

Investigations Diary 27

by Gloria Heather Dixon

There has been quite a lot of interest from our members recently about the Postal Training Course (PTC), which has been highlighted due to BUFORA Vice President, Norman Oliver's recent questionnaires to members asking for their comments and opinions on what they would like to see within our association. The response to this form from our members has certainly been gratifying.

Two books which are recommended reading for the Postal Training course are now out of print and often difficult to obtain. Both are excellent books and these are UFO Study by Jenny Randles and The UFO Handbook by Allan Hendry.

Because of the problems in locating these books, I would like to recommend a book for those of you on the PTC, or thinking about enrolling in the near future. The book is entitled The UFO Investigator's Guide by David Coomer. This is a user-friendly manual for the UFO investigator/researcher, which is coherently organised with practical information about UFO investigating and reporting. It is also an informative reference guide for anyone who has an interest in the UFO/unexplained field of study.

While I do not agree with some of David Coomer's comments and information, particularly relating to parts of his chapter on abduction, this book nevertheless covers a wide-ranging area of information on the UFO phenomenon for potential investigators and researchers. There is a 'Resources' section at the back which will be very useful for those who are conducting research or need to have information on worldwide UFO groups, who is who in ufology, ufological terms, internet sites etc.

To order this book, please contact Lionel Beer on 020 8979 3148 or write to him at 115 Hollybush Lane, Hampton, Middlesex TW12 2QY enclosing your cheque.

PRICE: £4.50 including post and packaging.

RECOLLECTIONS OF SOME EXTRAORDINARY EVENTS AND A TIME LOSS IN WEST YORKSHIRE

In the July/August 1998 issue of the BUFORA Bulletin, Paul Ascough documented a synopsis of a case he investigated in 1995. As this case is very significant within the annals of high strangeness cases, which involve missing time, I thought it might be important to look at these events again in more detail and also bring this compelling case to the attention of members new to BUFORA.

I have kept in touch with two of the witnesses over the years since they experienced these events and have spoken with them both within the last month. I will comment on their thoughts at the end of this case summary.

Events as they unfolded...

On a warm mellow evening in July 1995 a husband, wife and their niece and her boyfriend were enjoying a barbecue in the back garden of their niece's home when they experienced some very strange and inexplicable events.

The back garden was surrounded by six foot privet hedges and the neighbours on both sides of the house were out for the evening. They ate beef burgers and watched the lottery draw on television and then returned to the garden, where music was playing on the stereo.

Both husband and wife were sat on a small bench outside the back door and generally 'messaging around' as the husband put it. He looked to the right of him over the hedge and at about an estimated quarter of a mile away, he observed some flashing lights for a few seconds. That was his first sighting and then he remembers his second sighting when he described something above him with a black door; it was high up with what seemed to be vapour across it. It opened and a beam of light shot out. The husband then observed an object, which was at a slight angle and appeared to be in front of his eyes above the trees with light coming through the trees. He describes lights in a triangular shape on the top and four lights on the bottom. The top lights were moving in the opposite direction to the lower lights.

He then remembers that he and his wife and niece went over to the privet hedge where he watched the object appear to drop down behind the trees between some nearby houses. It then appeared again and shot a beam of light out towards a house, moved up and disappeared, reappearing lower down the valley. The husband comments that it didn't move, but was suddenly 'not there, but there'. He then watched the object move down the valley and across the bridge out of view.

To give members a sense of what occurred next, the husband comments in the following way...

