

HOW TO BE ABDUCTED BY ALIENS

The truth isn't out there, it's in here.
Watch the skies. Keep looking.



FORWARD, CONTRIBUTORS

CONTENTS



Dear alien abductee,

There is no guarantee that you will be abducted by aliens once you have read this manual. We cannot predict who aliens will abduct next, or when they plan to abduct someone from earth. It is not for us to know the wisdom of visitors from other worlds. But we know that the information in this manual will help you maximise your chances of being abducted by aliens.

The information here has been researched from a wide variety of sources in the UFOlogy and alien abduction community. By understanding more about visitors from other worlds, the kinds of spacecraft they fly, the locations in which they've been sighted and the type of person they usually abduct, you can prepare yourself as fully as possible to be abducted by extra-terrestrials.

There is no certifiable proof that aliens exist, or that people have been abducted. But there is no proof that they don't exist, and that many people haven't been abducted. Abductees and UFOlogists typically have to fight against widespread scepticism of their claims.

What do we believe? We believe that it's better to believe. The key to your enjoying the experience of alien abduction is learning how to wait, so take your time and enjoy this manual. We hope it will help you get the most out of your abduction by aliens.

Bon voyage!

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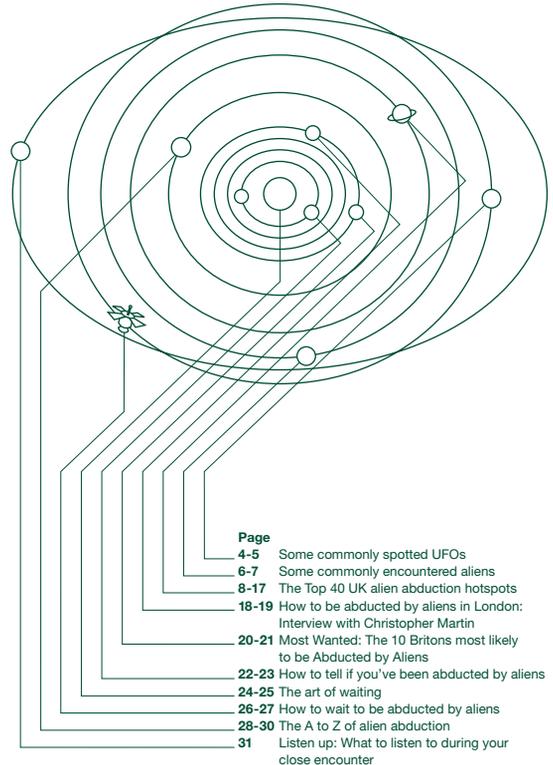
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Page	
4-5	Some commonly spotted UFOs
6-7	Some commonly encountered aliens
8-17	The Top 40 UK alien abduction hotspots
18-19	How to be abducted by aliens in London: Interview with Christopher Martin
20-21	Most Wanted: The 10 Britons most likely to be Abducted by Aliens
22-23	How to tell if you've been abducted by aliens
24-25	The art of waiting
26-27	How to wait to be abducted by aliens
28-30	The A to Z of alien abduction
31	Listen up: What to listen to during your close encounter

COME FLY WITH ME

SOME COMMONLY SPOTTED UFOS

The British Isles attract a certain type of UFO. The following are listed in order of their frequency of visits.

The Saucer

- ✦ The classic 'flying saucer' shape, reminiscent of an upturned dish, often accompanied by flashing lights
- ✦ Large variation in reported size and dimension
- ✦ Easily forged by amateur hoaxers
- ✦ Very common in sightings today



The Cigar

- ✦ Cylindrical, cigar or missile-shaped
- ✦ Of varied size and length. Fast moving. Able to turn, change direction and stop at high speed
- ✦ Former airline worker Douglas Wragg, 71, witnessed a cylinder-shaped flying object 'like two rolls of carpets' which climbed to over 20,000ft over Petts Hill in 2003



The Foo Fighter

- ✦ Bright orbs of light of varying dimension from 10-100ft
- ✦ Most commonly reported during World War II by pilots, and investigated by the Royal Navy and Home Office
- ✦ In 2003 a man in Erdington claimed a small bright light which he described as 'a Tinkerbell' fluttered through his house. Rose Gillespie and Marion Vance witnessed a green light above Craigneuk in Scotland. The light moved around their car before shooting off in the direction of Muirhouse



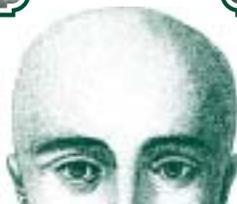
The Delta

- ✦ Triangular or wing-shaped with lights on each corner
- ✦ 50-100 yards in length
- ✦ Occasionally attributed as a Vulcan or B-2 Stealth Bomber, or a supposed 'test' plane, the TR3B
- ✦ Spotted over Hainault, in August 2003, where Grace Thomas and her friend Mel Rex observed a 'squat oval shape' with bright lights and strange markings



The Ring

- ✦ Circular or 'blob' shape
- ✦ 60ft in length
- ✦ Alternating flashes of colour
- ✦ Allan Spick, 66, described a 'hollow object' flashing red and yellow, 1,000 yards above his home in Belvoir Gardens, Lincolnshire in 2003.
- ✦ In September of 2003, Jim and Christine Webley spotted a 'strange blob-like sphere' in Bolsover, Derbyshire on three separate occasions



WE ARE YOUR FRIENDS

SOME COMMONLY ENCOUNTERED ALIENS

The Universe may be inhabited by billions of lifeforms, yet only a few are known to visit Earth. The following have been repeatedly sighted around the United Kingdom and are listed in order of their frequency of sighting.

