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This article gives an overview of what the abilities of aliens, or ETs, are. They probably have a lot more but this what we know. It is important to understand how disadvantaged we are when facing these 'visitors'. These are all abilities, technological and psychic, that we ourselves do not have any control over.

The historians would tell us, 'Well, gee, we have some examples of firstcontact scenarios between advanced technological civilizations and not-soadvanced technological civilizations.' Gee, how did all of those turn out? Even when they were handled with goodwill, there was still pain.

David Brin

Life in the Universe

The universe is vast. It is estimated that its diameter is about 100 billion lightyears. A recent (July 7, 2023) study published in the Royal Astronomical Society in the United Kingdom, shows that the universe is 26.7 billion years old, and not 13.7 as previously estimated. In our Milky Way galaxy alone it is estimated that there are 300 million potentially habitable planets. Deep-field images from the Hubble Space Telescope suggested that there are about 2 trillion galaxies in the observable universe.

These numbers are difficult to grasp, but they show that there must be a lot of intelligent life out there, and they have been around for a long, long time. They had plenty of time to develop very advanced technology (compared to ours), based on a thorough understanding of physical laws, but also of the laws of energy, both on the physical level and on the higher dimensions. They have since long figured out how to travel in the universe. This does not happen with rockets and propulsion systems we are familiar with. Physical travel, even close to the speed of light, would take way too long to reach even the closest solar systems. It is necessary to enter higher dimensions, where space and time is vastly different, and travel is almost instantaneous.

Life is not limited to the physical worlds. The higher dimensional worlds are also inhabited by intelligent beings. They can move around the universe much easier and can also act from there on the physical level. For us, humans, bound to the physical world it is difficult to grasp what the nature of the aliens is, or how their technology works.

Not all alien races are the same. Although the psychic abilities are shared by most

of them, the technological abilities can vary. The abilities described below do not necessarily belong to every alien race.

Our solar system is thought to be a third-generation solar system made of the recycled star stuff of previous star generations, and is about 4.6 billion years old. Humanity is only about one million years old. So we are kind of the new kids on the block.

Spaceships

Spaceships are not all the same. Some are physical 'nuts and bolts' vehicles, that is, they are constructed in the physical dimension. In order to travel through the universe, aliens have to have the technology to raise the vibration of the ship to the etheric dimension in which distance does not exist. This is a non-local space/time frame, where one can 'travel' instantly from one point in space to another. At the destination, the ship can then lower its frequency to become physical again.

Some sources say that some of the physical spaceships, when constructed, were directly materialized from the ether after an etheric blueprint was constructed with advanced physical technology. It is creation of matter from the ether energy. This allows to construct a spaceship that is made completely out of one piece, and with extremely pure materials.

Others are etheric (or astral) ships. They are constructed in the etheric dimension, from etheric substance that forms according to the thoughts of the beings that live on that plane. This etheric vehicle responds totally to the thoughts of the occupants. The vibration of an etheric vehicle can be lowered in order to enter the physical dimension. Then it will be first visible to us as a light sphere, then as a metallic-looking vehicle. In some cases, it can become quite physical/tangible. After which they can go back to the etheric level.

Very advanced spiritual beings construct and use spaceships that are made of high-vibrational substance, in the higher dimensions. Although they can travel through different dimensions, they do not appear into our physical dimension.

It should be noted that experiences onboard a ship that is in the etheric state, or etheric realm, are not necessarily the same as one would expect on the physical level. Such a ship i based on cosmic laws that we are unfamiliar with.

Traveling Without Moving

All those space vehicles do not fly through space, or through our atmosphere. They do not have propulsion systems that moves them along as with our airplanes. They actually use the non-local space/time frame to go from here to there instantly. That is the reason we see them suddenly appear and disappear ('dropping down' from the etheric level to the physical level, and vice versa).

This other kind of traveling is the reason for the otherwise incomprehensible

movements, such as right angels at high speed, the extreme high speeds themselves without creating supersonic shockwaves, and instant acceleration as there is no friction with the air, and the 'flying' straight into a mountain, the ground or into water, as the vehicles are in a mass-less state when still present on the etheric level. It also explains why a UFO is at one spot, and then suddenly is at another spot a mile of two away.