Then later on was the moon thing - it was low in the sky. It was a funny moon though. I didn't really recall that until later on when they said there shouldn't have been a full moon that night. (Astronomical information indicates that the moon would not have been visible before 11pm) I always thought I was sat on the bench all the time this was happening, but I was sat on the bench and my wife wasn't next to me, she was standing. The object was going down by the trees and everything was in slow motion, you couldn't hear any noise. I could see the side of her face and she was talking or shouting her head off - but I couldn't hear her voice. There was no sound there and that is when I thought this is important and I had to get up because this was my wife and I stood up - just to get up

There were other things while this was happening - the silence. It wasn't a proper silence, it was like one step below silence, as though you were really somewhere else, like up in space. That is what I mean by the silence. Then there was a slightly warm feeling. I remember when I was sat on the bench at one point looking over my right shoulder, looking at what I thought was the house wall, it was all light. Thinking

about it now, the houses are redbrick and this looked like white sandstone. That is when I heard a sound. I was the only one who heard this, but I told the others.

When it had all finished things came back to me and everything was all mixed up. It was like backward and forward; time was missing. It started at 9.40pm; we all know that. I had mentioned to my wife it was twenty to ten, then a few seconds later, it was 10.50pm. When I saw my niece running towards the barbecue in slow motion, that was in my mind and my wife seemed to be chasing her, then my niece was coming back towards her and then just disappeared. There were other things too like when my niece's boyfriend went into the other garden and then he came out of the house. It was all mixed up and doesn't follow on with any continuity. My wife and I thought things were strange before all this happened (All four people report feeling and sensing a definite curious change of atmosphere prior to the events that occurred)....

His wife gives the following account of how she perceived what this incident...

I was sat on the bench with my husband and it was just above my head and very big. It was low and I felt I could have jumped up and touched it. I ran over to get my niece's boyfriend asking him to look at this object and when I turned and looked again it wasn't there, it had moved further down the valley. There were rotating green, red and blue lights on top like an arch, but not flashing. I don't know how long I was looking at it, but then it moved down the valley and that is when the big moon came up. I said to my husband that this couldn't be the moon because it was too big. It was unreal because it seemed to be as though daylight was all around it. As the object went toward the 'moon' it was as though it broke apart and then the object was gone.

Then we just sat outside talking about it. I can't really remember what happened, but I was on the bench and my niece was in the middle of the floor, but my husband remembered her being near the back door. Also the stereo seemed to go off unless it was still on, but we couldn't hear it. We could hear nothing whatsoever. My husband said I was shouting and I've got a loud voice so I couldn't understand why no-one else came out, as there are a lot of houses around there, but nobody else had seen this. It was as if there were just four of us out there. Nobody else existed, just us four, it was just so weird.

This object could have been there all the time, but not lit up, because when I saw it, what attracted me in the first place were the lights and the shape of it, a bottom part with this thing on the top. So if that was above us people would be able to see it.. When my niece's boyfriend saw it, he remembered it as being just black. It was summer people were out having barbecues and it was twenty to ten. It was just going dark like sunset, because it was pretty light when it happened and then it was pitch black and it was gone.

Why didn't anyone else see it - that moon- we've never seen a moon like that? It was as though the object just went directly into the 'moon'.'

His wife then goes on to say that they had not had much to drink and that her glass kept disappearing. She comments on this in the following way...

' I sat down and my glass was there and then it was gone, so I went into the kitchen for a fresh glass and poured myself another one and put it under the bench and then that had gone too. The glasses just kept disappearing all the time. My niece ended up with no glasses in her house the following day. There was also a strange atmosphere there all night.'

Later on in the evening...

At 11pm everyone was very confused about their memory of events that evening and the two women fell asleep on the lounge floor instead of going to bed. The husband was violently sick. All four people felt very unwell following this incident particularly the wife, who suffered from headaches and a fear of closing her bedroom curtains for a long period of time afterwards. This fear is still on-going.

They had also informed the police after these events and although they were very helpful there was nothing reported or logged that would have been relevant to their experiences and therefore they could not be of assistance.

The investigator into this case in 1995 is a paramedic and he made the following observations in his report about the family...

