

A night between Oct. 20, 1975 and Dec. 17, 1975.

Description:

On that evening, sometime between 9-10:40 PM, I had just finished a long, good, outdoors meditation in silence on my open-air terrace. I was very familiar with the night sky, and when opening my eyes and looking up, I noticed that in the Big Dipper (Karlsvognen) star constellation in front of me, a bright "star" lay about halfway between the usual bottom two stars of the Dipper. It was equally bright and white and the same size as the other major stars of that group, and after a few seconds, I realized that no star or planet should be there.

A couple seconds after that, it flew gracefully upwards and away fairly fast in a gradual curve, and after about 4 seconds in flight, had disappeared in the distance.

Total time about 9 seconds.

Subjective after-thoughts:

A UFO can evidently pose as a standing star; it must know how big its size appears to us below.

For the first time, I realized that UFOs might also be sometimes watching me, just as I watched and studied them. I wondered if it had been "watching" my inward states as I meditated deeply, or was just routinely greeting me, as one who'd meditated daily for years and had several earlier sightings from that very place.

I suppose that shock was why I first wrote up this experience twelve years later, in April, 1987.