Greys

- ☞ 3-4ft in height
- ☞ Grey
- ☞ Large head with insectoid eyes, a small mouth and no nose
- ☞ Long, thin limbs
- ☞ In 1995 a Gloucestershire man told the Cheltenham Psychic Research Group that he was abducted from his car by gangly humanoids about 4ft tall with grey skin, long, thin extremities, no nose, only a slit for a mouth and wide black eyes



Nordics

- ☞ 6-8ft in height
- ☞ Humanoid
- ☞ Blond hair, Aryan appearance
- ☞ Believed to resemble humans in order to interact with us and to help co-ordinate abductions
- ☞ Also known as: Agharians, Anakim, Antarcticans, Atlans, Pleiadeans, Telosians
- ☞ Susan from the North of England reported being abducted in the late Seventies by tall humanoid creatures with large eyes, pale skin and very blond hair



Reptoids

- ☞ 5-7ft in height
- ☞ Green leathery skin
- ☞ Reptilian in appearance
- ☞ Red eyes
- ☞ Intelligent Reptoids are thought to control the Greys
- ☞ Also known as: Alpha-Draconians, Altairians, Booteans, Nagas, Reticulans



Blues/Greens

- ☞ Appear in green or blue gaseous form
- ☞ Mist engulfs pedestrians or motorcars
- ☞ Benign
- ☞ In 1991, Graham Holland says he was surrounded in a green mist while working at Dover harbour. He claims information was passed to him telepathically

Chupacabras

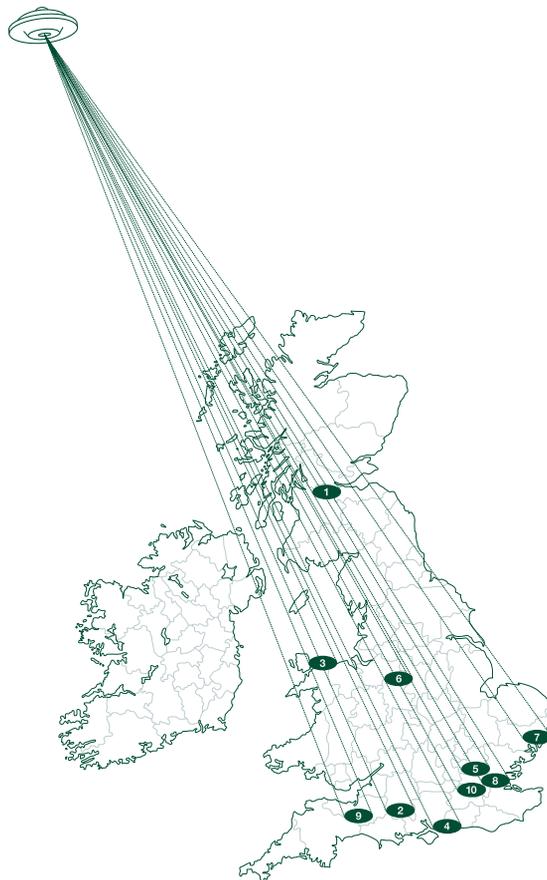
- ☞ 3ft in height
- ☞ Tan brown skin
- ☞ Horned skull with elongated jaw
- ☞ Red eyes
- ☞ Distinctive ammonia smell
- ☞ A former police officer walking the Yorkshire Moors near Ilkley in December 1987 encountered a small entity with pointed ears and large dark eyes which scampered off into a disc-shaped UFO



WHERE TO BE ABDUCTED: TOP 40 UK HOTSPOTS

Logic suggests you're most likely to be abducted from places aliens are known to have visited, and this list is the definitive guide to alien activity in the United Kingdom. Some locations exhibit a high incidence of sightings while others report only one or two UFO visits – the locations have been ranked on a scale of one to ten accordingly. While it's clear that sightings can happen anywhere, aliens prefer to visit particular places in the UK repeatedly. The distribution is such that few people are more than one to two hours drive away from a likely alien abduction spot. The top ten hotspots are listed below.

- 1
Bonnybridge, Lanarkshire, Scotland
- 2
Cley Hill, Wiltshire
- 3
The Great Orme, Llandudno, North Wales
- 4
Bedhampton, Hampshire
- 5
Walthamstow, London
- 6
Bonsall, Derbyshire
- 7
Rendlesham Forest, Suffolk
- 8
Bexleyheath, Kent
- 9
Glastonbury Tor, Somerset
- 10
Lewisham, London



For more information please visit www.myalienabduction.co.uk

London

Aldgate

Abductability: 9

UFO Type:

Foo Fighters, Saucers

Christopher Martin filmed UFOs from on top of Denning Point tower block in Aldgate in broad daylight. The footage shows many small bright circular lights moving around at high speeds.

