



The Evidence for ETs: Preparing for Contact

By Jenna Layden



STAR FAMILY WISDOM

The Evidence for ETs

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The Evidence for ETs

Introduction

Humans have a long history of interaction with Star Races. In fact, we could consider them family in some ways.

While the UFO and abduction phenomenon has peaked the curiosity of humans for years, there is vast evidence of a much richer, deeper and meaningful interaction occurring between humans and the Star Races.

We have nothing to fear; if we were in danger, we'd already know it. Rather, the ETs want us to awaken to our interdependence and the need to protect the delicate ecosystem of Earth. They are concerned about the imbalances on our planet, Spiritually, Psychologically and Ecologically.

They have watched as we devolved through our dark ages and lost a profound Spiritual connection with each other, the Earth and the Universe. They have warned many "contactees" about the impending changes we will face if we do not change our ways.

The changes, in fact, have already begun, but it's not too late to prevent the most extreme outcomes. We must act with intelligence, compassion and empathy to transform the Earth from a state of destruction to a state of regeneration, and to reestablish our Spiritual connection with all of life around us.

Over the thousands of years that humans have been interacting with ETs, one thing has remained true. The ETs care about our survival, they are our teachers, and they want to assist with our Spiritual Evolution.

May we move into the next era of humanity with open minds and hearts.



The Evidence for ETs

Disclosure by Our Astronauts

Dr. Edgar Mitchell, one of our U.S. Astronauts, has been an outspoken proponent of sharing the truth about benevolent life forms sharing our Universe. During one of his trip's to space, he experienced a Samadhi experience - a spontaneous spiritual enlightenment moment where individual consciousness merges with Universal Source consciousness to produce a state of oneness, in which the mind and ego are dissolved.

Dr Edgar Mitchell

"Remember, our nonviolent ETI from the contiguous universe are helping us bring zero point energy to Earth," Podesta was told. "They will not tolerate any forms of military violence on Earth or in space."

"Yes, there have been ET visitations. There have been crashed craft. There have been material and bodies recovered. There has been a certain amount of reverse engineering that has allowed some of these craft, or some components, to be duplicated."

"There are no unnatural or supernatural phenomena, only very large gaps in our knowledge of what is natural."



Dr. Edgar Mitchell founded the FREE organization; Foundation for Research into Extraterrestrial and Extraordinary Encounters. Their studies yielded amazing findings about the nature of consciousness and contact modalities.

The Evidence for ETs

Disclosure by Our Astronauts

“For many years I have lived with a secret, in a secrecy imposed on all specialists in astronautics. I can now reveal that every day in the USA, our radar instruments capture objects of form and composition unknown to us. And there are thousands of witness reports and a quantity of documents to prove this, but nobody wants to make them public. Why? Because authority is afraid that people may think of God knows what horrible invaders. So the password still is: We have to avoid panic by all means.”

Dr Edgar Mitchell



The Evidence for ETs

Disclosure by Our Astronauts



James Lovell + Frank Borman Gemini 7 Transcript:

During James Lovell's flight on Gemini 7:

Lovell: BOGEY AT 10 O'CLOCK HIGH.

Capcom: This is Houston. Say again 7.

Lovell: SAID WE HAVE A BOGEY AT 10 O'CLOCK HIGH.

Capcom: Gemini 7, is that the booster or is that an actual sighting?

Lovell: WE HAVE SEVERAL...ACTUAL SIGHTING.

Capcom: ...Estimated distance or size?

Lovell: WE ALSO HAVE THE BOOSTER IN SIGHT...



The recordings of flight transcripts have revealed the potential of UFO and non-earth space craft sightings! NASA uses code words to describe what is likely an ET craft of unknown origin.

The Evidence for ETs

Disclosure by Government Officials

In May of 2001 the Disclosure Project held a National Press Club Meeting to expose the knowledge of many government employees or officials who had evidence of the ET/UFO/UAP phenomena. Below is a list of all involved in the press club meeting. Unfortunately, news of this extraordinary event was not shared widely. You can find footage of the event on Youtube.

Paul Hellyer

Luis Elizondo

Retired Navy Commander David Fravor

Former Pentagon official Chris Mellon

Prof. Haim Eshed: Head of Israeli Space Program until 2010

Disclosure Project National Press Club Meeting May 2001 (see linked video)

Mr. John Callahan, FAA Head of Accidents and Investigations, Lt. Col.

Charles Brown, US Air Force (Ret.) Mr. Michael Smith, US Air Force Radar

Controller Mr. Enrique Kolbeck, Senior Air Traffic Controller, Mexico

Commander Graham Bethune US Navy (Ret.) Mr. Dan Willis, US Navy Mr.

