

You are not Crazy

For Thinking UFOs Are Aliens

And other essays from the Catch all Other Bin.

By John Erik Ege

Prologue	About the Author	4
Chapter 1	You are not Crazy For Thinking UFOs Are Aliens	7
Chapter 2	Our Skies Are Full	13
Chapter 3	The Aliens Must Be Crazy	16
Chapter 4	The Spiritual Alien	21
Chapter 5	Underwater UFOs	26
Chapter 6	UFOs, Aliens, Humanity	29
Chapter 7	Carl Sagan Was the First Ancient Alien Theorist	34
Chapter 8	UFOs Everywhere and Everywhen	40
Chapter 9	Counseling Humans in Preparation for Aliens	45
Chapter 10	They Can Wipe Our Minds Clean	51
Chapter 11	UFOs and Real Reality	58
Chapter 12	CIA, UFOs, Remote Viewing the Evidence	62
Chapter 13	Ancient Artists Saw What We See	67
Chapter 14	UFOs, Cows, and News	78
Chapter 15	Are Aliens Just Souls Like Us	83
Chapter 16	MUFON Needs You	87
Chapter 17	UFOs and Alien Abductions	92
Chapter 18	UFO Research is Government Funded	99
Chapter 19	Truth, Dare, or Lie- the UFO Game	103
Chapter 20	Aliens Have Visited Us in the Past	107
Chapter 21	Reality is Imagination	114

Chapter 22	UFOs: Dramas and Demons	121
Chapter 23	Star Beings We Are	125
Chapter 24	No Ouija Boards Required	130
Chapter 25	Who Says There is No Evidence for Aliens?	137
Chapter 26	Are Mantis Beings Aliens, or Past Residents of Earth	141
Chapter 27	Humans Created by Aliens	146
Chapter 28	Is the Universe Conscious	152
Chapter 29	Evidence for a Secret Space Force	157
Chapter 30	Are We Being Programmed To Accept Aliens???	160
Chapter 31	When Truth Seekers Discover Not Everyone Wants Truth	166
Chapter 32	UFOs, Crop Circles, and Super-space — highways	179
Chapter 33	Spielberg and UFOs	182
Chapter 34	The Luminous Works of Lucas	188
Chapter 36	UFO Contradictions and Lies	196
Epilogue		204

Prologue: About the Author

My name is John Erik Ege. What you're about to read is a collection of essays discussing my favorite topic, UFOs and Aliens. They're originally published on Medium. If you like these, you will find more of the same there, along with my other favorite subjects. These include mental health, life, death, consciousness, ghosts, tulpas, being a father, my son, science in general, AI, the afterlife, near death experiences, Star Trek, movie reviews, book reviews, wild and crazy rants... and evidence of my evolving conversational, narrative style. From the first thing I wrote and published online, a fanfiction in 2004 till present, there is a clear progression. Still struggling with grammar, but I think my writing voice is pretty solid.

Don't worry, I know my faults and I know I have room still to grow! In writing, I seek to cultivate my own clarity, more compassion, and genuine communication.

I like writing about courage and compassion. There are times when my passion sometimes gets in the way, but perhaps it is in that visible contrast where we tease out improvement.

I hold a masters of arts in community counseling. I am licensed in the state of Texas to practice therapy, and I work in community mental health. I love what I do. Nobody goes into counseling imagining fame and fortune. I am the cliché counselor: I not only went into the field to figure out how to help my family, but I wanted to help myself. That, too, is just a part of my story. My father served 22 years in the Navy. I imagined I would be helping vets with PTSD. I was also certain that I would be very open to counseling folks with Near Death Experiences, ghost stories, and or UFO/alien experiences. I am knowledgeable about these things. I am an experienter. It's simply imperative to understand that hearing things and seeing things does not make a person crazy.

There is a difference between hallucinations, brain malfunctions, and having experiences. Functionality is just one measure, as evidence that many mediums talking to ghost are organized, taking care of families, where someone experiencing a mental health condition to have a decline in ability to function in this modern world.