Clapham Common

Abductability: 3

UFO Type: Foo Fighters

An anonymous couple reported two moving objects travelling parallel to each other as they strolled across the common. 'At first we thought they were satellites,' they said, 'but we realised they were moving much too quickly for satellites or commercial aircraft. Then they started moving around each other as if they were circling something.'

Limehouse

Abductability: 4

UFO Type: Foo Fighters

In July 1989 a stream of phone calls were made to Scotland Yard by East Londoners seeing strange lights in the sky. The lights were reported from Limehouse to Hackney to Leytonstone, and as far away as Brighton.

Lewisham

Abductability: 8

UFO Type: Foo Fighters,

Saucers, Cigars

In 2001 Christopher Martin filmed a UFO in Lewisham being chased by a police helicopter. He says, 'It was about 9.30pm and we could see the helicopter focusing its searchlight on the UFO.' Retired aviation enthusiast Douglas Wragg saw a UFO fly over his back garden in Lewisham in August 2003. What he saw was 'nothing to do with aviation – I initially thought it was a kite but ruled that out when it climbed to about 20,000ft.'

Streatham

Abductability: 5

UFO Type: Saucers

A young businessman viewed 'something bright moving across the sky'. He saw it was a disc with flashing on its base. 'I didn't believe in UFOs but after seeing this I had to change my mind,' he said.

The Thames

Abductability: 7

UFO Type:

Foo Fighters, Saucers

Nick Pope, former employee of the MOD UFO unit, was contacted by commuters who had seen a UFO from Waterloo Bridge, hovering over the Thames one evening before moving off at high speed.

Walthamstow

Abductability: 3

UFO Type: Foo Fighters,

Saucers, Rings, Cigars

Roy Hale from ELUFON (Essex

and London UFO Network) reports 'thousands of sightings in Walthamstow and Chingford over the last 50 years.' These have peaked since 1999. In 1968 bus driver Bob Fall almost crashed because of a UFO. 'Something came towards me very fast. It flew straight across the road and there was a loud crash as it struck the bank of the river Lea. The craft was at least 9ft long, cigar-shaped and silver.' The police dredged the river but found nothing.

The South

Basingstoke, Hampshire

Abductability: 4

UFO Type: Foo Fighters

An anonymous woman joined the M3 in 2003 and saw bright strobe-like lights in the sky. 'I looked up and there were two bright circular lights that were moving around low in the sky,' she recalled.

Bedhampton, Hampshire

Abductability: 9

UFO Type: Rings, Saucers

In 2002 Anthony Woods filmed a fleet of UFOs over Bedhampton. An astonished Woods said, 'there were hundreds of white luminous spheres above my home that seemed to be performing sophisticated manoeuvres in perfect formation.'

Brighton, East Sussex

Abductability: 5

UFO Type: Rings, Saucers

In August, 2000, a Brighton Police helicopter chased a UFO. The craft appeared alongside the chopper at 1,000ft above the town. Sergeant John Tickner watched the glowing object floating outside the window before disappearing into the distance. They chased the mystery object for three minutes before returning to base.

Chingford, Essex

Abductability: 7

UFO Type: Rings,

Deltas, Saucers

Chingford has experienced a wave of UFO reportings over the last 20 years. An anonymous resident said, 'I saw a peculiar object which looked unnatural, like something you would see in a science fiction film. I could see that it was black and triangular in shape. Then I saw it spiral upwards into the clouds at an amazing speed.'

Clacton-on-Sea, Essex

Abductability: 7

UFO Type: Saucers,

Cigars, Deltas

Reports made to Essex UFO research groups suggest Clacton-on-Sea is a hotbed of UFO activity. In September 2000, a holidaymaker photographed a saucer over Clacton Pier. He said, 'it was shaped like a disc and was hanging in the sky, totally motionless. Then it moved off out to sea and disappeared into the skyline.'

King's Lynn, Norfolk

Abductability: 6

UFO Type: Deltas, Rings, Saucers

The Andrews family claim that their son Jason has been repeatedly abducted. Investigator Tony Dodd is convinced their story is true.

'Having been selected for multiple abductions,' he said, 'I feel the aliens will follow Jason for many years to come, probably all his life.'

Dodd helped the family write their landmark 1998 account, '*The True Story of Alien Abduction*'.

Kent

Abductability: 8

UFO Type: Rings, Saucers, Cigars, Deltas

Saltwood, Aylseford and Snodland have all reported UFO sightings and landings. Veteran investigator Margaret Fry saw a UFO land in Bexleyheath in 1950. An anonymous spotter saw 'a large black triangular craft with three red-coloured discs on its undercarriage. The black craft was a perfect triangle, with no jagged edges or visible rear tailfin.'