Don Phillips, Lockheed Skunkworks and CIA Contractor Captain Robert

Salas, Ret. US Air Force Lt. Col. Dwyne Arnesson, US Air Force (Ret.) Mr.

Harland Bentley, US Army Mr. John Maynard, Defence Intelligence Agency,

(Ret.) Sergeant Karl Wolf, US Air Force Donna Hare, NASA Employee Mr.

Larry Warren, US Air Force Security Officer Major George A. Filer, III, US Air

Force (Ret.) Sgt. Clifford Stone, US Army Mr. Mark McCandlish, US Air Force

and Conceptual Artist Mr. Daniel Sheehan, Attorney at Law Dr. Carol Rosin,

worked with Dr. Wernher von Braun



The Evidence for ETs

Native American Contact with Star Races

The Hopi Native Americans believe they emerged from inside the Earth after the destruction of the "Third World". The Hopi speak of different periods of human civilization on Earth, with each period ending with a rebirth into the next "world".

We are currently living in the "Fourth World". The tale of the destruction of the Third World speaks to a cleansing, after the civilization lost their way spiritually; those who were kind of heart were saved and allowed to transition into the Fourth World. The Hopi say they lived underground with the "Ant people" and when it was safe to emerge, they were given instructions by the "creator of the Earth" to migrate in four directions and become a spiritual people acting as caretakers of the planet.



Want to follow in the footsteps of our ancient ancestors? Use our Star Shrine Chakra Clearing Sound Activation. This Sound Activation connects you with a Sacred ley line (energy line) that runs through the desert SW of the United States, and the Sacred Sites and Star Shrines of our ancestors.

The Evidence for ETs

Native American Contact with Star Races

The Cherokee and Lakota Native Americans speak of their people originating from the Pleiades star system. The 7 stars of the Pleiades are depicted on teepees and throughout the world in modern designs.



Most Native American tribes speak of "star people" or "star ancestors" visiting Earth to help guide and advance human civilization.



Want to follow in the footsteps of our ancient ancestors? Use our Star Shrine Chakra Clearing Sound Activation. This Sound Activation connects you with a Sacred ley line (energy line) that runs through the desert SW of the United States, and the Sacred Sites and Star Shrines of our ancestors.

The Evidence for ETs

Native American Contact with Star Races

Dr. Ardy Sixkiller Clarke, professor at Montana State University spent over 20 years documenting accounts of UFO and Star Race contact with Native Americans. She found that "Star People" belong to widespread Indian traditions, many native people identify with Star Races as beings from "home", and others speak of "little people" and Star visitors that continue to interact with Native Americans to this day. Her studies have led to more than 1,000 UFO stories documented that include close encounters of police officers, UFO encounters, and UFO sightings near military bases and missile silos.

An aged man recalled the crash of a UFO, several tall aliens that survived the accident, and a second spaceship that came to their rescue. Dr Clarke's work shows that contact stories are far more prevalent and accepted among indigenous people than previously understood and that many of the contact encounters seem benevolent, helpful and even friendly. The Star Races seem to have curiosity about our evolution and in many cases view us as their ancestors or friends.



Nancy Red Star has done similar documentation and has traveled extensively to interview Native American Elders who have held secrets of Star Race contact close until the time was right



The Evidence for ETs

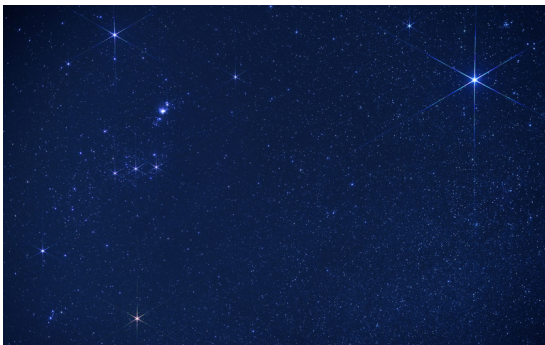
Indigenous Cultures and Contact with Star Races

The Dogon Tribe of Mali Africa were one of the last tribes to make contact with modern society. When researchers made contact in the early 1900s, they were astonished by the advanced astronomical knowledge that this tribe possessed. Researchers found that the Dogon were aware of the Sirius star system and the fact that it is a binary star system.



They also knew that Sirius B revolved around Sirius A with an elliptical orbit over a period of about 50 years. If that weren't enough, they were also able to describe the orbit of the planets in our solar system and they knew that our Galaxy is a spiral shape. The Dogon's origin stories seem to be consistent with the origin stories from indigenous tribes in the Amazon and North America.