I have read in many books and websites there are communities, and groups for experienters, and yet I never managed to find one for myself. So, I figured if I couldn't find one, I should start one. There were lots of reasons for delaying that endeavor, such as 'what did I have to offer' and my own dips into depression that I feared would disqualify me. Sometimes people get lucky and they sort themselves out. I made it to a place where I could focus on my wellbeing and education and I got my license. After

becoming competent and confident in the field of mental health, I joined MUFON as a volunteer, thinking finally, I might get to meet some experiencers and tell them, 'no, you're not crazy.'

Turns out, regardless of competencies, even that adventure is a journey of forever proving oneself capable. In fairness, I am new to being so bold and visible. I have yet to earn a reputation. I have made some wonderful friends, though, and life continues to evolve into this most amazing journey.

What you will find in these pages is a collection of ideas and thoughts, and reactions to other people's ideas and thoughts. I have done my best to link sources within each essay. Linking sources the way I have is a new thing for me, so forgive any failures in tech. I encourage everyone to visit those articles or videos, and pay homage to the sources. It is my genuine hope if you do not know some of these sources, you will find in them the same level of genuineness that I have. For example, I am very fond of Jimmy Church, Cristina Gomez, Richard Dolan, Bryze Zabel. If you find a link to them in the essays, I do hope you will support their content.

This e-book is intended to be free and shared. If you like it, it is yours to share. If you don't like this, but you like some of the sources, please spread the word about those sources. Especially the ones just previously mentioned, as you likely won't find others more consistently reliable.

This book is about me in the sense that this is me relating to this material. Though I have shared my experiences with some, it is not my intention to discuss my personal experiences within. Mostly because it just doesn't add to the wealth of knowledge already available on the Phenomenon. There is more than enough evidence available for any reasonable human being to make their own conclusion.

So, let this be your warning: these essays will be biased towards there being an Intelligent, Non-Human presence on Earth. If your mind is set that there is no evidence for aliens, this will likely irritate you. That's not the goal of this. I don't want you to be irritated. If you persist in reading, I would like to hope I do shift into belief. I can't give you a knowing. You will have to find your own way to that.

My position is non-negotiable. I do not 'believe' 'NHIs' are real and here. ***I know they are.*** Whether they're aliens in the technical sense of the word, or just NHI but fellow residents of earth, or something we have yet to consider, maybe even having been here for hundreds of millions of years, well, that part is up for debate.

Regardless, may this find you and your people well.
With love, always,
john

PS, I will often swear like the son of a sailor who watched *Smokey and the Bandit* one too many times. Just a heads up. 😊

[John Erik Ege on Medium](#)

Contact info
solarchariot@gmail.com
214-907-4070

Chapter 1 **You are not Crazy For Thinking UFOs Are Aliens**

As a professional in mental health, I am confident in my ability to reasonably assess a person and situation. Believing UFOs are aliens does not make you crazy. No one is crazy. That's a euphemism that is dangerously employed when someone wants to dismiss a person or shut down a conversation. All humans can experience mental health problems, whether you believe in aliens or not. Believing UFOs are aliens doesn't mean a person is delusional. A human can be delusional, and obsess about any data set sufficiently to exaggerate components in an unhealthy way. Believing UFOs are aliens could be evidence for a person doing bad science, but even that is open to debate. There are some books on UFOs that were written by credentialed people in such a scholarly fashion, one might argue UFOs have more validity than global warming. Not saying no to global warming, but given the state pressure and the money behind it, and no money in writing about UFOs, which will have less bias?