Rendlesham Forest, Suffolk

Abductability: 9

UFO Type: Rings, Delta

An incident from December 1980 has become the UK's own 'Roswell'. Following reports of a possible air crash near RAF Woodbridge, security officers discover a triangular metallic object in the forest covered with strange symbols. A log at nearby

Woodbridge police station reports 'lights in the sky' and that 'Rendlesham Forest had been lit up by a white light.' Officer Charles Halt at RAF Woodbridge confirmed he saw the object pulsating with red and blue lights. The incident remains shrouded in mystery.

The Midlands & The North

Bonsall, Derbyshire

Abductability: 9

UFO Type: Saucers, Foo Fighters, Rings

In June 2001, Sharon Rowlands filmed a UFO flying above her home. The film was described as 'one of the most important pieces of footage ever taken'. Sharon said, 'it was huge – it appeared to expand and then get smaller as it hovered in the sky. It was covered with yellow, orange and blue lights.' Bonsall residents recorded 20 further sightings in a few months.

Fleetwood, Lancashire

Abductability: 3

UFO Type: Saucers

Fleetwood has experienced a wave of UFO activity since January 2003. Eight people from the same street have seen, photographed and independently videotaped some 'absolutely incredible' UFO activity above their home and off-shore.

Keighley, Yorkshire

Abductability: 3

UFO Type: Rings, Saucers

UFO activity peaked here in 1999. Jeanette Khan saw a silver ball encircled by lights hovering over trees in Keighley. Similar orbs were seen over Haworth Parish Church. Russ Kellet of UFO International Research Association said 'we have received about three reports a week, which is incredible.'

Liverpool

Abductability: 6

UFO Type: Foo Fighters, Deltas

Bright, fast-moving orange lights are regularly reported over Liverpool, the Mersey and Wirral. Eric Morris took superb video of three saucers near Liverpool Airport in 2003. The video shows the UFOs following an aeroplane on the approach.

Loughborough, Leicestershire

Abductability: 4

UFO Type: Foo Fighters

In 1999 Adam Greaves and Jane Harms of Loughborough saw a ball of light shoot past their car. Greaves said, 'it wasn't a shooting star, aircraft or comet. We were driving at about 60mph, but it was a lot faster than us.'

Manchester

Abductability: 7

UFO Type: Saucers, Deltas

Manchester pilots have reported a number of unexplained 'near-misses'. In 1995 a Boeing 737 was overtaken by a wedge-shaped

craft. Captain Roger Wills reported the UFO flashed silently down the side of the jet so close that his co-pilot involuntarily ducked. The pilots filed a formal 'airmiss' report, but a year-long inquiry found no explanation.

Nottingham

Abductability: 8

UFO Type: Saucers, Foo Fighters, Deltas

In May 1991 hundreds of people saw huge low – flying objects over Nottingham. Mrs Sylvester of Calverton Village said 'a distant aircraft caught my attention. I then became aware of four large orange or white spotlights in the shape of a cross. As they passed overhead, I heard a deep humming noise.'

Rivington, nr Bolton, Lancashire

Abductability: 5

UFO Type:

Foo Fighters, Rings

A number of unexplained sightings in 2003. One man saw 'two flying circles of light, one inside the other' above Rivington. Four weeks later a woman in Adlington reported a similar sight over Winter Hill. In 1979 a pilot flying over Bolton saw a bright circular object about 12 metres across moving below him. It was moving at 250 mph.

Scarborough, Yorkshire

Abductability: 8

UFO Type: Deltas, Rings, Foo Fighters

In 1998 the RAF tracked a UFO 'as big as a battleship' off the coast of Scarborough. Fighters were scrambled but unable to keep up. A source said, 'it was definitely under control, judging by manoeuvres it executed. It appeared to be triangular and was almost 900ft long.'

Stratford-Upon-Avon, Warwickshire

Abductability: 5

UFO Type: Saucers, Foo Fighters

In 1994, a woman saw 'a disc-shaped, brightly-coloured UFO. It was emanating orange and pink light, hovering and making a humming noise.' After a few seconds, the object sped off at speed in a northerly direction. 'We were all gobsmacked,' the woman said.

Wales & the West

The Berwyn Mountains, Powys

Abductability: 8

UFO type:

Foo Fighters, Saucers

Site of a claimed UFO crash in 1974. Reports state that locals were certain a disaster had occurred, and most thought an aeroplane had crashed. Yet authorities have refused to acknowledge that anything unusual took place.

Broad Haven, Dyfed

Abductability: 7

UFO type: Deltas, Cigars

There were hundreds of sightings over Pembrokeshire in the mid to late-Seventies. In 1977 14 pupils at Broad Haven Primary School claimed to witness a cigar-shaped craft land in a field next to their playground.

Cley Hill, nr Salisbury plain, Warminster, Wiltshire

Abductability: 9

UFO type: Rings, Saucers, Cigars, Deltas, Foo Fighters

Thousands of people across Wiltshire have observed strange lights and objects in the sky over the last 50 years, centering above Cley Hill's iron age hill fort. Sightings took off in the 1960s with lights and rings being seen time and time again. Locals refer to them as 'The Thing'.

