

Dear Joshua,

Thanks for your wonderful letter. You mentioned in your first letter that the way to stop the greys from abducting someone is to send them love and light. I am uncertain about this. On one hand, I would like to think that this could work but is there any evidence of this ever having really worked?

I agree that the energy of fear helps give strength to any lower vibratory being, but do we have any evidence that sending the opposite can actually stop them? By not sending fear we are not giving them additional strength but can sending love and light actually make them stop in the process?

I have studied the work of Ann Druffel in Los Angeles, who has spent many years researching the methods that have been successfully used by people who have been able to stop abduction. (I called Ms. Druffel and she is going to send me a copy of one of her articles and a list of other articles she has written, which we hope to share at some future time in this Site). Sending Love and Light do not enter into it. The people have been more successful with the following, which she lists in her articles:

1. A strong assertive person who believes totally that he has free will and rights in the universal scheme of things and believes that these beings can't usurp his/her rights. Holds strongly to this position when abductors are present.
2. Mental struggle has proven most effective. When one is experiencing the paralysis associated with the beginning of an abduction, that person must struggle with very concentrated effort to make even one small movement (move a finger, toe, twitch the nose, etc.) If you can move anything at all, the paralyzed state breaks and the altered state is also broken. The beings quickly leave/disappear.
3. Very focused anger, not hatred or fear. Anger and indignation at being treated as less than an equal in the universe. Focused anger, such as you would feel towards some punk trying to steal your purse on a busy street.
4. Very strong sense of protection by a spiritual personages (Christ, angels, etc.) Use of various metaphysical techniques, such as surrounding yourself with a protective barrier of white light.

These are the ones that Ann lists in her research. This is not to say that sending love/light doesn't work, it just means that no one she has ever studied has done this successfully and won. Possibly if one were to send love/light in a very focused manner, all the while knowing that he/she was a spiritual being and that these greys (or whatever) had absolutely no right to be doing abduction --- this might work. For myself, I think I would tend to reprimand them in my mind and tell them that they had no right whatsoever to be doing what they are doing. I would not send hatred but I don't know if I could send love to them at a time like that -- much more likely that I would send strong thoughts that they were wrong in what they were doing, all the time knowing I was a spiritual being in my own right and that I was protected with spiritual assistance.

All that I have said above is, of course, slanted from my own perspective. I am interested in your perspective and hope you will keep me posted on any new ideas you come across in this regard. Also, will be most interested to hear if it every really works in the middle of an abduction.

I'm studying the teachings of the American Indians and also the Muslims with regard to what they say about this. Both these traditions say that these beings are selfish and controlling and have been manipulating humans for their own use for a very long time. Both say that they are negative beings and are to be fought.

To quote one letter I got recently from a Lakota Indian man:

"Native Americans are very aware of the beings that are 'visiting'. I have been told that they do not believe that these beings are extraterrestrial. In the 'old days' the 'Star People' visited and interacted with the people. Today in Lakota belief, the darker side has come and has impersonated the 'Star People'. This way, the dark beings could move into our culture, through the public's fascination with UFOs. The greys are apparently interdimensional beings. They are from a lower realm.

"Donna, what you are experiencing with abductees "flipping" to the idea that these beings are benign is a very dangerous thing. If the greys are so good at controlling minds, who knows how deep this control or possession may become? According to Native belief, these are crucial and dangerous times. If you read some of the boards on AOL regarding aliens, or some of the pop culture books these beings are being touted as the "Saviors of Humanity". This is an invasion of sorts. Not from benevolent "space brothers" who will save the planet but from evil forces who revel in greed for their species.

"Recently there were some important meetings of Native Elders and

Medicine Men regarding the 'visitors'. There is much knowledge and contact with these beings among Native Peoples. Medicine

men have been warning these beings that they are overstepping their bounds. These beings really have us under siege. The answer is not military, not even psychological, but as you state, Spiritual. Taking and claiming one's own personal power. Yes there are spiritual allies. We learn in Native Traditions how to connect to those, but they are not little men with big eyes!"

Anyway, Joshua, I wanted to share that letter with you. Also I received a very long document on Muslim beliefs that say essentially the same thing. We do live in interesting times!

I certainly don't discount your way, I just don't know if it is really a way that will work with these beings. It might serve to keep them away (which is what we want most) but I don't think it is up to us at all to help them spiritually. Much more likely that they need their hand slapped and have to look at what they are doing. Anyway, it is good to exchange ideas. I hope you can see my point of view.

Best wishes,

Donna