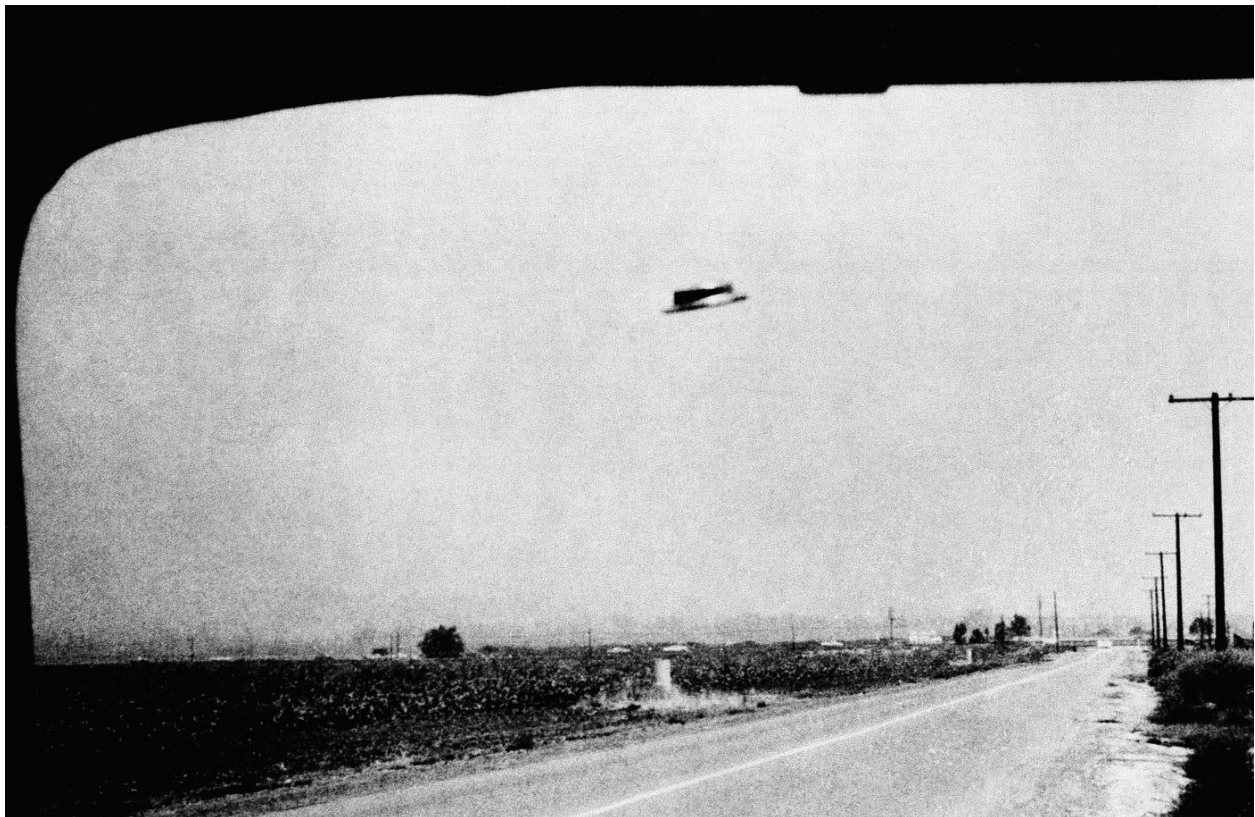


photo by Rex Heflin on Aug. 3, 1965, near Santa Ana

There is no correlation between UFOs and Mental Health

And how could there be? Show me the studies. The only academic I am aware of who was credentialed in mental health that did an extensive study of abductees was John E Mack. He knew, before publishing his book, no one was going to give him a shot at a professional journal and or reasonable peer reviews. He wrote a book, bypassing the gatekeepers.

The gatekeepers are real. They control the conversation. You need look no further than 'Covid might have come from Wuhan' theory being squashed because the gatekeepers didn't like the messenger. We are in an interesting time in society where social media platforms like Facebook and Twitter will shut down narratives they don't like. They will shut down people they don't like. This is the equivalent of book burning. It's mild to moderate hysteria. I might argue that is evidence of mental health problems, but not from the masses.

I think Michael Maccoby addressed that fairly well in his book, *The Narcissistic Leader: Who Succeeds and Who Fails*. There is quite a bit of circumstantial evidence for narcissism ruling our culture. When narcissists don't get their way, people get hurt. Just knowing that impedes true discourse.

