

A Response to Emma Woods' Allegations

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c. 2016

Introduction

Since 2007, Emma Woods (pseudonym) has made unfounded public accusations against me. For the past nine years, she has accused me of incompetence and negligence, criminally threatening her family, intentionally imposing emotional distress and abuse upon her, and sexual perversion. These false charges are reflective of a very disturbed person. We examined her abduction events for two years after which she began her crusade against me. Since then, I have consulted with numerous therapists, psychologists, and psychiatrists about her. I was specifically instructed to stop any communication with her and not to answer her charges. I believed, along with these professionals, that she would find someone else to target. This was good advice for the pre-internet world. But armed with a website and a provocative appeal, Emma Woods has found an audience who encourages her forward. I have learned that she will probably never focus on someone else for her vitriol.

Thus, I am forced to break my silence and defend myself against Emma's false claims. Each of Emma's accusations relies upon doctored audio files and transcripts that she took out of their original context in order to make me seem as irresponsible and morally reprehensible as possible. This website answers the major, and some of the minor, accusations she has made against me, using the original transcripts and other incontrovertible materials to prove her deceptions, delusions, and threats for what they are. I have tried to be as accurate as possible, but I am probably forgetting some details and perhaps mixing some dates. Not knowing the future, I did not keep track of everything that happened or what she said. I know that this will revivify her campaign against me, but I am not speaking to her. I am speaking directly to those who may accept her rhetoric and lies or think "If there's smoke, there's fire" and become Emma fans.

After reviewing our communications, I have come to realize that I did my very best for her as far as I could. In retrospect it is clear that I was much too kind to her and I should have stopped working with her much earlier. This was a major mistake. Yet, there was no way that I could have prevented or anticipated her volatile reaction when I chose to sever our professional relationship.

This paper is a short version of the events that happened with Emma. The long version would be huge and unreadable. And, I do not wish to relive the difficulties and distress that Emma instilled in me.

In this dispute Emma is at an advantage. She is the one who is saying that I tricked her, confounded her, and led her into the never-never land of alien abductions. I, on the other hand, am at a disadvantage. I must talk about aliens and hybrids not only abducting people but writing emails to them and making surreptitious incursions into our society. I fully understand and

appreciate how absurd such things seem and that they make my gullibility appear to be boundless, especially if one has not read my books (I will eventually be writing about these hybrids). However, I will try to state what happened as rationally as I can regardless of the consequences.

Terminology:

Aliens. Gray beings, Praying mantis-like beings, Reptilian-like beings, and hybrids (mixture of alien and human). I will be using “alien” to discuss gray aliens.

Hybrids: Aliens who have a mixture of human and alien biology. A variety of hybrids exist in the abduction phenomenon, from early stage hybrids (who look quite alien except for some differences, to middle stage, late stage, humanoid stage, and human stage, and “hybrids,” who, as absurd as it might sound, are moving in to apartments on Earth. Human-stage hybrids look like normal people except they have one-track minds, e.g., security hybrids only think of the safety of hybrids and nothing else. Hybrids are basically human except they can control humans with their minds; make them think or do anything, and for all abductees, engage in telepathic communication-which all aliens can do. I will only use the word “hybrid” in this article.

Abductees: All abductees have a mother or a father or both who were abductees. Abductions begin in early childhood and generally continue throughout their lives unless they have a catastrophic accident or life-altering medical event (blindness, paralysis, etc.). All abductee and alien communication on board a UFO is usually telepathic. Communication with an abductee on Earth is also telepathic if alone but with normal humans around, it can be oral.

Abductees have procedures done to them while lying on tables onboard a UFO. In recent decades the hybrid presence has increased enormously. Some abductees reported helping hybrids move into apartments on Earth, teaching hybrids how to live here, and helping them with a variety of Earthly problems. Emma is one of those helpers.

Part 1. The Beginning

My first contact with Emma came through her abduction counselor “Justin” (pseudonym) in July 2002. Originally represented by Emma’s as her “therapist,” Justin was interested in doing alien abduction research. In his email he attached Emma’s completed questionnaire from my website (ufoabduction.com). Out of courtesy, I responded with additional abduction hypnosis materials that pioneer abduction researcher Budd Hopkins and I had put together over the years. Justin wrote back adding more information, explaining that, at his request, Emma had begun writing down her unusual events, both as they continued to occur and as she recalled them from her childhood. From the details he provided, I understood that her experiences closely matched those reported by other abductees. In the third email, Emma thanked me directly for my help.

From this email exchange until December 2004, Emma and I spoke over the phone. She asked if I wanted to see a copy of her record. I said yes. I learned that she had also been in telephone contact with Budd Hopkins and had sent him these same materials as well. When her record arrived, I found a large box filled with hundreds of pages of loose papers along with Xeroxes of several small arranged scraps that had been handwritten and/or computer printed. She had also included photographs of herself and of some unusual things she had found in and around her apartment. Each paper or scrap of paper was signed; some by a court official, or a notary public, or by Justin. She provided no explanation for the signatures, but I assumed that they were there to verify that she and no one else had written these materials. Finally, Emma had carefully inserted one or two pages into slippery individual plastic page protectors. Her box contained

hundreds of protectors housing her material. I thought it was quite odd, but not being a therapist I did not immediately recognize signs of obsession or worse. Justin's signature helped allay my hesitations, as he had apparently found nothing wrong.

Lastly, Emma had also included a DVD of her sleeping in bed at night then sitting up in the middle of the night and quickly writing something on a pad of paper on her bed before going back to sleep. She did not remember writing the note when she woke up in the morning. I could not have known then, but as things developed, this DVD would become enormously meaningful to Emma.

In my many years of experience, I have learned to give a certain degree of latitude to the behavioral quirks of abductees so long as I judge them to be of sound psychological disposition. If I can recognize it in advance, I strictly decline working with abductees who exhibit serious psychological problems beyond my expertise. Budd Hopkins, however, had taken one look at Emma's trove of materials and wrote her off as mentally ill. In Emma's case, though I had never encountered anything like her massive log of papers, signatures, and page protectors, I believed it to merely represent a somewhat distraught person wary of being thought a fraud. This was my first regret in the Emma Woods saga, I naively assumed normality in the face of abnormality.

Emma's Living Situation

Emma lived in a small studio apartment, where she subsisted on disability payments for an autoimmune problem. She was forty-two years old, divorced, and without children. During our correspondence I learned that she basically lived an isolated life, seldom meeting with friends, while occasionally looking in on her octogenarian neighbor next door.

She infrequently left the house, only venturing out for lunch or errands, and to visit her family, or to visit Justin. It became clear to me, that Justin's suggestion to her that she record her unusual experiences had become the single most important thing in her life.

Emma's intense isolation gave her abductors an unusual amount of free reign over her life, as they were not constrained by time or circumstance. Abductees are typically taken when they will be least missed, which often happens at night or when they are alone. Emma was alone nearly all of the time thus her abductions were extremely frequent and at all hours of the day and night. Her discussions with me indicated that gray aliens and hybrids had free reign over her life. Yet in spite of her seclusion from society, Emma was obsessive over maintaining her anonymity. During my career I have always guaranteed anonymity and I have never once revealed anyone's name without his or her consent—including this website. I have worked with high-profile figures—men and women with public images and important careers whose reputations and livelihoods would be completely destroyed if I ever divulged their secret. But Emma had no career, lived alone, and had few friends – at least that she told me about. She maintained, however, that disclosure would ruin her “reputation.” Emma's fixation on being exposed was way beyond that of any person with whom I have worked. I cannot emphasize this enough.

Doing sessions

When I first began examining Emma's experiences, I found her to be warm, intelligent, and articulate. I admired her bravery in the face of adversity. Her plaintive tone of her voice seemed to underscore her victimization and it stirred my sympathy.

It is important to understand that I have never charged a fee for my help. People who solicit my guidance can stop at any time they want. As I always do, I had Emma sign a release form forbidding her from playing recordings of our hypnotic regression sessions in public without my permission. She signed the release. She also signed a Temple University Institutional Review Board subject release form that, for a short time, all professors were required to have. However, my abduction research was not subject to the IRB protocol and I received a waiver making the Temple release form null.

If an abductee is seeing a therapist, I will not move forward without that therapist's consent. Justin had contacted me first, and consented to our regression sessions. Shortly thereafter, for reasons unrelated to Emma, Justin abandoned his position as a Counselor. If people are not seeing a therapist, I go forward. Emma was not undergoing therapy when we began sessions but she was still friends with her Counselor.

Phone Hypnosis

Because Emma lives in a foreign country thousands of miles away, we conducted our sessions over the phone. Though I had conducted phone sessions before, this was the first time that I worked with a person whom I had never physically met. Phone hypnosis was, and still is, routinely used in the mental health community, and my simple relaxation techniques worked well enough for her from a distance. Emma quickly became accustomed to this method and understood that she could bring herself out of her relaxed state any time she wanted, and she often did.