'My impression is that both husband and wife are honest and truthful. Their story has not changed, nor has it been embellished in any way. Both are sincere in attitude and do not wish to profit or make any money from this incident. Quite the opposite, they merely seek an honest explanation of what happened to them and why. They do not wish their involvement in this incident made public, but hope that BUFORA may be able to offer an explanation, so they may carry on with their normal daily lives in peace.

There appears to be no normal explanation for their confused memories. As far as can be ascertained no drugs were consumed and neither did they drink more than normal during this social evening. The husband describes his own memories of that night as imagining it was all recorded on a video tape, cut into lengths of a few seconds, dispose of many segments and splice the remainder together in the wrong order. A very graphic description!.

I do not believe conventional aircraft or hallucinatory experiences played any part in this incident.

The witnesses do not suffer from epilepsy and neither have a background of out-of-body or near-death experiences. The husband and wife feel that whatever happened to them was very real and extremely frightening and neither one have experienced anything like this before and do not wish to experience anything like it again.'

Relevant Background Information

Investigator, Paul Ascough, checked out background information about the area.

Structural faults include two small thrust faults running generally West to East and one major fault running WNW to ESE with small to moderate dips.

Weather conditions that evening were an almost clear sky with excellent visibility and a small amount of cumulus cloud, temperature 18 degree centigrade (65 Fahrenheit).

Location: Small housing estate of semi-detached bungalows and two-story houses. Houses 32-35 feet high, bungalows 18-20feet high. Grass and open areas within estate and fields to either side with tree-lined avenues, many up to 80 feet high. General area hilly.

Newspapers included Halifax Courier, and Yorkshire Evening Post. No local paper carried any story, which was relevant to this investigation.

Civilian Airfields: Leeds/Bradford Airport and Manchester Airport. Neither had anything reported or logged although Manchester airport stated that there was a small increase in air traffic over Calderdale due to strong winds and this was reported in the Halifax Courier a few days prior to the incident.

Military: RAF West Drayton and MOD - nothing reported and no military flights in the area.

Astronomical Information:

Before 10pm (British Summer Time), the brightest object in the sky was Jupiter, low down in the South. The Moon was rising between 9.30 and 10pm GMT, so this would not have been visible before 11PM BST. By midnight Saturn had risen in the East, but the bright moon would have washed this out. Prior to 10.30pm BST they would certainly not have been observing the moon.

Further Developments and comments

An interesting footnote here is that the husband had developed a severe form of psoriasis in February of that year particularly on his hands and feet and his GP diagnosed that he would have it for the rest of his life. His feet were so bad that sometimes he couldn't walk with it. After these events and by October his psoriasis had completely cleared up and has not returned. His wife experienced bad headaches after this incident and describes this as not being like a normal headache, but a stabbing pain at the back of her head.

These physiological effects could, of course, be entirely unrelated and independent of these events, but they are a factor in recording this case.

These puzzling events occurred to an ordinary hardworking family in their early thirties with two children, and have made a deep and lasting impression on each of them in the way they view their perception of reality. Paul Ascough, the investigator commented, in his report that they were a happily married couple with two sons, who were intelligent and down to earth in their attitude. He also remarked that neither one

of them were over imaginative or had delusions of any kind and had not been interested in the subject of UFOs prior to these experiences.

Due to problems that evolved after these events between the two couples, Paul was unable to interview the niece and her boyfriend.

Hypnosis

Prior to BUFORA becoming involved in this case, another UFO group were contacted and regression hypnosis was used by this group in order to establish what may have occurred. I have deliberately not given any details of what emerged from the hypnosis sessions due to the BUFORA NIC's continuing moratorium on the use of this method to elicit an objective truth about the events. As an addendum to this case, I will document part of a recent interview that I conducted for Strange Times Magazine with Judy Jaafar, BUFORA AI and Vice Chairman for BUFORA. This concerns the use of hypnosis and memory and is very relevant to cases like this particularly its unreliability and possible distortion in an understanding of inexplicable experiences as it represents a "truth" as understood by the witness rather than an "objective truth" about the event.

