The Paul Sinclair / Dr Martin Abbas

Paranormal Phenomenon Contact Stratification and Triangulation Tool.

This tool (questionnaire) is designed to take the details of a contact episode.

It is to take a summary of the event in such a way as to ensure that as many aspects of the event are recorded.

It is not only to document the event but to try to understand why it happened.

With some contacts there may be a conscious decision by the phenomenon to interact with the individual and do so in specific ways. There is potentially at that point things that the phenomenon is detecting or looking for before it interacts. Are we in some way attracting the activity even if we don’t want it?

This tool may help to understand if there is a trigger or reason that may attract the phenomenon, by collating the data and triangulating the variables from many cases looking for any common themes. Of course, the contact may just be locational, and the individual(s) affected may have been just in the right or wrong place at the right time depending on the nature of the event good or bad.

Please note none of the questions are compulsory and if you do not feel comfortable answering any question leave it blank and we will not infer anything other than it being missed out.

Do describe as well as you can the answers to these questions, if possible, by measuring the level of the event phenomenon. If you have equipment such as a Tri field meter or thermometer, please do record this information, but even if you have no equipment, you can still quantify the experience. If you heard a noise for example how loud was it out of 10. For things that are less tangible such as emotions like fear you could measure this out of 3 where 1 is not scared and 3 being very scared.

If there is not enough room in any of the boxes, please describe things in more detail at the end of the questionnaire.

If you are happy to have a follow up call with the team, please leave your contact details directly with the team.

If at any time during or after completing this form you are medically unwell physically or with mental ill health, please speak to a health professional for further support

Please send your forms through to Paul and Martin at the email address below at -

aliendisclosure@aliendisclosure.co.uk

Confidentiality Note.

We shall not keep any contact details with any forms, and they will be anonymised meaning we shall not store any person specific identifiers with any form.  Any personal information recorded shall not be shared without your consent. You can ask for your questionnaire to be deleted at any time.

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| --- | --- | --- | --- | --- | --- |
| Phenomenon | Ghost / PoltergeistGE Score1 Visual sighting2 Physical effects left3 Entity interacts with you4 Entity abducts you5 Entity is called to interact with you | Demonic / Angelic PhenomenonDE Score1 Visual sighting2 Physical effects left3 Entity interacts with you4 Entity abducts you5 Entity is called to interact with you | UAP / USP / ILF / ET / CE level 1-5 1 Visual UAP sighting 2 Physical effects left3 Entity seen 4 Entity abducts you5 Entity called to and interacts with individual.  |  | Cryptid – Include level similar to CE 1 Visual sighting2 Physical effects left3 Entity interacts with you4 Entity abducts you5 Entity is called to interact with you.  |
| Brief Description Please describe if more than one event happened. If you like you can use 2 forms for each episode. If you do use two forms do not fill out the personal information section more than once.Please ensure you put down the information according to the timeline of events | 1. A swirling white Smokey mist.