Number and veracity of the sessions

In our first session in December 2004 we examined one abduction event. In 2005 we had seventeen sessions together and investigated thirty-two different abduction events. In 2006 we had eighteen sessions and investigated forty-eight abductions. Finally, in 2007 we had two sessions and investigated three events. The total was thirty-seven sessions and eighty-four events. This is not an unusual number of abductions and, indeed, I can only look at a fraction of the abductions that people have.

As I always do with new abductees, during our early sessions I asked purposefully wrong or misleading questions to see if she could be led. This is an important technique to ensure that the abductee is not susceptible to suggestion and/or willfully confabulating. She passed this test, remembering what was happening to her and refusing to go along with my purposefully directional or misleading questions. Indeed, she said "no" to my questioning in almost every future session.

After we completed several sessions, I would mail her copies of the cassette tapes. This too is common policy that I have done with all of my abductees. Over the time we worked together, I sent a video camera, a 35mm camera (pre-digital days), a box of blank video tapes, a voice-activated audio tape recorder, a portable hard drive, a spindle of 50 DVDs, a set of adapters and a transformer, and of course tapes of her sessions with me on a continual basis. Again, I have often sent these and similar materials to abductees in order to support their attempts to document their abduction encounters.

She also sent me photos of unusual things in her apartment or outside of it, like odd lights. I enlisted the aid of Dr. Bruce Maccabee for analysis. The photos proved to be inconsequential.

Communicating with Emma

In doing research with Emma, I amassed over 2,000 pages of transcripts (in Courier New 12 point font) of her experiences. She was also a prolific email writer and phone caller. Between December 2004 and June 2007, I received over 1400 emails and I took countless phone calls from her in addition to the more than 120 hours of regression sessions most of which lasted from three to four hours. Even from people with whom I have worked for decades, this was an extraordinary amount of contact with her. Many of Emma's emails related to her written records, her hand drawn illustrations of her events, and her abduction experiences. At other times she bitterly criticized me for what she increasingly considered to be "improper" hypnosis and emotionally disturbing "tactics" that I asked her to do.

Emma's Hybrids

Hybrids are beings who look like crosses between humans and aliens. They have been a central part of the abduction phenomenon since the first abduction uncovered by researchers: The 1957 Brazilian Antonio Villas Boas case. During his abduction he saw a male alien who looked humanoid and Vilas Boas was made to have sex with a female alien who looked quite human. He eventually became an attorney and maintained the truthfulness of his experience throughout his life. In the mid-1980s, Budd Hopkins discovered what he called "hybrid" babies who grew into adults.

Abductees describe a spectrum of hybrids from looking like crosses between gray aliens and humans to being indistinguishable from humans. They are a consistent part of the abduction phenomenon. They all have tasks to perform within the abduction structure. Some hybrids watch over the activities of abductees. Others require abductees to teach them about how to live in human society. Still others make sure that special abductees are in complete compliance with whatever they and gray aliens want. According to Emma, hybrids were frequently in her apartment, outside of her apartment, and tending to her onboard a UFO. She often went with hybrids to different houses where she helped hybrids who were living here. Gray aliens are also a part of the beings Emma encountered onboard a UFO, in her apartment, and elsewhere.

Emma's record and my mistake

With the exception of working with Emma in the first place, the following became my biggest error. During our working relationship, Emma kept her log of unusual events and often emailed parts of them to me. I believed that her writing was beneficial; it would allow her to meticulously document her experiences for our sessions and give her some degree of agency in her life. At one point she asked me what she should do with her information. In early January, 2006, after working together for over a year, I offered my website to host her experiences if she would like. As a living record, her experiences could demonstrate how our sessions differed or matched her consciously remembered experiences. I did not know at the time that allowing her access to my website would prove to be a very serious mistake.

I did not have the technical ability to manage and upload Emma's web-content. My web developer, Betsey, graciously offered to set up "Emma's Record" without a fee. Although I initially envisioned the Record to be her consciously remembered events followed by hypnosis accounts, Emma began to change the scope of the project when she offered to include her personal illustrations as well. I agreed. These six-panel drawings were well done and gave the reader a visual sense of what was happening to her. In addition, she began compiling charts and graphs of her experiences along with some biological information. I supported Emma's documentation efforts. Even though this would mean more work, Betsey accepted the added tasks without complaint.

Emma's abduction experiences

When recovering memories, the specific event to examine is often chosen jointly by the abductee and me. Following this simple procedure, Emma would send me a list of episodes that had happened to her in previous weeks or days and we would decide to investigate between one and three during our session. I had no reason to think that she was purposefully lying about her experiences or fabricating them entirely. Emma's account of her abduction experiences were close to those I have heard from other abductees. She understood what was happening to her with a minimum amount of vagueness. She recounted the typical gray aliens and hybrids as all of my other abductees had described to me. There were some irregularities, such as when she recalled an alien giving her a key to something when she was young, or another when she remembered an elderly woman chasing her with a knife, also when she was young. I privately judged these to be unimportant confabulation irregularities, although I could be wrong. She also told me about numerous accounts of having sex with hybrids, usually in her apartment. This too was typical testimony that I had heard from other abductees. Eventually, it led to one of her inexplicable charges against me.

CHARGE: Telephone hypnosis was irresponsible because she was alone in her apartment with no supervision

I have routinely worked with others who live alone without any kind of incident or issue. When we began our sessions, I knew that Emma was supported by her Counselor Justin, and I also assumed that she had a social life with friends, relations, acquaintances, etc. She never once expressed to me her intense isolation. Emma also had been very deliberate seeking my help,

having first contacted me in 2001 but waiting until December 2004 to begin our work. At the time, Emma was obviously mature enough to handle our work. She was, of course, fully conscious of our great geographical distance and that all of our work would be conducted over the phone. I had even warned her, initially, about the possible emotional toll that the sessions might take. She understood and began our sessions. Budd Hopkins and I had often arranged for abductees to speak with one another as a kind of support group with great success. In this spirit, I encouraged Emma to communicate via instant messaging with another abductee--Betsey--but Emma absolutely refused. I tried many times, but she fashioned scenarios in which her anonymity would be compromised, or she began to see it as a plot to get her to talk about her life and then betray her. Of course, if she actually felt that the sessions were increasing her sense of isolation or betrayal, she could have quit at any time.

Signs of fear behavior

In early **May, 2006**, Emma began to worry about the box of materials that she had sent Budd Hopkins in 2005. Her fears overtook her. She wanted to be assured that Budd had properly disposed of the box and, if not, she was ready to send him money in order to have the contents shredded. At the time, I thought that this was reasonable although needless, because Budd treated all of his abductees and their paraphernalia with the same strict sense of responsibility. But to assuage her fears, I went to New York and retrieved the box from Budd.

Hybrid aggression

As time went on, Emma's recounting of her experiences became increasingly secondary to her anonymity. Her reaction to the problems she was having with her abductors increasingly became more bizarre. Hiding her real name became more important than her recounting of her events of physical abuse she was experiencing. In an effort to stop her from talking to me and to stop writing her record, she had been kidnapped, raped, physically assaulted, cut with a sharp instrument, her head dunked in water so she could not breathe, and constantly threatened with violence and death. She described being abducted many times since she was a child. But what frightened her most was her name being exposed; everything that had been done to her paled in comparison to maintaining her anonymity.

CHARGE: I said she had Multiple Personality Disorder while she was under hypnosis

Between **September 27, 2005** and **December 9, 2006** violence against her and threats against me increased. Security for the abduction phenomenon increases enormously when abductees help hybrids who might or might not be living here. By June 2006, her abductors were seriously attempting to stop her from talking with me. Rather than simply telling her not to deal with me, which they did many times, they also engaged in increasingly physical and sexual violent behavior against her when she continued to disobey. This ongoing steady drumbeat of assault and threat was beginning to worry me. They wanted her to tell them everything about me. They wanted to know where I lived. They learned that I lived in Pennsylvania. They said they were going to contact me. I began searching for a way to satisfy her hybrids and still continue to work with her. Contending with the abduction phenomenon is a hit-and-miss proposition; abduction

researchers must deal with it as it confronts them. There are no guidelines on how to proceed. When it involves hybrids it can be even more difficult.

June 24, 2006. The Multiple Personality Disorder ruse came up when I had used a version of this for Betsey some months before. Under an assumed name, I emailed her saying that I was a Multiple Personality Disorder researcher and she probably had this condition. She left the message on her computer screen and her hybrids looked at it. They wanted to know what Multiple Personality Disorder was. She explained it a little. They asked if she would have to take medication. She said no. The important thing for them was that she did not have to take any medication and they showed no more interest in MPD.

When Emma's hybrids were torturing her and threatening me, I decided to change direction. I would once again become a "Multiple Personality Disorder researcher" and express to her that this was the condition that allowed her to think that she was being abducted. When I brought up the MPD diagnosis, we both laughed throughout the discussion. I had hoped that my fictional MPD diagnosis would cause the hybrids to reevaluate me as a harmless person who did not believe Emma's testimony. However, my fictitious MPD diagnosis seemed to have no effect on them. Although I tried, I could not get them to stop threatening the two of us.