Hypnosis in the above case with three of the witnesses created an abduction scenario, which was not only a very real problem in their trying to deal with whatever these experiences were, but also created some real terror for the lady involved and exacerbated her fear about what may have occurred, demonstrating just one good reason for never using this method in these cases

Concluding comments

Sadly because of administrative problems, the witnesses were not contacted until September 1995. The husband had written a letter the day after these events asking we respond as soon as possible. Because they did not hear from BUFORA, they contacted another organisation. Unfortunately because of this, BUFORA Investigator, Paul Ascough was unable to visit the site of the alleged incident until two months after the event, which was most unfortunate.

As I mentioned at the beginning of this article, I have spoken with both witnesses during the last month and it is interesting to record their comments all these years on. Both feel, very strongly, that they can remember these experiences as though they were yesterday and have not altered or changed their mind about the confusing and fragmented memories of that night. Both parties and particularly the lady are still very anxious to know what happened that night. Even over six years on, the fear of drawing her bedroom curtains before sleeping remains and she has never drawn her curtains at night since these events. The husband's psoriasis has never returned.

This case continues to remain unexplained.

As an addendum to the above case I am including an extract from the current issue of Strange Times Magazine when I conducted an interview with Judy Jaafar. These are her thoughts on the use of hypnosis)

ALIEN ABDUCTION, HYPNOSIS AND MEMORY: THE DEBATES RAGE ON

GHD: Judy, during your previous response you mentioned memory and the very controversial issues going on here with memory retrieval. You have been enrolled on a course with the London College of Clinical Hypnosis over the past year, which has made you acutely aware of the problems concerning memory and the way it works. This is very important in the area of claims of alien abduction and the way regression hypnosis has been used in many cases to elicit an objective truth about these experiences. This is of course at the cutting edge of the tremendous problems in the area of abduction issues that have been creating continuing debates with the United States and the UK for some time now. I would be very interested in your thoughts in this area.

JJ: In my reading over the years, particularly into alien abduction accounts from American researchers, I have always felt very uncomfortable when I was reading the transcripts of hypnotic regressions. I always suspected that in some way this wasn't right. It was a gut feeling I had that this was not the correct thing to do and what really bothered me about regression hypnosis was that the witness does not understand anything about hypnosis. It is a very powerful tool and can be dangerous when used wrongly and no matter what fantasy a witness might come up with during hypnosis, it has to be remembered that under a hypnotic trance state, your capacity for imagination and fantasy is probably doubled or trebled.

So whatever they come up with as far as the abduction scenario is concerned, when they talk about this through hypnosis and when they take a recording or read the transcript afterwards, that has now become a real event for them irrespective of whether it actually happened or not. It is now real - and that really bothered me because I felt that we were dealing with somebody's mental health here - for the rest of their lives. Because they've been hypnotised, they really believe that they must be telling the absolute truth because they have this peculiar notion that hypnosis is like a truth drug, but it certainly isn't!

They feel that this must have really happened to them the way they imagined it under hypnosis, and that is a huge responsibility for their therapist to take on and it is not one that I would ever want to do. These were my feelings about it before I ever studied hypnosis and obviously it has been a bone of contention in ufological circles for years now. BUFORA holds a moratorium on the use of hypnosis and we have had problems from other groups about this, so I decided, purely out of curiosity and a desire to know, so that I could make an informed judgement, that I would go and study hypnosis myself and find out what this is all about. What it can do and what it can't do. When it should be used and when it shouldn't be used and this what I have almost completed now. I have completed my first course, which means I am allowed to practise as a therapist. I am now doing a further more in-depth course, which finishes at the end of September and I'm afraid that every concern I had about