Auditory and visual hallucinations

No one should be afraid of mental health clinics, or people suffering from mental health. It's a shame that a country like the US that set the standard for understanding mental health that people suffering from schizophrenia have terrible social outcomes. They are misunderstood. When people hear someone that is hallucinating, they frequently jump to 'schizophrenia' as an explanation. All human beings are subject to hallucinations, and that can happen even without a mental health label. Major Depression can come with hallucinations. Bipolar can come with hallucinations. Trauma can come with hallucinations. Grief can come with hallucinations. Hell, cannabis and alcohol can come with hallucinations, which is exactly why Cheech and Chong are funny. Sometimes, humans just inexplicably have human experiences.

Just going into and out of sleep can come with hallucinations.

More people have had auditory hallucinations than ever come to the clinic asking for help. Most of the time, these experiences are pleasant. Like hearing the voice of a deceased family member saying, "you're okay," or "I love you." Who in their right mind would want that to go away? Think of all the disparaging tapes we play in our heads daily. A little niceness is welcomed. A human is more likely to experience an auditory event as they approach sleep or come out of sleep, but it can happen anywhere,

anytime, and sometimes it's useful information. Sometimes, it's just strange and quirky. We laugh it off and proceed forwards.

Does it matter if it's a real voice, or something from the subconscious, if it's useful?

What happens when you come to the mental health clinic

No one should be diagnosing people outside of a clinic, much less from just one event or PERCEIVED symptom set. People come to mental health clinics for a variety of reasons. Some arrive because they're going through a divorce and the lawyer or court mandated a mental health screening. It's stupid. You can't rule out mental health. Especially if a person is sane enough to lie. You'd be surprised, though, most people don't lie in the clinic. Some do. Most don't, but not necessarily because they're honest per say, but because they lack discernment. There are appropriate times to lie. Others come because CPS asked them to be screened for mental health. Some come because they're trying to self diagnose themselves and want confirmation. Young adults and google. What can I say? Some come because they have a history and need a new provider. And some, most, come because they're suffering.

No one comes to a mental health clinic because "I believe UFOs are aliens." No one has ever come into my office and lead with, "UFOs are real and the government is cahoots and it bothers me." That would certainly be interesting, and I will do my due diligence to try and understand why a person came to my office just to let me know that. Just coming to a mental health clinic has some meaning implied.

Also, there is a difference between someone experiencing mania, flight of ideas, pressured speech, excessive movement, and irritability. It doesn't mean you won't get any useful information, it just means it's harder to get useful information. The presentation can seem scary to the untrained. Sometimes even to the trained! With patience and persistence, a person can be helped. The words they use in their ramblings is not a measure of what they know or don't know during an episode. A physicist answering questions in formula may actually be giving me good math, but in context there is limited communication which points in the direction of an answer, but even then, we're not even close to resolving it down to one particular diagnosis.

One thing counseling in general has taught me is that people who don't feel heard or appreciated suffer. More often than not, just having someone listen to you without judgment can lift a person's spirits faster than any medication or treatment modality. Maybe we need more of that in society. It doesn't matter what I think about UFOs and Aliens. It doesn't matter what I think about politics, or religion, or any other subject. It doesn't matter what anyone thinks. People have experiences. They want to discuss

them and be reassured they're not crazy. Believe me, by the time a person comes to the clinic, they themselves are worried they're crazy.

If you're thinking that, you're most likely not crazy.

Take ghost for examples

Hypothetically, a client comes in, they're not giving you symptoms, they seem to be minimizing, at some point a clinician might say, "there's nothing wrong with you. Why the hell are you in my office?" Okay. I would say that. Yes, I will use profanity. Sometimes appropriately. Sometimes just to see a reaction. Anyway, inevitably, things get quiet after that question, eye contact decreases, and they will say, "I don't want you to think I am crazy, but my mom died a couple of months ago, and I saw her in the kitchen this morning and she smiled and vanished."

That's not crazy! I say that, too. I get eye contact. I tell them, "you loved your mother." Of course! "She just died recently." Yeah. "Was she ill? Did she suffer?" I was caring for her the last couple years. She had cancer. "What were you feeling when you saw her?" Tears start. I was happy...

Fuck! You're normal. And I am jealous! I want to see my loved ones, too!