Later Emma maliciously criticized me for speaking about MPD while she was under hypnosis. She claimed that the experience had adversely affected her life. In fact, we frequently had casual conversation while she was under hypnosis. She routinely brought herself out of hypnosis, including our MPD session. Furthermore, she took herself out of hypnosis in the majority of events we examined—I've counted over fifty times that this has occurred. In almost all the sessions we had she was required to hang up the phone and redial because of special long-distance fees. When she called back, I would either do a simple one or two-minute relaxation exercise or do nothing at all, and just start asking questions. Once again, hypnotic regression is merely a state of relaxation. People are not in a "trance" state obeying my commands. They remain completely conscious and in charge of their own will, going to the bathroom, changing the subject, refusing to answer a question, or casually conversing with me. My sense was that Emma understood exactly what was happening. During the next seven months that we worked together, Emma never once mentioned that the MPD ruse had negatively affected her in any way. However, after we stopped working together, she maintained that the MPD diagnosis had a colossal influence on her mental health and that it had virtually ruined her life. Years later she also confessed that she knew it was a ruse to fool her abductors.

Inexplicable phone calls.

On **July 14, 2006**, three weeks after Emma's hybrids said they were going to contact me, my home phone rang at 3:00am. When I answered the call no one responded. I hung up. The phone rang again. I answered and no one responded. These repeated a total of five times over the next few minutes. When I later told Emma about it, she conceded that the calls came from her landline phone. The following week, once again the phone began to ring in the middle of the night. This time I let it ring. Emma checked to see if the calls came from her phone. She could not verify it probably because I did not answer.

Part 2. The Aliens' Reaction to her Record and the Beginning of Emma's Descent

As our hypnosis sessions progressed, it became clear that Emma was completely consumed with her Record. In our sessions, she recounted how alien hybrids had regularly visited her apartment for years (this is not unusual for abductees). Over the course of our sessions, she reported these experiences happening more frequently—sometimes on a daily basis. She explained that often these events involved sexual intercourse with a hybrid (also not unusual for abductees). Of the seventy-five different events we examined that took place when she was an adult, at least fifty-five of them involved hybrids in her home. Others involved hybrids or gray aliens taking her onboard a UFO.

In **March 2005** during our second session, we looked at an event that happened in January 2004. Emma explained that her hybrids were upset that she was documenting her experiences--a forerunner of what was to come. She indicated that her hybrids constantly pressured, threatened, and harassed her for compromising the clandestine nature her abductions. After we decided to put her Record on my website the hybrid's pressure mounted. Regardless, she persisted. I had heard of similar experiences from other abductees, but Emma's hybrids were exceptionally aggressive and intrusive. From 2005 to 2007 they became steadily more belligerent, frequently threatening violence and death for both of us. Eventually, she adopted a special defensive psychological state in order to overcome their coercion through her force of will.

When we examined her current abductions Emma reported that her hybrids were increasing their physical and mental abuse. But, she continued to defy them through her intense self-discipline. Because the hybrids could not stop her from talking to me, they increased the number of threats of violence and death against both of us. The longer she was uncooperative, the more their frustration increased. Finally they began to follow through with their threats, such as taking Emma to beaches or pools and pushing her head under the water until she felt like she was going to drown. While I attempted to ease her fears, I knew that I could not guarantee safety. No other abductees had ever recounted such relentlessly threatening and violent hybrids before. By the time we stopped doing sessions, she had documented twenty-six threats against her and seventeen threats against me in the past year. The threats were not only of violence, but of death. While I knew that they likely could not find me, I did not know for sure.

CHARGE: I am a sexual deviant for asking for her unwashed underpants

This charge against me illustrates Emma's signature style of attack: maliciously taking my words out of context. Early on in our sessions, Emma mentioned that after sex with a hybrid she found a gelatinous mass in her underpants (knickers). She said she was going to send me a cotton bud (Q-tip) with the discharge on it. I believed that this sample might offer some rare material evidence about the abduction phenomenon, and we talked about the importance of obtaining hybrid DNA. Here is the ten-month history that Emma concealed in her attack on me.

April 21, 2005. Emma writes about getting DNA from secretions:

“I was also thinking about something that is a bit embarrassing, but I geuss [sic] you will probably be okay with me asking about it. From my memory of it, when the hybrid person had sex with me, they did not pull out before the end, and after they had gone, I wiped myself off with toilet paper. (The scary thing is you can actually see some of the toilet paper on the bed in the unexplained photo, next to the ruler. I had wondered why it was there when I saw it in the photo, and it had been bugging me.) If that memory is accurate, they must be really confident that you won't remember what happened, and do something like freeze the evidence, and get it analysed for DNA, etc.”

April 21, 2005. I write back to her about obtaining discharge after sex with hybrid.

“Most abductees say that the late-stage hybrid looks normal except that his skin might be a little different. It is hard for them to put it in words. Perhaps the lack of blemishes is what they are seeing by don't realize it. I was going to ask you if there was a discharge of any sort when you got up in the morning. The conversation sort of went past it to the photo and I forgot to ask it. Thanks for reminding me. If this were to happen again and you suspect that they [sic] same thing occurred, be sure to save whatever discharge there is and get it absorbed into a tissue or toilet paper or whatever. Put it in a jar and preserve it. I might be able to have it analyzed. Hybrid semen is something we have been trying to get our hands on and it would be a very major event, I think.”

April or May, 2005. In a phone conversation Emma told me that she had “lost” the Q-tip.

October 2005. Emma told me about more gelatinous substances on her. She collected another sample with a tissue and Q-tip. Again, she said she would send them to me. Once again we discussed the importance of this material, DNA.

October 25, 2005 Emma writes about the cotton bud being thrown away.

“I am sorry, but I won't be able to send the cotton bud sample. I think I flushed it down the toilet. I had it on a tissue next to my bed and left it there for a while. I couldn't do anything about it for a while, but some time after I spoke to you on the phone I thought about it and realised I had a vague memory of flushing the tissue, and maybe also the cotton bud, down the toilet. I usually throw tissues in the bin, so I went through everything in the bin and it was not there. So I think I must have flushed it. I feel really embarrassed [sic] about this, and I am sorry. I went out today and bought a packet of cotton buds which I am now keeping by my bed in case it happens again. I will also put some plastic bags and envelopes by my bed, so if it happens again I can get it ready to post to you immediately. Hopefully that will stop it happening again.”

November 11, 2005. Emma once again told me about having intercourse with a hybrid and having a leftover residue. No regression session.

D: Now, you remember, Emma, that if you could ever get a sample it would be a sort of important event. So, you want to make sure that, you know, in the afternoon or the evening if you get a sense that something has happened and there's some sort leakage or drainage or something like that, then you want to just take your underwear, stick them in a plastic bag or take cotton swabs or whatever it is you do – put them in the plastic bag and just don't even think about. Have an envelope already addressed to me and ready to go. Stick it in and just take it to

the post office and be done with it. And don't even think about, and don't even think about it afterwards. Don't give it another thought after you do it. You just do it automatically. What you can do is you go to the post office and have everything pre-measured so that you can just have the postage on it and everything else and just stick on a postal box without even having to go to the post office.

E: Yeah. I got like cotton swab things. I was going to get an envelope so I didn't [inaudible].

D: Yeah. That would be a really good thing to do. But don't even think about it afterwards. Just erase it from your memory afterwards. Afterwards just – you do it. Do it automatically just like it's the thing to do and then forget it.

February 16, 2006. Emma writes that she might have had a sexual encounter with these beings.

“I think something might have happened last night. At about 11.25 there was another one of those very fast double flashes of white light in the room. I saw it even with the light on. In the early hours I could feel a presence around and felt a bit nervous. I went to bed at 1.35am, but have a vague feeling something happened during the night. Mike said at 2.55am someone knocked loudly on his door, although I did not hear it. I woke up at 7.00am and my pyjama trousers were down around my ankles and my body felt like I had sex. I felt worried about doing the record, so I think I probably had another visit.”

February 16, 2006. I respond to Emma about how important it is to get DNA. She describes a possible sexual encounter in an email.

“Yeah, it does sound like another incident. Of course, if there is any residue from sexual activity, I would be extremely pleased to receive it in the mail. Getting the DNA is not exactly like finding the Holy Grail, but it will add tremendous credibility to everything if we can show anomalies within the DNA.”

February 18, 2006. Hypnosis session excerpt

D: Well, before he [a hybrid] came over, I mean, you're laying [sic] there on the bed with your shoes off and your pants pulled down? [I was repeating back what she had already indicated to me.]

E: Yeah. They were off. I took them off. That guy took them off.

D: Oh, they were off. Okay. So, none of them have done any sexual stuff yet, or am I wrong? [During the previous year Emma had described sexual events with hybrids in twenty-four different abductions.]

E: I don't know.

D: Okay. Now, Emma, were you wearing underpants?

E: Yeah.

D: Did you wash the underpants?

E: Probably. Yeah.

D: Even though it was yesterday?