It appears as though Star Races have been interacting with Indigenous cultures for thousands of years!



The Evidence for ETs

Ancient Cultures and Contact with Star Races

New research is emerging, redating the ancient Egyptian sites like the Sphinx due to obvious water erosion. Previously thought to have been between 3000-5000 years old, we now understand that the height of Egyptian civilization may have been up to 10,000-12,000 years ago. The Egyptian Pyramids are monumental structures with extremely precise mathematical and geodesic information encoded within the design. The pyramids, along with one of the shafts within the Great Pyramid, are also perfectly aligned with the Orion constellation. It appears as though the height of Egyptian civilization may have occurred around or after the last Golden Age. Because of the alignment with faraway star systems it appears as though the Egyptians descended from people who were in contact with Star Races, or in the very early dynasties of Egypt, humans may have STILL been in contact with Star Races. The structures in Egypt were clearly not built by a primitive people!

Hieroglyphs of flying machines have been in Egyptian temples. Egyptologists have given rather lame explanations for these hieroglyphs, but they clearly depict flying craft.



The Evidence for ETs

Ancient Cultures and Contact with Star Races

Egyptian civilization believed in Eternal life and lived in a way that prepared people for the transition to the spiritual realms after death, with the ultimate goal of ascending into higher dimensions in their next incarnation. It appears that Egyptian life was far more cultured and spiritually advanced than previously thought. References to duality, living in ways that transcend duality, and maintaining a connection to Source energy appear throughout Egyptian architecture, drawings and literature. It also appears that the precise geodesic measurements used in the creation of the Pyramids may have been acquired from non-Earthly visitors, or a previous more advanced civilization, like Atlantis.

In fact, research has been conducted on the potential connection between the Mayan civilization and Egyptian civilization; both languages share striking similarities. And both cultures share a similar story of warring brothers, with one brother getting killed only to be resurrected. Is it possible that these stories had a more ancient origin?



Were Isis (Egypt), Quan Yin (China), and Queen Moo (Maya) the same person? Were these representations of ancient beings who interacted with Earth thousands of years ago?

The Evidence for ETs

Ancient Cultures and Contact with Star Races

Vast amounts of new evidence indicates that the Pyramids of Egypt were an older more sophisticated technology used to raise the vibrational frequency of the planet and people, leading to their ascension out of the 3rd dimension. Mummies have never been found in the "tombs" of the Pyramids, so contrary to traditional Egyptology, they must not have been tombs. Rather, these sacred sites appear to be star shrines, temples, and structures that create energetic coherence between a human and the Cosmos. In fact, tests have been conducted to determine the electromagnetic frequency of the areas inside and surrounding the pyramids; the frequency is indeed higher and the electric field is stronger. Humans have even reported increased psychic or extrasensory perception after entering the pyramids. Dr. Carmen Boulter of the University of Calgary conducted immense amounts of research on these topics, and even remembered some of her Egyptian past lives as a result!



Psychic channels have confirmed (through messages from Star Races) that in our distant past the Pyramids in Egypt looked like the Pyramids in Mexico, with flat tops, and that they were used as landing pads for craft. The energy of the Pyramid helped charge the craft!

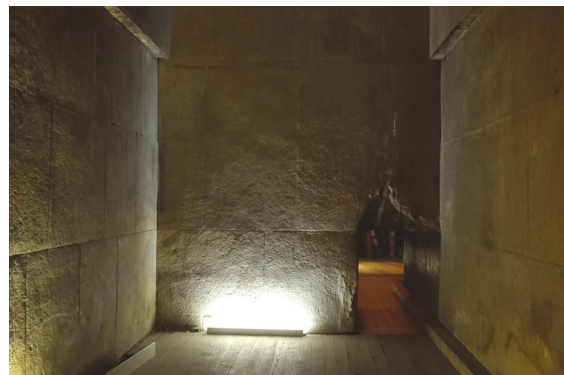


The Evidence for ETs

Ancient Cultures and Contact with Star Races

It is thought that the sarcophagi were used to facilitate out of body experiences or "contact" with higher dimensions. We now know that it is possible to achieve out of body experiences with sensory deprivation and achieving a deep meditative state. Knowing that the pyramids facilitate a higher energetic frequency, it seems plausible that they were used for strengthening the human electrical field, and perhaps they were even used as star gates to facilitate interdimensional travel.

In early 2022, I had an extraordinary Shamanic journey where I found myself inside of the King's Chamber of the Great Pyramid. Upon entering the sarcophagus, I was transported to another pyramid on another planet and met Star beings! It is possible I was experiencing an ancient memory!



