trying to make off with some furniture he had in his van out front. He went to the window and looked up to see his van and saw in the sky a ball 2 to 3 times the size of the moon go across the sky, very fast (estimated 30 000 -40 000 miles per hour). It sounded like a "zooosh", for 30-40 seconds. It left a tracer akin to a flashlight's trail, bright white in colour.

Subject's theory about the experience: we're their offspring, possibly from Mars. We've been watched by them since they placed us

here. They want to create a more intelligent being out of us. Human females are abducted, impregnated, and then the baby is taken from them. Ultimately we will wipe ourselves out and they will have created a better life form made from us and them to live here. There are different kinds of aliens: "the greys", who really watch us closely; "the blondes"; and many more.

The aliens can work with your mind, play with it. They know everything that's going on. They want to put an end to polluting the world. They are behind the middle-east crisis. The U.S. government is in frequent contact with the greys, and have given them a missile silo in Nevada as a base from which to conduct experiments in exchange for technology. The greys made a deal with the government that they could abduct a certain number of people a year, but ended up abducting many more than they were allowed. The government asked them to leave, and the aliens refused. The government sent in the Green Berets, who were all killed. The government shut off the aliens' electricity, and 2 hours later, the greys shut down the eastern seaboard's electricity for 3 days until the government gave them back their power.

They see in black and white. They talk via one mind to another, using a machine they wear on them. He hopes he'll come across one again. He says we'll all come across "more than we want to in the next 20 years".

subject number 13
male, age 28
postal carrier
intensity score=2

1989, end of winter, outside North Bay, by Lake Nipissing, evening.

He was on the 17N highway past North Bay at around 7:30 or 8:00 p.m. As he approached a hill, he noticed there was a light on it. Closer to the hill, he saw the light had moved. At halfway up the hill, he saw that the light, which was a frosted white in colour, was in the middle of the road. He saw that it was a bright, diamond-shaped object, one solid thing of light with changing brightnesses, pointy on top, flashing. It was the width of the road in size. He got within 200 ft. of it. When he got closer it shot off at an angle, very fast. When it did, the lights on it seemed to elongate and turn tubular. It was noiseless, and the light trailed after it.

He had not told a soul about it until he told me. He tried to forget about it. It shook him. He decided not to tell anyone anything. Stayed there for 1/2 hour to pull himself together.

Before, he says, he was a big sceptic. Now he knows he saw something he's never seen before. He can't say what it was. It gave him a creepy, tingly numb feeling. Since the event he has done a lot of reading on it. He wants it to happen again, though he felt it was a dangerous experience.

subject number 14
female, age 39
administrative assistant
intensity score=2

1973, autumn, Kars, 7 p.m.

She was in her home folding diapers. She heard what she thought was a plane landing in the lake. She looked out the windows but couldn't see anything. None of her 27 dogs were barking. She heard the front door open, looked at her watch, which read 7:10, and figured it was her husband coming home from work. She heard footsteps coming up the stairs, and as they reached the top of the stairs she could see 2 figures walking in unison so that the footsteps sounded like 1 set of feet. They were about 5'4", slight, with something over their heads. The next thing she knew, she was in the middle of folding a diaper and it was 9:30 p.m. She had lost 2 1/2 hours.

As the years have gone by, she and her daughters have had a number of gynecological problems, from cervical cancer to dysplasia, and she has had to have a hysterectomy.

Subject's theory about the experience: they're curious, and want to examine people.

She is now afraid of being alone and of driving at night. She feels they will contact her again. She doesn't want them to, but she believes in their existence, so they'll come to her. She feels

embarrassed by it, and says she feels stupid; she hasn't told many people.

subject number 15
male, age 40
technical repairman
intensity score=2

Multiple experiences

#1. 1968, evening, summertime, Montreal

He was visiting a friend. At around 10 p.m. he decided to go home. He went out on front patio and noticed that the stars started blacking out. 200 ft off the side of the house was a large flying saucer. It was disc shaped, greyish in colour, with a smooth underside, 50 ft in diameter, 15-20 ft high, noiseless, with 4 long rectangular windows about 6-8 ft long and 4 ft high (there may have been more windows but he only saw one side of the craft). It made slow slight rocking movements like a leaf when it falls. The windows would light up one at a time in a row, following a pattern around the ship. He could not see any figures behind the windows, just a white light that did not hurt the eyes. He watched it with his friend for 2 minutes. Then he went into the house to get his friend's parents, and when he came out again, it had gone.

He felt excited, not scared. This experience caused him to buy "as many books as I could" on the subject. This active interest continued for 2 years or so.

Subject's theory about the experience: they came down to observe.

#2. 1969, the Laurentians, daytime, cloudless sky.

He was with a friend in the forest. He saw, very high up (estimated 10 000 ft) , a long white object, which was stationary. It opened up like a scissors and then came back together, and then repeated this action. He watched it for 10 minutes. It must have been quite big as it was an inch long from his vantage point.

#3. 1977, evening, outside Pembroke with his wife.

They were travelling on the highway. They stopped in Pembroke to gas up and noticed the big tower with the clock in it at city hall. The time was a few minutes to 9 p.m. They continued on the 417 highway and saw a light in the sky. It came down to tree-top level. It came across the highway and crossed in front of him 3 times. They were petrified. It paced the car above the tree line. He made his wife take a picture of it, but once the flash went off, it shone a spotlight at them inside the car, on and off. His wife's hair went up and onto the ceiling. No other cars were around when this happened. After, he noticed 3 cars behind him. He accelerated, and got off the highway and stayed at a motel. They registered at 1 a.m. Found that very strange. He is now scared to drive on the highway at night.

#4. 1977, Edmonton, at a drive-in movie with a group of people.

Above the screen was a light in the sky. It would move and then stop dead. It went over the city of Edmonton, moving erratically, "zapping" all over, and periodically stopping in its tracks. This went on for 15 minutes. It then disappeared in the distance. Later, he saw the "mother ship" in the sky, 2 football fields long, rectangular, no lights. He saw it because it protruded through a cloud. The light came back and entered the mother ship at the lowest part. The the big one went off fast. He would like to see another one.

Before the first incident he didn't believe in them, and even joked about them. Now he tends to think that early man thought these aliens were gods, and worshipped them. The sudden progress on humankind in the last 100 years is due to intervention from them.

He feels we are an experiment and they're watching us to see how we get along. We were put here by them. They are not here to hurt us. If we get out of hand they'll intervene. He has done extensive reading.

subject number 16
male, age 50
gold refiner, Canadian mint
intensity score=0

1968-69, downtown Ottawa:

He was with a co-worker, and had finished a shift at the mint at approximately 11:30 p.m. They looked down over the river, and

saw a brilliant light shining on the water 50 to 60 ft. up, about 1 mile away, stationary. The light went out and the object, which was bigger than a helicopter, lifted off and disappeared in the distance very fast, making no sound. The whole episode took 1 to 2 minutes.

He has trouble fitting in the experience to his belief system because he doesn't believe in flying saucers and aliens. But having seen it, if it were proven that there was actually such a thing, he wouldn't be surprised. He has not read up on it, and does not give the episode much thought. He would like to see one again in daylight to be sure of what he saw.

Subject's theory about the experience: they're investigating. He believes the government is aware of it. He doubts some of the abduction stories out there but it'd be hard to debunk some because of the credibility of some witnesses.

The experience caused him to "doubt certain beliefs". Before, he believed there was no other life in the universe. Now, his mind is open to new possibilities, but he doesn't worry about it (i.e. he says he is not obsessed, and no huge impact was made). But now he does not reject out of hand the possibility of alien life. He hesitates to call the UFO an alien spaceship. Yet he says he's sure no human machine could move so fast and silently. He feels they did not know he was a witness to them.

subject number 17
female, age 37
agricultural scientist
intensity score=0

1970, cottage north of Montreal, with father.

They were out on the lake with their motor boat when they saw a large bright light, white in colour, up a hill above the tree tops, or at tree-top level. They watched it for 30 seconds until their boat had gone past. When they circled around again to look at it again, it was gone. The next day they went back to see what it was - there were no houses, nothing out there in the bush. She concluded it was a UFO

Subject's theory about the experience: it was observing them. They're here to observe. It worries her that they haven't stepped forward - maybe they're hiding something. Maybe we're close to a trade route and different aliens drop in.

Before the sighting she was always interested, and believed we aren't the only life forms in the universe. The experience confirmed for her that yes, these things do happen. She says she wouldn't be surprised if the government was hiding stuff. She has had psychic experiences.

subject number 18
female, age 56
civil servant, retired
intensity score=5

multiple events

#1. 1966, end of July, late at night, Oakville:

She was driving workers home from shift at drive-in. There were 6 people in the car. They were on the outskirts of town. They saw a light in the sky, "a shiny object". They got out of the car, and went into a field. There were one or two UFOs over the field. They were as high as a low-flying plane, round, with lots of silvery-white lights flashing all over. She called the police. The moon suddenly got blotted out when a larger one opened up in the middle of the underside and the little ones went inside. "It was like a mother coming to pick up her children". She could not tell the size of it, except to say that it was very dark, and so big that it blotted everything out. It then closed up and lit up, and they saw then that it was immense, the size of the field they were in, and round. It was quite high up. It veered off west, and police cars followed. They lost it because the thing lowered itself into the river valley.

#2. later the same summer 9:00-9:30 p.m.

She began a 10 minute drive to her brother's from work. She saw a funny light coming across the fields. It hovered over the trees and telephone poles. It was 20 ft or so above the telephone pole. She

figured it was a helicopter having trouble. As she got closer, she slowed down to have a look. She saw it was too bright for a helicopter, and had red and blue and white flashing lights going around. It was shaped like an egg, not flat, though the bottom was flattish. Close up she could make out windows. She stopped the car and got out. She remembers lights on the road facing her. She thought at the time it was a car. Now she thinks it wasn't. A male came out and stood beside the lights and they had the following conversation:

he: My god what do you think that is?

she: It sure isn't a helicopter.

he: No

she: It looks like a baby UFO or something.

he: Maybe you'd better get back in your car and keep going because it might be something dangerous.

she: Yeah, I guess so. Maybe you'd better too.

he: Yes.

He turned and disappeared behind the light. She got back in her car and drove off. She came to a big service-station, and could see the ship 100 yards ahead of her in the air. It was "leading" her. She pulled over again, and sat there looking at it hovering over the service station. She realized after a bit that she ought to get out of there, and left for her brother's. She had left work at 9:30 and got to her brother's at 11:15 (=1 1/2 hours missing time).

She figures the man from behind the lights was someone from the ship who came down to talk to her. She feels a block in her mind; she can't remember what he looked like.

She believes in a government cover-up. She saw "Close Encounters", and the part about the huge ship descending shook her badly, as it reminded her of the "mother ship" she had seen. She used to be very independent. Now she is afraid to be alone, or go out at night. She is to this day terrified of being alone. Even went to a psychologist for treatment for it.

She has had two experiences when she felt she was in a room full of light. This would happen after she had gone to bed and gone to sleep, but she knows she wasn't dreaming. She would wake up in a white room, and would later find herself back in her own bed.

#3. 1974 or 75 Rockcliffe, morning

She was having gynecological problems. She was lying on her stomach in bed and she dozed off. The next thing she felt was some presence that was trying to get inside her brain. She couldn't open her eyes or move. She was terribly afraid. Everything seemed super-bright, even inside her head. She wanted to escape. She started to pray, and mentally said to the presence, "Stay away." She couldn't open her mouth to scream. She is sure she was wide awake, but she was entirely paralyzed. She prayed for some time. The light eventually faded and everything suddenly went back to normal. She was covered in sweat. She felt invaded, compared it to rape and to her house being broken into. Had a feeling of no control, of helplessness. She even saw a psychologist about it.

She is religious (Roman Catholic). These experiences did not challenge her beliefs because they're not human. It just proves the universe is 'pretty damn big'.

As a child, she recalls two experiences:

1: walking along with her brother and they saw . on a construction site, two "kids playing" on the building girders. They resembled the 7 dwarfs, i.e. were gnome-like, 3 ft. high or so.

2: (age 10) her mom was drying diapers on the radiator in the dining room. She went to fetch them and saw two little people standing there (3-4 ft high) who seemed to be turning the diapers on the radiator. They wore little pants and vests and hats and one had a beard. She said, "What are you doing?" They spoke gibberish to each other. She ran to get her mom and when they returned, the little people were gone. She now figures these beings were aliens, and speculates that these events go back into her early childhood.

