

## PHYSICAL

Do you:

- Have unexplained marks, scars, bruises or rashes on your body?
- Regularly wake up with nosebleeds?
- See strange non-human figures?
- Have dreams where you cannot move?
- Regularly hear unusual buzzing or high-pitched sounds?
- That you are sensitive to sounds or lights?
- Have any unusual lumps or bumps on your body that you cannot explain?
- That you are unable to wear watches or that electrical appliances such as computers, malfunction around you?
- See UFO's, or stars in the sky making impossible manoeuvres?
- See unusual mists or fogs?
- Experienced "extra;" or "missing time" such as arriving much later or sooner than expected?
- Wake up in a place other than where you remember going to sleep?
- Find possessions or clothing arranged differently to before you went to sleep?
- Have insomnia or abnormal sleep patterns?
- See beams or balls of light that could not be explained

## DREAMS

Do you dream of:

- Spacecraft or non-human beings?
- Medical procedures, or examinations being performed on you?
- Animals, deer, owls, wolves, grey cats?
- Being in classrooms taking unusual tests?
- Having some kind of healing done on you?
- Barren or desolate, desert like landscapes?
- Catastrophic events, such as earthquakes or tidal waves?
- Hospitals, large amphitheatres, or underground facilities?
- Flying and passing through walls or ceilings?
- Being unconscious?
- Choking on thick substances like mud?
- Being pursued or rescued?
- Unusual children?

## PSYCHOLOGICAL

Do you:

- Consider yourself to be more open minded than the average person?
- Consider yourself to be an environmentalist?
- Feel very connected to all living things?
- Feel drawn to vegetarian diets or mostly so?
- Believe life exists on other planets?
- Experience altered states, such as OBE's? (Out of the Body Experiences)
- Feel that you do not belong, or feel different to everyone else?
- Feel a sense of purpose of mission, but do not know what it is?

- Feel a sense of longing or connectedness to the stars?
- Feel you know things, but shouldn't talk about it?
- Feel observed or watched?
- Feel the need, or pull, to go to isolated places sometimes, without knowing why?
- Feel different to your siblings and even your parents?
- Have awareness of knowledge that you have not consciously learnt?
- Awareness of the non-physical, can see energy around people?
- Feel you are psychic or clairvoyant, with good intuitional abilities?
- Feel attracted to exploration of your spirituality?
- Have little interest in materialistic values?
- Fear the dark, even as an adult?
- Fear sleeping near a window?
- Fear your closet?
- Very fearful of images of UFO's or ET images?
- Dislike clowns or fearful of them?
- Have a phobia of needles?
- Fear spiders, crickets or preying mantis?
- Have memory gaps, especially around childhood or puberty?
- Receive telepathic messages, or feel your mind shared by an ET being?

These questions are only an 'indicator' of possible CONTACT experiences. They can act as a 'trigger' for other memories if you do have CONTACT experiences.

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