E: I might not of. I'll go and look at the laundry. But, I don't know which ones I had on. I can have a look.

D: Have a look. Put it in a plastic bag if you find the ones. Is there going to be intercourse involved here? Are they going to take advantage of you, so to speak?

E: I don't know.

D: Okay. We'll find out if there is first, and – so, he starts to show you frightening things from the past. [Recapitulating what she had told me.]

E: Yeah.

D: Such as - ?

E: He was making me feel very, very scared, and I could remember having those feelings before. But, I don't remember when, or how, or what it was. I just remember the feeling. It was just like he was just making me feel really, really scared. It was not verbally. It was just a feeling. It was awful. It was like – yeah. He wasn't even looking really close. He was looking at me from the end of the bed. I could kind of remember something, but it might've been something he told me before or something. He was just saying that they're not going to let it happen. It's like too far [inaudible].

D: It's like too far for what, did you say?

E: It's like it's too much, or it's like it's too – like, it's over the limit. Like, it's unacceptable. That other guy is taking my top off. (pause) I think they do some kind of sexual thing as well.

D:So, he's over there now at the computer. Our friend "Derrick." [Name we called him.] And what is happening with the other two guys?

E: That other guy was just sitting on the couch. The second guy, and the third guy was basically on the bed.

D: On top of you, in other words.

E: Yeah.

D: Well, if you can dig up the underpants, without even thinking about it, just put them in a plastic bag, put them in an envelope, and then just send them off to me. That would be greatly appreciated. Do not even think about it. Just do it automatically. No fuss, no muss. And don't think about it afterwards, either. So, what happens next, then?

February 20, 2006 Emma says she washed the underpants.

“I am not sure what is wrong, but I did the laundry and washed the knickers. I don't know why. I felt really scared when I was going to get them, and I ended up putting them in the machine and doing a load of washing instead. I feel terrible about it.”

February 20, 2006. I respond to Emma telling her it is okay.

“Don't worry. I understand that this is a really tough one, but I am sure that one day it will happen. The knickers is obviously of immense importance to us all and (unfortunately) there will probably be more opportunities. Just remember to wear knickers under your pajamas.”

February 20, 2006. Emma writes to me about her knickers.

“In the last few months I have regularly woken up with my pajama trousers pulled down around my knees or ankles. I have been wondering why because it never used to happen regularly like this. When you said to remember to wear knickers under my pajama trousers I suddenly wondered if that might be why they are being pulled down, so as not to have any residue on them. I wonder if they know that is what I am trying to do and that is why they are doing it. What do you think?

February 20, 2006. I tell Emma to send me her knickers in an envelope

“As I remember, you have woken up with your trousers around your knees before you started wearing knickers. I don't think that is the case. However, you do bring up an interesting question: How much deviousness do they have in them that allows them to think through the consequences of secretions? I think that the best thing to do is to get a Bubble Pack envelope, address it, and then when the occasion arises, put the knickers in the envelope and seal it before you even think about it.”

This concluded the long episode. She never sent the sample or the knickers to me.

CHARGE: I am a sexual deviant for suggesting a way to stop sexual activity with hybrids by wearing a chastity belt

As I have already demonstrated, Emma described having frequent sexual relations with hybrids—twenty-two sexual encounters by June 2006. In sympathy, I searched for a way for her to mitigate these events. I originally devised the idea of wearing a chastity belt after another abductee related her success from something very similar in 1998. This abductee would wind string around her body over and over again through her crotch, around her shoulders, always tying it in multiple strong knots. Then she instructed her husband to hide the scissors. When the aliens came for their next abduction, they were angry at the string but did not abduct her. She did the same thing the next night and the hybrids again did not abduct her. Eventually they persuaded her to stop the practice. In light of Emma's desperate situation, I believed that the idea might help. This was the one and only time we discussed it:

D: You know, years ago – maybe I told you this – I had this idea of buying a chastity belt. Maybe this would be the time to get one! [Laughs] They can't take it off; it's got a little lock

and a key and right where the vaginal opening is it's got a couple of nails sticking across. It's a dead stopper, no doubt about it! They actually have them. [Laughs] I found them online. This woman was having all this trouble – this was many years ago – and I thought what we need is just a blockage. You can't wear it all the time obviously, and this and that, but it has its place and it does work with a key.

E: Right.

D: And of course if you were to put the key somewhere they can't get at it – they can always just tell you to get the key – but it does sort of throw a kink into their plans. It's not like you're totally accessible at all times. It makes them work a little harder and it would probably piss them off, Emma. It's something to think about. I can get one of these things online I think. I remember seeing some. Maybe they still have them in Philadelphia; this is so many years ago. They have these sex shops and I went into one that specialized in bondage dominance -- a place that I frequented quite often! [Both laugh. The last line is a joke].

E: Oh, yeah.

D: I was looking for chastity belts and they had all these dungeon-type whips and chains and this and all this and here was they had a chastity belt in there.

E: Oh, God, yeah.

D: So that's something.

E: [Laughs] It'd probably be worth it. [Session 28A, June 6, 2006]

The Chastity belt was never discussed again.

August, 2006. Suspicions and burgeoning paranoia

As we worked to upload her Record to the website, Emma began calling and emailing both Betsey and me incessantly. Her torrent of emails became a serious problem. At first, Emma had refused to email anything to Betsey directly. Emma worried that Betsey, with Emma's email address and name, might betray her anonymity. To assuage her fears, I initially forwarded Emma's emails to Betsey with her name and email address removed. Eventually, the sheer volume and frequency of Emma's emails demonstrated the extent of her inability to understand how this affected us. She had no awareness of how much time it took for Betsey and me to read and respond to them. Yet from the beginning, both Betsey and I did what we could with the Record knowing how important it was to her and, potentially, for everyone. Betsey worked on the website and I edited Emma's writings about her experiences from early 2006 to early 2007.

By **August 2006**, Emma was growing paranoid and obsessive. While she continued to speak with Betsey via email, she was becoming increasingly suspicious of her. Emma began to imagine that Betsey might not be an abductee, and was faking her experiences to dupe me. Then Emma began to investigate Betsey. In late August 2006, she went online uncovered what she thought was evidence against Betsey. (Emma told me that she had absolutely no idea why she searched online for Betsey and she was very sorry.) She uncovered one of Betsey's round-robin book-

writing exercises from the 1990s, when Betsey had written a chapter on “paranormal” phenomena. For Emma this was a “smoking gun.” Emma took Betsey’s paranormal subject (werewolves) to be proof that Betsey was pretending to be an abductee. In addition, Emma had discovered a sexually-explicit story on the website also authored by someone named “Betsey.” Although she had absolutely no proof that these were the same people, Emma found it extremely suspicious. Now she believed that Betsey was not only a fraud but probably also a pornographer. In fact, the sexually explicit writer was a different person. Emma’s “discovery” became essential to support the paranoid world she was building. From this point on, Emma believed Betsey to be an unscrupulous charlatan—again, a belief that was in no way founded in reality. “Inconsistencies” and “contradictions,” as Emma would call them, in Betsey’s background caused Emma to think that everything Betsey had said to me was a lie. Through all this, however, Betsey was working for Emma—devoting many hours of her time to helping Emma’s website Record.

The September 2006 Incidents: Emma begins to show more signs of instability

A year before, in **September 2005**, Emma’s hybrids had begun threatening her and me. The timeline is inconclusive, as Emma and I could only examine a small fraction of her abductions from the many dozens she had experienced. This meant that I could only gain a limited sense of what was happening to her in real time. However, by September 2006, Emma’s hybrids had become very extremely angry at her. Having grown cognizant of our sessions and frustrated by Emma’s obstinacy, her hybrids steadily increased their drumbeat of violent threats to both her and me. Her alien “handlers” went from being discontented about my presence to being frantic about me. Without the ability to stop Emma from communicating with me, they took matters into their own hands. They questioned Emma about where I lived and asked specific questions about Pennsylvania and Philadelphia. On September 5, 2006 she told me a few weeks before she had an unaccountable urge to take a plane to the United States and attend one of my lectures without my knowledge. She told me that she had even gone to a luggage store to buy suitcases, but had stopped herself with the sudden realization that she had no intention of going anywhere.

Hybrids frantic to stop me.

As Emma’s hybrids were making progress with her to get to me, they had also become extraordinarily violent. During my many years of abduction work, aliens and hybrids rarely approached abductees about our hypnosis sessions—and when they did it was in the form of a simple disapproving reprimand. That would essentially be the end of their concern. But once the alien-hybrid program transitioned to a new phase of assimilation on Earth, the very human-looking hybrids (whom I term “hubrids”) became even more wary and paranoid of my involvement (see my book *Walking Among Us*). Their security measures increased enormously. Often a specially designated security hybrid now accompanied abductees and hubrids on many abduction events. His job was simple: to protect the hubrids and make sure that the abductees remained completely silent about their experiences. This was the case with Emma.

That same year, in **2006**, I had encountered the same violent threats from Betsey’s hybrids who had discovered what I looked like, who else I was working with, and had nearly located my home and my family. It was an exceptionally tense and frightening time for both Betsey, me, and my family.

