

From: Alan Bottomley alanwbottomley@gmail.com
Subject: February 19, 2024 Secret Update #13 - And Now For Something a Little Different
Date: January 25, 2025 at 7:41 PM
To: Alan Bottomley alanwbottomley@gmail.com

AB

Hi All

Update #13 - hmm, I am not afraid of using that number. But, given the topic today it may be appropriate that it is called #13.

I have talked about the UFO/alien topic initially focusing on physical craft and beings that come from other parts of our three dimensional world. However, you will have noticed that I have shifted towards talking about the UFO phenomenon as part of the broader paranormal spectrum. Although some of you may be upset by this, I also view the topic of the afterlife to be included in the paranormal category.

There are some who believe that the ancestral “gods” that are referred to throughout human history were actually beings from other intelligent civilizations. They may have created us through manipulation and/or seeding of DNA. There may still be an overall God entity that is fundamentally behind everything so a core belief in one God is still valid. But, if we set aside religious connotations for now, the phenomenon of angels, demons, ghosts, and some biblical figures share some of the characteristics of the UFO phenomenon - coming down from or out of the the sky, popping into and out of 3D existence, telepathic communication, having supernatural powers and more.

What we call the afterlife could be an inter or extra dimensional space which we call “heaven”. Is there only one ultimate heaven or many layers? It is believed that in multidimensional space greater than our three dimensions plus time, beings residing there can see everything in lower dimensions. For example as we live in three dimensions we can see things that are in two or one dimensions. And a life form that existed in two dimensions could not see us in three dimensions but could see a shadow cast by us in the second dimension. So if spirits are living in say, 7 dimensions, they can

see us but we can only see weird apparitions or “shadows” of them in our 3D space. So our loved ones in the afterlife can see us, but we cannot see them at all, or clearly, depending on how they can move from higher dimensions and vibrational frequencies to lower dimensions and frequencies.

Einstein proved that matter and energy are interchangeable. It is not always easy for us to convert matter into energy and vice versa, the atomic bomb being a good example. In nature there are many processes that convert matter to energy and vice versa. One of these natural processes could be that when one passes some portion of the matter of the brain/body containing our soul energy is released and leaves as pure energy which travels to “heaven”. Or the soul may already just reside as energy within and around the body and doesn’t need to be converted from matter into energy. In this case, our soul energy simply moves on upon the death of the physical body. Stories about astral projection and the “etheric” body or human aura are already part of the paranormal topic.

I have talked a lot about the “evidence” supporting the UFO phenomenon. Although I would hope that one day we can see, touch and experience first hand UFO’s and aliens, most of the evidence now is personal testimony, many unclear pictures/videos, observation of strange lights/apparitions etc. With the evolution of AI we never get real evidence of anything in the future! We face the same dilemma when looking for “evidence” of the afterlife as well. Consistent with my interest in the UFO phenomenon I have also had a long standing interest in the afterlife. I would like to describe some of the “evidence” that I have personally experienced including a recent dramatic experience with my daughter, Caroline. I am sure that many of you, or members of your family, have had some of these experiences. They are very personal, subtle, and baffling.

Here are some of my experiences:

- I had several experiences with Paula, including one when her Mother passed we saw a person dressed in bright red Indian

mother passed we saw a person dressed in bright red indian style clothing in front of the church who bowed to us while the casket was going into the church, a unique person who did not fit in with the local community. When Paula did an emergency session at the hospital a couple of days later she saw the same person in the same dress in a hospital hallway and followed him down the hall which turned left. Paula was right behind and when she turned left the person vanished.

- After Paula's passing I had a session with a therapist who has been able to "hear" the dead a few times in the past and Paula came into my session and was asking me about my plans for looking after Caroline. I answered and had to keep on clarifying the issue before Paula finally left. There was no reason why the therapist would make this up.
- On a warm summer day, after the family home had been sold, I was taking a big model sailing ship (a previous gift from Paula) out of the house and putting it in my car. As I approached the car I saw Paula walking down the street and as she looked at me and the boat she commented on what a nice boat it was. In a stunned state I just said "yes it is". About 20 seconds had elapsed. She had the same dress, spring coat flapping as she walked, same hair and body shape/size. As I sat in the driver seat I looked up again and she had vanished. Dreaming in the middle of a bright summer day? Evidence similar to how many people have seen UFO's and aliens? I firmly believe that I saw and interacted with her.
- There was one other interaction related to Paula that I had with Christine that involved a strange effect with my cell phone where the battery discharged suddenly, then recovered completely then completely discharged again. Electromagnetic interference from "heaven", similar to how UFO's disturb electronics?
- On Caroline's passing, many of you would have heard about how Caroline's favourite song and her theme song was played unexpectedly three times within a couple of hours on the last night of a recent cruise vacation. Well, maybe just a coincidence.

I will finish with a very recent event which, for me, is the best

- I will finish with a very recent event which, for me, is the best evidence yet for communication with the afterlife. Caroline and I booked regular appointments with a therapist. Many of you have experienced the use of scheduling software on websites when you have appointments with doctors, physio or other therapists. When I booked Caroline's appointments with the therapist, I would ask for an appointment and then get a response back saying it was booked. Then about a week before the appointment I would get an automatic email from the scheduling software confirming the time of the appointment.
 - On Feb 12, 2024 I got an email from the scheduling software confirming Caroline's appointment for **March 25, 2024 at 10 am.**
 - I was surprised and upset by this email and thought that it was a "sick" accidental appointment or it was an appointment for me instead. However, I already had an appointment for February 21 and would not have asked for another appointment yet. So I asked the office why I got this email (which had really upset me).
 - Later that day I got a reply from the office as follows: "Hi Alan we have checked into this and we always sends reminders 1 week before not 2 months before. We did not send any confirmation email for her. This reminder specifically indicates her name, your appointment is February 21st. How this happened we have no idea!!! This is really weird!!!! This has never happened before." In another response they elaborated: "Interestingly enough she was in our system for that date but we never made that appointment because we closed her account after she passed. There were no other sessions made. I checked my agenda and she was not in my agenda only on the system. We review the next few months and make a note and make sure that my agenda has all the appointments and that it corresponds with our system. We are in shock at this. We never made that appointment. It showed up today! Out of the blue! Our system doesn't automatically set up appointments we have to enter them

automatically set up appointments we have to enter them manually.

- I called the office to discuss further and try and understand the technical part of their system. The system does not automatically book appointments. They manually have to set up a person's account under your name and then manually book an appointment once the customer asks for it. The customer only gets a confirming email once from the system one week before. Once an account is closed as they did with Caroline after she passed there is no information left in the system to be able to make an appointment without manually setting up her account again.
- This event was not a coincidence, a technical glitch or accident. It is well documented by the email that I received. The only possible explanations are: the system was hacked by someone, or someone in the office did set up Caroline's account again and have the email sent, or Caroline caused this email to be sent to me as a way of contacting me from the afterlife. I will go with the last explanation. I believe that this is a very well documented contact with the dead.
- If anybody else thinks that there is an explanation beyond my conclusion, please let me know.

Obviously, I have departed quite a bit from the UFO phenomenon in this update, but there are some interesting similar observations that can be seen in many forms of paranormal phenomenon.

I am going to do a meditation session on March 25 at 10 am. I will let you know if anything happens.

All the best,

Alan