hypnosis has been confirmed during this course. The literature about hypnosis has been around for a very long time and it was modern hypnosis that was pioneered during the latter part of the nineteenth century by some French doctors working in Paris. They were medical doctors, medically as well as psychologically qualified, and they took up hypnosis as an experiment to find out what it was all about and what they found out still stands today. Someone, who is under hypnosis is highly suggestible, highly imaginative and, something which is conveniently forgotten nowadays in hypnosis study, highly telepathic. Experiments were conducted that proved beyond a doubt, that certain subjects were highly telepathic under hypnosis, much more so than in a normal conscious state. No-one really knows how hypnosis works, but there are actually eight different theories to explain it and not one of them actually explains it in full, but there will be a part with which you can identify. A hypnotic trance is a strange situation.

One thing that I've learned, which is actually very interesting, is the problem of memory retrieval under hypnosis. Memory as we understand it at the moment, is deemed to be part of the unconscious mind, not the conscious mind and when you experience anything, the first avenue of experience is your sensory memory, which takes in all the data on the spot, immediately. It is then passed very quickly into your short term memory where it is processed and if this is emotionally significant enough for you remember it, to bring it out at a later date, it is then processed and coded into your long-term memory. Now long-term memory is a function of the unconscious mind, not of the logical, analytical, conscious mind. The unconscious does not work in language, logic, reason, rationality - that is the conscious mind. The unconscious works in symbols and metaphors and images, which is therefore a non-verbal recording. Symbols, metaphors, emotions and perceptions; most people don't know that every single emotion you have comes from your unconscious mind and is not a product of your mental analysis of anything. That's why emotions are so hard to deal with, you can't shut them off or turn them on, because they are part of your unconscious mind. Memory also resides here in your unconscious mind, so you have to understand that anything that you are memorising, (apart from what we call conscious learning, where you have to memorise information say for an exam, that is a conscious process) or anything you are picking up perception-wise, feelings-wise, in your day-to-day life, will bypass your conscious mind totally, and go straight into the unconscious memory banks.

The only way you can retrieve that memory is to go into the unconscious and pull it out, but you cannot converse in logical language with the unconscious mind. It will bring forth something that is a metaphor for what you are actually looking for, so therefore when you are retrieving memories from your long term memory, it will be coming back as a series of perceptions, images, feelings and emotions. It is very contextual and very dependent on how it's being coded in the first place. How you are going to retrieve it depends on all of these things. It is not a cut and dried process, unlike going to a video cabinet in your house and thinking ah that is the video I want to look at again and pulling it out and it still remains the same as when it was recorded. This does not happen with memory - not at all. Once it has been processed and then coded, the decoding process is very complicated and will not make you re-live an event. It will give you a feeling of an event and it will concentrate mainly on your feelings at that time, not on the actual objective, chronological order of things that were happening. It will pull that out of your memory as a feeling, an emotion, and

a perception and this is where we come to the really sticky stuff about regression hypnosis. You take someone back for example to 'missing time' where they have no conscious memory of any event, so therefore the analytical, logical, judgemental process cannot be brought to bear on the situation. Immediately the witness has to delve into their unconscious mind, which as I have explained is actually an emotional storage house, but their retrieved memory that they may then come up with, is based on their emotional feelings when they are being put under hypnosis. If they are fearful that they have been abducted by aliens because they have 'missing time' and they have read about 'aliens' and 'missing time' that fear will then present in whatever memory they can come up with then and if they are afraid, they will have a fearful memory of an event in their past because they actually have no logical conscious memory of anything. They go directly to the unconscious mind, which is wonderful, dreamlike fantasy factory. It is so important in our lives, we need to be able to do this otherwise we wouldn't be doing it. It sorts out all of your emotions, it is not like a filing cabinet, it is not an archive, it is an emotional repository to access every day of our lives; to keep our mental health balance. And this is what you are sending your witness into, totally unprepared, they don't know what they are looking for except that they feel they have been abducted by aliens otherwise they wouldn't be with a ufologist in the first place. This is very obvious and they have already made up their mind that this is what must have occurred and you go into your unconscious with that conscious thought in your head and it's very likely that you will come up with a scenario where that is exactly what happened, because that is what you are expecting. Your mind will accommodate you beautifully and it goes into psycho-drama mode filling in the spaces, confabulating, giving you meaning where there was no meaning before. But the meaning is a purely emotional, psychological meaning. The meaning has no need necessarily to have any objective content at all.