CHARGE: I made her feel psychologically fragile by having her use different names to write to me and I convinced her to write to “another person”

In light of Emma’s experiences of violence and the hybrids threats of violence to me, in early September 2006 I tried to devise some protective measures to hide my identity and location from Emma’s hybrids. I decided that the clearest and easiest method was to set up fake email accounts with fake names so that her hybrids would not know to whom she was communicating. For reasons that are still unclear to me, Emma detested this. But, after some thought she overcame her fears and wrote to one of my fake names—in this case, “D. Johnson.” Unfortunately, this had no effect on her hybrids. I knew that if it was in her mind that she was communicating with me, her abductors would always know. Therefore, the only way to keep them ignorant was to make Emma believe that she was actually writing to another person. To do this I set up a new account under the name of Lucille Scott. I told Emma that Lucille was a friend of mine, gave her some background –Lucille had a husband, family life, etc.—and I reassured Emma that Lucille’s email was as absolutely secure as technologically possible. I then instructed Emma “to read between the lines” of what I was saying. I emphasized this as strongly as I could. To her credit, Emma did write to Lucille for a total of ten days. During this time she told me that she really hated doing it, but I told her to persist. Of the ten emails she wrote, eight were related to her Record and none were about her experiences. Through this correspondence, Emma had become bitterly distraught and tearfully told me that the stress and the pressure writing to that woman was more than she could bear. I then revealed that I was actually Lucille Scott (a combination name of our two family cats, Lucy and Scotty). Emma grew extremely angry. She explained that she could not “read between the lines.” She felt as if I were trying to harm her in some way even though I had constructed this very short-lived alias expressly to help Emma avoid the frequent violence she was enduring for communicating with “David Jacobs” and to protect my safety as well.

CHARGE: I asked her call me “Paul McCartney”

After Emma refused to communicate through Lucille Scott, I was still trying to relieve the threats and violence by hiding my identity. At the end of September, I proposed that in our next session she should use another name for me. I suggested, “Paul McCartney.” We both laughed. I sent her an email reinforcing the idea that Paul McCartney would be doing the regression with her. She never used the name. However, she later said that just thinking about the name made her psychologically fragile.

CHARGE: I asked her to write in code

I asked Emma to write in a simple code, an acrostic: the first word of each sentence, when put together, made up a sentence in itself. I had previously devised this strategy with Betsey, and we successfully communicated while eluding her hybrids’ attention. Emma wrote three or four coded messages and then told me that she really hated doing it. I told her it was okay to stop.

CHARGE: I asked her to mail material to me to a different address

Emma wanted to return some electronic equipment that I had sent to her before. I instructed her to send it to my mail drop—an address that I had used previously for years. I wanted to avoid using my home address for the obvious fear that it might make me vulnerable to her aliens. She absolutely refused.

While Emma attempted to follow these very simple and straightforward strategies, she would quickly become overwhelmed with paranoia, fear, or anger. It seemed that almost everything that I tried was unacceptable to her, regardless of the circumstances. Even though she was recounting to me episodes of intense psychological pressure and physical assaults by her hybrids, Emma became much more fearful and concerned about my mild attempts at subterfuge. In the end she demanded that everything had to be her way. And of course, when she began to show signs of instability, I immediately relented.

The common thread that ran through Emma's non-abduction world was her obsession with being anonymous and this fixation was beyond normal. Her fear of having her identity divulged was the most intense of any abductee with whom I have ever worked. This was made all the more unusual because she was not a public person who could suffer serious professional consequences from being related to the abduction phenomenon. To the present day her obsession over her anonymity remains. It seems to be the most important thing in her life related to abductions.

The October Incidents

Although Emma's aggressive hybrids were increasing their threats and violence, Betsey had been having similar experiences even before our association with Emma. Betsey's hybrids were desperate to stop our communication, similarly threatening her with violence and following through on numerous occasions. In one incident they pushed Betsey backwards to the floor. This resulted in a broken arm. In another they made superficial cuts to her genital areas with an instrument; within a day the cuts had healed. Furthermore, Betsey's hybrids wanted her to drive to my house so they could know where I lived. In order to prevent this, she ceased all physical interactions with me. We conducted all of our future sessions remotely. As in Betsey's situation, Emma's hybrids used the same methods of physical intimidation to make her stop. But Emma's hybrids were much more aggressive.

By **October 2006**, Emma had become even more psychologically rigid. Her hybrids were gaining traction as they increased their death threats and physical violence. During our working relationship they threatened death or violence against Emma and/or me on thirty different occasions and they violently assaulted her in nine abductions that we examined. They would show Emma images of my dead body floating face down in a pool of water. They did not know what I looked like so I brushed this off. But it meant that they were serious in their attempts to stop Emma. And, as her hybrids increased their pressure, so too did Emma's growing paranoid suspicions of Betsey.

Betsy received an unusual email from Emma on October 19, 2006:

“I have to stop doing the website. You must stop doing it.”

Two days later both Betsey and I received an email from Emma's computer saying:

"David Jacobs I must not do it. You must stop doing it."

Three days later we received another email from Emma's computer:

"David Jacobs I must not do the website. You must stop doing it."

The email was signed with Emma's real first and last names--something she would not normally do. I was alarmed. Since July 2006, I had contact via email and instant messaging with Betsey's hybrids who wanted to know who I was and where my house was. In light of what I perceived as very real danger from Betsey's hybrids, I was alarmed to see emails from Emma not only demanding me to stop but written in a form completely out of keeping with her usual tone.

The emails were not cc'd and they had been sent separately to both Betsey and me. Over the course of the next six months I received thirty-eight similar emails from Emma's computer.

A few days later, Emma sent me two normal emails outlining her problems and why she could not use a certain email address that I had set up for her on my website. She said she needed a "safe, stable" email address to write to. There was no discussion of the bizarre email from her computer. Nor was there a discussion of the pressure she was putting me under. As usual, she seemed to have no sense of her actions and how they affected others.

The emails from Emma's computer continued until June 2007. They were not constant, but after the first few emails the rest were written in the third person.

The situation was getting more serious both for her and for me. After years of research, I knew that hybrid and alien behavior is unpredictable. One could not assume they were going to just let Emma continue to contact me indefinitely and without greater forms of reprisal. I had already seen through both Emma and Betsey that their violence would grow. I had the safety of my wife and my sons to think of. I worried about guests staying at my home. With this I decided to take mild action.

On October 24, I decided that I would skip updating Emma's Record for just a week hopefully to let things calm down. When I told Emma the plan, she emotionally disintegrated. She began to sob and accused Betsey and me of making important decisions about her life without her input. She said that she was angry, upset, and tired of my subterfuge. She even suggested that Betsey had amorous intentions toward me and saw Emma as a rival, or some such bizarre ideation. I was stunned at her wildly disproportionate reaction to my week's respite. I told her that she should still continue to send us her materials and we would update her Record after only a week. She absolutely would not have it and demanded that things remain exactly as they were. Giving in, I told her that we would continue as before. This incident was a watershed for me. Emma was becoming even more erratic. I now began to understand that Emma was not merely fragile, but possibly mentally ill.

After the October 24th incident, Emma began to become even more paranoid believing that Betsey, and probably me, had concocted a plot against her. Foolishly, I continued on, worried more about the threats to Emma's safety than anything else.

Regardless of her private thoughts about Betsey, Emma emailed her to thank her for the help. Betsey had young children to attend to plus her husband and her own work. Emma told her, as she had told me, that if she stopped putting up her Record, she would simply give in to her alien abductors, thereby self-destructing her life. But Emma was increasingly inflexible in my dealings with her. I came to realize that Emma's paranoia about Betsey was intractable, regardless of what Betsey did or did not do.

A few days after the October 24th incident, Emma called me. She was distraught over the attempts that I had made to alleviate the situation through subterfuge and again accused Betsey and I of having a "special relationship" that she did not. Emma said she was very depressed and during the two and a half hour conversation made explicit mention of suicide. I was alarmed. I contacted her now ex-Counselor Justin who later talked to Emma and told me that she was not suicidal. When Emma learned that I had communicated with Justin, she told me that she was not going to commit suicide and she played down the episode. In my years of experience, I have never encountered suicidal thoughts from other abductees. And I know that these suggestions, even if couched as off-hand, can be exceptionally serious.

During October Emma's paranoia about Betsey grew. She began to think that Betsey would perform the ultimate betrayal against her by making her real name public. This was something that Betsey would never do for obvious reasons. Aside from Betsey's very strong sense of ethics, she knew quite well that if she were to release Emma's name for whatever reason, Emma would in turn release Betsey's identity—something that Betsey feared as well. By now Betsey had wanted to divorce herself from Emma entirely. In response to Emma's obsessive paranoia, unbeknownst to me, Betsey posted on her personal blog something to the effect that she knew Emma's real name and she was not going to release it unless it was absolutely necessary (I do not have access to Betsey's blog and it was taken down years ago). The implication was that this was a kind of mutually assured destruction. Betsey was cognizant of Emma's unbalanced state and wanted some insurance against her increasingly erratic and paranoid behavior. This made Emma even more suspicious of Betsey's intentions. Things began to dissolve rapidly now. Emma continually phoned me bitterly complaining about my "tactics," as she put it.