She does not want any more experiences, as they have turned her into a coward. She suffers from a fear of being alone. They don't mean us harm, because if they did, they'd have done it by now. They're monitoring us. She finds this frightening. She is not the same person she was before it happened. It woke her up to say, "hey, what's going on?"

subject number 19
male, age 60
psychic, trance medium
intensity score=2

multiple experiences

#1. 1971(approx.), summer, 4 a.m. Ottawa

He was working as a security guard at the Egyptian Embassy. He was parked out front, and noticed a bright light, orange in colour, which moved slowly across the sky, getting lower as it went. It took 1/2 hour to move significantly, so it was too slow to be a plane. It was obstructed by a tree for a moment, and he waited to see it emerge from the other side of the tree. It didn't. He got out of his car to see where it had gone. It was nowhere in sight. It must have gone straight up in the air. He had viewed it with his binoculars, and says it was cigar-shaped, blue at one end, white in the middle, and orange at the other end, with rays of light coming out the orange end like whiskers. He called in the sighting to his patrol officer. Three other calls had come in too. They said it just disappeared.

#2. 1970-75, Byron Avenue, evening, summer:

He was driving with his wife and they saw a red fireball shoot from left to right, low in the sky. It was the size of a tire on a pickup truck. Had no tail, no noise.

#3. As a child, age 8, Ottawa area, his back garden:

He was "drawn" to crawl in the garden. He saw the movements of small people who would talk to him. He would never see them clearly, but only through his peripheral vision. He can't remember what they said. They were bald, 2-3 ft tall, and he could only see them out of the corner of his eye. He was not afraid of them. As the years went by, he would occasionally see them in the house, banging on walls, etc. He has always had the urge to shave his head bald - feels it's natural for him to be bald and toothless with big eyes. He doesn't know why he feels that way.. As a cartoonist, all the characters he draws are bald. He says that the eyes should either be large or they should spin. He has also seen ghosts.

These events haven't changed him because strange events have gone on for all his life. He knows what the aliens wear, though he hasn't seen any. He just "knows". They wear white turtlenecks with long sleeves, white pants, & black shoes. They have large or spinning eyes, bald heads, pointy chins, and 5 fingers.

subject number 20

female, age 36

public servant

intensity score=6

multiple experiences

#1. 1987, Nov. 30, 6:45 p.m.

She saw 2 circular objects in the sky, metallic blue in colour.

#2. mid-afternoon, Ottawa:

She was walking toward the bus stop to go downtown. There was a couple in front of her on the street walking. There was a hydro plant on that street. She saw a big red fire ball hovering over the hydro station. It was soundless. She called out to the couple ahead of her to point it out to them, but it was as if they did not hear her. They didn't turn around. She went across the street to the bus stop. The ball went over the phone lines, and hovered over the phone pole to which was attached her bus stop flag. It was 3 ft in diameter, translucent, "Chinese red". She remembers staring up, "and then - and then I'm looking at my feet". The bus came then, and she asked the driver the time, and realized she had lost about an hour of time. She couldn't remember why she had been going downtown. Was greatly disoriented.

#3. recently - night, on highway past Tweed.

She was in a car with her boyfriend. She looked out the window and saw a red light. She figured it was a radio tower. But it was travelling faster than the car. It moved "funny". It swung around to the left, and she saw another light, a bright fluorescent white one, like a plane headlight. The 2 lights met up in the sky. The white light grew bigger. Next thing she knew it was hovering directly in front of the car. There was no other traffic on the road. It was shaped like a flat bell. It went over the car, hovered in the back, and then came

forward again. She recalls thinking, "I wish they would leave me alone", as at this point she had had many experiences. She said, "It's like they had a homing device on me.... I'm tired of being watched." She was excited this time and wanted to stop and get out of the car, but her boyfriend wouldn't let her.

#4. nighttime, Ottawa

She was at her boyfriend's place. She looked out the french windows in the bedroom and saw a brilliant light. It hovered over a crane across the street at a construction site. It was as big as the moon. It would get big and shrink over and over. It was a yellowish fluorescent light.

#5. as a child

She had the experience of being restrained in bed by an invisible force. Her brother had the same experience the same night.

She used to receive "really weird messages" on her answering machine. She called them "space messages". They were "wooshing" sounds, electronic-type noises. Her digital alarm clock would stop at around 3:00 a.m. for several nights in a row. On these days, she would wake up with no feeling in her legs, as if she had been paralyzed for hours at a time.

She used to watch the night sky. From 9:30 p.m. to 2:00 a.m. The lights in the sky would make patterns, get brighter and dimmer.

One night she saw a fleet of little lights which travelled towards the west, flying in formation. She also sees "floaters", lights that float over the buildings, with snakey movements.

#6. in Ottawa, recently

She used her electric typewriter one night at home, shut it off, and put the cover on. She closed the windows and turned off the lights to go to bed. 10 minutes later, the window went up and then banged shut. The typewriter turned on. She ran into the room and looked out the window and saw a bright light in the sky. She went to the typewriter and typed, "Who are you and what do you want?" The light outside "went nuts" and then took off. She feels she made some kind of contact with the craft outside.

#7. alone in bed, nighttime, Ottawa, recently.

She was lying in bed facing the wall, and suddenly her heart started to race. She could feel the presence of three entities standing behind her. She was unable to move her body, but could move her eyes. One of the entities (a male) was laughing at her, not verbally, but with his mind. He made her feel stupid. He told her (telepathically), "Don't you know by now that you can't do anything unless we let you? We'll decide if we'll let you move. We need you right now. We have to do something." She kept mentally telling them, "Go Away!"

Once when on a camping trip in the Gatineaus she had a "flash". She looked at her companion and another face became superimposed on his. There was exaggerated bone structure on the head, no hair, and big sunken eyes. She said to him, "I think I saw the devil!"

Subject's theory about the experience: we were put here as part of a scientific experiment and we're being observed. "We're the offspring of something else." She feels that the different races exist on our planet because "they made us that way". We're a science project. They don't mean us harm because they created us. She never believed we were descended from apes. She now has a fear of going to sleep at night. Her heart starts to race, and she has a feeling that something is going to happen. On these nights, she wakes up with no feeling in her legs. Medical tests have failed to explain this. It happens at certain times of the year. It starts in October, and may continue on and off until January or so, sometimes every night for weeks. "Something has some kind of control over me". She does not like to be alone at night. She "knows" that nothing more will happen to her until 1993. She is looking forward to it because she misses it. Has told only a few people.

She has precognitive experiences and has always had this ability. She can predict earthquakes, plane crashes, family accidents, etc., and had a precognitive dream about Chernobyl.

subject number 21
male, age 21
assistant manager, record store
intensity score=0

1987, Andrew Haydn Park, 8 p.m.

He and a friend were driving by the park. He saw lights out of the corner of his eye. One craft came and hovered over him. It was rectangular, the size of a car, white light that was strong but didn't hurt the eyes. There were four others. When they were faced towards him they looked like round white balls. The lights waited for him when he stopped at a red light. This made him think maybe he could communicate with them, though he now feels that no actual communication took place. They circled each other and then one by one they slowly spiralled up and away, counter clockwise. He was not scared.

Afterwards, he became obsessed. he couldn't stop thinking about it. He says he still thinks about it every day. He has told lots of people about it, and even called a UFO hotline about it. He has read a lot since the experience, and says the event had a huge effect on his life. Before, he had not been at all interested. Now, it has become a big part of his life. The experience made his life more intense. It has enriched his life. He now asks a lot of questions about things he used to be certain about. It has raised his consciousness. Says it has affected him in every way, tremendously. He has lots of dreams about it. He would like to see them again, and is going to Stonehenge this summer to camp out and watch for them.

Subject's theory about the experience: they're here to make us more aware of them, "to get a better style of life". They're giving us a message to smarten up. They don't mean us harm. He thinks he was intended to see them, as he had a premonition that that night was going to be "the best night of my life".

He says he is psychic: he can guess birthdays, etc. He feels music is connected to all this as it has the power to brainwash (e.g. chants).

subject number 22
male, age 29
engineer
intensity score=0

1978, Istanbul, Turkey, 8:30-9:00 p.m.

He was driving with a friend, and saw 3 or 4 different colours of flashing lights in the sky, stationary, about 250 ft. up. The lights were a "blending spectrum". There were four sets of lights, and each would change colours at a different rate; each would have its own pattern. Then the cluster of lights travelled north, turned 90 degrees, went across the front of them, and continued to do this until it had flown a square around them. It moved relatively slowly. There are no aircraft that can do that. This event took 10-20 seconds, then suddenly the lights were gone, and it disappeared. It made no sound. He is familiar with landing and take-off lights, and these light patterns were not those of an aircraft.

Subject's theory about the experience: it was observing them, maybe conducting some analyses. They don't want to harm us - they're smarter than that. Claims of abduction are sensationalism. Why would they need to abduct us? They need only observe us to gain their information.

He was not scared. The event reinforced his idea that there is intelligent life out there. It did not change him in any profound way. It was not traumatic and made no huge impact: it was just an interesting experience. Prior to this event, he had an interest in the "unexplained".

He feels he has sixth sense. He can sense it when someone is trying to get through on the phone, etc.

He was born a Muslim but does not practise it.

subject number 23
male, age 43
regional manager
intensity score=0

1971, spring, 10-11 p.m.

A star was moving in the sky, but it didn't twinkle like a star. It moved for 15-20 minutes, then stopped. Another light came up beside it from the opposite direction. They sat there for 5 minutes. Then they simply went east very fast; the speed "mindboggled" him. They left a trail of light. He was excited, not scared. He has not

decided what it is he saw. They didn't seem metallic, and they didn't glow. He has thought about this event often over the years. He had always had an interest in the topic.

Subject's theory about the experience: they're curious, exploring. They don't mean us any harm, but they could do damage anyway, inadvertently. He is not religious. He believes it is probable that there is other life out there. He'd like to see something like that again. The experience did not change him but now when he's out at night he always looks at the stars, sometimes for hours at a time.

Regarding psychic phenomena, he says it's quite possible that such things occur. He does not feel he himself is psychic.

subject number 24
male, age 25
no occupation given
intensity score=5
multiple experiences

#1. 1981, Ottawa, summertime

He was on a bike and the moon was out. There was an eclipse of the moon. Later, he realized that he had not seen an eclipse at all, but some craft passing in front of the moon.

#2. 1987. Ottawa

He was in bed. Saw a light coming in his window. It was very bright. He turned around to look out the window and it was gone.

He has had many explicit vivid dreams, often one a night every night. They started around 1980. He will sometimes wake up tired like he's run ten miles.

He had a dream where he felt someone was staring at him. He opened his eyes, turned, and saw "two little guys". They had big eyes, and were small. That instant, "something went right between my eyes and there was a total white flash". It "comatized" him. He only remembered this event a few years later (i.e. missing time later recovered). He has had other dreams he calls "soul touchings". A force field will enter his until-then normal dream, and it pushes him down. The dream becomes black and white when this happens. Once he woke up to recall a UFO flashing in his memory. It was like he had been brought to it somehow.

He has had an alien person come to him in his dreams who talks to him and he talks back. It's just a voice. He once asked this voice, "Did you ever bring me aboard for experiments?" The entity said no. This communication is done telepathically.

He had a dream where sixteen of the "little guys", 2 to 3 ft tall, lifted him out of bed and carried him out. He cannot remember where they took him.

He has had lots of dreams about UFOs in the sky. He has dreamed of them coming to earth and all the people in the neighbourhoods come outside to see them. Sometimes he stays up all night because the dreams keep him up.

He sometimes hears footsteps walking all around his bedroom. He used to hear a lot of walking around, even up the walls. He feels it's "the little guys". He has heard them breathing in his ear

At times he hears a female voice beside him. At these times he is paralyzed and she touches his cheek. He has mentally held her hand.

He has smelled them; they smell rubbery. They have physically attacked him - bit him, strangled him - but they left no marks. They have straight teeth; he's felt them.

There are good entities and bad entities and he has experienced them both.

He has had countless experiences if you count the dreams. They're not normal dreams and nor are they nightmares. They seem real. He'll sometimes know if it is going to happen that night before he goes to sleep.

He has levitated off his bed. He has had an out of the body experience.

He does not know what they are doing or why they are doing it to him.

One incident he recalls: he had just finished reading "Transformation" (book by Whitley Strieber, follow-up to "Communion") at his cottage. He went to bed and lay down and felt a tickling up his side. He had a flash, a vision, of the following scene: He was standing in the kitchen, and he opened the door, and there stood a tall alien in a blue and black wet suit. He was skinny, bald, with a narrow head, big eyes, and light skin. He scared him profoundly.