Denbigh, North Wales

Abductability: 4

UFO type: Rings, Saucers

In 1974 two women leaving Denbigh Hospital saw a bright light hang in the sky for several minutes before rocketing away at great speed. Sightings are frequently reported over the Denbigh Moors. One man saw 'a black triangle with red lights hovering very low over the moors. It shot off faster than I have ever seen any plane move.'

The Great Orme, Llandudno

Abductability: 9

UFO type: Saucers, Deltas, Foo Fighters

In November 1997, there were multiple sightings of UFOs over the Great Orme, varying from 'frightening lights' to 'a craft the size of a football pitch'. A family driving their car was overshadowed by a purple triangular craft overhead. They 'lost' five hours of time.

Penzance, Cornwall

Abductability: 4

UFO type: Rings, Deltas

In 1997 town crier Phillip Glett witnessed 'a large rugby ball-shaped light in the night sky. I watched it for a good 20 minutes, and can say it wasn't like any aircraft I have seen, nor was it a balloon. The light continued to glow with its unmistakable golden colour and then vanished without a trace.'

Plymouth, Devon

Abductability: 7

UFO type: Rings, Saucers, Cigars

In February 2004 Bob Boyd produced some of the best ever photographs of saucers hovering above St. Budeaux in Plymouth. Experts have confirmed they are genuine.

Tor Hill, Glastonbury, Somerset

Abductability: 9

UFO Type: Saucers, Foo Fighters, Deltas

The sight of intensive paranormal activity. In 1989 workers saw

a saucer-shaped object hover over the Tor and a fiery-red ball appeared over the hill and then moved rapidly over Glastonbury. In 1990 a police officer saw eight egg-shaped objects in formation over the Tor.

Scotland

Aberdeen, Aberdeenshire

Abductability: 4

UFO type: Deltas, Foo Fighters

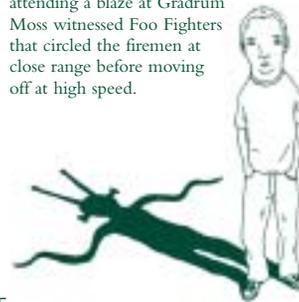
Fireballs have been seen streaking across Aberdeen's skies, and UFOs are regularly reported. Resident Mrs Davies observed up to 15 bright orbs over her back garden.

Bonnybridge, Lanarkshire

Abductability: 9

UFO type: Saucers, Deltas, Cigars, Rings, Foo Fighters

The 'UFO capital of the UK'. There have been thousands of reported sightings in the area. Stirling-based expert Ron Halliday suggested Bonnybridge could be 'a window into another dimension'. In 1989 a fire crew attending a blaze at Gradrum Moss witnessed Foo Fighters that circled the firemen at close range before moving off at high speed.



Cumbernauld, Lanarkshire

Abductability: 9

UFO type: Saucers, Deltas, Foo Fighters

In February 2003 a UFO appeared in the sky above Kingsgate Retail Park, causing drivers to bump their cars. Several people saw a huge silver object in the sky at 8.45am on a very clear day. A local woman said, 'It looked like the dishes you see on the side of television transmitters. It was huge... and pulsating. Then it just suddenly disappeared.'

Fife

Abductability: 6

UFO type: Deltas, Cigars

In 1996 two couples were allegedly taken in their car from a country road. They discovered a craft hovering above a field and hundreds of small figures in the fields. 'They were all busily working and seemed to be supervised by one alien in particular', said one of the women. The 'cocoon-like' craft approached the car. They believe they were taken because they have experienced flashbacks, 'the little ones were smiling at me', the abductee added

Kilbride, Lanarkshire

Abductability: 8

UFO type: Saucers, Deltas, Cigars

Scotland's 'UFO Bermuda Triangle' exists between Edinburgh, Stirling and East Kilbride. Kenny McDonald, 37,

of East Kilbride saw, 'two red lights in the sky, practically over my house. They moved in a way that no helicopter or a plane could move, and there was no sound. Both of them swooped right down to ground level and went into nearby woods and vanished.'

Stirling

Abductability: 7

UFO type: Deltas, Rings, Saucers

On 20th March 2003 Brian McPhee filmed a grey-coloured object in broad daylight. Deltas and saucers have also been seen to pass directly over Stirling Castle.

Northern Ireland

County Down

Abductability: 4

UFO type: Saucers

In 1999 Harry Welsh, 42, spotted a saucer flying offshore. Harry took 35 seconds of footage of the saucer over the Irish Sea, flying in a north-westerly direction at an altitude of 1,500ft. The object stopped a few times before disappearing at very high speed. Alan Sewell of the Centre of Irish UFO Studies said, 'It is not a conventional aircraft. It's unidentified.'





HOW TO BE ABDUCTED BY ALIENS IN LONDON

THE AGE OF THE 'URBAN ALIEN ABDUCTION' IS HERE. EXPERT LONDON-BASED UFOLOGIST CHRISTOPHER MARTIN EXPLAINS HOW TO LIFT OFF FROM LONDON.