Emma continues her decompensation in November

In **early November 2006**, Emma sent me a 4,100 word email where she explained that she was depressed and that my suggestion of a one-week hiatus was a slap in her face and that she was tired of my "tactics." I was concerned about her mental state and I did my best to mollify her.

A short time later I also told her that I intended to write an email to Betsey's hybrids answering their questions. I intended to use her real name in order to avoid any confusion and just say she was a mentally unbalanced person and therefore not to be bothered with. Obviously the idea was to deflect their attention away from her. Emma was extremely upset to learn this. Although she affirmed that her hybrids had been sending emails to Betsey and me, she became alarmed that I would send the email to Betsey with her real name on it for Betsey to keep on her computer screen. Fear washed over her. While Betsey already knew Emma's true identity, she was worried that Betsey's husband and her young children might be able to accidentally read this email and learn her identity too. Moreover, Emma feared that if Betsey ever sold or gave away the

computer, the new owner might be able to search its hard drive and recover her true identity. Furthermore, she absolutely refused to have her characterized as a mentally unbalanced person. Although I thought her fears were irrational I acceded to her demands.

During this time she wrote to me that she was profoundly depressed because of my tactics and that they were ruining her life. She was not depressed at being abducted repeatedly, but she did not want me to use any more ruses or attempts to thwart their knowledge of what was happening. She wanted everything to go her way. Concerned about her mental health, I consented to anything she wanted.

More obsessive behavior

Now Emma began to call me incessantly—often numerous times a day. Over the course of the month these calls consisted of “meltdowns” where she would swing between sobbing inconsolably or irately criticizing me for my “tactics.” Often she would angrily demand that I take down her Record. I would immediately oblige. Then, the next day she could call and apologize for her behavior and tell me to keep the Record up. She did this enough times for us to learn early on not take the Record down, just hide it from view, and then put the Record up when she called with her apologies.

In early **December, 2006**, Emma’s calls became frightening. She had been obsessively calling me every day, but now she began to call me twice a day, then three times, then as many as five times a day. She has claimed that she called only three times a day--which still testifies to her frame of mind--but this is incorrect. She then told me to *order* her to call only a certain amount of times per week. So I obliged and I told her that she could call me only three times a week. She angrily told me that this was too many times and I had to order her to call me fewer times. So, I did. This was all meaningless, as Emma was unable to control her obsessive behavior and her daily calls quickly went up to five a day. Worried about her health and sanity, I answered each one. Thankfully, this went on for only a few weeks.

Email from Emma’s computer

On December 1, Betsey received the following email:

Who are you and what is the purpose of the communication with her?

I knew that this situation was now out of control. This was not a personal email from Emma.

In **December 2006** Emma told me of another sexual assault as punishment for her not minding them, continuing to talk to me, and writing her Record. She indicated that the hybrid pressure was still on her. In spite of everything, Emma wanted to enroll in a local university as a psychology major. I encouraged her to do so.

A few days later I received three emails with similar messages. They were sent to two of my email addresses. They, like others, came from Emma’s computer.

- 1) She must not go to university. She belongs to us.
- 2) She must not go to university. She belongs to us. She is part of us.
- 3) She is not part of you. She must be with us. She must be protected.

Emma did not remember sending these emails, and to me it seemed improbable that she had written them. This type of communication was a frightening situation and things were escalating beyond events that I had ever imagined. Once again, this had to do with keeping the hybrids who were moving into apartments, safe.

December 24, 2006. Emma sent a long email to Betsey and me about my tactics that were ruining her life: talking in code, Paul McCartney, Lucille, etc. She told me that she wanted Betsey to take down the Record.

On Christmas day Emma called me four times. I do not answer. I started looking for a website of her own to separate her from mine.

December 27, 2006. I bought Emma a new independent website for her Record. I understood that Betsey would have to remove everything from my website and then reassign it to Emma's but it had to be done. But as Betsey began to transfer her material, Emma became agitated over exceptionally trivial details. She complained that the blue background color on her new website was not exactly the same as the blue on my website. She wanted everything unerringly the way it had been before. A few weeks later, Emma sent me an email outlining a paranoid plot about Betsey actually writing the alien emails to me.

In late 2006, I had begun talking to mental health professionals who told me to stop all communication with her at once. Based on what they had been told, their unofficial clinical appraisal was that Emma might be suffering from Borderline Personality Disorder. I had little familiarity with the disorder. When I researched the symptoms I knew they matched Emma's erratic and paranoid behavior. Yet I could not bring myself to simply abandon her. I believed it to be too cruel. I did two more sessions with Emma in early 2007 and then I finally decided that I had to extricate myself from her.

Throughout all this, Betsey was still putting material up for her. Then things deteriorated quickly. I vowed that I would not cause confrontations with her and that I would agree to anything she wanted. I did the last two sessions with her.

February 24, 2007. I received an email from Betsey's hybrids warning me about Emma's people and saying that Emma's hybrids were very aggressive, more aggressive than his. This was disturbing to me. It provided me with the final impetus to break off from Emma.

February 26, 2007. I told Emma that I would no longer do hypnosis with her. Events were out of my control, I was bowing out and I could not work with her anymore. In response, she had another "meltdown." She was incredulous that I did not realize how Betsey was plotting against me. Emma immediately wanted the Record taken down. Angry, she started manipulating again.

She wanted me to go to New York and see whether Budd Hopkins's had destroyed all of her materials. I did so. She wanted to make sure that the despised Betsey had cleared her computer of Emma's material. She demanded that I clear my computer of her material.

Emma tries to entice me to do another session with her

A few weeks later, she called me and adopted the tone of a young flirtatious girl. I had never heard her talk like that before and I found her tone to be disturbing. She asked me very sweetly if I wanted to do another session with her. I told her nicely that I was not going to do another session with her. She asked me if I wanted to find out what was happening to her, and I once again explained that I was not going to do any regressions with her. Once again she asked about examining her current experiences and for the third time I said no to a session. Looking back on her bizarre tone of voice and the conversation, I now understand that Emma was almost certainly recording our call in order to try and lure me into saying something that she could use to incriminate me with, such as inventing an abduction in order to hopefully demonstrate how gullible and unprofessional I was.

The Record.

By **March of 2007**, I wanted to separate completely from Emma but her Record was still holding her to me. During a phone conversation with her about the Record, I said the best thing to do was to finish as soon as possible by concentrating just on late events in her life and if necessary later filling in by herself all the odd events she had written about in her email listings. She absolutely refused. It had to be done only her way and that meant her entire lifetime of abductions. I asked her how long it would take to do what she wanted. She said it would take another year. I was dumbfounded. She was asking for another full year's work from us. At that point I told her that we were not going to work on it anymore. Enough was enough. She became infuriated. From this point forward, even though we communicated for a short time, I was the embodiment of all things evil.

CHARGE: I threatened her family

During a series of phone calls and emails with Emma indicated that she wanted to write a website article about how Betsey and I had abused her. I did not want her to mention Betsey's name. Betsey had nothing to do with her except work for her. Emma was absolutely against what I was saying. But Emma claimed that Betsey was an important person in her life. Betsey had been a hoaxer, a trickster, and a person not to be trusted and that had impacted on Emma's life. I angrily told her not to mention Betsey; she was not central to her problems. As an example, I told her about how historians operate. Often they are confronted with an enormous amount of information about a certain subject and they have to determine what is important and what is not. For example, I told her I knew a lot about her family but I would never use it because it was not germane to her experiences. What I said and what Emma heard were two different things. To her I had threatened her family. Unfortunately, I did not foresee that Emma would use this fragment of historiography as evidence of my criminal activity.

Now she became even more threatening than before. She threatened to expose me to Temple University. She threatened to expose me on her website. She said that I was not professional and that I had ruined her life. Betsey is evil; Emma has found inconsistencies in Betsey's emails. Betsey is a hoaxer and a liar. Betsey is the person who actually wrote and sent me the "hybrid" emails. Emma is going to write about how Betsey's hoax emails fooled me and ruined her life.

On **June 12, 2007**, Emma wanted me to sign a contract she had fashioned describing what I can and cannot say about her. She was very threatening and angrily manipulative. On numerous occasions she had asked me to tell her if I think she is mentally ill. I told her she did not have mental illness, but if she did I would tell her. Now, I sent her an email saying that she was indeed mentally ill and that she was no longer to communicate with me. Later that day knowing that she was volatile and disconnected from reality, I sent her an email saying I will never do anything to hurt her and I hope she does nothing to hurt me. She did not respond. But this did not stop her from emailing me and threatening me.

Emma reinvents herself.