Now, if the person in the vision was telling them to kill themselves and join them in the afterlife, there's going to be another conversation. But most of the time, clinically it's innocuous, but personally it's a tear jerker. People who take that ghost information and jump straight for a psychosis diagnosis are not doing their patient justice.

You don't get hospitalized for hallucinations alone. You can see and hear things and talk to no one all day long; that is not criteria for emergency hospitalization. The only thing that might get you a 72 hour hold, sometimes in an uncomfortable chair in a community room that's locked, sometimes in a bed, is you tell a professional you're going to kill yourself or someone else. And even that's not a guarantee. You're more likely to get hospitalized if you have insurance. If you're poor, or homeless, and it's winter, the hospital will call it bed seeking and send you back out into the cold, more often than not. Not because they're malicious, but because there is a limit to capacity and there are more mentally ill seeking a hot meal and bed than there are mentally ill folks seeking treatment.

Part of our paradigm is that hospitals are for profit, even the so-called non-profit. Yes, we do have problems with mental health that need addressing. For example, it's unethical to take advantage of kids and people with IDD (Intellectual and Developmental Disabilities,) like not being able to try them as adults or enter legal contracts with them,

so maybe we shouldn't try to profit off the mentally ill? Sure, maybe it's true if I trick enough kids out of their lunch money they'll learn, but it's just not right.

Believing in UFOs is not criteria for hospitalization or for a recommendation of a psychiatrist for medication. If we do that, you might as well medicate people for their political or religious beliefs.

Lots of things to sort

There are lots of things to sort when a person comes to a clinic. All humans have competencies in multiple domains. Some of us are very concrete and specific in our answer sets. Some of us need to tell the story. Some people want to start the story at the beginning of their life.

Some folks can't answer a question without giving the story.

In telling our stories, we also try to share how we processed, labeled, and tried to resolve our experience into a context that makes sense. Sometimes, we take things and put them in the wrong box to make them fit. That's true for everyone. Scientists who dismiss UFOs without even hearing the full context available, they're doing that. Those of us who have simply heard of an experience and placed it directly into the 'UFOs are aliens' box may be doing so unreasonably. Cognitive bias is a real thing. Everyone is subject to this, even experts.

The thing that needs to be accepted is people are having experiences. They're consistent. Mass delusion is an unacceptable answer. There are many enthusiasts that are eager to have experiences and they're not getting them. It is probably reasonable to say there are more enthusiasts and believers who are not having experiences than there are people having experiences. If mass hallucination is the best explanation, why aren't more people having experiences? People need to be honest about not experiencing. You're the future control group.

People want to see things! I want to see them. And, at the same time, I don't. Some of my childhood experiences were frightening. Most of the people who report being abducted, they're not wanting these experiences. That, too, in context, seems like significant data. UFOs are not wishful thinking.

People don't want to be abducted, experimented on, and molested.

I doubt David Fravor woke up one morning and said, "I hope we see a UFO today." He will tell you, "I am not a UFO guy." He saw one. Just one. In 2004. I dare say, it changed his life. He is very clear, "This is not of Earth." This is not a mental health assessment,

as I have not met him in a clinical context, but humans do math during interactions all the time, in person or in recordings; I would bet my life, my career, and my money on David not being crazy, based on the interviews he has provided, with my favorite being a four hour interview with Lex Fridman. True, Lex wasn't looking for mental health symptoms, but there is enough data there to know a mental health exam isn't warranted.

Wouldn't it be nice if there was a safe place for people to go to discuss their experiences, regardless of what that experience was?