The Evidence for ETs

Ancient Cultures and Contact with Star Races

New research on the Mayan Civilization is showing how complex and advanced this civilization became in North and Central America. The intricate network of pyramids was aligned to multiple constellations, notably Orion and the Pleiades, serving as a star map, or important point of alignment and connection between our Earth and faraway star systems. The Mayan civilization also maintained a complex calendar system, based on the cycle of the Pleiades constellation through the precession of the Equinoxes.

Hundreds of pyramids have been found, with likely thousands not yet excavated. Embedded in the design of the structures we find clues to the nature of human consciousness, energy flow and the geometric design of the Universe.

Similar clues are being found in ancient sites all over the world, indicating that these sites did not evolve in isolation or that these sites were the result of a previous civilization that had an advanced understanding of astronomy and spirituality.



The Evidence for ETs

Ancient Cultures and Contact with Star Races

Clearly the Mayans had advanced astronomical and astrological knowledge which allowed them to carefully predict the coming and going of various ages or eras on Earth. Is it possible they had the means to predict the current era of transformation that would occur on Earth? Various researchers have found thousands and thousands of objects and artifacts that appear to show knowledge of space travel and interaction with alien beings.

Where did the Mayans go? There appears to be minimal evidence of their demise and it seems as though their civilization was flourishing, until it wasn't. Is it possible that the Mayans had the means to travel into space, or is it possible they were moved by alien beings to avoid catastrophe?

Some theorize that the Mayan civilization had advanced so far, that they were able to "ascend" into a higher dimension and leave behind the current earthly reality we know today.

Artifacts have been found ALL OVER Mayan territory that depict "alien" beings and flying craft; these are not well known or publicized



The Evidence for ETs

Evidence of Star Races and Ancient Aliens Through Past Life Regression

Many therapists and practitioners of past life regression therapy have found evidence of human contact with Alien races or evidence of souls reincarnating as aliens, or evidence of ancient aliens on Earth.

Souls on Earth: Linda Backman has done extensive research on this topic, forming the conclusion that humans have absolutely had past lives as "aliens" or Star Races

The Legend of Star Crash: Dolores Cannon's work has unveiled extraordinary cases of souls living all types of interdimensional, interplanetary lives; The Legend of Star Crash recounts a tale of an ancient tribe of people living on Earth about 15,000 years that descended from the Pleiadian Star Race; through past life regression, a young woman's subconscious shared immense detail about these ancient peoples who had "crashed" on Earth while transiting through our solar system

The Keepers of the Garden: Through one past life regression case, Dolores Cannon uncovered soul memories of a soul who had participated in the "seeding of life" on planet Earth; this story tells us of advanced beings who are charged with the "creation" of life, and their attempt to assist or "gift" our race with knowledge and wisdom, while leaving us to develop on our own



Check out our podcast interview with Dr. Linda Backman about Interplanetary souls on Youtube!



The Evidence for ETs

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Many therapists and practitioners of past life regression therapy have found evidence of human contact with Alien races or evidence of souls reincarnating as aliens, or evidence of ancient aliens on Earth.

Abduction and Passport to the Cosmos: Professor John E Mack of Harvard University conducted extensive research through hypnotic regression, finding that "alien" encounters were real and profound events in the lives of his clients. He determined that the experiences were intended to facilitate and expansion of consciousness that would allow for a more positive evolution of life on Earth. He moved from being a skeptic to a believer.

Custodians: Dolores Cannon's past life regression work took an interesting twist when she began using hypnotic regression to help abductees access suppressed memories. Case after case proved the existence of Star Races, visiting Earth to either check on the evolution of humans or to involve humans in "continuity of life" programs.

Meet the Hybrids: Barbara Lamb and Miguel Mendonca conducted thorough research through hypnotic regression, helping Starseeds and Alien-Hybrid humans access memories of their former lives and connection with their Star Family. They found that there are indeed Alien-Human hybrids living among us, helping us evolve and embrace our multidimensional nature.



The Evidence for ETs

UFOs, ET Contact and Abductions

One of the most credible pieces of research that has been conducted on abduction cases is the use of hypnotic regression. Hypnotic or past life regression is a method for gaining access to suppressed memories. Often times, when the current state of consciousness or psychological state of a human cannot accommodate a profound event such as an abduction, the subconscious mind will filter the information and suppress memories.

Suppression of memory occurs to avoid unnecessary psychological damage or trauma.

In a hypnotic state, these memories may be accessed more easily and will reveal the TRUE nature of events.