Emma now began searching for a rationale for the emails that were sent to me from her computer. It turns out that she rediscovered what she took to be a profound sleep disorder problem which would cause her to occasionally sleepwalk, especially when she was young but also when she was an adult. To prove this, she referred to the video of her sleeping in bed, sitting up and writing on a pad of paper. Emma, seized upon this as a way to make sense of the intimidating third person emails sent from her computer. She knew that she had occasionally sleepwalked and she decided that this was the source of the emails. As proof, she referred to the video of her sleeping in bed, sitting up and writing on a pad of paper.

In early June 2007, Emma sent me a 5,300 word email arguing that she had written the hybrid emails herself in her sleep. She seemed desperate to bow out of the abduction world in which she lived and to use whatever was necessary to attack me while doing it. She now realized that she was not an abductee after all; she was a sleepwalker. But, she was not just an ordinary sleepwalker, she was an extraordinary one who did complex tasks while asleep. She had never been to a doctor to analyze her sleep processes at a hospital and to diagnose the type of sleepwalking disorder she had. Her self-diagnosed sleep disorder meant that while asleep she went to her computer and composed messages to me and to Betsey and even to Justin. She had to turn on her computer and wait until it was fully ready and then she would write the email, send it to me and then send it to two different email accounts, and then send it to Betsey's address, and at times, to Justin's address. Except for the first few, in all of them she would refer to herself in the third person as if she were someone else. Furthermore, the tone of the email message would not be hers. In fact, there are some instances when sleepwalkers do operate a computer but it is extremely rare and it is unknown whether sleepwalkers can do the complicated work that Emma had to do. And, she never went outside while asleep as these sleepwalkers sometimes do. Furthermore, her next door neighbor often saw men coming into and leaving her apartment. She was astounded when she heard this and she had no idea what he was talking about. Regardless, the sleepwalking self-diagnosis became the central part of Emma's life. She had reinvented herself.

Now heavily invested in her sleep disorder self-diagnosis, Emma sent me an email in June saying that she had woken up in the middle of the night at her computer about to write an email. This proves she has been doing it all along. But her diagnosis was unclear because hybrids commonly order people to do their bidding. She also remembered that someone told her that “changes would be made.” I was not sure what she meant by that. Two days later Emma emailed a copy of a statement about me on her new website saying, among other things, that she was a sleepwalker and I should have understood that.

Within a few months of discovering that her sleep disorder had dictated her behavior, Emma suddenly changed her theory entirely. She now concluded that she was not and never had been an abductee. Everything she had ever said about her abductions was because my leading questions had forced her into false memories. I had made her believe that she was an abductee. Years later she would marvel that I “actually believed” abductions were real.

In **late August 2007**, Emma sent me a terse email saying that she had just read a blog that she thinks is Betsey’s, asking if I could confirm this to be true. I did not answer. The next day, she emailed me again saying that if I believed Betsey to be a hoaxer, it constitutes a “threat” to her and her family. She called my home and left the same message. Two weeks later she sent another email saying the same thing and threatening to make a formal complaint to Temple University that I am not disclosing that Betsey had been tricking her.

In an effort to help defray Emma’s unrelenting attacks, I asked Betsey to take a polygraph examination. She was more than happy to do so. When Emma learned through a young acolyte, Brian, that Betsey was set to take a lie detector test, she immediately posted a statement on her website stating that polygraph examinations are untrustworthy and useless, even before Betsey had taken the exam. When Betsey did, the polygraph operator found her to be not deceptive.

A side issue: Brian

I had been working with Brian Reed – age 21—who was the son of one of my abductees, Allison Reed. She prevailed upon me to help him and I agreed. He became a friend of Emma’s long distance. When Emma began to decompensate, he tried to mediate between us, but he eventually told me that “She hears what she wants to hear.” Allison told me she was frightened by Emma. But Brian was suspicious of Betsey and found reasons why he thought that Betsey was faking the emails from hybrids. This made him an Emma friend. His reasons were obscure and, in my opinion, nowhere near being on target. The young man now became ensnared in Emma’s world. He even allowed himself to appear on a debunking internet show saying that he thought Betsey was faking the hybrid emails.

I have known Betsey since 1999. She is not a liar, a faker, or a hoaxer.

PART 3. RAGE AND REVENGE

In **late 2007**, Emma vacated the website domain I bought for her. She established a new website devoted solely to libeling my reputation and making and spreading false accusations against me.

She believed that not only was I incompetent and manipulative, but possibly guilty of performing crimes against her. She abandoned her Record entirely in order to focus all of her obsessiveness on attacking me. She now considered herself an aggrieved victim—not of abductions but of my tactics and manipulations of her mind. With this she could sweep away all of the previously real elements of her life in order to launch a righteous crusade to ruin my reputation at all costs. I was the enemy to be hated and hunted forever. She did this with the grand idea that she was saving other defenseless would-be abductees from my clutches.

Emma then wrote an email ordering me to omit every aspect of our interactions—from hypnosis sessions to even a vague mention of her alias—from any forthcoming book. Emma could not legally make this demand. The irony of it is that because of her mental problems I could not use them.

Emma now found a new rationale for Betsey's behavior: Betsey was also a sleepwalker! In her sleepwalking activities she had written and sent me the emails allegedly from her hybrids.

Doctored Evidence

When we began our hypnosis sessions, Emma signed a legal release which I mandate for all abductees to sign. Among other things, it clearly stipulates that she cannot play audio recordings of our sessions in public without my express consent. In return, it says that I cannot release her name or the names of her family or her address without her consent. It also allows me to use whatever she says to me in the public domain so long as I do not reveal her name. Regardless of the document she signed, it meant nothing to her. On her new website, Emma posted a heavily edited transcript of me reciting a section of conversation about her. Emma later uploaded an MP3 file of one of our phone conversations that she had secretly taped. This act, alone, violated the clearly set terms of her signed release. Emma would pay no attention to the release and she would stop at nothing to harm me. This was the form her public attacks would take—transcripts and audio recordings crafted to make me look like an abuser and a fool. For the next nine years (and counting) she tried to show how her sleepwalking was the reason for the emails, how I had tricked her into being an abductee, and how under hypnosis I talked about her having Multiple Personality Disorder which had caused her emotional harm. Emma's activities perfectly fit the definition of the word "calumny" -- a false and malicious statement designed to injure the reputation of someone.

Within a few months she put together a large package of materials edited to try to portray me as evil. Emma has carefully edited those MP3 recordings and transcripts. For example, in an audio recording of me saying she had Multiple Personality Disorder, Emma carefully removed our mutual laughter and jokes from the context and background to the recording. She obviously wanted to make me sound like a lunatic and to make her appear as innocent and naïve as possible. Like many of her charges against me she lied by omission.

In late 2009 and early 2010, Emma mailed three packages of these defamatory recordings and materials to nearly every prominent English-speaking UFO researcher in the world she could find. It must have taken her an extraordinary amount of time to find the names and emails of these far-flung researchers. I began to receive emails from Europe, Australia, and all over the

United States asking about her. To my astonishment, she also emailed them not only to the Mutual UFO Network's national leaders, but to MUFON's state directors as well. People from California to Delaware told me about the materials they had received from Emma.

In an act of pure malice, she emailed the same three packages of MP3s and other material to every member of the Temple University History Department—including retired professors. She obviously was trying to have me relieved of my tenured university position. She used her doctored MPD recordings to try to show how bizarre my actions were. She claimed that years later she still felt the “effects” of the MPD “diagnosis.”

Revealingly, in recent years she has backed away from her original statements about the MPD “diagnosis” and said that she actually knew it was not true and was just a ruse to divert her aliens. But, she said, nonsensically, it still made her more vulnerable to the aliens.

Because I had her sign a Temple University release form as a subject in a research project, Emma made a formal complaint to Temple University about my “misbehavior” and its alleged criminality. The complaint reached the Institutional Review Board (IRB). I was called in to answer a series of ten questions that, characteristically, she had written and wanted the IRB to ask. The Director of the IRB dutifully read each question to me. Most of the questions were related to my writing about her. Did I have a manuscript? Did I have a new book? Did others know her real name?

The Institutional Review Board found no improper involvement by the University and Temple sent Emma a notification that it would do nothing about my activities. But Emma “smelled a rat.” She believed that their decision was proof of a larger institutional “cover up.” Unable to wreak havoc on me through Temple University, astonishingly she made a formal complaint to the U. S. Department of Health and Human Services in Washington, D.C. which presides over all the IRBs in the nation. The HHS found that her complaints were out of its jurisdiction. So, even after having been rebuked the first time, she once again formally complained to Temple University this time sending her packets of MP3s and files to the President, the Vice-president, the Provost, and most likely others in the administration that I do not know about. Once again, the IRB was involved, and once again it rebuffed her. The IRB and faculty members quickly understood that Emma Woods had serious mental problems. Regardless, this was not going to stop her mission of trying to destroy my life.

