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Notice: Since I don't have an "unsubscribe" button on my emails, I recognize that some of you would rather not receive them so if you want to receive future updates, just email me back and say YES. Otherwise, I will take you off the list and I thank you for your tolerance!

Hi All

In my last update I got a bit of a reaction to my story about Caroline causing an email to be sent to me about a therapy appointment for March 25. Since I explored the technical details about how this could possibly happen I concluded that the only way that this email could be sent would be by a hacker, someone in the office accidentally sending the email, or Caroline caused it to be sent as a way for her to connect with me from the afterlife. Since I don't believe that a hacker would have any reason to do this (unless they knew me somehow and wanted to upset me) or that the office did not accidentally set up this appointment, I concluded that Caroline was trying to connect with me in the only way that she could. My belief in that conclusion was, say, at the 99% level.

I received some comments that maybe someone from the office did send it by accident but didn't admit it because they knew I was upset by it and maybe they also wanted me to feel that Caroline was trying to contact me. I did not consider that and, in hindsight, I agree that this is a possible explanation. So this would drop my belief that Caroline did this to say, 50%. Others disagreed with me because they think that the afterlife does not exist. My personal belief system would say - I totally disagree and so this argument would be a non factor in my belief that Caroline sent this email. So if you don't believe in the afterlife then the only other reason besides the ones already mentioned that explains what happened is that something unidentified caused the email to be sent. Some new information could emerge over time that will explain how the email was sent. But, in the absence of knowing what that information could be I can't rely on that to change my conclusion

information could be I can't rely on that to change my conclusion.

So why go through gory details on this issue? It strikes me that as people look at this story about an "afterlife" email or other stories involving "evidence" about UFO's, aliens and other paranormal phenomenon that our personal belief systems are actually the main driver behind what we believe or don't. If a UFO lands at the White House and aliens come out and speak to the world then perhaps our personal belief systems would not be relevant to what is considered the truth. In the absence of this kind of public event the majority of other forms of evidence about the UFO phenomenon are judged by each of us based on our own personal belief system.

What are examples of personal belief systems especially in the context of UFO and other paranormal phenomena?

- Personal belief systems could fall in a range of say 1 to 10:
 - 1 could be defined as someone who wants something to be true because the topic is interesting and exciting, or they are just very gullible, or they easily fall down rabbit holes, or their critical thinking skills are missing, etc
 - 10 could be defined as someone who will only believe something that they can see, touch, smell, hear, taste, or otherwise have definitive proof (as they define it)
 - 5 could be someone who is skeptical but open to unknown possibilities
- Like most things in life we usually fall under a bell curve, so 5% of us may be a 1 or a 10 in the range and a majority of us may be in the 4-6 range
- I would view myself as a 3 or 4 on this scale. I am sure that some of you may put me closer to a 1! Where are you?

Let's now look at one example of a UFO event where we can look at the "evidence" and consider how our personal belief system can affect our conclusion about what is the truth.

I mentioned the case about Travis Walton in the last update. If you reviewed the video about this case here are some of the relevant

reviewed the video about this case here are some of the relevant facts:

- Travis was working with 7 other members on a team that was clearing forest debris
- they left work together and were driving along a forest roadway when they entered a clearing and saw a classic saucer shaped UFO hovering in the clearing
- for reasons that even Travis can't explain he was drawn to the UFO and jumped out of the truck and approached the UFO
- the 7 others remained in the truck watching and yelling at Travis to come back to the truck
- Travis got very close to the UFO and as the UFO moved up above his head he had to duck under the UFO
- a beam of blue light struck Travis and he was taken up into the UFO
- the 7 others in the truck drove away in a panic
- after driving a bit they realized that they should go back and try to find Travis, but the UFO was now gone and Travis was nowhere to be seen
- the 7 in the truck went home and over the next few days all told the story with identical details
- they were accused of killing Travis and creating a crazy story to explain his disappearance
- some claimed that they must have all taken mind altering drugs and imagined the story
- all 7 took lie detector tests and all passed except for one 17 year old who had some other troubles with the police and his test was invalid
- after 5 days Travis came back into town in a very traumatized state
- after a while he recovered enough to tell what he could remember
- the blue tractor beam light was painful and he had a very bad headache as he was placed inside the UFO with several classic grey type aliens around him
- he was thrashing out at them and tried to hit them
- they left the room and he kept screaming
- then different aliens who looked now more like humanoids

- then different aliens who looked now more like humanoid came in to settle him down, take him out of the UFO and then took him into another room and put a mask over his face - all of this took place in the first couple of hours
- Travis has no memory of what happened until 5 days later when he came back
- Travis took several lie detector tests and passed them all
- Travis has repeated the same story since the 1980's with virtually the same details
- some of the 7 witnesses who are still alive also repeat the same story to this day

Let's now identify some possible explanations for this story:

- it is true - all 8 people involved have told the same story and passed several lie detector tests - if you had 8 people witness that you murdered someone you would likely be convicted
- they all hallucinated about seeing the UFO and Travis while taking drugs - very unusual for all to say the same details if this was the case
- they did try to kill Travis, left him for dead but he recovered 5 days later and came back - possible but why would Travis not offer this explanation - amnesia, fear of retaliation?
- Travis had a cabin in the woods and decided to stay there for a few days but accidentally hit his head - no evidence of a cabin anywhere
- Travis just went for a walk away from the group, a tree branch hit him in the head, he woke up 5 days later and the others fearing for being blamed made up the UFO abduction story - maybe, but why make up such a crazy unbelievable cover story - just say he went for a walk and got lost?
- what other explanations do you have?

Based on your personal belief system how would you judge this story?

For me, since I think I am a 3 or 4 on the belief scale, I am predisposed to want to believe it, I think that 100% eyewitness testimony combined with supporting lie detector tests (although not

admissible in a court of law) is very powerful, and I don't see much credibility in other explanations except perhaps the one where they tried to kill Travis. I am open to explore some other reasonable explanation. So I am at a 75-90% level in believing Travis and the others in this story.

For someone whose belief system is at a 10, if you ignore eye witness testimony (because you have heard lots of story about witnesses being wrong), and if you believe that UFO's and aliens can't possibly exist you will not believe Travis at all, and probably don't care about hearing any more evidence about it. You are at a 0% level.

For someone at a 5 on the belief system you will likely think that this is 50/50 or something close to that.

So, what do you believe?

For 90% of all of the UFO/alien reports the nature of the evidence is similar to or maybe a bit less compelling than the Travis Walton case but most can be analyzed in a similar fashion. Your answer will really be based on your preexisting personal belief system.

Next week I will be attending virtually, for the first time ever, a six day conference with the infamous UFO researcher, Steven Greer. I have mentioned him before and he has, arguably, the most comprehensive database of UFO evidence including testimony of 1000 quasi whistleblowers. He has the most extreme views in the Ufology community about this topic. But he also has compelling information about stories that are more believed by the mainstream Ufologists. I will give you some highlights in my next update.

All the best,

Alan

PS Reply YES if you want to hear more.