The visitors are here. London skies are swarming with unidentified flying objects. In the past few years UFOs have regularly been visiting areas of London including Shoreditch, Walthamstow, Chingford, Leytonstone, Aldgate, Whitechapel, Lewisham and Crystal Palace. There have been myriad sightings of spherical objects, black triangles and cigar-shaped UFOs.

Forty-three-year-old Christopher Martin has emerged as an expert on the UFOlogy of the capital. An East Londoner, he regularly gives talks and appears on TV, while his book *'Intruders in the Night'* intimately documents his own experience of alien sighting and abduction.

'You can be abducted by aliens anywhere and at any time,' says Christopher, 'but the classic abduction is where you're lying in bed and you're awakened by a bright light. You become paralysed and are lifted or floated out of your room, often through the walls, and brought onto a spaceship. Experiments are carried out on you, and you are then put back into bed.'

Martin is far from traumatised by his alien abduction of several years ago. On the contrary – the experience filled him with a thirst to discover more about our alien friends, and he now devotes time to breaking down misconceptions around UFOs and extra-terrestrial abduction. The first of which is that the best time to be abducted by aliens is at night – 90 per cent of UFO sightings have been on very clear days. Aliens will happily take you as you're sunbathing in your back garden.

The second, Martin explains, is that alien sightings and abductions take place more often in the countryside than in the city. Yet city-dwellers reporting many more sightings and abductions. In 2001, Martin shot extraordinary footage from the top floor of Denning Point tower block in Aldgate East, where a silver spherical object is seen flying towards him and hovering above.

Martin now devotes the majority of his time to skywatching. 'Aliens normally show themselves on clear days, with little cloud,' he says. 'If you've got a large back garden with a good view of the sky then that will suffice. Failing that, take to the streets and find a nice large plot of land, such as Wanstead Flats or Hampstead Heath where you can sit down and watch the sky.'

'I find that meditating beforehand will help you to concentrate and possibly to communicate with the aliens through telepathy,' he adds. 'If you see a craft in the sky you should concentrate on it and try to speak to it through telepathy. Calmly tell them your name and ask them to take you away.'

But keen abductees needn't stay within the street of the capital, Martin argues. A spin on the orbital routes and arteries of the capital are ideal alien abduction 'UFOceals' – which have a clear view of the sky in front and a quiet road, aliens can follow easily. You may notice that your radio becomes crackled – FM frequency loss is a common indicator of an impending abduction. And 'lost time' – the unaccountable hours between first sighting aliens and returning to normal consciousness – means your dashboard clock might not be much use either.

Chris has very little memory of his own abduction by aliens several years ago, but he relishes being taken again. 'It's frustrating not being able to remember exactly what happened. Often they will put 'screen' memories in your brain, to cover up the memory of the abduction. Images of owls often appear in people's minds, probably because with their big eyes they bear a resemblance to the Greys. Even if you remember nothing at first, something usually happens at some point where it permeates your consciousness and you start to remember pieces until it all comes flooding back.'

He has no idea when the next visit is planned. But in the heart of the East End Christopher Martin continues to watch the skies. He knows the visitors aren't far away.



MOST WANTED

THE 10 BRITONS MOST LIKELY TO BE ABDUCTED BY ALIENS

Aliens are not stupid. They do not select candidates for abduction on the basis of their wealth, looks, ability to sing or dance, or on the straightness of their hair, knowledge of soap plotlines or current affairs. Research has shown aliens abduct a certain kind of human – people with intelligence, good communication skills, environmental concern and a sense of adventure. They may also drive or take walks in lonely places. The following candidates closely match this profile, and are likely to be abducted by aliens at any moment.

1 Johnny Wilkinson, rugby player, 24

The unassuming England XV player maintains a low profile, but his quiet intelligence and physical strength shout loud. A man who stands apart, he is routinely found in the remotest regions of the pitch, silently waiting. Adept at catching flying objects, Wilkinson is the dream alien abductee.

2 Brian May, guitarist, 57

Queen's wild-haired guitar hero Brian May exhibited a keen interest in the cosmos by choosing to read Physics & Infrared Astronomy at Imperial College. If we believe the wisdom of *Withnail & I's Dandy* – 'Hair are your aerials. They pick up signals from the cosmos' – Brian may already be in contact with aliens.

3 Alan Titchmarsh, gardener, 53

With an appeal transcending age, sex and class boundaries, affable BBC gardener Alan Titchmarsh is one of the country's leading communicators. When he talks, the nation listens in. Extensive periods of time spent alone in gardens place Alan at high risk of abduction by aliens.

4 Ellen Macarthur, yachtswoman, 27

Demonstrating superior physical and mental strength, yachtswoman Ellen Macarthur sailed single-handedly around the world. Being alone on the high seas for weeks at a time mean Ellen is a likely candidate for alien abduction.

5 David Bowie, rock star, 57

Bowie repeatedly invoked space travel, aliens and cosmology in his songs, suggesting profound knowledge of other worlds. At the height of his rock star excesses, Bowie became convinced that aliens were trying to abduct him – the extra-terrestrials clearly had good taste in music.