Hot summers day, I was having a strip wash at the kitchen sink ( new bathroom being fitted) I had an uneasy feeling come over me, for some reason I stood back from the sink and looked through the double open doors into the dining room… and there it was a swirling cloud of what looked like smoke tbh, It frightened me so much I slammed both doors shut, then regretted it and opened them again to find nothing there, the sliding patio door was open blowing air into the dining area, I had full voile nets covering the doors, only me in the house and no one in the garden, 12 years or so ago, I never talked about it until I met my CE5 friends. |  | At approximately  20:40 hrs on Saturday 18/01/2020 looking out of the bedroom window I noticed a strobe light in the distance just above the horizon between the mountains, Strobing very rapidly attracted my attention.  I moved from the bedroom to the balcony on the 3rd floor. I watched this for a on minute then it went out. Direction was approx 15 Degs North North East.  Then at 20:49 hrs multiple lights started to appear in a strange vertical pattern unlike anything I have seen before at about 25 Degs I called my wife to come out and started recording and so did she.This event lasted for about 1 minute then went out we stayed on the balcony then at 21:06 the big event lasting 3 mins 24 secs. Then went out at 21:10 the strode light in the original position started again for 12 secs on taking a still it would appear to be two separate  lights. Approx 3 to 5 km away. |  |  |
| Location of the event | Home |  | Marica Rio De Janeiro Brazil. |  |  |
| Were you hungry or full at the time of the event | Probably hungry, not long up after a night shift. |  | Probably not long had food but not full. |  |  |
| If you had eaten had you had large amounts of sugar prior to the experience | Not sure it was a long time ago. |  | Little sugar as diabetic  |  |  |
| Duration of the encounter (s) | 2-3 seconds |  | 30 mins Total |  |  |
| Were you tired or rested prior to the event.  | Rested |  | Rested |  |  |
| Any mediation / seance prior to the event ?Ignore if not applicable. | No |  | Diabetic Medication but would only have had my morning dose at this time |  |  |
| Auditory Activity Did you hear anything? | No |  | No |  |  |
| Inter mind communication such as Mind Speak(words inserted in to your mind) orVisual Speak(Images inserted) into your mind.  | Uneasy feeling, no idea why I stood back to look. I was butt naked!! |  | No |  |  |
| Visual Activity Did you see anything? | Swirling smokey mist, no defining shape. |  | Yes |  |  |
| Olfactory Activity Did you smell anything? | No |  | No |  |  |
| Gustatory ActivityDid you taste anything? | No |  | No |  |  |
| Touch ActivityDid you feel anything touch you or unusual sensations on the skin or internally? | No |  | No |  |  |
| Thermal (Temperature) Changes Atmospheric / Individual | No |  | No |  |  |
| Electrical activity(lights or other things turning on or off | No |  | No |  |  |
| Telekinesis activity (things moving on their own | No |  | No |  |  |
| Mechanical or magnetic activity | No |  | No |  |  |
| Emotional Activity -  Calmness / Fear / Anxiety | Fear, then regret for slamming the door, I wish I could have interacted to find out what it was. |  | I was trying to rationalise the events by saying that it was a military exercise when I knew quite clearly it was not. I can be heard in the video saying it. |  |  |
| Any raised levels of ability after the encounter | No |  | No |  |  |
| Any Apport (objects left by the activity) | No |  | No |  |  |
| What do you think is the origin or nature of the phenomenon | I would love to know, I searched YouTube for answers, videos of, I found one, swirling mist like smoke coming up some rather posh stairs, caught on camera, ghost, I’ve no idea. |  | No clue.  I did check the local airports NOTAMS the next day but nothing for that area for that time. |  |  |
| Person specific Information  | Wendy Rose | xxxxxxxxxxxxxx | Jack Hillls We are good friends of Paul & Mary’s and I have shared this story and recordings on the channel. |  | xxxxxxxxxxxxxxxxxxx |
| Age | 57 |  | 56 |  |  |
| Sex | Female |  | Male |  |  |
| Ethnicity | British/ white |  | White |  |  |
| Culture you most identify with | British |  |  |  |  |
| Work History | Health carer home care, social services.Health carer, Trauma ward, Bolton hospital.Community hospice worker Wigan, current job |  |  |  |  |
| Maximum Educational Achievement | level 3 health social care |  | Further Education |  |  |
| Alcohol usage prior to the event | None |  | None |  |  |
| Medical HxInclude medication and other drugs if applicable and willing to include.  | A bit of green. |  |  |  |  |
| Psychiatric  History (mental ill health problems  if any) |  |  | None |  |  |
| Social HistoryInclude recent stress factors such as bereavement  | None |  | None |  |  |
| If stressful a trigger present was this in the last 3 months   | None |  | Nothing |  |  |
| If stressful a trigger present was this in the last 12 months   |  |  | Nothing |  |  |
| Have you had any stressful event ever that might have made you more likely to experience unusual activity | None |  | None |  |  |
| Attitude to the event -Was the event spontaneous or Were you searching for and event | It left me very curious, searching for answers.Spontaneous event, was not looking into any phenomena at the time. |  | Spontaneous At this time we had had the apartment for about two years and go every year for a month or two. I do sit on the balcony most nights but have not seen anything like this. We have asked neighbours and locals but nothing reported. Also besides being a Saturday evening this is not a military training area.  We have the local regional airport in Marica and the two larger ones in Rio about 30 miles away. |  |  |
| Type of Phenomenon interested in / hoping for if applicable. | All things UAP, Cryptid, Paranormal |  | Most types |  |  |
| Number of previous episodes of the phenomenon you have experienced.If possible brief description.  | Played Ougi board as a child, the door flew open, so we stopped immediately. |  | A number of times strange lights but nothing like these.  |  |  |
| Age of first experience.  | 7-8, 10 (ougi) |  | Not sure. |  |  |
| Any family members with similar contact activity | My nan ( ufo, apparition of her mum)  |  | Wife a long list of activity in her life. |  |  |
| Any previous military experience. (optional)  | None |  | Royal Air Force ground trade but many hours flying in fast jet and flyinging in helicopters at night and ground operations also at night. |  |  |