He would like to experience something in the daylight rather than at night. He has often had the feeling of being watched or followed. At night he always watches the sky. "It's like I used to belong up there". He has told the aliens not to come back because they'll give him a heart attack. He still gets the force field dreams, though. He has seen ghosts in his house.

The aliens can go out of their bodies and enter his mind. He gets terrified of them, deeply frightened.

He believes in God, Jesus, and Mary, etc. He prayed to God to make the aliens go away. It didn't happen. He doesn't connect religion with the issue of alien life.

subject number 25
male, age 33
waiter
intensity score=0

1982, May 1st

He and a friend embarked on a hitchhiking journey out west. They were on their first night out and decided to camp at a sandy area across the highway. They were lying on their sleeping bags when they saw an object, circular in shape, with blue and red lights on it (though his friend claims they were blue and green lights). The object had no exhaust trail and made no noise. It flew across the sky and stopped, then came back again, left a third time, and went out of sight towards Ottawa to the south. About 3 minutes later, two

fighter jets came streaking across the sky after it, very fast. The engines of these planes were clearly audible.

He was a little scared. He said no man-made craft could do what it did. He believes the government has information about UFOs that they are not revealing to the public. he calls it discretion rather than a cover-up.

Subject's theory about the experience: they've been visiting for a long time. He believed in them before the incident. This event merely confirmed what he had already decided to be the case. Now his belief is 100%. Aliens are monitoring the progress of human beings. They have visited us and influenced us in the past (e.g. the pyramids, ancient landing strips, disappearance of the Incas, Aztec calendar). he says he is not religious, but states that there is a God.

Regarding psychic phenomena: he believes it exists. He doesn't know if he has any such abilities. he said, "All that occult stuff is fascinating". He says that there is a powerful bad side to all that: satanism, demonology, evil spirits. This aspect of it scares him.

In 1978 he had a dream that people came out of their houses at the same time as black circular discs were floating in the sky. He was scared, and felt compelled to go outside too. He saw a white beam of light come from the underbelly of a circular craft, and saw people's shapes floating up inside the light to the UFO. The beam hit him and he felt himself levitating and going up higher and higher. He said aloud, "I'm scared". Someone inside the light said, "Don't worry, XXXXX, it's alright."

He has had an experience where he heard a voice tell him to step back on the road to avoid being hit by a car. There was no one around who could have spoken.

subject number 26

female, age 36

secretary

intensity score=0

at age 4-5, in Old Chelsea, summer day

She was with her younger brother out playing in a field. They looked up and saw a bright yellow ball about the size of a house twirling and descending. It descended within yards of them and then went into the earth. They went running over to the area it landed, and the ground didn't seem odd or anything. It left no trace. They ran home and told their mother.

She has periodic "flashes". Early this year (1991) she had a "flash" of a ship over the street she lives on. Her flashes are "knowingnesses": they are precognitive, part of her intuitive capabilities. "I believe we're all psychic". She has had dreams that may be real, but she's not sure. In 1989, she dreamed she was pulled up in a vacuum suction and saw, on silk screens, her life played out. This experience moved her profoundly. She was told up there that there was a brotherhood in the north. She feels a strong magnetic pull to the north. She believes there were a group of beings unknown to us, a lost civilization, who lived in "the earth's polar structure".

She believes alien beings are making contact with us. They are curious. Our scientists are perhaps even now communicating with

them. They're probably concerned about our evolution and our ecology. They could be from a different dimension, ethereal. We may be able to benefit from them, e.g. in finding cures, higher technology, etc. They wouldn't harm us.

She is not conservatively religious, but has "spiritual beliefs".

subject number 27
female, age 30
student
intensity score=2

Sometime within the last 5 years, Switzerland, 11 p.m.

She worked in Sas-Fe and Sas Grunde, little skiing villages near the Matterhorn, teaching skiing. It was New Year's Eve, 11 pm, and she and three other instructors had just finished a shift and were headed over to the cafe to join the other instructors. She looked up into the sky when they were crossing the street and saw something flaming orange and yellow over Sas Grunde mountain. It was roundish, and the top looked like it had "flames" coming out of it. It wasn't really flames or fire, she says, but that's what she compares it to in appearance. The craft was about 170-200 ft. in diameter. It made no sound and left no trail. It started coming towards them. They had no idea what it was. Someone said, "I think it's a UFO". It came over the top of them and hovered there, about 3 miles up. It stayed there for 15 minutes. Then it started going straight up and took off in a zig-zag path, really fast. Their mouths all dropped. Its speed led her to conclude that it wasn't a man-made

craft. "It was not an airplane. It was not a weather balloon. I don't know of anything else that could be burning and glowing like that."

Three weeks after this sighting she read in the paper about UFOs being sighted off the Australian coast. She feels the two events are connected. Also she feels it is significant that Chernobyl happened the year before and its effects were being seen in the Alps. Maybe the aliens are looking at the destruction of the planet's ecology. Maybe they were surveying something in the mountains, observing.

She asked herself, "Why did WE see that?" She feels it was fate that she saw it that night. She feels they were meant to see it. The aliens monitor who is going to see them. They are only seen when they want to be seen. She was not frightened. She would like to see one again, and feels she probably will, because they (the aliens) know it wouldn't scare her.

Subject's theory about the experience: there might be as many as 5 different groups of aliens out there. Some are good and some bad. Maybe we're all put on earth by different beings and we're an experiment. The different races come from different beings. They want to see how we mix. Or maybe they're alien life studying us. She doesn't believe we came from apes.

We dull our senses in the Western World. If we become aware of things, then, "we see neat things happening in life". Being in tune, things happen. She has had psychic experiences: dreams, intuition. She believes that there are guardian angels, or energy that takes care of a person.

She is religious but not a fanatic. "I believe in God and I believe in Christ". After experimenting with lots of different religions, she came back to her roots. "All religion is the same....Man twists things around, as usual."

She met a pilot she feels may have been an alien, or seeded from aliens. There are special people in this world, and they may be here from UFOs or God or whatever. They're not really of this earth.

subject number 28
male, age 30
computer consultant
intensity score=0

1981, country road, 9-10 p.m., not winter

He and two friends were walking up a country road one night. He looked up at the stars. They saw a light in the sky. He figured maybe it was a satellite. After a couple of seconds he realized it wasn't flashing like a plane, and it was low in the sky, travelling relatively slowly. He joked, "Maybe it's a UFO". As a joke, he pulled out his lighter and flashed it up at the light to get its attention. It changed direction suddenly (45 degree turn) and disappeared in the sky. The whole thing lasted 20 seconds or so. Although he is colour blind, his friends say the light was green.

He feels it was a spaceship, "not of this world", since it took off in a different direction so fast, and it "left our orbit". All three agreed it was a UFO. Before the event he was not really interested in

the subject, and after, he has not done any research, but watches tv shows about it, etc.

He is religious, but doesn't see that UFOs would interfere with his belief. "I wouldn't combine them. All religions are based on this planet."

Regarding psychic phenomena: he strongly believes in psychic phenomena. He has had a couple of visions, i.e., precognitive experiences.

Subject's theory about the experience: they're exploring. It's hard to say if they mean us harm. He doesn't think they're here to harm us or to interfere.

subject number 29
male, age 52
communications planner, Department of National Defense
intensity score=0

1979 Scott Airforce Base, east of St. Louis Missouri, late October,
late at night

He is a Captain in the Canadian Forces, and at the time lived in a community near the base called Muscoota (just south of Muscoota, he tells me, is the reputed most active area for UFO sightings). The base was active only during the day and shut down at night.

Planes would go over his house a lot, perhaps every 5 to 10 minutes. He was familiar with the sounds of the engines and could identify the plane just by listening to the engine. This particular

evening, he took the dog for a walk. It was a very clear night. He heard what sounded like the engines of some kind of air vehicle, but it sounded unusual. He couldn't place it. It was not a helicopter. It made a drone-like sound like a prop plane. He saw flashing navigation lights of what appeared to be a normal-type airplane. He could see that there was a shape behind the lights but couldn't see what it was. He watched it for 15 seconds, wondering why it attracted his attention. It suddenly accelerated to a great speed (estimated 2000-3000 miles per hour). It became a white light. It disappeared over the horizon in 5 to 7 seconds. It left a visual image in his eyeball - the trajectory traced in light. When it accelerated, the sound disappeared completely.

The next day, during the day, there was a brilliant emerald green light, very small, in the sky which travelled the reverse of the trajectory of the craft from the night before. It was "day-glo green". It shot across the sky horizontally and stopped, and then there was "a little trickle of something" that came down close to the place at which the object had begun its acceleration. Something trickled down in a spiral: it seemed to be a casing of some sort. There was no sound throughout. He feels this event was related to the propulsion system of the craft of the night before.

He has read a lot on the subject. As a kid he bumped into some U.S. army guys in B.C. who were searching for something, and were very secretive about it. This event triggered his interest in the subject.

Subject's theory about the experience: "My personal view is that we have a distorted view of reality. Things are actually much different than the way we are accustomed to seeing and viewing them". These events make no sense in our logic system. So something's wrong with our logic system. The evidence is becoming clear that these are aliens visiting our planet, and they have been doing so for some time. They have made contact with the government, and may have a base in Utah where aliens are visiting on a "cultural exchange". They don't appear to be threatening. With their technology, they could have done whatever they wanted by now, so they're probably benign.

Regarding alien abductions, he feels it's true people have been abducted. There are probably different kinds of aliens. Their goals may be very long-term. They claim we're about to destroy ourselves, especially ecologically. They may be trying to preserve our civilization in spite of ourselves.

Regarding psychic phenomena, he says, "I think it's a fact". It can't be demonstrated in a lab, and it's not necessarily replicable. He has had a few psychic flashes.

"I think the UFO phenomenon has been explained."

subject number 30
male, age 50
technical writer
intensity score=0

multiple experiences

#1. 1967, Fall, highway 7, evening

He was stationed at Camp Gordon for flying training. He took Highway 7 back to Ottawa on weekends. His friend was driving and he was in the back seat lying down. He could see a light through the trees. It was bright, tree-top level, stationary. There were no buildings in the area, no lights to indicate dwellings. Some cars were pulled over to watch. They didn't stop. Near Ottawa, they heard on the radio that people in the Orleans area were reporting UFO sightings. They called the station and asked if there had been reported sightings in the west end. There had been none reported for that area.

#2. 1989, Calgary, summertime, early afternoon.

He was out having a picnic with his family. They watched a jet flying over them, low enough that you could see the windows plainly. It had disappeared into a cloud bank into which it was climbing. He saw a grey ball "scooting right along" lower than the jet, taking the same track. It was going faster than the jet, and travelling against the prevailing winds. It was about 1000 ft. up, smaller than a car.

#3. 1990 late fall, east end of Ottawa, nighttime

He was in a field across from his house one night, smoking. Something caught his eye. He couldn't make out a form but there was a "something". It had headlights, not very bright. It made no sound. It left no trail. It seemed low in the sky, about 200 to 400 ft up. A couple of weeks later, he was out in the same field, and saw three "whitish-grey things". They had no lights, and made no sound. They swept in an arc in unison, in formation. They left no trail and flew low in the sky.

He has done a lot of reading on the topic. He calls them "trash books". He considers himself skeptical. "I've seen something. I don't know what. Spots on my eyes, a scar on my retina. I try to rationalize it."

Regarding psychic phenomena' he is very skeptical. "It's a case of 'show me'."

Regarding abduction stories: " very frankly - nutcases."

Regarding the idea of a government cover-up: "I distrust governments...in general." But he figures it would have been leaked by now if it were true.

subject number 31
female, age 24
communicator for the R.C.M.P.
intensity score=2

1983, Chesterville, summer, late at night

She was with a friend on her friend's porch. They heard a noise on the other side of the house. They thought somebody was sneaking up on them as a joke. They peeked around the side of the house. No one was there. They walked to the edge of the verandah and looked toward the driveway and out on the yard. There was a big green and purple light, green on the bottom, purple on top. The colours did not mix together. The light was opaque; she couldn't see through it. She reached out her hand to it to try and see where it was and how big it was. She couldn't tell if it was right in front of her or far away. Her friend stepped back.

This is all Angela remembers. Her friend does not even remember seeing the light. The next day she told her mother. Her mother said it was the Northern Lights. But she is sure it wasn't. "It wasn't light coming from anywhere, it was right there." She can hardly picture it. She can't make out any details. It seemed very big, but she couldn't tell if it was far away or up close. It seemed like it was right in front of her. She "can't see the edges of it" in her memory. It was roundish, oval, with no seams to it. The colour was beautiful and solid. It didn't give off light, but it itself was luminous. There was no sound coming from it at all. The next thing she clearly recalls is waking up the next day.

