

Prologue

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Why I'm doing this.

I've been waiting for 50 years for the right moment, and it's finally the right time for me to openly share my many UFO experiences from mostly 1975 and 1976.

Many more people than earlier will now take them seriously, because the U.S.A.'s military forces in April, 2020, officially released some surprising videos and decades of secret reports about UFOs to the world's general public; and because Dr. Steven Greer made a thorough and well-documented series of disclosures with high-ranking U.S. governmental whistle-blowers at the National Press Club event in June, 2023; and because David Grusch, a military top-security cleared key whistle-blower, testified at a U.S. congressional hearing in July, 2023, about documentation of the government's retrieval of crashed UFOs with their extraterrestrial occupants.

This follows their own government's/military's release within the past 15 years of a large number of official UFO files in France, Great Britain, New Zealand, Brazil, Canada, Denmark, Russia, Mexico, Holland, and other countries.

Stubbornly denying UFOs' existence is soon a thing of the past, and laughingly labelling their eye-witnesses as naive fools or half-crazy fanatics will inevitably be replaced by strong curiosity and interest.

I've always hoped that within my lifetime, people would realize that genuine UFOs really exist and are peaceful, that with our long-learned blockages and much historical fear removed, some sort of positive cross-dimensional, inter-communication would gradually start up.

Their advanced flying maneuverability, energy technology, and retrieved materials proves that most of them come from outside Earth humanity's present normal reality, and our military's formerly trying to shoot them down or force them to crash has indeed been a poor greeting card from our side. Portraying them as mostly evil in fictional movies is being replaced by extensive documentary videos which illustrate their non-aggressive nature.

It's clear that becoming convinced that such intelligently invented and controlled devices as these UFOs, witnessed by many and now openly officially documented as

real - coming from some other area of space, time, and/or dimension - shows that we are far from alone in this Universe.

Rationally, this ought to effectively undermine our traditional haughty assumption that humanity here has a birthright to be the center of Everything, is automatically the pinnacle of all material existence, and that any other type of living being must by definition be lesser evolved (an understandable but self-blinding wish).

Perhaps Earth's humanity will now step-by-step wisely progress enough toward a seriously holistic and broadly inclusive, compassionate paradigm, where one of its benefits will be that what the genuine UFOs choose to show, indirectly teach, and exemplify for us - we'll in turn use peacefully, constructively, and in a beneficial spirit for all.

I have however no illusions that broadly publicizing the combined proofs of UFOs will quickly make most people change their world-views enough to personally act more humbly. To emotionally realize that we are just a small part of Nature and the surrounding Universe, and one among other highly developed life-forms.

This realization, when it becomes deep enough, will lead an inwardly honest person to treat all other beings in our environment and beyond with a co-respect, which is totally lacking in the presently practiced world-view of the dominant global cultures.

What I do hope, is that some readers of my own UFO experiences will think deeper, expand their tentative assumptions about reality, and hopefully open up to more awe, tolerance, and inspiration from a bigger intelligent Universe than we were earlier taught existed.

After-thoughts on my UFO experiences

By around 1974, I had been studying parts of the UFO literature and specific reports for years, and wanted to meet them. I had learned many of the star constellations and often watched the night-sky with its phenomena like airplanes and migrating birds, jets and satellites, meteorites and comets, but when radically-otherwise acting UFOs finally appeared, they were almost always unexpected by me, and each sighting came like a little (or bigger) shock which opened me up to carefully watch what was happening. The following precisely-recorded events show how the UFOs themselves contacted me, systematically showed me basic structures of how they work, interacted directly with me, showed me close-up details when they judged the time had come for that, and presumably sent me information which I'm not yet aware of.

They controlled the limited angle and precise timing of many of these sightings, sometimes caught my attention by appearing close to an obvious heavenly object, in a systematic way showed varying details about their methods of flight, construction, etc., retreated from or approached me (as I did to them), signaled, most often showed up in the exact but varying evening periods when I was out walking the dog (although I experimented with purposely going out at about the same or widely differing times), appeared when I was in an intuitively or emotionally open state of mind and never when I was looking for or waiting for them to come, and these accumulative experiences first stopped when I, over-satiated, pulled back from the subject.

In my judgement, the following incidents, as shown from their internal and especially interrelated evidence, all involve genuine UFOs and their advanced technology. Each event here has its own illustration, drawings, and detailed step-by-step description, with the conditions preceding it and my after-thoughts often noted. Several other events, which could have had other causes, have been excluded from this overview as being too uncertain.

Besides the following incidents, I had routine UFO sightings every 2-3 days between Oct. 22, 1975 and Nov. 4, 1975, but recorded only these extraordinary ones. Drawing the illustrations and writing the description of a witnessed event took at least 2 hours and often more, so I let many events just come and go. Between Nov. 4, 1975 and Dec. 17, 1975, I had routine sightings every 7-10-12 days, and the same applies.

Although the first group of sightings from Oct. 10, 1975 through Jan. 4, 1976, usually between 9 to 11 PM, each lasted from only 1 to 6 seconds, I could still clearly register many details, due to many years of daily training in keeping focus during meditation. These showed various maneuvers and details of a small (down to bright star-size) or less-small (up to around an inch across in the sky), usually white oval shape containing its small gray center with its surrounding, recognizable, softly bright energy field. Sometimes there was one, sometimes a coordinated pair, and a single time two coordinated pairs.

After this came a series of sightings from Jan. 6, 1976 through mid-Feb., 1976, each lasting between ½ to 1 hour or more, at either dusk-time plus early evening or around 11 PM or midnight.

The earlier immediately convincing sightings had by contrast lasted only 1-6 seconds, so at the end of my first long sighting on Jan. 6, 1976, I felt idiotic,

because that night I'd initially thought that some investigating army helicopters were also UFOs.