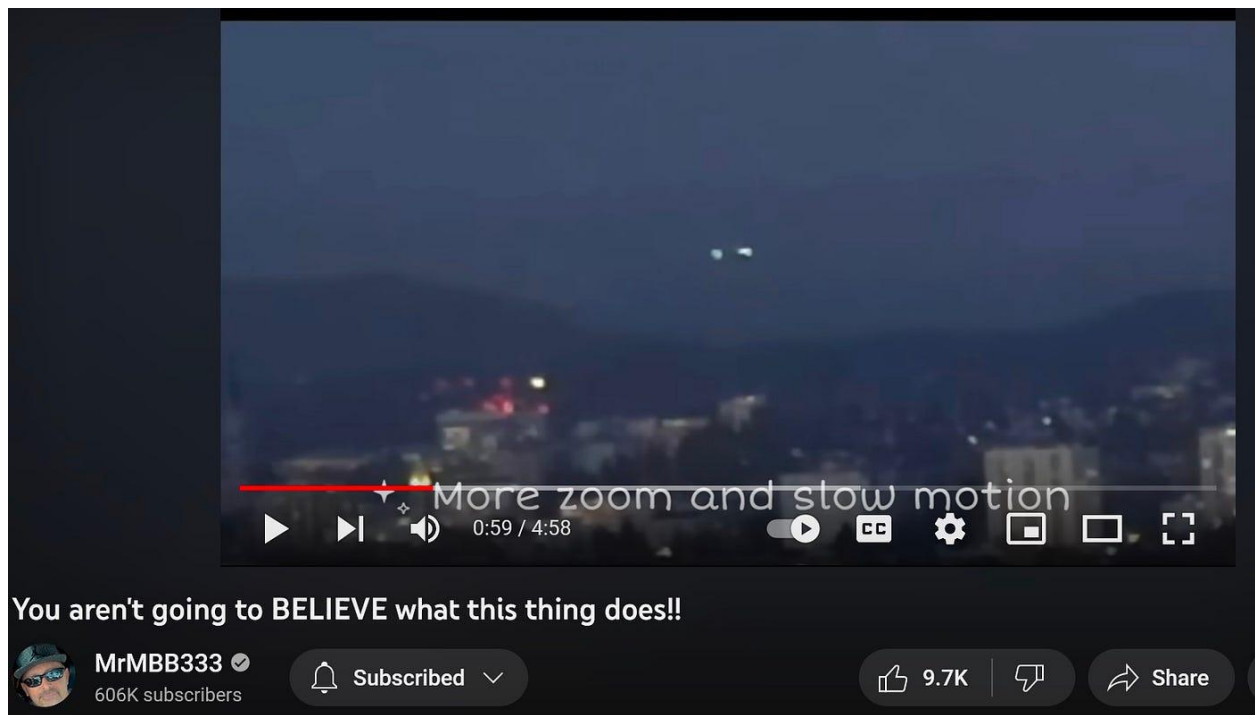
Recommended:

[Lef Fridman and David Fravor interview.](#)

Chapter 2 **Our Skies Are Full**

UFOs are not rocket science, obviously.

Robert Salas is in the news again, telling his story about the time UFOs turned off all the nuclear missiles under his watch. Perhaps we need to keep telling his story until every household knows his name. It was spy balloons, drones, air clutter, or the Russians, or the Chinese that turned off his missiles. Even IBM, who provided the tech, acknowledged 'the system failure' that Salas reported could not happen. Salas and other UFO stories made the news. More and more real news is starting to carry UFO stories, perhaps because there are enough content creators on youtube and Medium, Reddit, and just blogs in general that it's impossible for this subject to do anything but trend up. And it should, our skies are full!



MrMB333 provided another great UFO video. New York Times, New book compiles powerful first-hand accounts of UFO encounters from across the globe, is another book compiling people's experiences with UFOs. Yes, it is frequently argued that many UFOs reported turn out to be identified objects, but perhaps that's because most people don't report UFOs.

It is likely that if more people reported, there would be an increase in IFOs, but there would be a lot more UFOs. It could be that my perspective is skewed, due to my experiences and the number of people I call friends who have had experiences... And that was before I joined MUFON, which means I now know more people who have had experiences than I had access to before.

Eye on Cinema

EOC has been dropping a lot of UFO videos. You will find one below that I have linked, Huge UFO in the skies over Paris witnessed by Air France Captain Jean-Charles Duboc & crew, 1994. I suspect EOC had a problem with copyrights, or youtube management, as they had to pull some of their earlier videos, most of which were just old news segments of people reporting UFOs.

They were credible reports. I am not sure how they're getting them all. Are people from around the world sending their old VHS tapes? Is possible that everything has already been uploaded to the net, and it's just a matter of finding them.