I assume that Emma has a Google alert about me. Since 2008 before nearly every radio or internet show I appeared on—she would send the same packet of materials and accusations of my wrongdoing to the host or producer. I have had to warn hosts of every TV program, radio or internet show, or internet that they were probably going to receive an email from her. Most have been understanding. Without contacting me, asking for my story, or following up with Emma as matter of journalistic due-diligence, abductee Kim Carlsberg posted this packet of Emma's material on her website. Kim's mistake lent Emma more credibility thus furthering her incursion into the abduction community. Kim was the first but others followed.

Emma finally found the platform she was looking for when she was invited to an internet show hosted by a person named Jeremy Vaeni. On his program she outlined all my crimes against her.

Vaeni was immediately convinced of her claims. He succumbed to Emma's falsehood techniques believing that the poor woman had suffered desperately at my hands. This was a watershed for Emma. She now embarked on a life changing mission and she became an active debunker. She was reborn and re-energized into a UFO debunking media darling filled with hatred.

Emma became a godsend to debunkers who quickly held her up as a hero. They used her attacks on me as if it were manna from heaven. If they could destroy me, they could destroy all abduction researchers and rid themselves of the nonsense that millions of people falsely think they have had. And, indeed, her story spread far and wide. Using her new found identity, Emma appeared on every internet show she could, accusing me of destroying her life.

Emma found a colleague in Budd Hopkins' ex-wife Carol Rainey, who has been on a campaign to destroy Budd's reputation shortly before and long after his death. The two have appeared together on numerous forums and internet radio shows.

Using Emma's chastity belt charge, debunker Peter Brookesmith wrote a cover article in the January 2013 edition of a British magazine saying, among other defamations that "Jacobs is pruriently fascinated by sado-masochistic activity and encourages it in his subjects." The magazine now has linked Emma Woods' website to theirs.

Today

As of this writing, Emma is still spreading her poisonous vitriol, nine years after our last conversation. Her website is a study in obsession. In July 2015 she sent a message to the publishers of *Walking Among Us* under her threatening "LEGAL NOTICE" heading telling them that I any manuscript of mine was not allowed to mention her. She wanted them to send her the book before it was published so she could personally look for any mention of her abductions. She also included in her letter a full attack on me from beginning to end, chastity belt, etc. In December 2015 she left a phone message for me saying that the only reason she had not taken me to court was because she remained anonymous -- this, after eight years of constant attacks on me. She neglected to say that no court would see her case and that I, because of her flagrant disregard of our contract, still have the power to release her identity publicly. I have not done so only out of a sense of integrity to my standards.

Closing Remarks

I have withstood the worst of Emma's threats, her obsessiveness, her incessant communications followed by her attempts to destroy me professionally with all of the patience that I could manage and I have written very little in my defense. This website is now about refuting Emma's allegations and making it clear how, and perhaps why, she has chosen to smear me for so long. I have made no money or gain from her pain. Emma has been the only person who, in my thirty years of doing abduction research, has acted in such a treacherous way. I have worked with some people who have mental problems, but never as long or as involved as with Emma's. I would like nothing more than to have her and her legacy erased from my mind as I attempt to continue to help abductees in peace. People who see me depend upon me for clarity, purpose, and emotional support as they go through a often traumatic revelation about their lives. I have,

and continue to perform my function as a hypnosis researcher for the benefit of those who need someone who understands.

Appendix A: Borderline Personality Disorder

Since 2007 I have talked informally with many psychologists and psychiatrists about Emma's activities. The majority of them said that although they could not make a formal diagnosis without seeing her in person, her activities seem to fit Borderline Personality Disorder (BPD). It wrecks marriages, destroys friendships, and loses jobs. Its genetic or cognitive origins are unknown. If she has BPD, then I will be her target for the rest of my life and hers -- BPD people rarely stop. Those who suffer from BPD are single-minded in their quest to inflict pain on their targeted person and Emma is now in her ninth year of cyberstalking and conducting a smear campaign against me. BPD is an especially difficult disorder to deal with and the prognosis is not good.

I understand that I am in a difficult position in suggesting that Emma might have BPD. It can seem suspicious that I had previously said, in a completely different context, that she had Multiple Personality Disorder and now I am giving another diagnosis. I hope that this last account makes clear the difference between these two instances. In my defense, it was the mental health professionals who suggested that Emma may be suffering from BPD and their opinion is supported by the evidence. The *Diagnostic and Statistical Manual of Mental Disorders* characterizes Borderline Personality Disorder as having at least five of the following traits (I have italicized those traits that I think fit her):

1. *Frantic efforts to avoid real or imagined abandonment*
2. *A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation*
3. Identity disturbance: markedly and persistently unstable self-image or sense of self
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., substance abuse, binge eating, and reckless driving)
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
6. *Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)*
7. Chronic feelings of emptiness
8. *Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)*
9. *Transient, stress-related paranoid ideation or severe dissociative symptoms*

Regardless of these clinical opinions, Emma has emphasized that her ex-Counselor and friend, Justin, had given her a clean bill of mental health. The problem is that Justin is not a therapist in our American, institutional sense. In fact Justin, as a professional Counselor, was trained to talk to clients about their lives and try to make them feel better, but he did not have training for, nor was he legally allowed to make a formal diagnosis of mental illness. It would have been against Justin's professional standing to tell Emma that she suffered from a mental condition. Thus, in consistently saying that Justin has judged her as normal, Emma is admitting to the fact that Justin could not say otherwise.

Appendix B: The sleepwalking self-diagnosis

Emma has relied on her sleepwalking problem to show that she is not an abductee and that she sent me emails and phone calls while asleep. Sleepwalking absolved her from everything. She has talked about how all her emails were written at night when she was asleep, but the evidence does not support this. One of the many problems with her sleepwalking excuse is that most of the emails sent to me from her computer, most were written during the daytime. Here is a list of the emails and 3:00am telephone calls sent to me and the times they were sent and received:

Time and Date of Email Sent from Emma's Computer

Time and Date of Email Received in U. S.

3:11am Sun 10-22-06

3:14am Sun 10-22-06

4:44pm Wed 10-24-06

4:45pm Wed 10-24-06

4:46pm Tue 10-31-06

4:49pm Tue 10-31-06

10:36am Thurs 12-21-06

7:14pm Thurs 12-21-06

7:14pm Thurs 12-21-06

7:15pm Thurs 12-21-06

7:16pm Thurs 12-21-06

7:17pm Thurs 12-21-06

7:18pm Thurs 12-21-06

7:18pm Thurs 12-21-06

7:39pm Thurs 12-21-06

7:39pm Thurs 12-21-06

7:40pm Thurs 12-21-06

7:40pm Thurs 12-21-06

7:41pm Thurs 12-21-06

7:42pm Thurs 12-21-06

1:14pm Fri 12-22-06

1:14pm Fri 12-22-06

1:15pm Fri 12-22-06

1:16pm Fri 12-22-06

10:11am Sat 10-21-06

10:14am Sat 10-21-06

11:44pm Tue 10-23-06

11:45pm Tue 10-23-06

10:46pm Mon 10-30-06

10:49pm Mon 10-30-06

4:36pm Wed 12-20-06

1:14am Thurs 12-21-06

1:14am Thurs 12-21-06

1:15am Thurs 12-21-06

1:16am Thurs 12-21-06

1:17am Thurs 12-21-06

1:18am Thurs 12-21-06

1:18am Thurs 12-21-06

1:39am Thurs 12-21-06

1:39am Thurs 12-21-06

1:40am Thurs 12-21-06

1:40am Thurs 12-21-06

1:41am Thurs 12-21-06

1:42am Thurs 12-21-06

7:14pm Thurs 12-21-06

7:14pm Thurs 12-21-06

7:15pm Thurs 12-21-06

7:16pm Thurs 12-21-06

1:17pm Fri 12-22-06
1:18pm Fri 12-22-06

7:17pm Thurs 12-21-06
7:18pm Thurs 12-21-06

11:21pm Mon 01-08-07
11:21pm Mon 01-08-07

5:21am Tues 01-08-07
5:21am Tues 01-08-07

3:05pm Fri 06-22-07
3:06pm Fri 06-22-07

11:05pm Thurs 06-21-07
11:06pm Thurs 06-21-07

3:28pm Fri 06-22-07
3:28pm Fri 06-22-07

11:28pm Thurs-06-21-07
11:28pm Thurs-06-21-07

3:46pm Fri 06-22-07
3:46pm Fri 06-22-07

11:46pm Thurs-06-21-07
11:46pm Thurs-06-21-07

12:43pm Sat 06-23-07
12:44pm Sat 06-23-07
12:46pm Sat 06-23-07
12:46pm Sat 06-23-07

8:43pm Fri 06-22-07
8:44pm Fri 06-22-07
8:46pm Fri 06-22-07
8:46pm Fri 06-22-07

Calls from Emma's phone.

Calls sent from Emma

Received

7:00pm. Fri. 07-14-06

3:00am. Fri. 07-14-07

8:00pm Tues. 10-24-06

3:00am 10-24-07

All emails and phone calls are accurate for Standard and Daylight Savings Time in both countries. The email clusters were written to two different addresses totaling thirty-seven emails not counting those sent to Betsey and Justin.