The glowing lights associated with these vehicles are the result of the higher energetics involved, which create luminous plasmas around the ship.

When coming down from the etheric level, they can be visible but not detectible by radar as they haven't acquired enough mass yet.

The mode of 'traveling', or going from one point in space to another, is also employed when aliens bring people onboard with abductions or by invitation.

Different extraterrestrials have different methods, or technology, to pluck humans from the surface of this planet, according to accounts from abductees. A UFO, or spaceship, can use a light beam to make a person weightless and then lift him up into the ship. Instantaneous transfer to a ship is also possible. There are accounts when two people were in front of a ship, and one of them saw the other suddenly disappear. The next moment the first person found himself inside the ship, next to the other.

There are plenty of accounts where a person finds himself suddenly into a spaceship. It seems like instant teleportation.

Another, rather unusual, mode of entering a spaceship, is described in the book *The Project at Earth* by Nancy Malacaria. The alien would project a 'doorway' of light on their property, allowing for direct stepping into or from their ship. It would first appear as a vertical beam of intense light and then widening into a rectangular form. Her husband once stepped through the doorway and found himself in the lower deck of the alien's ship.

Another account of a rectangular light as a mode of moving into our dimension, or in case into someone's bedroom, is found in Karla Turner's book Taken, Inside the Alien-Human Agenda:

"Beth was in Miami when the experience occurred, staying with a friend and sleeping on his couch. One night, she awoke and watched in amazement as "a rectangle of light, like a very thin page of paper" came in through the window. She could see an area in the center where white, pink, and purple lights were moving about.

The rectangle of light stopped in mid-air, and out of its center emerged a full-grown man, very tall, wearing a tight-fitting suit and a small helmet. The man stood up and leaned over her, bringing his face very close to hers."

Operating on Both levels

As aliens, or extraterrestrials, have a profound knowledge of both the physical

world and the etheric dimension, they can travel, work, and act on both levels.

When on the etheric level, they can perceive the subtle form of a human being and act on his subtle body. They can also take the subtle body of a human out of his physical body (out-of-the-body-experience) and then can interact face-to-face with him.

From the etheric level, they can make themselves physically manifest and visible to us, and then disappear again, going back to the etheric level. This applies also to their ships or any other kind of object.

The sudden appearance and disappearance of both spaceships and aliens is due to the lowering and raising of the vibrations of ships and bodies. Both ships and beings can instantly disappear and appear at spot a little further away, as has been observed in some cases. As explained in the above, this is due to the fact that they can move through the non-local space/time frame. This implies that they can instantly move at any other location on Earth or in the universe.

There is no limit to where they can suddenly appear, and disappear again, as they have been seen doing this both in landscapes and inside houses. They have even appeared inside a car while the person was driving.

Precognition

When one is on the etheric plane, one has access to information from the past, present, and the probable future. Thus, aliens usually know everything about your past, and what will likely happen to you in the near future. Prediction about global events (often given by the Greys) are usually not accurate, or do not happen at all. They are more of a warning to the bad behavior of humans.

The Projection of Illusory Forms

It has been observed many times, that alien beings can appear as human beings, be it relatives of the witness or government officials. They can also appear as animals, such the deer that jumps in front of a car to make the driver stop and leave his vehicle. Often he is immediately confronted with a humanoid being (sometimes also disguised as a human being), or he is abducted by the Greys.

Small type spaceships have been seen transforming into two light spheres, mimicking a car following the car of the witness (at night), and then transforming into a regular car (sometimes of an old model) that passes the witness's car.

Aliens seemingly change their appearance and their craft, but actually they are manipulating the brain/mind of the witness to make him see something different than what is actually there.

Karla Turner termed it Virtual Reality Scenario. The aliens can project an entire scenery into the human brain/mind, all senses included. It is so real that the person is convinced that a certain thing happened, while in reality it did not.

This explains why one person sees a UFO or alien being, and the person next to him does not see anything or sees something quite different. Apparently some of the events during abductions are Virtual Reality Scenarios (VRS).

A Virtual Reality Scenario can also extend to an entire perceived abduction event. Some people think that most of the abductions are actually VRS.