If we took all the old news footage of UFO stories, and made them all available, public domain by sheer virtue of the human family needing to know what's going on in their world, we would be having a different conversation.

It's time for a new conversation. It is clear that the governments of the world and the militaries of the world know there is something non-human interacting with us. They aint giving up their secrets.

We, the citizens of the world, are not obligated to keep secrets from each other. Oh, sure, the powers that be want nations to keep secrets. That is one reason there are DVD region codes. They don't want us sharing information. Also, it's a way of generating and keeping money in the region. But mostly, they'd prefer us not be sharing stories.

Region 1: U.S., U.S. Territories, Canada, and Bermuda.

Region 2: Japan, Europe, South Africa, Egypt, and the Middle East.

Region 3: Southeast Asia, East Asia including Hong Kong.

Region 4: Australia, New Zealand, Pacific Islands, Central America, South America, and the Caribbean.

Fortunately, there are cracks in the internet that are allowing this UFO story to gain momentum, to be shared with larger communities of people. It's getting more difficult to keep news stories quiet. The Varginha UFO happened in 1996, but it wasn't until 2022 that a documentary came out about it. If it wasn't for one Forbes article in 1996, people might have imagined the whole thing was made up.

Sometimes the news gets out, like the Stevenville Texas incident. The story went around the world before got squashed.

The Phoenix Light's was a big deal, too, before it got squashed.

So was the Roswell crash.

Our skies are full. If people will stay vigilant, it won't be long before someone catches something irrefutably not human.

Stay thirsty, my friends!

recommended:

[*You aren't going to believe what this thing does. MrMBB333*](#)

[Huge UFO Witnessed Over Paris. Eye On Cinema](#)

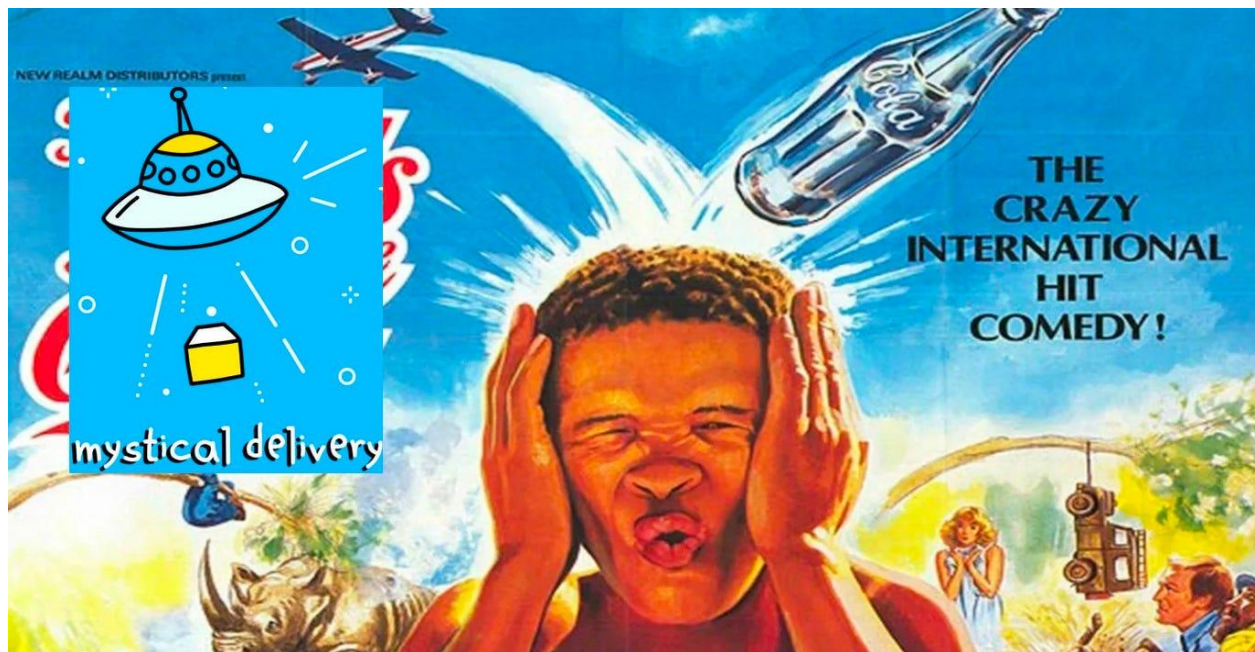
[**Ex-US Air Force captain says UFO attacked nuclear missile base, damaged weapons**](#)