6 Bjork, singer, 38

The eccentric singer is possessed of a fierce intelligence and is an active voice in the environmental lobby. 'All the modern things/Like cars and such/Have always existed/They've just been waiting in a mountain/For the right moment,' she sang, clearly hinting at knowledge of unknown civilisations.

7 Jay Kay, singer, 35

Jay Kay's hellraising profile masks a thoughtful character with profound environmental concern – his debut single 'When You Gonna Learn?' discoursed on man's destruction of nature. Regular spins from his country mansion in his cars also provide aliens with ample opportunity to abduct the natty popstar.

8 Sir Patrick Moore, astronomer, 81

The venerable astronomer has placed himself at risk of alien abduction throughout his life, spending the majority of his time scrutinising the night skies. His extensive knowledge of outer space fully qualifies him for a trip through the Universe aboard an alien craft.

9 Jenson Button, racing driver, 24

Jenson's love of the open road has taken him to the champion's grid of Formula 1 – but could it put him at risk of abduction by aliens? He enjoys mountain biking and snowboarding – adventure pursuits that lead him into remote territories perfect for alien abduction.

10 Kim Wilde, gardener, 43

Kim Wilde traded life as a pop star to spend more time with her plants, and is emerging as a celebrity gardener. Living in rural Hertfordshire, she enjoys long countryside walks and spends a lot of time in her garden during which abduction by aliens becomes a strong possibility.

HAVE YOU EVER BEEN ABDUCTED BY ALIENS?



Many people may have been abducted by aliens without knowing it. They may have experienced lost time and be unable to explain markings on their skin. They may relive confused visions of other worlds and strange beings. They may also be afraid to tell others through fear of appearing insane. If any of this seems familiar to you, it could be a sign that you have been abducted by aliens. Take this questionnaire to discover the truth.

Have you ever gone to bed in one place and woken in another without knowing how? **Yes/No**

Are there periods of hours or minutes you cannot account for? **Yes/No**

Have you recently taken long walks or drives in remote countryside? **Yes/No**

Do you have any alien-type marks on your body? **Yes/No**

Do you often suffer from headaches or migraines? **Yes/No**

Have you recently been inspired to save the world from ecological disaster? **Yes/No**

Do you feel you have recently received vital information for the future of mankind that you must communicate to as many people as possible? **Yes/No**

Have you recently experienced a strong feeling of déjà vu? **Yes/No**

In your déjà vu, can you recall:

Being surrounded by short humanoid figures? **Yes/No**

Being examined or communicating in a non-verbal language?

Yes/no

Being in unfamiliar surroundings – inside a spacecraft, for example?

Yes/no

Do you ever get the feeling that others view you with suspicion, or think you are insane? **Yes/No**

Do you ever feel you have been in some way 'chosen'? **Yes/no**

Have you recently been engulfed by clouds of green or blue smoke or gas? **Yes/No**

Can you read others' minds, or understand what people are trying to tell you without hearing their voices? **Yes/No**

Have you ever seen a UFO? **Yes/No**

Have you ever seen an alien? **Yes/No**

Do you spend a long time in the garden? **Yes/No**

Have you ever flown through the air? **Yes/No**

Have you noticed men wearing black suits and sunglasses observing you closely? **Yes/No**

Do you have the feeling that you are being watched by something or someone you cannot see or name? **Yes/No**

Results

1-5 Yes answers

It is unlikely that you have been abducted by aliens. But this is no guarantee that extra-terrestrials haven't earmarked you for a visit.

6-12 Yes answers

You may have been abducted by aliens, or may have been chosen for abduction in the future. To find out how to get the most from any forthcoming alien abduction, please consult the rest of this manual.

More than 13 Yes answers

It is extremely likely that you have been abducted by aliens. You have been chosen from among six billion people on earth by aliens wishing to make contact with humans. But you may not be alone – many thousands of people have had experiences similar to yours. Since aliens are known to abduct chosen individuals repeatedly, it is also very likely that you may be abducted by aliens again in the future.



THE ART OF WAITING

There are few things that mankind is more ill-equipped to do than wait. Elevating the creative spirit, we define ourselves by what we do. Yet throughout history every culture has held patience to be a virtue. If we didn't find waiting so difficult, it wouldn't be a virtue. Those truly committed to being abducted by aliens must first learn the heroic art of waiting.

This is not as easy as it seems. It is typical of the human condition that the more time we have to do nothing, the more diversions we invent to occupy ourselves. The modern concept of leisure is a false construct that alienates us from our being. In order to become reconciled with true nature, we must first instil within ourselves a sense of patience.

The Buddhists listed Patience (ksanti) as one of the perfections required to attain the enlightenment of Buddhahood. Christianity has long equated self-denial with saintliness, believing that the ascetic life releases the soul from bondage to the body, allowing for union with the divine. This notion is directly sought through self-control and patience. Through the renunciation of petty desire the disciple aims to achieve the ultimate goal of life – moksa (release). For those who believe ancient religions found their roots through contact with extra-terrestrial life, the idea of release and union with a 'divine' being could point to one thing: alien abduction.