Karla Turner gives a unique example of this in her book *Taken: Inside the Alien-Human Abduction Agenda*:

"Ted witnessed a virtual-reality scenario when he was in Florida visiting a friend, Marie, along with another house guest, Amelia. The two women occupied twin beds in one room, and Ted slept down the hall in another. Not long after going to bed one night during his visit, he was awakened by Marie shouting for him to "come quickly!"

Heading down the hall, Ted saw a pervasive blue glow emanating from the other bedroom doorway. Entering, he found Marie pressed against the far wall, staring at the twin beds in shock.

And he saw where the blue light was coming from. Amelia lay immobile in one bed, surrounded by a huge, blue, glowing, "electrical" sphere of light. Her eyes were open, and she didn't seem to be in any distress as she carried on a conversation with someone Ted and Marie couldn't see. Terrified, they tried to talk to her, but they could hardly hear one another even when shouting. Amelia continued to speak within the sphere for several minutes, until the blue light suddenly disappeared, at which point she was finally free of the paralysis that had kept her in the bed.

Amelia told Ted and Marie that the experience started with the loud sound of a helicopter low over the house. When she opened her eyes she could see through the ceiling and roof, as if they'd disappeared, to where the helicopter was hovering just above the house. She described two entities in the craft, whom she said also appeared at the foot of the bed before the blue light vanished. One being was tall, with greenish skin, an egg-shaped head, and slanted eyes as the only visible facial features. The other, shorter, entity, Amelia said, was blue-black in color.

Ted and Marie had seen absolutely nothing of these creatures, nor had they heard a helicopter at any time. But they had seen the sphere of light, with brighter, darting lights shooting through it, and Amelia frozen in a slightly raised position inside it, for she had been starting to sit up when the light coalesced and paralyzed her.

Amelia's perception of the experience was completely "real" for her. She was conscious when it began and throughout the entire event, as Ted and Marie attested. From everything her sensory input told her, Amelia had experienced an actual event with the craft and entities. Virtual reality. And the conscious and unaffected witnesses, Ted and Marie, observed objectively real effects of the mechanism which manipulated the event, verifying its external origin. VRS technology exists and is in use, this much is clear. And unless there are outside witnesses, such as in this rare instance, the experiencer cannot personally discern between a VRS and an actual event."

That brings up the question of how much of alien encounters really happen physically, and how much are events projected into our brain/mind.

Some abductees have stated clearly that their experience(s) took place when in an out-of-the-body state. These experiences then take place in the etheric world. In the etheric world, substance forms according to the thought of the being. Thus, an alien on this level can easily change his bodily form to that of a relative of the abductee in order to calm him down.

Some of the cryptic animals are most likely also illusory forms. For example, bigfoot and wolf-man (or werewolf) are frequently seen with UFOs nearby. Bigfoot have been shot point blank, but he didn't even blink. These cryptic animals can appear suddenly and disappear at the spot, sometimes after becoming transparent. Sometimes they do leave footprints, so there is some physicality to it. They seem to be temporarily created forms, but they are not biological beings or animals. Their function seem to scare people away from a certain area where there is UFO/alien activity.

Levitation

Aliens can levitate living beings and objects. They emit a light beam from their craft to make a person weightless and pull him up into the craft. In some instances even the car, with the person inside, is brought aboard this way.

Aliens have been seen gliding down, and up, a light beam emitted from their craft. Once on the ground these beings can also glide over the ground without touching it, although they are not inside that light beam anymore. When people are abducted inside their house, they also have seen he aliens gliding instead of walking, and in some cases, they made the abducted person glide too.

Levitation in the UFO phenomenon is not limited in just making a person or object hover. Aliens can actually manipulate the person or object in any way they want. By creating weightlessness, they can control the movement regardless of gravitation. A few contactees/abductees have reported that their car was lifted of the road to avoid a collision and physically moved to a spot a little further down the road.

This total physical control over a body, making it weightless and moving it around, was also observed by a person watching a cow mutilation. The person saw the little grey aliens throw the 1000 pound cow on its side without any effort.

Moving through Solid Matter

UFOs have been seen flying straight into mountains, or into the ground. This suggests that they are in a higher vibrational, mass-less state.