John E Mack, a former Harvard Professor and Psychologist, explored this subject in depth. He went from being a skeptic of actual alien contact to a believer. His work with clients revealed that abductions were serving multiple purposes. While frightening and startling at first, the abduction encounters eventually gave way to an expanded Universal consciousness, a reverence for all of life, and an understanding of the ecological crisis we are facing on Earth. The ETs seem to be appealing to humans in a way that will expand our consciousness and prepare us for open contact.

A Starseed is a soul that originated in another part of our Universe, who has lived lives as an "alien". There are many Starseeds incarnated on Earth today to help humans awaken to their Galactic origins and place in the Universe.



The Evidence for ETs

UFOs, ET Contact and Abductions

Dolores Cannon's hypnotic research also revealed a concern on behalf of the alien races for the survival of our civilization. Knowing the imminent danger we face a result of our own actions, the alien races are conducting a type of "hybrid program", interbreeding to ensure the continuity of life. The grey race is thought to be an ancient race of beings who faced a similar ecological crisis and possibly nuclear war, leading to their inability to procreate and feel sentient emotions. Because of this, they have sought out the genetics of our race as a means of continuing the existence of their race.

While this may at first seem invasive and "against our free will", perhaps there is a larger plan at play. Even in these abduction cases, while they are absolutely genetics related, the aliens still appeal to the humans, showing them possible futures on Earth that could be avoided with different choices by the human race.

Many "alien" races also employ a memory suppression technique. It is not desired to disrupt a human's life or cause them trauma, so often time a "screen memory" is placed in the person's conscious mind, allowing for a gentler experience or lack of memory of the experience all together.

There have also been cases uncovered through hypnotic regression that have shown "tests" of open contact with human subjects to determine our readiness for open contact. Screen memories or memory suppression has been used in these cases as well.



The Evidence for ETs

Types of Abductions and Contact Occurring

- **Expansion of Consciousness;** in some cases abduction is occurring to help expand human consciousness
- **"Test" Contact;** testing our readiness
 - Sometimes occurs as abduction or sightings or interaction with visiting beings
- **Frequency Upgrades**
 - Raising the frequency of human energy fields to facilitate easier open contact;
 - Often occurring as sightings
- **"Star Family" Contact;** contact is occurring between Star Races and humans who share soul origins or "homes"
 - Some souls on Earth have origin in other parts of the Universe and are just here "visiting"
- **Psychic Channeling;** Star Races are in contact with humans to share messages and begin the process of first contact
- **Genetic Retrieval;** harvesting human genetics or reproductive material to create alien/human hybrids
 - This is most common among the grey races who use this program for their survival
- **Genetic Testing;** some Star Races are monitoring the effects of toxicity on our planet and are actively preparing to support the eradication of disease if open contact occurs

Have you been contacted? Write to us and let us know! We might share your story on our podcast! You can connect with us at support@starfamilywisdom.com or on social media.



The Evidence for ETs

ETs and Psychic Channeling

One of the most common contact modalities is through Psychic or Telepathic contact. It is well known that psychic connections are proven to be a real phenomenon.

As humans evolve, many humans are experiencing more psychic, intuitive and multi-sensory abilities.

Similar to science fiction stories, advanced races would have evolved beyond the need to communicate verbally. As a race achieves "oneness" and is deeply connected on a soul and energetic level, the ability to communicate via the mind and thoughts becomes more natural. Deeper bonds, connections of love and unity and an ascended/expanded consciousness facilitates this type of communication and ability. Biologically, many races have evolved to a point where all of their senses are heightened and mental telepathy is easiest.

Many humans have developed the ability to communicate telepathically or psychically with their Star Families. If a soul on Earth has origin or has lived lives in other civilizations where a soul bond has occurred, they are able to use that soul bond for communication and contact.

Many cases of psychic mediumship have been explored as a means of contact with Star Races.

The study of psychic phenomena proves the capacity of the human brain to perceive and connect with information beyond our human minds. In fact, the brain is just a receiver, and can connect to information from anytime and any place under the right circumstances.



The Evidence for ETs

ETs, Psychic Channeling and Past Life Regression

Examples of Credible Psychic Channeling of Alien Races/Ascended Consciousness:

Bashar Channeled by Darryl Anka and Germane Consciousness Channeled by Lyssa Royal Holt