She has dreams of it all the time. In her dreams she is trying to piece together what happened. She also dreams of little aliens coming around. She dreams that something is still happening, that she is still communicating with them. Her dreams seem so real. She dreams that something comes in the house and she's awake. When she wakes up she can't remember exactly what the dream was about.

She was feeling sick on the way over to talk to me because she had never told anyone about it except her husband. She felt she would be ridiculed if she told. The incident was basically repressed until she told her husband about it years later. She has read a lot on the subject. It scares her when she reads about the little men. But she's not scared of her own experience at all. She wishes for it to happen again, whatever it is that happened.

The lapse of memory from seeing the light to waking up the next morning bothers her.

Regarding psychic phenomena: she believes 100% in it. She often knows what people are going to say, and finishes sentences for them, or responds to their question before they say it. She has also had a precognitive dream.

She suffers from a fear of being alone. She leaves all the lights on at night when she is alone. She also has a fear of the dark. She attributes this to a childhood experience when she went to the bathroom one night and felt that somebody was watching her through the window behind the toilet. She screamed for her mother but no sound came out.

She is not religious.

Subject's theory about the experience: they are probably visiting us.
Believes in alien intelligence. Feels what she saw must have been a
UFO

subject number 32
female, age not given
no occupation given
intensity score=3

1978 or 79, May, 4:00-4:15 p.m., Hull

She was leaving her high school later than other students, so no one else was around. As she stood in the parking lot of the school, she saw a round shadow on the ground in front of her. There was no noise. She had the feeling of being watched. She looked up and could see the underside of a round craft, 15 ft in diameter, hovering 10 ft over her head. It had a uniform, pulsing light in its center which would get bright for three seconds, then very dark, "like soot", for three seconds. There were no lights on it; rather, the whole thing lit up uniformly. The light was white, and it did not hurt the eyes. She felt hypnotized by the object, and felt she couldn't think, that she had lost her will. She says she was "under its power". She fought its hold over her. She watched it for 45 seconds, and felt they were trying to get inside her head. It took her 15 seconds to break its hold, then, as soon as she snapped out of it, she ran home, and didn't look back. She was scared they would take her up and experiment on her. She was very frightened. She told the police but

they laughed at her. She felt they had given her an invitation to go up with them, and they were not forcing her to go.

She does not want it to happen again. She does not know why they hovered over her.

Subject's theory about the experience: they may be more evolved than us.

The experience opened her mind to things, and made her question things, especially religious and church teachings.

subject number 33
male, age not given
occupation not given
intensity score=2

1967, Manitoba, June or July, evening

He was out in the country, in a cottage area. He, aged 16-17 at the time, was walking with a friend from one lake to another, a five mile journey he had made many times. As they came through a clearing, his friend stopped and sat on the road to get a stone out of his boot. The subject saw, 80 ft away at tree-top level, something flying. It was 50 ft. in diameter, and it looked like a pie plate turned upside down on a plate with a red light on top. It was glowing on the side, maybe because of windows. It was too slow for a plane (estimated 2 miles per hour), and it made no sound at all. It left no trail. It moved across the road and disappeared over the tree tops. He was very scared. "It's kind of fuzzy what my thoughts were after

that. I remember being very frightened and then - after that I don't remember too much."

It took them a long time to finish their walk, yet that is the only time they stopped. It took them five hours to get back. It usually takes 1 1/2 hours, maybe 2 1/2 at the longest. At another lake on the same weekend another guy in the bush had come across a UFO on the ground and had been burned.

He got a call from the U.S. government a month after. They were sending out a team to research what had happened there. They asked him what he saw. He does not know how the U.S. government found out about it since he did not report it to anybody.

He talks about it only rarely. He would rather not think about it. Was reluctant to come to the interview. The event sparked a bit of interest in the subject. He read a bit. But he knows what he saw, and that is sufficient. He speculates that maybe he saw a secret project from the U.S. government. Or maybe it was something from another galaxy. He feels it was most likely an extraterrestrial thing. The missing time bothers him. If he is out alone in the country at night, he'll get shivers. It bothered him when he went back to the same cottage.

Subject's theory about the experience: they're keeping an eye on us to maybe make sure we don't pollute this part of the universe. "Or maybe they created the earth and people and the stories from the bible come down from angels and things like that".

Regarding the possibility of a government cover-up, he says, "Yes."

He is not overly religious. He believes in a god but not in organized religion, dogma, etc.

Regarding psychic phenomena: "I believe that certain people do have talents that are unexplained." He has had some psychic experiences, and feels everyone has them.

subject number 34
female, age 61
secretary
intensity score=1

1973-74, late summer, early evening, downtown Ottawa

She was sitting in the living room, which had a big window facing west. The sky was bright. All of a sudden something very bright exploded in the western sky. It made no sound she could hear, and the light was white-yellow. For five minutes she had "post-retinal flashes, about 12 in a sequence". She did not report this to anyone, but the question of what that was has never left her mind. She feels that what she saw was "not of our own making".

Subject's theory about the experience: they are here for surveillance, and are contacting certain people here. They may be aware of a coming cataclysm and they may be here to save us. They are benevolent.

She has not done a lot of reading on UFOs but takes their existence to be a fact, and sees nothing strange about the idea of them whatsoever. She is religious "in an overall sense, but not in a conventional sense "

Regarding the possibility of psychic phenomena, she says, "Oh yes!" She has psychic ability. Knows, for example, when someone is having a problem.

subject number 38
male, age 24
student
intensity score=1

1991, March, Hopewell Street, 11:30 p.m. (Carleton U. area)

He and two friends were walking down Hopewell. He was on the left. The friend on the right turned to him and said, "Did you see that?" He looked around and said, "What?" The friend said, "Oh, never mind, forget it." Just then the subject saw a ping-pong-ball-sized bright globe. It was so brightly white it was almost blue. It moved really fast. It went by his friend again. The subject said, "There it is." His friend turned around and started looking for it. A couple of seconds later it came again, this time in the opposite direction. It made a whirring sound, and left no trail. It came as close as two feet away from the subject. It flew in front of him and then curved up, turning in mid-air, and went around him, and then was gone. The sighting lasted 10 to 15 seconds. He wasn't scared. He thought it was "really neat".

His friend later said that when it first appeared, it seemed to come up from out of the ground. The guy in the middle did not see it at all. He calls what he saw a UFO because "it was flying and I don't know what it is." He wishes there is some way to discover what it

was. Says, "I know there's no way it was a toy or something like that because nothing can move that quick and be a toy. . . .It was nothing I've ever seen or even heard of before." He always "sort of knew" that UFOs existed.

Regarding psychic phenomena: "I guess it's possible. . . .I believe Kreskin is real." As for himself, he has never had a psychic experience. He is not religious.

Subject's theory about the experience: "they could be here. . . .exploring. . . .Maybe they're just cruising around." They don't mean us any harm.

subject number 39
female, age 64
nurse, retired
intensity score=1

1969, April 23, 7:10 p.m. Fisher Heights, adjacent to Parkwood Hills

It was early evening, and she was in the kitchen doing the dishes. She saw out the window a white light off the the south-east over the National Research Council or Carleton University. It was more oval than round, and was too big to be an airplane. It was about the size of a street lamp, only far away in the sky. She kept watching and called her 16 year-old son over and told him to look out the window. He saw it too, and wondered aloud what it could be. Just then they saw a "zig-zag electrical type of thing coming from it". This electricity was very bright as well. It then took off into the

clouds very fast, and all the clouds were illuminated as it went through. The sighting lasted about two minutes. They called the airport and radio stations and found that one other report had come in of what seemed to be an explosion towards the airport.

It left her with an eerie feeling, "a very funny feeling" afterwards, which persisted for a couple of days. She was not scared, but was a little apprehensive the next night. She experienced no long term anxiety. She has told very few people because "people think you're crazy when you see things."

Regarding the possibility of alien intelligence: "I think there's a great possibility".

Subject's theory about the experience: they're observing. They don't mean us any harm. " I think we'd be more harmful to them. . . . I think we're too fast on the gun sometimes."

Regarding psychic phenomena: Yes, some people do have psychic ability. She feels she has some e.s.p. ability; for example, she can tell when someone is going to phone. "I don't like to close my mind to anything."

subject number 45
male, age 37
cleaner
intensity score=1

around 1966, summer, Navan, Ontario, nighttime

He was (age 10-12) visiting his grandmother in Navan. He was sleeping one night when lights shone through his bedroom window and woke him up. He got up to take a look out the window, and saw a ball, the size of a house, about 60 to 70 feet up. It made no sound, and was incredibly bright. It was slightly elliptical in shape. It had a band of lights horizontally around the middle, and the lights merged from one colour to the next continuously. He saw windows on the ball. He could see into one into what he called "the command room". He could see 2 to 4 people in there. He waved and one, who was looking through the window, waved back. They wore "some sort of uniform". The ball moved slowly, stopped and hung in the sky, and then moved over an oat field and out of sight. The experience lasted about two minutes. The next morning, he went out to the oat field to see if it had made any tracks. It had not. He later thought it had been the moon, and next day checked a calendar. There had been a new moon, not a full moon, that night. He was not frightened. "It was like waving "hi" to an old friend". He would like to have another experience. He can still see it very clearly in his mind's eye.

The event "woke an incredible curiosity about space" in him, and now, he estimates he reads about 8 hours a day on this and other

strange topics. He says, "this all started after I seen that big ball floating in the sky." The experience made him curious.

He believes in a government cover-up.

Subject's theory about the experience: we are a research project. They have the technology to do anything that they want. So "I'm just hoping that they will be gentle." They're waiting for us to evolve to the point where we're ready for contact with them.

Regarding psychic phenomena: "the human mind has incredible potential...we just don't know how to tap it yet." Regarding a government cover-up: "logic would dictate so".

This interview was the first time he had ever told anyone, for fear of ridicule.

subject number 46
female, age 57
researcher
intensity score=1
multiple experiences

#1. 1973-74, Big Sur, California, night-time

She was camping with her two daughters (ages 3 and 14 at the time), in an isolated area. The girls were asleep. She was looking west up at the sky. She saw a triangular "soft pulsating light. Not flashing.." It was an almost metallic brightness, but the colour was soft. She thought at first it was a forest ranger's beam. What she saw next was, as far as she could tell, a ball, "glowing, fiery". It left

a smoke trail. It was bigger in the sky than the sun is. She could not tell, though, how high up it was. She woke up her oldest daughter, but she was groggy, and does not remember the event. She wondered if it was a meteor. But she did not hear any big crash or sounds of mass destruction or anything.

She does not remember how the event ended, when or how the ball went out of sight, or going to sleep that night. The next thing she remembers is waking up in the morning, hearing the voices of men going fishing. She asked them if they had seen anything. They said no. She says, "I find it very interesting that I cannot recall following it (i.e. the sighting) to its conclusion".

As a child, she has memories of levitation, and once as an adult she levitated (though she says it could be due to smoking pot). She spoke to fairies as a child.

#2. before the fireball sighting. Grass Valley, California, night.

She slept out under the stars with her husband and saw a star moving. It went up and down and sideways. It was very bright.

Regarding psychic phenomena: yes, they exist. She has had some herself.

Subject's theory about the experience: they are possibly e.t.s (extra-terrestrials), possibly from a parallel universe. They don't mean us harm. They are here to teach us. They are "the same idea as God". They are "supreme beings". She has her doubts though, because if

they're so great, why don't they do something great (e.g. like feed the starving, etc.)?

subject number 47
male, age 45
security guard
intensity score=1

multiple experiences

#1. Jan or Feb 1978, 7:30 p.m., Gladstone Avenue, Ottawa

He was watching the night sky out of an apartment window. He saw two white lights on the horizon. After about 10 seconds they went out and other lights came on, in different locations in the same area, seemingly at random. They turned out to be lights on the same craft. It was travelling straight towards him, from east to west. As it got closer, he saw that it was very large, and was circular (disc-like). It was about 500-1000 ft. in diameter, and it was 1000 to 2000 ft up, flying at about 50 to 100 miles per hour. All the lights were white, and there were hundreds of them, around the perimeter of the disc. They were very bright, but did not hurt the eyes.

At one point he felt something trying to contact him via mental telepathy. This scared him badly and he stepped back. Suddenly the entity "let go" of him. He was no longer scared. He went out on the balcony and watched it. It made "absolutely no sound at all" and left no trail. It seemed to communicate with him as it flew

over the building by flashing its lights in sequence. He says he feels it was a mother ship, due to its size.