MISSING TIME, ELECTROMAGNETIC FIELDS AND BRAIN DYSFUNCTION

GHD: What are you saying here exactly, Judy, that an event did actually occur during this 'missing time' in order for a person to perceive that they had an anomalous experience?

JJ: The witness will present with some kind of conscious memory of an event that has led them to believe that something strange has happened to them in a 'missing time' period and consequently they will seek out a ufologist or a paranormal researcher, so you know that they are coming to you with their mind already set and this is very important to understand.

Missing time itself can be a product of many things and the most obvious thing is a total misperception of the passage of time. It happens to us in our daily lives every day where we go into a trance state several times a day, day-dreaming, reverie as we are falling asleep, sleep itself being the deepest trance state possible and this happens to us naturally every single day of our lives. For example, you can be sitting watching a television programme and you go into a reverie state and although you are still there in that room and the television is still on and part of your mind is actually paying attention to the television, the main part of your mind has drifted off and is doing something else and it is not aware of the passage of time, because the unconscious

mind works without time altogether. There doesn't seem to be a time constraint with the unconscious mind, it seems to exist without linear time and you would look at your watch and think that half an hour has passed and you realise you have missed the television programme, but you don't automatically think that you must have been abducted by aliens. You know that you were still physically there, it's just that your mind was somewhere else. This is an example of how often this happens to us, but if you have an event like seeing a light in the sky, which you find to be anomalous, it may well not be at all; it doesn't matter whether it's really anomalous or not. If you decide in your mind that the light is inexplicable, this may then trigger an emotional state of fear, of puzzlement, of wonder, where you will then go into an internal drama in your mind.

Another possible reason for missing time which I first became aware of several years ago, is the idea that the electrical function of the brain can be disrupted by something in the environment and this is now being widely discussed by a number of serious researchers.

I think this explanation may account for a significant percentage of cases that have been reported as UFO related 'missing time' which in fact were not at all. The UFO relation is a spurious connection that has been made to explain the missing time, where actually the 'missing time' may well be related to an electromagnetic anomaly and the environment that the witness has to pass through. It could be of geomagnetic origin, it could be to do with high-tech installation structures in the environment, causing malfunction in the brain. It could also be to do with anomalous electromagnetic fields, which are actually very interesting and which Jenny Randles has covered well in her latest book, 'Time Storms', and this in fact was my evaluation of the first case I ever submitted to BUFORA, and this was exactly what I thought had happened. However, the witnesses overlaid their own ideas about being abducted by aliens, but in fact they never saw an alien or a UFO of any kind, but because for twenty minutes of their lives time had gone haywire, they presumed that this must be the case and that they had been abducted by aliens and this is a real problem that we have in research now.

The idea of alien abduction has become so pervasive in our society that people are using it to account for all sorts of things that can be explained in much more logical scientific terms.

Given an understanding of the physiology of the brain, that is probably one of the main reasons for time slips and time anomalies as an electromagnetic interaction. Let's face it, we are an electrical chemical organism and for all sorts of reasons, it would be very foolish of us to overlook the fact that we are living in an electromagnetic environment. So it seems logical to assume that a person's individual electromagnetic field or biological field has the capacity at times in their lives to interact with a much larger environmental field and when two of these fields come together there will be electrical changes within the body. Therefore this could account for many episodes of missing time.

GHD: Would you say that this could be quite a large percentages of cases in terms of your own investigation?