Law of One and Ra: Channeled by Carla L. Rueckert

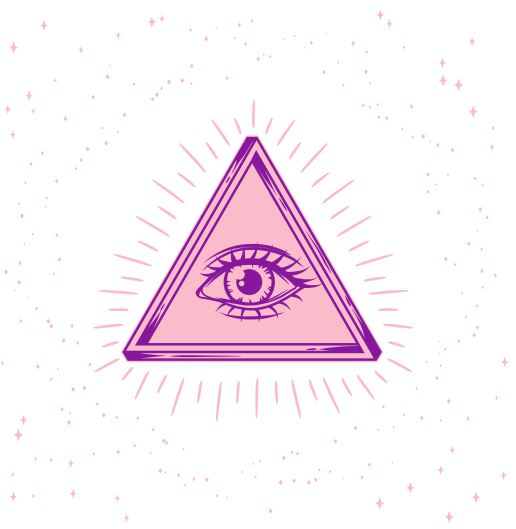
Elizabeth April; Psychic Channel

Past Life and Abduction Regression Cases by Dolores Cannon

Past Life Regression and Abduction Regression by Barbara Lamb

Abduction Regression by John E Mack, Harvard Psychologist and Professor

Children Who Have Been Contacted; Research and Regression by Mary Rodwell



The study of psychic phenomena proves the capacity of the human brain to perceive and connect with information beyond our human minds. In fact, the brain is just a receiver, and can connect to information from anytime and any place under the right circumstances.



The Evidence for ETs

Reasons for Telepathic Contact

Advanced technology; ETs have evolved beyond the use of radio technology. Mind to mind communication is fastest and simplest when both parties are able to maintain the proper state of awareness and connection.

Starting first contact with telepathy or psychic channeling is a "hand off" approach to establishing contact and building a relationship; this method may cause less interference with the entire race as a whole and allow for gradual conditioning and acceptance of the Extraterrestrial presence

Humans and Star Races are operating at different energetic frequencies

- Most Star Races are vibrating at a much higher frequency than humans
- As humans raise their vibration, to be able to "meet in the middle" open contact will occur
- Because we are not yet vibrationally compatible with all ET civilizations or races, telepathic contact and other types of initial contact can help us shift our consciousness to a state where open contact may occur

Substantial evidence exists for the ability to operate in a higher, more coherent state of consciousness, which allows for the ability to "receive" information from other dimensions, or from the energy field that connects us all.



As a former Atheist, I was shocked when I first received a "message" that was clearly not my own thought! It took me years to fully understand the phenomena of telepathy, how it worked and where those messages might be coming from.



The Evidence for ETs

Physical Symptoms of Contact

Because many of the Star Races are energetically vibrating at a faster rate than we are (remember, as we evolve our capacity to hold more energy in our physical bodies increases, and we begin moving into a higher dimension), when humans make contact there are often lingering physical symptoms.

- Increase in extra-sensory perception
 - Hearing, vision, etc
- Heightened psychic abilities
- Healing abilities; ability to heal people with energy (by thought or touch)

Contactees or abductees have often reported that electrical equipment begins to malfunction around them for a period of time after the contact experience.

This is because of the change in the human's electromagnetic energy field; as the human has heightened the frequency of their electromagnetic field, it can interfere with the electrical functioning in equipment.

From a Shamanic point of view, the process of shifting energy in the field or raising vibration occurs when heavier, denser, negative or traumatic energies are transmuted or replaced by lighter, higher frequency energies. Ancient wisdom and knowledge from around the globe corroborates the understanding we gain from the ET Contactee reports.



The Evidence for ETs

Spiritual Realizations and Teachings from Contact Experiences

Spiritual Teachings

- Manifestation/Creation
- Oneness: Interconnectedness of all life
- Source Connection
- Ascension and Traveling Between Dimensions
- Power of the Mind
- Nature of Duality
- Reincarnation
- Moral Codes, Spiritual Laws of Universe
- Transmuting Fear and Returning to Light

Ecological Crisis: Imploring us to make changes and create a more sustainable future

Galactic Teachings:

- Councils of Light (leaders and representatives from civilizations around the Galaxy)
- Federation of Planets

"The Ets are attempting to awaken us to an expanded world view, an expanded understanding of consciousness and the interconnectivity of life in this Universe. They want us to understand the growing ecological crisis we are facing. They care about our survival."

Jenna Layden



The Evidence for ETs

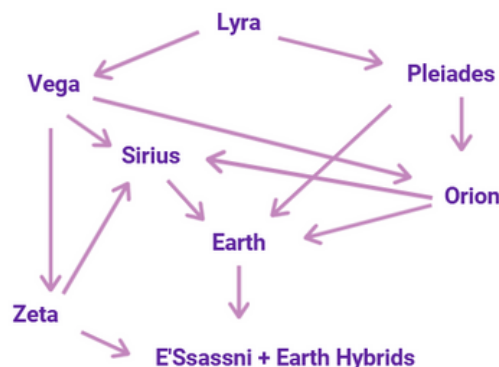
The Earth Family Tree

The chart below shows the best known map of Earth lineage. Lyssa Royal Holt has been channeling Star Races for decades and has developed a map that is representative of our Earth family tree.