Subject's theory about the experience: it could be from another dimension, or it could be time-travellers from the future, or it could be extraterrestrial. He does not believe in evolution. Believes that we come from a cross-breeding between highly developed extraterrestrials and land animals. Feels the visitors don't mean us harm, though he says there are several different kinds of aliens, some aggressive and evil, and some benign. Believes that in 1994-1996, the earth will experience a great crisis, maybe destruction. These beings have a role to play in our future.

#2. as a child in Belleville, at 2-3 a.m.

He looked out his bedroom window and saw a ball of energy hovering over the ground by the train tracks. It bobbed up and down there for a bit and then shot across the field and hit a stoke of wheat, which went up in a ball of fire. Next morning, he went out to see what it had done, and found that pile of wheat reduced to ashes. Figures it was ball lightning.

Another experience: he once saw a meteor streak across the sky. It was very big, and burning. It disappeared beyond the horizon.

He reads a lot on the subject, and was a UFO buff both before the sighting and after. The sighting solidified his beliefs. He would like to see another, and would especially like to make contact with the beings.

He says he can remember his birth, a previous life, and the interim between lives, where he existed as a ball of energy and was interviewed by 12 "individuals". Regarding psychic phenomena: he believes in it. He has himself had psychic experiences, including a psychokinetic experience wherein his rage exploded a traffic light. Regarding religion: he believes in a supreme being of some kind.

subject number 48
male, age 19
student
intensity score=0

1988, summer, 11:30 p.m. Airport Parkway area

He and 2 friends saw a silvery spherical ball hanging over McDonalds. It was the size of a baseball from where he saw it, and he got the impression that it was quite big. It looked to be as high up as balloons fly. It did not itself glow, but reflected light off its bright silver surface. They thought it was the moon at first, but they then located the moon elsewhere in the sky. He may have seen a window or portal, but he can't be sure. He was not frightened.

Subject's theory about the experience: they're "surveying their product". Maybe we're an alien creation. He does not rule out the possibility that they may be planning an attack.

Regarding a government cover-up: there might be a building in Texas with dissected aliens in it for all we know. There are probably government agents who know a lot about it. Regarding psychic

phenomena: he supposes that some people have "gifts". He experiences dejr vu a lot, and classes this as a psychic experience.

subject number 49
male, age 35
fire fighter
intensity score=0

multiple sightings

#1: 1968, Ottawa.

He was in a car, aged 10-11, in the Byward market. He saw something in the sky that appeared to be behind Parliament Hill. He got out and looked up. It was a flat dark trident-shape that faded away. It was solid but sort of foggy looking. He never told anyone about it.

#2: 1991, August, Maniwakee, night time.

He was at a cottage, out looking at the stars. He saw a dot of white light in the sky 30 degrees from the horizon. It travelled across the sky. Another and another showed up, doing the same thing, until he saw 8 or 10 in total. Then he saw the same thing coming back the other way. They were very high up, and moved very fast. They might have been satellites, though he has an open mind about the idea of aliens and spacecraft.

Regarding psychic phenomena: yes, he believes in their existence, and he himself has had some. Regarding a government cover-up, he says that yes, the government is hiding information about UFOs.

Subject's theory about the experience: they're watching us. It's like how we keep an aquarium.

subject number 50
male, age 31
business owner
intensity score=2

Multiple experiences

His family moved from Smiths Falls to Cornwall. In Cornwall, he saw a UFO twice, and also had a lot of strange experiences that made the family move away.

#1. 1967, summertime, night (2-3 a.m.)

He (then aged 7) was sitting outside a trailer with his older brother (then aged 12). They saw a big saucer-shaped UFO hover over top of them, 30-50 ft. in diameter, and about 500 to 1000 ft up. It spun around and landed in a field across the way. It had a glow to it. They were too scared to go to the field to get a good look. It seemed to be made of some kind of metal, like silver. It looked like aluminum. It made no sound and left no trail.

That same year, he believes that the house they lived in was haunted by a spirit. It would take down all his father's tools in the basement from the tool rack. This only happened when his father wasn't there. One night in his bedroom he saw a white figure of a man come through the door and walk into the closed closet. There were a few times he felt a presence in the room. He often woke up at 3 a.m., scared, feeling as if there were something there. Sometimes he felt a pat on the head or a touch on the toes.

#2. 1967, summer:

During all of this, one night he woke up at 3 a.m. or so. He could hear noises outside the window. He looked out and saw a spaceship in the neighbour's backyard. It was saucer-shaped, with four pillar legs holding it up. There was an open door on it. The next morning there were four indentations in the neighbour's yard, set in about 2 inches deep. He didn't tell many people about it.

Regarding psychic phenomena: He has had a precognitive dream.

Subject's theory about the experience: Jesus was something the aliens put down here to relate to us. The objective is peace and harmony. We're an experiment they're conducting. They probably put us down here.

There is a government cover-up.

subject number 51
male, age 32
computer specialist
intensity score=7

1979, June 24-25, Deerfield Ave., Ottawa

His brother and himself were celebrating his graduation from high school. They took dexedrine and marijuana (in 2 days, they had 40 dexedrine pills each). They partied all day Saturday and Sunday. On Sunday, his cousin (female) joined them. Sometime in the early morning hours, after being up for two days, his cousin was talking about how she used to stand when doing the dishes at home. She demonstrated. Suddenly a voice said, "XXXXX, touch your knee to the wall." She did. A big chunk of the wall blew out. Two beings appeared there, dressed in white robes, human looking, but glowing a bluish colour. They all jumped up. A red bubble appeared on the wall. One of the beings telepathically told him to run towards the bubble. It was as if he was moving in slow motion. The other being told his brother he had to stop the subject because if he reached the bubble it'd kill him. Just as the subject got to his brother, his brother expanded in size. The subject hit him and bounced back and his feet flew up. He didn't hit the floor, but realized both he and his brother were hanging in the air by their feet. They were rushing up a tunnel towards a gold center. He could see the apartment receding below them. They were moving up very fast. He blacked out.

The next thing he remembers, he's in a control room with his brother. Beings were explaining something about a machine. He can't

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remember what they said. The next thing he recalls, they're in a place that looked like their apartment. "There's a whole bunch of these people. They're all over the place." They were all laughing and talking. The beings were all dressed in white, all glowing bluish. "It was like they weren't solid...but not like a ghost -- more vibrant." He and his brother walked over to a window. There was a ship pulled up outside it. It looked like a '52 Chevrolet convertible. A guy was at the wheel. "He wasn't one of those. He was a human being." He asked them to come for a ride. They said no. He said o.k. and took off, snaking away, "and then he just went pow! -- straight up, and he was gone."

Around that time another being appeared, different from the others. He glowed almost a pure white. The other beings were humbled around him. The party started to break up after that. After a bit they decided to go into the kitchen to make tea. The pure white guy was in the kitchen playing with the stove like he didn't know what exactly it was. The guy started to get smaller. "If something is going away at an incredibly fast speed, and you have no point of reference as to distance, you can't tell whether the person is getting farther away or if he's shrinking. And he was waving good-bye."

They walked out of the kitchen. "It was like an elastic band on our brain went snap, and...we said what the fuck happened?" They ran around, searching the apartment for evidence to prove what had happened. Found nothing. His girlfriend, who had been in her room the whole time, came out. Said she had been wanting to get up for some time but couldn't.

They talked over the experience for hours. His girlfriend went to work. Talked from 7 until 12 noon with his brother about it. At noon his girlfriend called, feeling sick. He went to go pick her up. He remembers getting into his car and pulling out of the parking garage. The next thing he remembers is driving on Elgin street. The memory of the weekend came back to him as if it were a dream. It was like he had forgotten almost completely about the entire incident. He picked his girlfriend up and came home. Woke up his brother and cousin and asked them if they remembered it. They could hardly remember either. "We almost had to convince each other again what had actually taken place."

Three weeks later he was talking with his girlfriend about it, and mentioned how she called him to come get her at noon that day. She said, "What do you mean? I never called you. You picked me up at 4:30 at my regular time." The subject concluded, "So from 12 o'clock until 4:30 there's a period in there where I have no idea what happened."

"I've come to realize a lot of things because of this." He believes he saw beings that mankind hasn't seen for 2000 years (i.e. the angels and "God" of the Bible). Occasionally he'll dream of the beings, or of other beings. "There's not a day in my life that goes by that I don't think about it." "I know for certain it wasn't the drugs."

"It probably took us to the very edge of our sanity. I can remember a one point 2 years later, saying, geez, I've got to tie a knot and hang on because if I don't I'm not going to make it."

He felt that these things physically happened. Yet there was no physical evidence later (e.g. the hole in the wall). He figures the

beings could repair the damage perfectly. The beam that took them top the ship took them through the ceiling of the building. "One of the things that they may be able to do is control the shape of space." He reported both telepathic and verbal communication.

"All you've been taught in your life has just been blown away, about religion, about what God is and what we are....We're definitely not the King of the Beasts."

"There are these people who are controlling the evolution of our planet and maybe even social events. Our past history might match theirs exactly. They might have brought on the ice ages and the world wars and all that sort of thing so that it matches their past exactly so that we evolve just the way they did." "We're talking about beings that can change your very shape, your very existence, can think you dead and think you alive."

The event changed his life drastically. It almost drove him nuts. "We're like little hatcheries, as such, of human beings." "They've taken this ball of mud and they've manipulated the evolution of this planet and its early events so that it produces us, and I think that one of the reasons we didn't blow ourselves up with the atomic bomb is that they were definitely watching us. They've put 4 and 1/2 billion years into this project. They're not going to let some bunch of crazy babies wipe it out."

Regarding psychic phenomena: yes, it's possible. He himself has never had a psychic experience.

subject number 52
female, age 22
student
intensity score=0

1991, June-July, 10:15 p.m., Ottawa, Riverside Drive, facing north

She was in her apartment, looking out the window, and saw a really bright looking light. It looked like a huge star. It didn't move like a plane would, nor did it have other lights flickering from it like a plane. It was slowly moving vertically down, and it would get "really really super bright" and then dim out to invisibility, and then come back up again. She watched it do this for about 1/2 hour. It came every night for about 2 weeks at 10:15 p.m. One time she looked at it and it went out completely. While it was dimmed, there was a red light that jutted out from it to the left, really fast, like a beam of light. Then it lit up again.

On July 1st, she was watching the fireworks from her window with binoculars. She looked at the light with them. It had a triangular shape and it had blue and red and orange colours swirling around it. The sightings lasted through the month of July, and she hasn't seen it since. She feels it was not a star because it was moving, and because it would dim out and brighten back up again. "It was as though it knew that I was looking at it." It made no sound and left no trail.

She had always thought there was a possibility of something "out there", and she always "kind of wanted to believe". After seeing this, she rented the movie "Communion". Says, "I believe that

whatever it is is more advanced than we are..and maybe they...see the violent nature of human beings and they see what we could do to them if they're exposed....They're just watching."

Subject's theory about the experience: "Maybe they were here beforehand. I'm starting to believe that humans are different from the rest of the population -- the animals, the plants -- we don't really fit in....We came in at a certain point in time and nobody's been able to make that link....They probably...genetically engineered us. I think we were planted here from somewhere else." Says it seems natural that "we're here and they're there". She would like to have another encounter.

Do they mean us harm? "Hard to tell. If they're doing experiments on us...they could be. Maybe they think we're harmful as well. Because they're watching -- they're seeing everything that's going on in the world."

Regarding psychic phenomena: yes, they exist. She has had a lot of premonitions and intuitions throughout her life, and precognitive dreams.

She is not religious. She used to be at one point but "it was too extreme and too cult-like and too many restrictions". But she does think there is "something out there".

subject number 62
female, age 47
receptionist
intensity score=1

1973 -74, Spring, behind Uplands Airport, middle of the night.

She had been working the 5 to 12 shift. She came home and her husband was in bed sleeping. She got ready for bed. They raised animals that they would kill in the fall for meat. They had some goslings that they kept near the house. She looked out the window. It was a clear night, and she called to the goslings. "Next thing I know there's a flying saucer (8 ft in diameter) hovering above the tree. It looked like an elm tree....And it was just hovering like this and it was making like 'woo woo' like in taking energy from the post." It was not far from a hydro wire, and she feels it was sucking energy from it. "As it appeared to be taking in energy, the light around the disk got more fluorescent. Not a green, not a white, in between." It had a light all around the edge. She thought maybe they needed help. The craft was about two acres away, and she wondered if she'd have time to reach it before it flew off. What stopped her from going was a fear of stepping on a snake in the dark. Before she knew it, it took off in the sky "at the speed of light, like, so fast, 'pshoo', and it's gone."