JJ: Yes, I would think this is a possibility in many cases particularly when you look at where 'missing time' reports come from. If you go out in the field, which many investigators actually do not do, and survey the environment, you may find that there is a scientific explanation for interrupted brain activity, which a psychologist would call a fugue state where you have no memory of what you were doing at the time. Not because you weren't there or not doing anything, but because the electrical signals in the brain were scrambled, memory is not able to be processed or recorded and you are left with a blank space. So, if the memory has not been processed or encoded, it is not there and no amount of regression hypnosis will ever bring back a memory that has never been deposited. Imaginative confabulation will take over.

UNDERSTANDING HYPNOSIS AND ITS USE AS A THERAPEUTIC TOOL TO COMBAT TRAUMATIC EXPERIENCES

GHD: What part does hypnosis play in traumatic episodes, where it is used as a therapeutic tool to help someone come to terms with a trauma of some kind?

JJ: We have to make a very clear distinction here between regression to a memory for therapeutic practises and regression to a memory for the purpose of eliciting some kind of truth about the event. These are two very different things. In therapeutic hypnosis, memory is a key to just about everything in someone's life as it is your emotional and perceptive repository for your whole life. This is how you remember your life, through your emotions. When therapy is being conducted with someone, who has a memory of a bad event or trauma of some kind, there is a standard technique used by therapists called 'memory manipulation' or 'memory substitution.' This is very effective, in fact frighteningly effective, where you can take someone back to a memory that has been disturbing for them, causing them to be neurotic, or anxious, or depressed. You can take them back to this memory and take them into it and then involve them in what is called psycho-drama, and this is all under hypnosis where it works very well. You can actually get a person to return to that event and play it a different way, where their role then changes and they become more empowered and where they become a protagonist rather than a victim in the event and they can feel better about the way they handled the event in the past.

This is carried out surprisingly easily and you can actually substitute a new memory for an old one to make that person able to cope and their life better. You can manipulate the memory to enable them to remember anything they want to remember and erase the old memory and at the end of a session like this you can actually give a post-hypnotic suggestion to make them forget that the process has taken place, that they have substituted a memory and actually forget that they have been hypnotised at all and when they leave the therapy room they will have no memory of ever having done this. This particular method is used in severe trauma cases like rape, sexual assault, post traumatic stress disorder, war veterans etc. and this is frighteningly effective and if we apply this to regression hypnosis in general, it is so easy to manipulate and change people's memories. This worries me because if they wish to change their perceptions and feelings about an event, can this in some larger way affect the actual reality of the event itself? We are coming into what is real and what is not real here, which is another subject altogether. I find this very worrying, that therapists can do this so easily. When they're doing it in a therapy situation, it maybe



the only way they can go in order to help someone. In some ways this does justify the means, but certainly not during an investigation process, where it is so obvious to me how easy it is to change somebody's perception of an event and you're going to use that then as a tool to establish an objective truth? This is not on at all.

The more I have studied hypnosis, the more I am in agreement with the moratorium that BUFORA holds on the use of hypnosis. I do not believe this should ever be lifted. In addition you have to understand something about memory, in a natural process where memory is shunted to dead ends, shall we say, in the brain, where they are left and they are forgotten, this is a natural process and is a healing process. Your mind cannot possibly contain every single sensory memory that you ever had. It would go into overload, so it selects what it needs to remember and forget what it doesn't and when you keep asking a witness time and again about their experience, when you keep hypnotically regressing them, when you keep pursuing them, you are not allowing the natural process of forgetfulness to happen, which is a therapeutic process in itself and this doesn't happen with witnesses and I think this is terribly wrong, because you are not allowing memory to work in its proper way.....

I hope that this has been informative to some of our members on the way memory and hypnosis works in order to create an understanding of the controversial issues surrounding hypnosis and its use in the UFO field of study to elicit an alleged objective truth about claims of high strangeness events.

May I take this opportunity to wish all investigators and members a very happy and magical holiday season.