

from Celia

For many people who are willing to explore energy medicine and subtle energies, considering Unidentified Flying Objects (UFOs) and the existence of beings from “outer space,” or Extra-terrestrials (ETs), is too great a leap. It’s seen as just too strange or even too crazy.

Although she has not added her name to the list, Bernice Hill is herself one of the “brave psychologists” she mentions who has been willing to consider these phenomena.

BRIDGES brings you “UFOs and Our Greater Evolution,” an excerpt from her newly published book, *Emergence Of The Cosmic Psyche*, in which Bernice describes a long journey that led to many discoveries. Her rigorous research began with a conference on UFOs and later took her on to Peru, New Zealand, and Egypt. Synchronistic, multi-dimensional experiences occurring over a period of years allowed her to learn from modern and ancient sources while keeping the foundation of her earlier training as a scientist and then as a Jungian analyst.

Celia Coates
Editor, *BRIDGES Magazine*

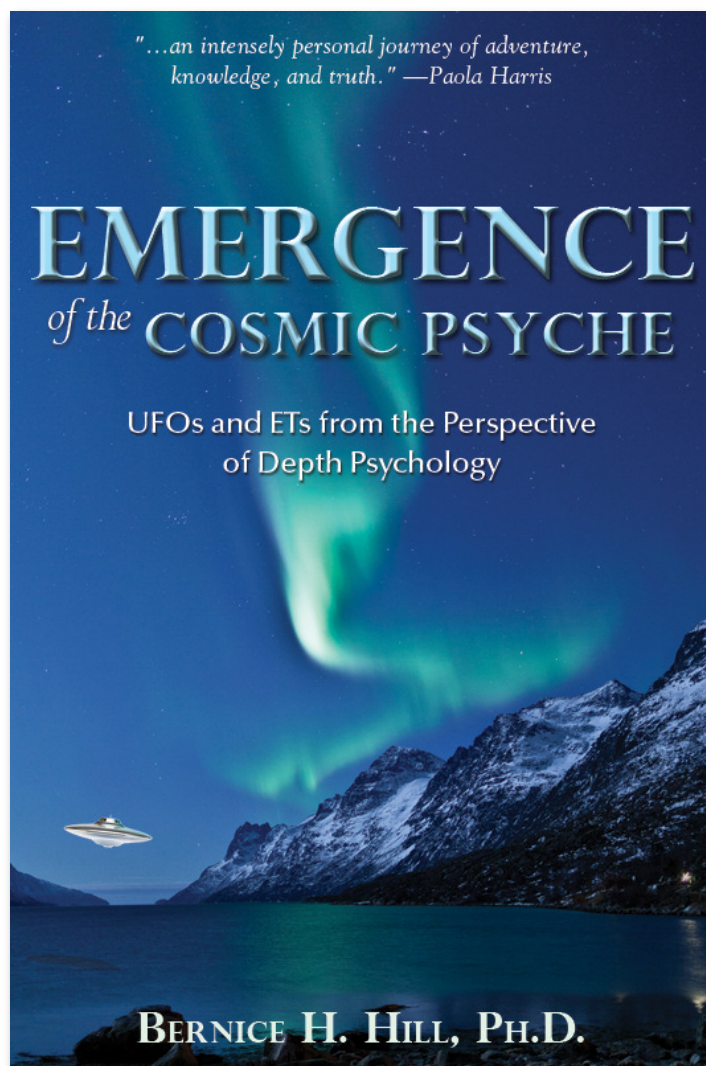
UFOs AND OUR GREATER EVOLUTION

BY BERNICE HILL

The lights of the city whipped by as the darkened Super Shuttle sped away from the airport. “So what brings you to Tucson?” asked the young man sharing the van with me. We were its only passengers and perhaps it was the anonymity of meeting a stranger in this way that led to my blithely answering, “I’m attending a UFO conference.”

“So am I,” he replied. He told me he was a pilot for a large airline, one he did not name.

Later that week, this same young man rose and told the audience about sighting a shining UFO off the port side of his plane during a transcontinental flight. Then, with a considerable tremble in his voice he said, “And I was abducted many times as a young child.”



I was shocked! Surely this couldn’t have happened. Abducted! I was immediately aware of a gut fear and avoided the small group that had gathered around the young man at the end of the session.

I had come to this conference on a whim after several clients in my private practice discussed seeing UFOs and encountering extra-terrestrials. I thought that these UFOs and ETs were likely the product of an over-heated imagination, yet I was curious. My clients did believe the encounters were real and I knew they weren't crazy.

My curiosity took me to many places in the years that followed, among them to an Exopolitics Conference in Washington, D.C. (Exopolitics is the study of the political, social, and psychological implications of the extra-terrestrial presence.) While there I met a college professor who, after learning that I was a Jungian analyst, fumed, "Jung put the whole field of UFOs back by fifty years when he said it was just a projection of some inner state of our psyche. He gave ammunition to those who wanted to say the whole thing was just in our heads."

I could understand that those who have the task of bringing forth the hard evidence that UFO visitations exist in third-dimensional reality would be frustrated by Jung's statements. However I also felt that those of us with psychological training have a responsibility to look at these incredible events from our own perspective. The UFO and ET material lends itself to being labeled the product of psychosis. The issue is complicated because many reports, particularly from those who have had direct contact, expand into the realm of altered states of mind.