She feels that at that point in her life she was not progressing; she had a "mental block". This block came down when the Berlin Wall came down. The sighting helped her. She used to have "Sixth Sight". After the sighting, this stopped. After the sighting,

though, her son started changing for the worse, getting in trouble with the law. "I was helped but at the detriment of my son....It was good for me but bad for him." She does not attribute her son's troubles to his parents' impending divorce at the time, but to her UFO sighting.

She is not religious. She believes in an intelligence from another world.

The sighting "gave me the strength to get out of my rotten marriage....I'm glad it touched me....It meant to make me progress, help me progress. And I am the richer for it." They are benevolent. She would like to see one again. She is not scared. They're here to help us through some hurdles. They're basically good.

Regarding a government cover-up: yes, the government is hiding information..

subject number 63
male, age 35
fisherman/musician
intensity score=1
multiple experiences

#1. 1985-86, June or July

He was out night-fishing (his job) outside of Ottawa. Was lying in the boat staring up at the stars with a friend. They saw a greenish coloured light, bigger than the stars, way up in the sky. It moved really fast and then just stopped. It stayed there for 15-20 seconds,

then took off again at a 90 degree angle, stopped again for 15-20 seconds, then took off back in the direction it came from.

#2. 1989, on the Ottawa River outside of Cumberland, just after sunset

He was night fishing again with his brother. He saw a "weird looking colour come". There were two foggy pink coloured things coming very fast from the horizon. They moved in sync, slowing down and speeding up at the same time. They went right over their heads, miles up. They went towards the east, very fast, and then just disappeared. His brother didn't see them. An hour or two later he saw two more coming from the same direction. He does not remember these sightings as well as the first one.

He had always been interested in UFOs. Drew pictures of them as a kid. He believes the aliens have a deal with the government. He went to a few Raelian meetings, and feels that "it makes a lot of sense".

Subject's theory about the experience: they're observing us. They're from another planet. They are curious, and do not mean us any harm. They're so advanced that they're gone beyond violence. "They're not as barbaric as humans are". He feels that they might have created us and they are monitoring us. The aliens made earth inhabitable by creating oceans, animals, etc. Then they made the different races as an experiment. (This is the Raelian theory)

He does not believe in God but does believe in a higher power. he was brought up Roman Catholic and then Jehovah's Witness.

Regarding psychic phenomena: yes, they exist. Some people can tap into parts of their brain that other people can't. Has not had one himself.

Regarding strange dreams: this has happened many times to him, starting when he was a teenager. He's lying in bed, asleep. He can sense someone in the room, and can almost see them but he can't move or speak. He forces himself to wake up and his heart is pounding and he's sweating a lot. The first time it happened, he thought it was a nightmare, but he couldn't remember a dream. Sometimes he sees a figure or figures, sometimes very tall, sometimes short, moving in the room. Sometimes he can't open his eyes. "It almost feels like somebody's sitting on your chest. You know? And you can't get up. You can't move....You're afraid because you can't wake up and you can't control yourself." It only happens when he sleeps alone.

The sightings had a big impact on him. He watches the sky a lot now, hoping to see something. It made him very curious and sparked his UFO interest. It led him to attend a few Raelian meetings.

subject number 64
female, age 36
secretary
intensity score=1

Summer, 1974, night.

When she was 18 she went on a camping trip with her older sister (then aged 30), a friend (also 18 years old), and her sister's eight year old son. They were driving back home, and planned to drive all night. Although she didn't have a licence, her sister let her drive some of the way. Her friend and her sister's son were in the back seat asleep and she was driving. There was some problem with the car. It seemed like it "wouldn't go. I had my foot on the gas and we couldn't get any speed up..." The car just pattered along. It was a foggy night.

She looked to the side of the car and saw a white light come on. She figured it was somebody's yard light. She and her sister decided they would find a gas station and pull in for the night. The light started to move. Her sister got nervous and told her to pull over so that she could drive. The subject was excited and curious about the light. Her sister got into the driver's seat. It seemed like the car was being pulled. The light moved to the other side of the car. She saw red lights flashing on the side .

"I can't get a good grasp on what I saw. I can't really remember it." She tried to wake up her friend and nephew, but they wouldn't wake up. Her sister was quiet and nervous. The subject was excited. At some point the light seemed to go away, make a U-turn, and come

back. Eventually they came across a gas station. The owner's house stood on a hill nearby. The light came over the house at the same instant they pulled in. The craft had two big headlights, white, on the front. She can't remember a shape to the craft. It seemed to be cylindrical, but she's not sure. It went behind the garage. They sat there in the car. She wanted to get out and go see it. She wasn't scared, but felt frozen. Then they saw it go off in the distance. It disappeared behind some trees. It never made any sound.

She has, many times, tried to remember back. She can't remember everything that happened in sequence. Her recollections are very sketchy, and this bothers her. She doesn't remember the night they spent in the car. The next morning the garage man came down and checked the car. All the points were blown. They asked him if there would be any reason for a plane to be flying around last night. He said, "No, there's nothing like that around here, ma'am."

She has always felt privileged for being able to experience it. It opened a "whole new realm" for her. Now when she looks at planes and cars, they seem archaic. She feels we're not as advanced as we think we are. She felt as though she was being observed and then rejected. She often wonders if anything else went on. "It was some kind of flying ship." Her sister is pretty close-mouthed about it.

She would love to have another experience. She wonders what's out there. "In a way, something has been verified.... There is something out there."

She was brought up Roman Catholic, and has rejected a lot of the church, but is still religious. "I'm a believer in something else, I don't know what."

Regarding a government cover -up: It's a little far-fetched, but "anything's a possibility, really." Regarding psychic phenomena: it's possible. She herself has never had a psychic experience.

subject number 65
male, age 31
driver
intensity score=2

multiple sightings

:

#1. 5 years old, in Cornwall.

He played out behind the school yard. A neighbour came out of her house and yelled at the kids to get inside. They all went in the house except his sister. she saw a craft, no higher up than the church steeple. The woman ran out, grabbed her, and brought her in. He saw it too. It was fairly big, the size of a bungalow, shaped like a disk, blackish-grey, metallic. It had no lights, and made no sound. It hovered in the sky.

#2. 14 years old, Cornwall.

He and his brother and some friends were goofing around in the Woolco parking lot. A blue light shone down on them "from out of nowhere". It was almost like a laser beam. You could feel its power.

It was so bright that he couldn't see. He closed his eyes and he could still see the blue light. Everyone started running away, so he ran too. They got on their bikes. They wiped out by the railroad tracks and turned to look back at the parking lot. They saw "the light go straight up and -- poof! -- gone. Just like that." Whatever it came from did not make any noise.

#3. 15 years old, Cornwall.

He and his brother were watching t.v. one night. His dad was out on the porch. he yelled to the kids to come outside. The father said that there was a big thing in the sky that was really close. He was yelling and pointing. The kids couldn't see anything. They climbed up on the roof and then saw it. It was a very big thing shaped like a "V", the size of a big apartment building. It had no lights, and blended in with the sky. It moved very slowly, blocking out the stars. It came over their heads. It was so close that "I could have took a pack of cigarettes and hit it". They got scared and got off the roof. All of a sudden the craft was gone. It had made no noise. He feels it had two white stripes on one wing.

He has had many other smaller encounters, like lights doing strange things. He saw the dark "V" once more, when leaving his girlfriend's house at dinner time.

Subject's theory about the experience: he believes in Jesus. The Virgin Mary was artificially inseminated by aliens. The star of Bethlehem was a space ship.

Regarding psychic phenomena: he has had psychic experiences, like reading people's minds.

subject number 66
male, age not given
air traffic controller
intensity score=0

When he was 17, air base at Iroquois Falls near Timmons.

One starlit night in spring or fall, "in the 11 o clock position, there was a very bright spot of light. It came down, did a complete stop, made a mark through the sky, a very bright mark, brilliance is the only way to describe it, a line. Stopped completely, made a 90 degree to the left, again made this bright mark across the sky,...came to a complete stop again, did a 180, went back across the track it had just made, crossed where it had initially been,...came to a complete stop, and then took off on a 45 degree angle to my right. Just pfft! Gone. And that was it."

"You can't convince me that was a shooting star." It lasted 1 minute. It moved very very fast. "I never seen anything move that fast in my life." It was whitish light, very bright. He only told a couple of people. "Ever since then I've been a firm believer in UFOs." He would like to see one again. He is not scared.

Subject's theory about the experience: it was not from this earth. It was not a natural phenomenon. Beyond that, he hasn't got a clue. We're an experiment. He says he is a firm believer in UFOs.

Was it an important event? Not really, except "it did make me a believer." He is definitely not religious. Regarding a government cover-up: "oh, probably".

subject number 77
male, age 28
lawyer
intensity score=0

1983, New Brunswick, summertime, twilight.

he was in a truck with his dad. Nearby was a large gravel pit. It's cut out of a hill so that there's a high side on the far side. Just before it there's a steep hill. They came up over the rise in the hill at about 10-12 minutes after sunset. The gravel pit pops into view when you go up the hill. When they saw it, there was a large (40 ft. tall) conically shaped orange and yellow glow inside the pit, as if the bottom of the cone was almost touching the base of the pit and the top stood at about the top of the pit. It was orange with yellow rectangles of light in an even pattern across it. It was not transparent. The edges weren't sharp. It was almost like an orange mist. "It didn't have hard edges. It was almost like a light phenomenon....It drew my eye, and I looked at it, and then it wasn't there anymore....It was there and then it wasn't there." The sighting

lasted 3-4 seconds. "It was enough to say, 'What is that?' And then it wasn't there."

His dad said, "Did you see that?" They talked about what they had seen and tried to explain what it could have been. They stopped the truck and spoke to some people who were watching the sunset, but they didn't see anything. They were "spooked" by it, rattled. They don't really talk about it anymore. He has told only 1 or 2 people about it.

"I've gone over a number of explanations of what it could be....My first thought was...swamp gas, but that's not a swamp. It's a gravel pit. And I thought, you know, maybe it's, you know, something to do with the sunset but the sun was set....If I had a best guess...I'd say that there's...maybe some visual phenomenon to do with the sun setting....But I can't explain that that would be naturally explainable like that....I don't know of any natural way to explain what it was....I have a theory that that was some sort of extraterrestrial thing. I have a theory that that was some sort of vision that was imparted to me for some divine reason or that I've still yet to unfold. And I have a theory that that was explainable...in some kind of mystic sense....I'm still waiting for the next piece to fall into place."

He says it's possible that it was an alien craft, but doesn't know. He has read a lot on UFOs, was always interested. "I'd really like to have another experience like that."

Regarding psychic phenomena: He had a vision once, in church. He is religious. He has problems with idea of life elsewhere. "I don't know where it fits." It doesn't fit into his theology. "Part of what I've done is I've taken my uncertainty about what this -- my seeing

what I saw --it's implications for the rest of my world view, and I've rationalized it back and tried to turn it into uncertainty about what I actually saw. This one thing sort of stands out in a life in which other things make sense. This thing stands out and says, "This doesn't make sense.' Therefore a whole lot of other things don't make sense....If I was totally honest with myself, there is no rational explanation for what I saw -- like -- that was something definitely weird. And--like--that doesn't make sense, and it has pretty big implications for a lot of the ways I've been thinking about things."

Was it a positive experience? "Yeah. Because there's a trap, and it's especially apparent in a person of my upbringing, where you have a strong religious upbringing...of very self-assured certainty that you know what's right....It's all very secure....We know the answers. And that experience sticks out there and sort of says, you know, 'There are more things in heaven and earth than you have dreamed of in you philosophy', that sort of sticks out there and is a reminder of that sort of uncertainty principle that you don't know everything."

Regarding a government cover-up: yes, he believes the government knows things about the UFOs that we don't.

Subject's theory about the experience: they're visiting, probably taking soil samples. They are benevolent.

subject number 78
male, age 48
advertising and design - sales
intensity score=0

multiple experiences

#1: 1950-51 Westboro, summer, evening.

He was 5 years old, outside with a bunch of kids. He recalls a very bright object passing very low overhead. He never really discussed it. Recently, his brother commented on it.

#2: 1971-72, at a lake in Ontario, NW of Calabogie Hills, midnight.

In the distance was a very bright object. He watched it for a long time. From time to time smaller lights left it. They sort of moved around that light in random directions and then flew off and appeared again later. He watched it for an hour or more.

#3: 1979, March, outside Ottawa, on Hwy 17, 10 p.m.