In contrast to the movements in all the earlier events, during the 14-day period of the longest and almost daily sightings from the end of Jan. through mid-Feb., 1976, very bright variations of the same form, with its roughly-triangular base and cylindrical antenna, stood still in the air, or sometimes finally silently flew very slowly away. At a turning-point during that period, I couldn't believe that a UFO would stay put for so long, come so close, and be so publicly available.

After several evenings of magnifying the details of these longest sightings through binoculars, watching the complex and ever-changing patterns of blinking from its separate ca. 8 lights in the antenna, something turned over in my solar plexus, and I refused to watch anymore. I skirted this place by another route, and told myself and interested neighbors that it was only a helicopter, and returned the borrowed binoculars.

I'd become afraid that: either the complicated signalling was reading and probably feeding my unconscious mind, so that I was being not only studied or communicated with, but perhaps also mentally programmed with information which I couldn't consciously interpret or judge; or that I was driving myself crazy through an unrealistic belief-system, as I couldn't help noticing being looked at more and more askance and laughingly commented upon by the local people, because of my night-sky investigations; or that I'd been projecting this uplifting mysticism to distract myself from my own family troubles.

These latter sightings evidently overwhelmed and shocked me so strongly, that I then consciously stopped looking at what were still obvious events, and thereby artificially cut short that period.

After having rejected participating in this intimate style of magnified and close-up exchanges, I initially had only 3 further certain, detailed sightings, all at the earlier (for me "safe-feeling") high sky distance, and each lasting only 3 to 15 seconds.

The more than 30 UFO sightings in all happened within 10 months, at the then-rural village area of Nivaa, north Zealand, in Denmark. (A lone follow-up showed up 3 years later in Santa Cruz, California.) They progressed from distant sightings for a few seconds with me alone, to daily close-by interactions for more than an hour within public view. I made only 18 illustrated written reports, which follow this introduction. During 3 of those recorded events, other witnesses had been with me.

A few days after my detailed sighting of Aug 16, 1976, my whole UFO-sighting period stopped abruptly, when I stopped wearing eye-glasses and couldn't any longer see stars or anything else clearly. My conscious intention was to daily do an hour's intensive eye exercises, without falling back on using artificially corrected-sight (glasses), for a year. In order to gradually and naturally see more clearly, without the visual filtering away of colours' brightness and of people's personal surrounding aura, which wearing glasses also entails. When this program didn't result in much better sight, after another 10 months, I gave it up and put my glasses back on again.

The timing of this experiment's start and finish makes me now believe that I was trying to stop getting UFO-shocks, which so deeply affected my identity, daily life's activities, and network of beliefs. I told myself I wanted to keep my UFO-theories based on pristine evidence. But I actually subconsciously feared opening a whole new chapter of more advanced UFO sightings, and getting obsessively lost in understanding their details – from having not worked through my accumulated anxieties.

So it was not the UFOs, but myself - from the fear that I was using wishful thinking and projecting the UFO-solution on unexplained events, along with the fear of them affecting me in ways I had no control over – who half-consciously stopped the growing, reopened contact between them and me!

I think that several of the events had shocked me so much that I used various irrational means to escape when the pressure got to be too much for me (assuming too much was helicopters, not writing down some experienced events, writing some of them up first much later on, throwing away "suspect" written descriptions of them, refusing to watch more, stopping using my eyeglasses, dissolving received intense energy, and so on).

First in 1987, I felt relaxed enough to surmise that the sightings events of half an hour or more may have been caused by a mix of real UFOs and military helicopters.

But evidently first in 1992, I was ready to made a thorough background research into all the types of military and commercial helicopters in Denmark and Sweden, and a comparative analysis of the ways and limits on how these helicopters are able to move and hover, how their sections actually look, their external lighting possibilities, their inevitable noise, the large expense for their flying time, etc.

I concluded that all the incidents from Jan. 25, 1976, until I stopped watching them in mid-Feb., 1976, clearly involved genuine UFO phenomena. That the only

corrupted UFO sighting had been the Jan. 6, 1976 multi-incident, involving at least one UFO and 3 investigating helicopters.

In June, 2016, I was studying Nassim Hamein's findings in physics of how energy circulates in a spiralling form in a torus shape, how the spinning of matter and energy creates magnetic fields, that the space between and within particles is filled with much more energy than the matter, and this reminded me of the many energy phenomena which I've seen in UFOs' manner of moving, materializing and de-materializing, using surrounding environmental currents, braking up against the Earth's currents of gravity, etc.

First 41 years after my first powerful sightings, in June, 2016, I seemed to have digested enough to go back into the adventure of understanding more of what I'd actually experienced, considering how to use it, and opening myself up to new knowledge, communication, and contact.

I now understand why my intense interest in UFOs has broken out in periods, often separated by many years. These steps have been in this order, starting from around 1967: two periods of general study of UFO documentations, my own documented sightings and their initial analyses, the assumption that some of my experiences were misinterpreted and thus corrupted, the systematic investigation of the supposed cause of this corruption and its disproof, inspiration from breakthrough physics to think outside the box of the limitations on the laws of traditionally accepted physics, making all my written reports clearly understandable for others and complete, interrelating their contents in the chronological order of my experiencing them, assessing stages of my inner resistance, making systematic meta-analyses of many topics and themes which pervade my collected sightings, examining tentative conclusions and their most likely implications.

It has taken me years to digest and gain inner coherence with what I learned, before I could go further with deeper investigations.

But now, while still deeply analyzing all my UFO sightings, before passing them on to the international public, and 46 years after my last brief encounter – on March 28, 2025, while admiring the clear stars from my back terrace, where I now live, a new UFO appetizer unfolded in the nearby sky.