Her information aligns with many other credible sources that have pieced together this same information.

It appears the Galactic family is much larger than we have understood!

It is important to keep in mind this lineage is very ancient and we have gone through many cycles of civilization advancing and devolving. So there have been times of open contact in the past (around 10-13,000 years ago) and times of forgetfulness when humans could not be in contact. We are currently coming out of one of those times of forgetfulness as the energies are shifting and allowing for an expansion of consciousness.



The Evidence for ETs

Evidence of ETs on the Moon

World renowned psychic and remote viewer Ingo Swann wrote of his encounters with Government agencies and experiments done to view the Moon and Mars.

The Findings?

Evidence of alien outposts on the dark side of the moon.

Ingo Swann's remote viewing research was conducted mostly in the 1970s and 1980s; his findings help explain why we paused space travel and redirected our focus from the Moon to the International Space Station.

Ingo Swann's team of remote viewers conducted additional experiments to view objects on Mars; they discovered evidence of an ancient civilization on Mars, possibly providing clues about the ancient space faring people traveling between Earth and Mars. It is well known that photos of pyramid shaped and possibly man-made objects on Mars were published by NASA years ago.



When equipment from the Apollo 12 mission crashed back into the moon, the moon rang like a bell for hours. Puzzling the scientists at NASA, they just avoided the subject. It appears as though the moon is hollow, and possibly an artificial satellite placed here to help stabilize Earth.



The Evidence for ETs

The Reason for Secrecy

While it is very exciting to know we are not alone, the revelation of alien life, understanding our history with aliens and the technological and societal implications are vast.

In some ways, we can view the Star Races as our ancestors, our creators, and our teachers.

While there is absolutely a larger plan for this great creation of life in our Universe, advanced beings have helped the human race evolve, and have been interacting with humans for thousands of years.

In fact, many of our Spiritual texts around the world include stories of encounters with visiting beings, some of whom are now thought to have been Star Races.

World religions will need to evolve, technology will need to evolve, and we will need to accept our place within our Galaxy and be willing to learn from our ancestors and teachers.



"The alien phenomenon is no longer an inexplicable mystery. We have hard evidence to prove the existence of extraterrestrial life in this Universe. We are not alone and never have been. It's time for the world to know."

Jenna Layden

The Evidence for ETs

Ways to Learn About Your Star Origins

All souls in the Universe have a "home star... this the Star of their soul birth and the area of the Universe where they most often incarnate. As souls become more advanced, they may begin to have more broad experiences and incarnate in the physical planes all over the Universe. You can learn about your soul's journey in various ways:

Akashic Records Readings

A trained practitioner can access your soul records and help you answer questions about your soul origins

Past Life Regression Therapy

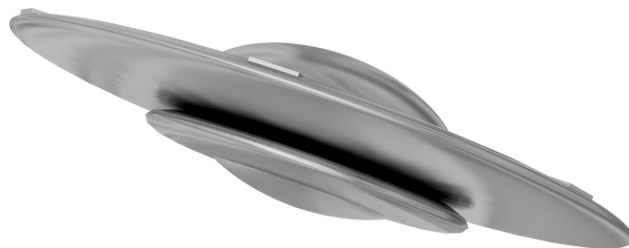
Jenna can guide you into past lives (book a session through the dashboard), or you can find trained practitioners online; we recommend QHHT practitioners

Galactic Astrology: We recommend Grayam Forscutt

<https://galacticastronomyacademy.com/galactic-astrology/>

Quantum Journeys

Access your soul memories, meet your Celestial parents and learn about your soul contracts with these powerful guided meditations



The Evidence for ETs

Preparing for Open Contact

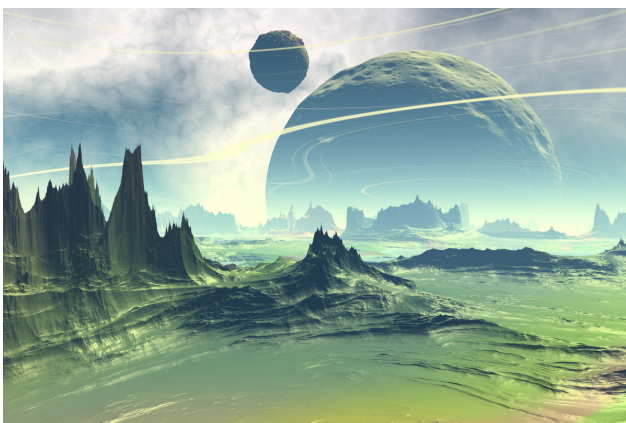
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World religions will need to evolve, technology will need to evolve, and we will need to accept our place within our Galaxy and be willing to learn from our ancestors and teachers.