He and his wife were on their way to Ottawa, driving home from Arnprior down highway 17, and were on a stretch of road called Granger's Hill, midway between Ottawa and Arnprior. It is a very straight stretch of road on a hill. There was a heavy snowstorm that night. He saw in the rear view mirror what he thought was another car. It came up very fast. The light was unusual, and seemed too

bright for a car. The incident took only seconds. Suddenly his car was filled with "bright bright bright whitish with a blue tinge light. And then it seemed to leave the car" and moved up in front of it. At that point, he thought, "No tail lights". Then it just disappeared. "It was like -- it seemed to be very small -- it followed us and suddenly it filled the car with light and then it just flashed out. It was gone. There was no way...it could have been another automobile because it didn't seem to pass me. Nothing passed on the side....It seemed like it really filled the car. It wasn't like a pinpoint of light like a flashlight, a beam, or anything, it just seemed to approach and the whole car just seemed to be filled with this light." His wife and 12 yr old nephew were in the car too. They never spoke about it until 5 or 6 years later. He recalled the incident to his wife and she said, "You mean you saw it too?"

There was no sound, no electrical charge. There was no fear involved. "More a sense of what the heck was that?"

Subject's theory about the experience: re: lights in sky: It's possible they were extraterrestrial craft. They looked like they were controlled. Weren't random. re: light in car: "I haven't the faintest idea." They may be checking up on us. Maybe we've gone too far -- ruining the ecology.

He has read a lot on UFOs. He has always been curious. "I'm interested. I'm not fanatical by any means. But I think I would be ready to accept it if some event happened that proved there was intelligence somewhere else, or, as many people have speculated,

right on this planet. Maybe it's something on a different plane. I don't know."

He is not overly religious. "I'm a believer and I go to church. Not a religious person in the sense of formal religion. I'm very much a believer in human beings and...in some of the basic concepts (in religion)." He has no problem with the idea of intelligence somewhere else.

Regarding psychic phenomena: "Oh yes. Most definitely." He had a vision of his dead mother. He knew when a friend had died. His mother appeared to him in his bed (when he was in the hospital) and told him everything would be okay. It soothed him. It felt distinctly different from a dream.

Is there a government cover-up? Yes. "I don't doubt that it's possible....Yes, the government probably do know something."

subject number 79
male, age 21
student
intensity score=4

1974-75, Campbell's Bay, middle of the night.

He would stay with his grandparents in Campbell's Bay in the summer. This particular summer he was 5 years old. There was a shed out back with tin in it. One day he was in the shed running his hands over the corrugated tin and he got a metal splinter in the bottom of his hand. He didn't want to tell his grandmother because she'd take it out with a pin. The wound started to get infected and go

septic. One night around 11 p.m. everyone was asleep and he suddenly woke up. There was an intense light in the room."It was so intense that everything seemed black and white. It seemed like a dream but I knew I was awake and I sat up in bed and in the corner I saw two people. They weren't human. They were humanoid in appearance. They stood about 5 feet and they had large glossy eyes that came to a point. They didn't have a nose. There just seemed to be two holes in their face. And they had a plain mouth. It was just there....They were wearing what seemed to be overalls that came up to...the top of their chest. And they were like -- almost like floods. They came down to a little bit below their knees and they (the overalls) were made out of like a rubbery material, it seemed....They were like glistening in the light. And it wasn't until they got closer that I saw the colour of their skin. It was kind of like a bluish green....One of them was carrying what seemed to be a doctor's bag and they were both standing there at the side of the bed and I was sitting there looking at them but I didn't have any fear. I felt totally comfortable with them. And they didn't talk to me but it seemed as though they were giving me mental commands but I didn't hear them. And I pulled my hand out from under the covers and I showed them the splinter on my hand. And then one of them grabbed my hand, not forcefully, just touched my hand, and I don't know if I passed out or if time had elapsed in any way, but when the being pulled its hand away, the splinter was gone from my hand. I then just lay down and went back to sleep. Then when I woke up the next morning the splinter was gone from my hand. And there was no sign of a wound in my hand whatsoever. It was like -- to this day I don't know what really

happened but every time I see pictures of this style of alien I get shivers in my spine....I know I've seen them. I know I've had contact with them and they've touched me. Their skin was kind of like a frog's skin although it was a little bit warmer. And they seemed to only have like three fingers but they were...a little bit longer. And...like their hands were longer than ours but they were narrower and they seemed to have like these 3 fingers and their thumb."

They moved to Smiths Falls in the past year. "I would get feelings of anxiety for no reason. Something was going to happen but I didn't know what was going to happen. It would be a perfectly normal day and its like -- my hands would be sweaty, I'd be jumpy, and it's like something's going to happen -- someone's coming but I don't know who it is." "I find that I don't like to be in isolated areas anymore because that's where I had my first encounter and it's like - - I guess -- they choose people in isolated (areas) so that they won't be found out." "Sometimes I won't sleep nicely. I'll be waking up all the time."

He would like to see them again. he was not scared. He was "totally calm". "I knew something or someone was going to come."

Regarding psychic phenomena: yes, although he himself has never had one. He is not religious.

Subject's theory about the experience: "They're definitely from another planet and I figure they're just -- they're the same as us. It's like the way we tag animals and stuff like that, and track them....I think they're doing the exactly same thing with us." Maybe their ships are made of a certain type of metal that can slice through

reality and slip into other dimensions. Or maybe they're from a micro-matter universe. "They're studying our way of life...but I feel that they won't make themselves known because right now we're still at a very feeble state." Until we're ready, they'll stay hidden. But there are certain people who are ready, who they contact. He feels he was picked. "...it seems as though wherever I go I have a little bit more intelligence than everyone else. Or maybe it's just I read a lot or I just know a lot but it seems as though I know a bit more. But I can't explain why."

Is there a government cover-up? Yes.

subject number 80
male, age 38
dermagraphologist (tattoo artist)
intensity score=9

multiple experiences

#1. San Diego, California, aged 17, nighttime

He was going to meet a bunch of his friends camping. He went up before them to the campsite. It was dark. He made a fire and opened a beer. "All of a sudden, I started feeling weird. Heebie geebies type thing....Everyone carries a gun in the states. I had a gun with me and I kinda leaned back and put the gun under a jacket. I'm sitting on the tailgate of the station wagon like this. About half way done with a beer. Stone cold sober. Hadn't even had a full beer. And I had this feeling like someone had taken a black tube and

dropped it over almost a 40 ft diameter around me. I felt like if I could have picked up a rock and thrown it through the trees it would have hit a solid wall. All of a sudden, bango! I am in a totally black void, okay, just...there's no fire, there's no station wagon. I'm like against a solid wall, sitting in a totally black void. Now I don't know if something had happened before that that my mind had blocked out or not. I have a strange feeling that I was told to sit there. But I don't remember that. I'll tell you what I physically remember, or mentally remember, okay? All of a sudden I'm freaked out. I mean, I'm somewhere I should not be. So I feel -- I can feel I'm sitting -- I can feel a wall behind me, and I reach down and I can feel solid ground. So I stand up and I start working to my left feeling along the wall and it's like -- like this -- a pillar, a wall, a pillar, a wall, but this is pitch black. go down to my left about - I don't know how far. I have no recollection whether I was wearing clothes or uh - you know. I was just still in the process of analyzing what was going on. I get so far down the line, I look to my right, and there's these guys standing there. Uh -they're standing there looking at me. There coulda been anywhere from 3 to 7, I wasn't in the mood for counting at the time. But anyway -- it was like pitch black but I could see them...They were giving off a glow....They were like wearing black graduation robes, I guess you'd say, black robes or parkas, or whatever you'd call, panchos. White faces, big eyes, and where their nose and mouth should be it was just like someone took a pencil and shaded it in. The minute I seen these guys my analytical brain started over-amping. And what I thought is that I had died and I was not in heaven and I didn't know if I was in hell but it was the closest

thing to it. But -- I was so terrorized. That was the actual experience. It stuck with me for three years after that. Just ultimate fear." It seemed to take 5 to 20 minutes. In actuality, the time was hours.

"I was living with my parents at the time. About 2 to 3 weeks after this happened they were sending me to psychologists, they had me E.K.G.'d to see if there was something wrong with me." He was afraid to tell anyone. "I wasn't on drugs. I seen those guys. They were for real." After, he felt he was being watched. There was a spark in his peripheral vision that would not be there when he looked directly at it.

#2. One night a few months later, he woke up. "I was immobilized. But out of my peripheral vision again I could see 2 of these guys coming into my door. They opened my door and they lifted me up like they were gonna take me. They levitated me in a sense. And as they were taking me I was mentally fighting them. And...I woke up in the middle of my bedroom floor. I guess I won again. I got away again." He continued to have an uneasy feeling of being watched for three years. then "all of a sudden, bango! I knew they had left me alone. I was free of them."

During those 3 years he was afraid to go out at night, to go camping, to look up in the sky. Saw many actual UFOs during this time. The experience stopped him from functioning in society for a long time. He wonders if he has repressed memories. "I feel there's a lot more that happened than that."

Other sightings:

#3. He once saw five craft in the sky travelling in a v formation.

#4. Another time a UFO came up and started sucking power out of his truck as he was driving in Nevada. It was very bright and moved very fast

Subject's theory about the experience: doesn't know what they are. But firmly believes they exist. "I don't believe they're from another planet." Feels they're interdimensional. They're curious about us. They are investigating. They are benevolent.

It scared him very badly. "I think I have the power to go back there. I feel like if I wanted I could tap my mind and get these guys. I don't know if they took me on or I accidentally got -- somehow projected myself -- it could have possibly been an involuntary astral projection experience."

He is religious, Roman Catholic. He has had many prayers answered. he has no problem with idea of life elsewhere. God made more than one planet.

subject number 81
male, age 36
military officer
intensity score=0

multiple experiences

#1: 1979, mid-August, 2:30 a.m., New Brunswick.

He joined the military and was on a base in New Brunswick, doing officer training. He was on a 7-day exercise. On the third or fourth night he had to stay up on radio watch all night. He was walking around, at 2:30 a.m. with another guy. In the South East, 2-3 km away, he saw a light that looked like a search light. It was a moonless, overcast, dark night. It looked like someone was projecting a light down from the sky, but he couldn't see the light source. He watched it and didn't think anything of it. It moved back and forth. He figured it was a helicopter doing a searchlight exercise. After 10 minutes of sweeping back and forth, not tilting, it was joined by 3 other lights that suddenly came on. After another 15 minutes they started meandering his way. He realized they had no running lights. It as a white, diffuse light. There was no sound. One of the light sweeps came to within 200 m of them. He still couldn't see any source for the light. There was still no sound. It was not a helicopter. It hovered for a few minutes, then went back to sweeping, and moved away. 40 minutes later, the lights suddenly went off, one by one, in the distance.

He is a trained observer, and says three of the lights moved in a pinwheel circuit around a central light. They were maybe 200 m apart. The lights rotated counter-clockwise.

Subject's theory about the experience: it was a UFO or UFOs. The pattern was organized, not random. It could have been either one very large vessel, at least 600-700 m in diameter, or several vessels. It was moving quite fast. It was extraterrestrial reconnaissance -- as to why, he doesn't know. They're visiting. They may have something like the Prime Directive (a la Star Trek). They figure we're not mature enough to handle the implications of contact. They're waiting. They're curious, observing.

#2: 1983, Manitoba, summer, 11:30 p.m.

It was a clear night, no moon, no clouds. He was travelling home in his car along Provincial Road 314, westward. He was 7 km away from the town of Rivers. He was the only car on the highway. He noticed a bright red light behind the tree line. He thought there might be a fire. He slowed down. Over the top of the trees this "ovaloid brilliant red object" rose up over the top of the trees, about 1 km away. He stopped the car and got out. It illuminated a large area with a bright red glow. The light was constant, and did not flicker. It sat there for 2-3 minutes, then cruised westward at tree height, slowly. It seemed to be lense-shaped, brighter in a band along the middle. He estimates the size at 70 m from end to end. It moved and stopped for awhile, then moved again.

He watched it for 15 minutes. Then it lifted off a little bit and went to 130 m or so above the tree top level. It started to move back and forth, oscillating slowly. It abruptly started to lift off at a 45 degree angle, gaining speed. Suddenly it just "zapped" away. It travelled at "incredible speed". It went from 130 m in the air to completely out of sight in 1-2 seconds. He thought he might have heard a low-pitched humming that increased in pitch as it started rising in the air.

He called the airport the next day. They hadn't encountered any aerial traffic that night. He would like to see one much closer. They were positive experiences, as a whole. He feels they are benevolent.

Is there a government cover-up? Yes. Is he religious? Yes. Not a church-goer, but religious. He's a Mormon. Mormons have no problem with the idea of life elsewhere.