Modern philosophy can also help. In his Situationist classic *'The Critique Of Everyday Life'*, Henri Lefebvre argued that life is dominated by the meaningless and the trivial. For Lefebvre, capitalism's emphasis on the consumption alienated us from our true selves. The philosopher was interested in freeing us from this condition. Guy Debord elaborated on this thought in *'The Society Of The Spectacle'*. In a world where everything becomes a commodity, what are we to do? The answer is to wait.

But wait for what? Such a question is typical of those still in a state of human bondage, unable to escape the world of commodities. Our only duty is to learn how to wait: to empty our minds of all thought, to achieve a yogic sense of calm and attunement. We must create the habit of 'drifting' – not looking for the meaning in the everyday, but in allowing consciousness to impose its own meaning from above. Only then will the supreme, divine being reveal itself to us: only then will we achieve release from this world.



HOW TO WAIT FOR ALIENS



The key to preparing yourself for alien abduction is to remember the 'C.O.O.L' acronym:

Composure
Oppportunity
Organisation
Location

Composure: To be abducted by aliens, first compose yourself. Clear your mind of day-to-day worries, gather yourself physically and become at one with your spirit. Open your mind and concentrate on the sky. Wait.

Oppportunity: Provide your alien abductors with the best possible chance to take you away. Book out entire bank holidays and have as many evenings as possible free for your abduction.

Organisation: Be prepared. Carry an 'alien abductee pack' at all times, including: tinned food and hot drink in case the alien diet is not to your liking. Some beer – to encourage conviviality in the aliens. An atlas to explain where you are from. Warm clothing: hat, scarf, gloves – it can be cold in the thin atmosphere of space. A good book – alien abductions often mean a lot of waiting around.

Location: Try to find an area of countryside or garden. Moors and plains used for military exercises are perfect, since locals will not think the odd flash of light or loud noise to be unusual.

You are now ready to be abducted by aliens.



THE A-Z OF ALIEN ABDUCTION

A is for America

As many as four million Americans believe they have been abducted by aliens.

B is for Belgium

Home of the Surrealist UFO sighting. One man was terrified by a 'flying steeple with windows' and seven people reported a flying flower pot with antennae.

C is for Close Encounter

There are five kinds of Close Encounter: **CE1:** a sighting of a UFO at close range (within 600ft). **CE2:** an encounter which leaves some physical trace as evidence of a UFO sighting. **CE3:** A sighting of alien beings. No direct communication. **CE4:** an onboard UFO abduction experience. **CE5:** deliberate human behaviour which was followed by an obvious response from the UFO and/or Humanoid.

D is for Death

No-one has ever been killed by an alien abduction.

E is for Energy Field Extraction

Many alien abductions involve the extraction of conscious energy from the subject's body, employing the use of an extraction beam.

F is for Foo Fighter

Dave Grohl's nu-metal group was named after the spheres of light observed chasing US bomber planes during World War II.

G is for Garden

After roads and bedrooms, the garden is the most common place from which to be abducted by aliens.

H is for Hoax

The most newsworthy UFO hoax was conducted by a team led by Chris Harries, who constructed a flying saucer and flew it over Avebury in 2003. It cost around £50,000 to build.

I is for Identification

www.earthbounddog.com sells dog tags for humans to wear in the event of an alien abduction.

J is for John, Sir Elton

In his 1972 hit 'Rocket Man', Elton John hinted at his knowledge of alien abduction. He sang, 'I miss the earth so much, I miss my wife/It's lonely out in space/On such a timeless flight.' Does he know something we don't?

K is for Key

The five notes the scientists keep playing to get the spaceships' attention in 'Close Encounters Of The Third Kind' are played in the key of B flat. The notes are: B flat, C, A flat, (octave lower) A flat, E flat. There is no guarantee that you will hear these notes when you become abducted by aliens.

L is for Lucid Dream

The psychological state of being awake while dreaming, which has strong parallels to many alien abduction experiences.

M is for Men In Black

A mysterious group that shows up to intimidate witnesses of UFO sightings and related phenomena the government does not want the public to know about.

N is for Neil Armstrong

The first man on the moon is reported to have insisted that aliens have a base on the Moon. The aliens told him to 'get off and stay off the Moon.'

P is for Pope, Nick

The eminent British UFOlogist who manned the MOD's UFO sightings desk for many years.

Q is for Queen

Guitarist Brian May is a noted skywatcher.

R is for Regression, Hypnotic

The most commonly used therapy to help abductees come to terms with their experience.

S is for the SETI Project

The Search For Extra Terrestrial Intelligence. Based at Berkley University in the USA, the project uses a global network of 3,000,000 computers to search for signs of life in space. Sign up your computing power and make contact at <http://setiathome.ssl.berkeley.edu/>

T is for Telepathy

Alien abductees report becoming aware of messages and speech in their heads without having heard anyone talk.

U is for UFO

The British heavy metal band who had seven UK hit singles in the Eighties. The band reformed in 1985 with a bassist called Atomic Tommy M.



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