[**New book compiles powerful first-hand accounts of UFO encounters from across the globe**](#)

Chapter 3 **The Aliens Must Be Crazy**

The Gods Must Be Crazy, starring the Namibian San farmer and actor N!xau #Toma, may provide the best analogy for UFO crashes.

A popular discussion point about aliens, 'if they're so smart why do they keep crashing?' Gary Nolan is the most recent scientist to respond to this. He has a good point, you'll find it linked below. Richard Dolan suggests all tech, even advanced tech, has a fail rate. How many human planes have to fly for 1 crash? Well, we have statistics. Aviation is the safest form of travel, but there are fails. So, can we project a fail rate on UFO tech, or are the crashes the equivalent of aliens disposing of spent coke bottles?



What do we do with yesterday's tech? We dispose of it in landfills. With airplanes, there's a parking lot in the desert. UFOs crashed in a desert? There you go.

UFOs are not rocket science. Were crashed ships piloted by aliens or androids so sophisticated humans couldn't tell the difference between tech and biological beings? Mind you, the military would have you believe their smartest officer, who was involved in nuclear weapons delivery and security, couldn't discern between an alien ship and a coke bottle.

And this is where the comedy begins. The human family has been going nuts for 75 years, and may have been nuts for the history of humanity, as nicely illustrated in the movie *the Gods Must be Crazy*, a 1980 film that showed a person getting into their car, driving ten feet to the end of

the driveway, getting out, getting the mail from the box, and driving back into the driveway. More time, effort, and energy was exerted to get the mail using the car than would have been spent if the human just walked over and got the mail.

We're essentially going nuts because of a coke bottle that an alien discarded. Maybe they wanted to see what we would do with it. Maybe they didn't think of us at all. If we assume any reasonable standard of people, it's more likely that crashed ships are comparable to a guy in a Cessna that simply tossed his coke bottle out the window because, well, what else would you do with your trash?

The games we play...

I would like to think aliens aren't like humans and they don't consider their fellow beings disposable. Then again, do queen bees and ants consider their workers disposable? Do they colony care if one goes missing? There might be an answer to how does the 'one' feel when separated. Someone did that experiment. You'll find it linked below. Even I could empathize with that 'one.'

Humans are social animals. In the right group, in the right numbers, under the right governance of philosophy, most humans do well most the time. That's one reason we're so successful. *The Gods Must Be Crazy* is fiction, but the concept of interjecting a coke bottle into a tribe that owns nothing they can't make with their hands was very accurate. It resulted in fighting, jealousy, and harming others to utilize the coke bottle. Philosophies emerged on how to use the coke bottle. Philosophies emerged as to why the Gods gave it to them. They were on the road to evolving into class society, those who have and those who have not.

It had nothing to do with them.

UFOs and UFO crashes likely have nothing to do with humans. If aliens want to communicate with humans, they are sophisticated enough that they could do so on an individual or societal level. It doesn't take much effort to discover that humans are governed more often than not by paradigms, not truth. Telling someone governed by cult beliefs they're wrong, or they're crazy, results in fighting, jealousy, and harming others to utilize the coke bottle. The coke bottle in this case is the philosophy. The philosophy is not the *real* thing.

It's just a thing. It's not to say the philosophy isn't functionally useful. Lies can be very practical!

People lie. I am very interested in this thing we do. Science says we all do it, and yet we still have people wondering why we don't trust scientists... Interesting.

When someone at work asks me how I am, I see that as a casual greeting recognizing a person is good to go, now let's go, we got work to do. They don't really want to STOP and hear about you being stuck in traffic or how your dog got out as you left for work.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