Regarding psychic phenomena: Yes, it is possible they exist. He has participated in psychology studies on e.s.p., and scored high. He has seen auras. He has had some precognitive dreams. He knows when the phone will ring and who's on it. Has psychokinetic abilities (e.g. with dice).

subject number 106
male, age 40
public servant
intensity score=2

1972, in his parent's home.

Before this event, he says he often had weird feelings in bed, and sometimes woke up early feeling paralyzed. This time, he woke up to feel a presence in the room. He never before had so strong a sense of a presence. His strongest emotion was fear. It started by hearing a noise in his living-room, down the hall from the bedroom. He heard shuffling footsteps. He felt a tremendous weight on top of him, all over. His eyes were open. A white light emanated from down the hall. As soon as this light went on, his eyes were forced half-shut. He felt paralyzed. After a few seconds he heard a voice, at normal volume, coming from the hallway. It was distinct, clear, but it wasn't a human voice, and it wasn't speaking any earthly language. This lasted 10-15 seconds. He has the feeling that something was scouting around through the house, and didn't know he was in it. The whole episode lasted 5 minutes or so.

The presence made him very scared, but didn't hurt him. He would never want to encounter anything like that again. After, he couldn't stay in the house alone.

Just when he finally put the episode to rest, he started reading up on UFOs, and the feelings were brought back. He feels the experience is related to alien abductions. "We're not alone." He has done a lot of reading in the area.

Is there a government cover-up? Yes. Is he religious? Yes. He has problems reconciling the experiences with his faith.

Has he told anyone? He was so scared at first that he couldn't talk about it. He told his parents and his best friend. As the years went on, he found it got easier to discuss it.

Regarding psychic phenomena: he finds claims of psychic ability hard to believe, but there's a possibility. He has never experienced anything psychic himself,

subject number 152

male. age 51

aerospace engineer in the air force

intensity score=1

Edmonton, 1987

He was on the second floor of a hotel, looking out at the blue sky. There were no clouds except for one tiny puff. He wondered what could cause one tiny puff of cloud on such a clear day. He watched the cloud, and as he watched it it slowly started to "smear". It started drifting off. It gradually faded to "the point of where it turned to a very bright light, a star, in essence, almost the same as you'd expect a planet". It was a gradual transition. More or less, the cloud dissipated to reveal a light behind it. He had to blank out the sun with his hand to see it properly. It was moving towards the north-east horizon, and it was gaining speed. When it got close to the horizon, it was really moving fast, much faster, for example, than an airplane.

He feels that there may have been several times in his life when he was exposed to UFOs. One time, he was on an airfield, bent over beside an aircraft, and the whole area lit up with a blue glow. Another person there said it was a blue fireball, which made no noise.

Several other occurrences: at age three he can remember coming home crying, and vaguely remembers that 'someone had taken me into this bush'.

Once, in Ottawa, he was laying on his back in bed, waking up. He was convinced there was someone standing beside the bed. "I was absolutely terrified. I couldn't look. I couldn't turn my head. Couldn't move. And -- uh -- that was probably most significant -- there again, I didn't see anything, and I was really quite disturbed over it." He can't remember how this episode ended. He says this same thing happened again one other time.

Subject's theory about the experience: the sightings are episodes of contact with extra-terrestrial beings. "There's probably an intergalactic community of sorts."

Is there a government cover-up? Yes. He feels the aliens are benevolent. Are there such things as psychic phenomena: Yes. For self? Yes. Is he religious? He is into New Age religion, and has no problem with the idea of life elsewhere.

subject number 158
male, age 22
student
intensity score=0

1981, summertime, westbound on the Queensway, Ottawa

He was in a car with his mom, and it was starting to get dark out. A few stars were out. "And I just looked up and I saw this, uh, two stars", side by side. The one on the left proceeded to move until it was directly in front of the star on the right. It stopped for about 5 seconds, and then moved, and the star it had covered was gone. The episode took maybe 2 minutes.

"I don't really know what it was, but I know that it's not...a plane or anything like that."

Subject's theory about the experience: "At the time I thought it was a UFO" "I think it could have been, like, a -- another life force in the universe." "I believe that it probably was...a ship from another planet." "And the speed that it moved at...there's no way an aircraft from earth could travel like that." "It was there, it moved away, then it was gone, so I -- I think it was a UFO..not from this earth, I don't think." "I like the theory...it's just like Star Trek. They're going out in search of unknown things. So I think that we're unknown to them so they just want to study this more and they want to know what we're about." It is possible they could mean us harm.

Is there a government cover-up? "Oh, sure." Does he want another sighting? "Yeah, I think it'd be cool." Regarding psychic phenomena: it's possible. "I think everybody has psychic ability."

Is he religious? "I'm technically a Mormon. But I don't usually follow religion that much. I believe in God, basically. But I smoke, I drink. I'm not a perfect Christian."

subject number 178

male, age 24

student/waiter

intensity score=1

multiple experiences

events occurred from age 3 to 13-15

#1. age 3, on a trip in Holland with his family.

He and his brother were out playing with a bunch of kids in Holland. It was a sunny, cloudless day. His brother was in the upper branch of a tree. He fell back and down. He didn't hurt himself. Just at that moment the whole playground stopped and looked to one area of the sky. "There was this big light just going across. We were all looking right at it. There must have been thirty of us just watching this thing go by and it -- it was huge and it was just moving at a constant pace and as bright as, like, a -- as the sun, only a lot smaller." It was a bright, white light. After it went by, everyone went back to playing.

#2. Wakefield.

He and his brother were going to the doctor in Wakefield. They were sitting in the office (him, his brother, his mom, and the doctor) and he looked out the window "and there was a great horned owl....And I didn't make any comment while I was looking at it. I was just staring at it and it was staring at me during this interview and it was about 15-20 minutes, and I never even made reference to it." It was sitting in thick bushes that covered the window. "It just seemed really weird because it's a very rare bird." His brother has the same memory, but neither of them said anything at the time.

"The reason that I think of it as being strange is 'cause I've seen all those movies, like Communion, and I read the book...because there's a lot of things in there that I can sort of relate to..."

Experimenter: "So you're relating it to the screen memory thing that they talk about?"

Subject: "Yeah. Exactly....There's another (incident) (age 11 or so) where I'm walking in the woods and, in where I live there's different fields on different levels and hills that have been cleared....And I'd always go for long walks on these hills. And this was sometime in the fall again. I'm walking along and there's a snowy owl, once again a super rare bird, I don't even know if they live in this area. A snowy owl, walking on the ground just looking at me, not scared at all. So I walked towards it and it walks a bit towards me but then it takes off and the thing is absolutely huge.

It has a fifteen foot wingspan. And it flies around me a couple times and I'm just watching it. And it flies around really close to me and then just takes off and just sort of leaves. But it didn't seem like a big deal, even though I should have been freaking out about it once again. Like, I was big into birds. I see a bird that I didn't think existed around here, it was a lot bigger than one should be, but I never mention it to anybody."

#3. en route to Ottawa from Wakefield on a weekly shopping trip.

They were driving along the Western Parkway, almost at the Portage Bridge, when "something caught my eye above us and I looked up and it looked to me like there was something above us. Right above us, following us for most of the length of the parkway. And also, once we got through Hull I noticed it again above us....It was just like a ring. A ring of lights -- and I --I sort of mentioned it in passing to my mother and my brother, who didn't even look. And -- but it was no big deal, once again -- a weird thing like that." It was spinning slowly, with nothing in the middle.

#4. Wakefield, at his home.

He and his brother were standing in their driveway (the house is located on top of a hill) and "I saw a light approaching from the direction of Ottawa. Coming with no -- not a single sound. Really getting brighter and brighter. And I'm starting to get really nervous and so's my brother. We're getting scared and too scared to run, or

anything. Even though our house is right behind us. And just as it's about to get to us, my brother doesn't remember what happened, when we stopped being scared. And all I remember is just not being scared anymore, and continuing what we were doing. And like -- that's -- I think it's funny, him being older than me, he should remember what happened after too. But he doesn't. I just remember having this scared feeling go away right away. And -- for no reason." The light came from an angle of 15 to 20 degrees off the horizon. It moved slowly and made no sound. It was a white bright light. The last he remembers it, it was at a 45 degree angle.

"I've always had this incredibly irrational fear of aliens and that. Anything having to do with UFOs. And I have -- it's unusual for my personality because I don't have any fear of anything else....Ever since I can remember I've always had an incredible fear of things like that so if, when I was a kid I saw anything on t.v., I'd turn it off. 'Cause it bothered me so much. And it still does, even at this age when nothing bugs me....If when I'm walking alone I start thinking about UFOs and stuff, I go totally -- like I'll have an anxiety attack."

"And I have a lot of dreams...where I actually see things landing and um -- things are getting out and I see other people who I know being taken off these vessels and plopped down in front of me and we're all standing around wondering what the hell's going on."

He had one dream in particular about a certain field which always gave him the creeps. "In the dream I'm in this field standing with a few friends and there's about three hundred huge saucer things that keep flying in and out and just stopping and leaving...all different colours....No one knows what's going on."

"But I still have that weird fear all the time. Even though...I've never heard or seen anything that I know of that should make me scared." He has told a lot of people. He finds it really interesting, and not at all embarrassing.

All these strange events stopped happening around age 15 or 16 when he moved to Ottawa.

Does he want to have another experience? "I don't know. Like when I think of it when I'm in this kind of surroundings and it's nice and bright...I can't imagine what bothered me. But if I was out somewhere by myself I can think of nothing that would scare me more than seeing something that isn't flying the way that it should be from what we're used to. Or one of my greatest fears that I have is this one scene scared me so bad I couldn't forget about it for weeks, it was in Communion where he's in his bedroom...where he gets up and he says, 'Who's there?' and this little head peers around his door. I don't even know what I'd do, I think I might have a heart attack."

Subject's theory about the experience: aliens are exploring, learning about us. They're benevolent. "Although, I'm not even sure...like I don't assume they are there or anything."

Is there a government cover-up? "I don't know." "It seems to me that governments are notorious for thinking that the public can't handle certain things so it wouldn't surprise me.."

"It seems likely to me that they would have more information than anybody else."

Regarding psychic phenomena: yes, they exist. He has had many himself. "I'm almost a magnet for unusual circumstances."

He is not religious.

Did the experiences change his life? "I don't know. I'm not sure because, um -- there were certain times and certain things I'd be going through at certain points in my life that these things would sort of crop up around the same time and make these other things seem less traumatic."

Appendix L
Summary Tables for Significant ANOVAs

**ANOVA Summary Table for MMPI Schizophrenia Subscale Scores
for the Four Groups**

Source	df	SS	MS	F	sig
Between Groups	3	2550.28	850.09	9.61	p < .00
Within Groups	169	14945.81	88.44		
Total	172	17496.09			

ANOVA Summary Table for Rosenberg Self-Esteem Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	703.40	234.47	8.2210	p < .001
Within Groups	168	4791.45	28.52		
Total	171	5494.85			

ANOVA Summary Table for Perceptual Aberration Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	298.35	99.45	2.82	p < .05
Within Groups	169	5956.73	35.25		
Total	172	6255.09			

ANOVA Summary Table for Unfriendly World Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	207.86	69.29	3.1540	p < .05
Within Groups	161	3536.81	21.97		
Total	164	3744.67			

ANOVA Summary Table for Well-Being Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	431.45	143.82	4.0987	p < .01
Within Groups	161	5649.26	35.09		
Total	164	6080.70			

ANOVA Summary Table for Stress Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	750.15	250.05	6.9172	p < .001
Within Groups	161	5820.00	36.15		
Total	164	6570.15			

ANOVA Summary Table for Social Potency Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	258.14	86.04	2.6962	$p < .0$
Within Groups	161	5138.13	31.91		
Total	164	5396.27			

ANOVA Summary Table for Aggression Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	207.62	69.21	2.9580	$p < .0$
Within Groups	161	3766.88	23.40		
Total	164	3974.50			

ANOVA Summary Table for Estimated I.Q. Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	1306.06	435.35	4.9797	p < .0
Within Groups	164	14337.85	87.42		
Total	167	15643.91			

ANOVA Summary Table for Liberal Beliefs Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	15657.91	5219.30	10.1860	p < .000
Within Groups	164	84033.88	512.40		
Total	167	99691.79			

ANOVA Summary Table for UFO Endorsement Scores for the Four Groups

Source	df	SS	MS	F	sig
Between Groups	3	20.73	6.91	12.1559	p < .0001
Within Groups	164	90.39	.57		
Total	167	111.12			

END

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FIN