***“We were once much greater.
This is not who we are.”***

**Excerpt from Jenna Layden's
Regression**

The Evidence for ETs

Recommended Podcast ET Related Episodes

Episode 3: Our ET Contact Experiences

Episode 4: Spirituality, UFOs and the Bible with Rev Michael J.S. Carter

Episode 7: Spirituality and ET Contact with Alan Steinfeld

Episode 10: Worldwide ET and UFO Disclosure with Shao Ma

Episode 11: Our ET Origins; book review of Paul Wallis's Book

Episode 13: DNA, ET Contact and Hybridization

Episode 18: Exploring Past Lives On and Off Earth with Linda Backman

Episode 20: Remembering our Galactic Origins with Paul Wallis

Episode 24: Three Waves of Volunteers

Episodes 34 and 35: ET Contact and Hybridization with Barbara Lamb

Episode 43: Journey to Earth: Jenna's Regression

Episode 44: Hybrid Wisdom for a New Earth with Yael Green

Episode 51: Are Aliens Real? (Jenna and Sinead get Regressions)

Episode 52: Custodians: Our ET Parents



The Evidence for ETs

About Jenna Layden

Jenna Layden is the Founder of Star Family Wisdom, and a former Global Vice President for Whole Foods Market who has been leading teams and individuals through change and transformation for over 15 years. As an experiencer of supernatural phenomena and ET contact, Jenna has developed a passion for helping humans embrace a multidimensional reality without fear. Through those experiences, Jenna began remembering lives “off Earth” and is now focused on her mission in this life “to be a teacher of lost knowledge and wisdom from the Stars”. Now a Shamanic Practitioner and Spiritual/Cosmic Guide, Jenna connects ancient wisdom, new mind-body science and Universal Spiritual teachings to assist people in navigating their healing and Spiritual transformation. In early 2021 Jenna founded Star Family Wisdom, a podcast, modern day mystery school, and community, where she offers Shamanic Initiation, and Digital Courses on Spirituality, Shamanism, ET Contact, and Personal Evolution. Jenna has been initiated by the Four Winds Society and Q'ero lineage of Peruvian Shamanism, is a Certified Rites of the Munay-Ki Shamanic Initiation Practitioner and is a Certified Master Energy Medicine Practitioner. She is also a member of the Cherokee Nation in Oklahoma and is a passionate advocate for the indigenous communities and wisdom keepers who have been fierce protectors of humanity's original wisdom.

The Evidence for ETs

Sources and Recommended Reading

Souls on Earth: Linda Backman
Dolores Cannon: Three Waves of Volunteers
Carmen Boulter: The Pyramid Code
Making Contact: Alan Steinfeld
Custodians: Dolores Cannon
Keepers of the Garden: Dolores Cannon
Encounters with Star People: Untold Stories of American Indians by Ardy
Sixkiller Clarke
The Legends of Star Ancestors: Nancy Red Star
Star Ancestors: Nancy Red Star
Mexican Paleo Contact: Andrey Zhukov
Serpent in the Sky: John Anthony West
The Emerald Tablets of Thoth
The Secret Teachings of All Ages: Manly P Hall
Missing Lands: Freddy Silva
The Stage of Time: Matthew LaCroix
The Secrets of the Flower of Life Vol 1
The Secrets of the Flower of Life Vol 2
The Law of One Material: L/L Research
Penetration: Ingo Swann
Psychic Literacy: Ingo Swann
Meet the Hybrids: Barbara Lamb
Passport to the Cosmos: John E Mack
Alien Experiences: Barbara Lamb
The New Human: Mary Rodwell
Awakening: Mary Rodwell



The Evidence for ETs

Sources and Recommended Reading

Legacy from the Stars: Dolores Cannon

Maya/Atlantis: Augustus Le Plongeon

Sacred Mysteries: Augustus Le Plongeon

MUFON

Steven Greer Documentaries

Channelings by Lyssa Royal Holt

NASA: <https://history.nasa.gov/SP-350/ch-12-3.html>

Vanity Fair John Mack Article:

<https://www.vanityfair.com/culture/2013/05/americans-alien-abduction-science>

Paul Hellyer In-Depth interview on Disclosure Former Minister of Defense
Canada

US National Archives: UFO Project Blue Book at National Archives Museum

John Mack Nova Interview:

<https://www.pbs.org/wgbh/nova/aliens/johnmack.html>