I tried, at the time of the Exopolitics Conference, to defend Jung's position. In 1959 Carl Jung had published his book *Flying Saucers: A Modern Myth Of Things Seen In the Skies* in which he focused on the psychological aspects of UFOs. He explored them in individuals' dreams, drawings, and as rumors in the culture. He also researched previous historical accounts of UFOs. He wrote, "I have gathered a voluminous dossier on sightings and have read all available books. I have collected everything within my reach." Jung's second cousin, Lou Zinstaag, had also shown him some remarkable photographs. She was an assistant to George Adamski, the famous contactee of the 1950s, and she later published *George Adamski, Their Man On Earth*.

In 1954, in response to an inquiry from the editor of a German periodical, Jung had been quoted as saying he believed UFOs to be real. This statement received considerable publicity. Embarrassed, he hastened to write to the United Press International that this was a misrepresentation of what he said. Jung clarified that he was unable to form an opinion about the physical nature of UFOs. He stated that "Things are seen, but one does not know what." He went on to say that he "could neither affirm nor deny their physical existence." He stressed that what he was most interested in, and most qualified to comment on, was people's reaction to the phenomenon of UFOs.

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Responding to the controversy, Major Donald Kehoe, the director of the National Investigation Committee on Aerial Phenomena (in the United States) also wrote to Jung. Jung repeated his position and wrote further, "We will have to see what the future brings." and "If it is true that the AAF (American Air Force) or the Government (USA) withholds telltale facts, then one can only say that this is the most un-psychological and stupid policy one could invent."

Jung was aware however, that there was physical evidence of UFOs. In his correspondence with physicist Wolfgang Pauli he noted that he was unwilling to totally dismiss the objective reality of UFOs. He wrote, "I would be happy, and it would be a load off my mind, if I could convincingly deny their objective existence. But for various reasons I find that to be impossible. There is more to this than just an interesting and conventionally explicable myth."

Jung felt that modern man had no capacity to recognize the true nature of the psyche with all its complexity. He had already written about our troubled times in *Modern Man In Search Of A Soul* in which he described the psychological impact of world wars, over-population, and nuclear weapons and the growing materialism sponsored by science and technology. Jung saw that mankind, having thrown out the age-old metaphysical mysteries, felt frightened and lost, living a life without meaning. When he examined certain historical paintings, woodcuts, and tapestries he realized that flying objects often appeared in the sky when cultures had become over stressed and soul-less.

Jung believed, however, that when our profound spiritual instinct was forgotten or suppressed it would eventually push to reclaim its place. In *Flying Saucers* he expressed his intuition that there was a profound connection between the “appearance” of UFOs and our need for reconnection to our deepest Self.

In my own practice a client, a sixty-year old businessman, brought in this dream:

“I am in a plane flying with a number of other planes toward many UFOs. We believe we are under attack. Suddenly I separate from the others and approach one of the large silver disks. It hovers over me and bathes me in a golden stream of energy. This beautiful field contains all the ancient knowledge I have ever wanted to know. Then the UFO disappears.”

Here is the theme of greater spiritual knowledge from the higher dimension. It lights up the dreamer with hope and gratitude. The action of the dream moves from aggression to peace. It could be a dream just for the individual or it could be for us all.

I have sorted through and looked at the extensive ufology literature using the lens of my Jungian training. Depth psychology has provided evidence of our psychological complexity with its layers, capacities, and access to cosmic knowing. Those few brave psychologists and psychiatrists who have examined the impact of UFO and ET contact have repeatedly noted that contactees are opened to other realms of experience. Frequently their intuitive and healing abilities are expanded and they have a greater appreciation of interlacing multidimensional realities – a new cosmology.

My own personal journey with UFOs and ETs has convinced me that they can appear in our three dimensional reality and that many of the phenomena occur within an intermediary zone that is both subjective and objective. This fact should draw our attention to the truth that there are other energetic realities that have intruded upon us, ones that we can access. Within these other realities there is a range of

entities with different capacities and intentions. They have shown us a bigger universe in which some live by highly advanced spiritual laws. Contact with them is urging us to develop our own multi-dimensional qualities and awareness of the vast interpenetrating Consciousness we live in every day.

“How will we respond to the pressure of new information about the nature of reality?”

I am deeply grateful for Carl Jung’s insights. I was originally drawn to his work because of his natural faith in the wisdom of our greater evolution. And I respect Jung’s contribution to the UFO/ET endeavor. More than sixty years after his book was published we are now exploring the phenomena on many levels. In this rich and challenging territory there are countless reports, books, photographs, workshops, conferences, and on-line discussions. For me the web of energetic continuities, the web that ancient traditions called the subtle realms, has been most fascinating. This is the point of departure for our future explorations into psyche and matter dancing together. We are being pushed deeper and opened by the UFO/ET events to a new perception of a world permeated by varying energies of life force and intelligence.

Yet Jung’s basic premise remains: UFOs have signaled our need to question our destiny from the deepest level, the level of the Self. How will we respond to the pressure of new information about the nature of reality? What do we need to awaken to and what do we need to become? How will we evolve?

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Her book may be purchased through Amazon either in hard copy or electronic form.*