Aliens themselves are able to enter their vehicle by walking straight into it, through the wall of the ship. In abductions from the bedroom, they are usually seen entering and leaving through the walls of the house, or a closed window or door.

They can make the abducted person go into the higher vibrational state in order to take him through the walls (or even the ceiling) of his house, and into the nearby flying saucer.

Paralysis

Although the term 'paralysis' is commonly used with UFO abductions, 'paralytic' is a better term, as it means 'partly or wholly incapable of movement'. Paralysis means 'the complete loss of voluntary control of part of person's body'.

Aliens can make a person unable to move. This is a paralytic condition, as the person is sometimes standing or sitting (when being hit by a light beam), but he is not paralyzed because he is still able to stand or sit upright and move his eyes. It is a way to incapacitate a person in order to prevent any undesired action from the part of the human. This can also happen when the abducted person is onboard the ship. The same for night-time visit to a person's bedroom, when they want the person immobile while they perform their procedures on the person's body. Same for the onboard 'examinations', when the person lies on a table.

'Paralysis' is just one part of the total control the aliens have over our brain/mind.

They might use technology for this, especially when 'paralysis' is exerted from a large distance, but aliens are also able to induce 'paralysis' by just staring at the person, or making direct eye contact.

Control of the Human Body/Mind

The only thing you need to have to totally control a living being, be it human or animal, is control over the brain, or the nervous system. Aliens have shown they have total knowledge on how the brain works and how to manipulate it.

As we have just seen, they can immobilize us.

They can enter our mind, and read all our memories. They can also induce emotions, feelings, thoughts, all without our consent. They do not necessarily be in close proximity to a person, they can do this from a long distance away.

They can give a suggestion, from a long distance away, to leave the house and to drive to a certain remote location, where the abduction takes place. The person himself has no idea that this suggestion was implanted.

They can also induce a trance state in a person, from a distance, in order to prepare him for contact. In this trance state they can make the person go anywhere they want. One could also call it a somnambulistic state. It has been noted that people with life-long ET contact were sleepwalkers in their childhood.

They can erase our memories of an abduction or encounter. What people remember of an abduction is what they are allowed to remember. The blocking of memories is very effective. There are plenty of cases in which people have 'missing time' (with no UFO sighting before or after) while inside their house, or walking, biking, driving a car, ending up in unfamiliar surroundings, and they are absolutely clueless of what happened.

When aboard a spaceship, aliens can implant post-hypnotic suggestions. In other words, they can program their victims, to change their belief systems, their habits, their every day life.

When a person is driving a car on a busy highway, and is missing the memory of an hour or more, it is unlikely that he is abducted. It looks more that his mind/body is taking over for whatever purpose. The person's mind is probably put aside and not in control, while an alien is taking over the body.

This might sound unbelievable. However, some abductees/contactees have said things to their friends or family members, but cannot remember to have said those things. It is as if someone else was talking through them.

The control of the human brain is also used to make a person see, hear, experience things that are not there, as explained in the above (Virtual Reality Scenario).

Surgical Abilities

Here we are talking primarily of the Greys. Abductees have reported various surgical procedures, not only on their own bodies, but they have seen surgery performed on friends, family members or other people who were also present on board a spaceship. The Greys have an extensive knowledge of the human body and have performed various medical procedures to heal abductees from a variety of ailments and diseases. Their medical technology is different than ours. They often use light beams, resembling laser beams. The resulting cuts result in scars that are heal very fast, without infections.

Their surgery also extends to the so-called cattle mutilations, although any other kind of animal have fallen under their 'knife' too (human mutilations are known too). The mutilations are always done very fast and precise. Examination by experts have revealed that the cuts were done surgically, with high heat, suggesting a type of laser used. It is said that the cuts are done between the cells of the tissue, separating the cells, instead of cutting through the cells. We do not have the technology to do that.

Inducing Out-of-the-Body-Experiences (OBE)

In some cases the person first found himself out of his body, as evidenced by seeing his own body lying in bed, and was then abducted by aliens in a spacecraft. Such an abduction event then solely takes place on the etheric level.

The OBE can also be induced when the person is in a car.

In some cases the abduction takes place on the physical level, and once inside the ship, the abductee has an OBE.