

“Paralysis During Contact: A Necessary Step in Growth and Trust”

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For many experiencers, encounters with Non-Human Intelligences (NHI) often involve a state of paralysis—a fully conscious mind within a temporarily immobilized body. While some associate this with sleep paralysis or fear-based narratives, those who have undergone genuine contact recognize it as something far more intentional.

From my experiences, I came to understand that this state serves a higher purpose. The beings, particularly the Greys, do not act randomly or without reason. They are not here for experiments, entertainment, or to exert dominance—they are on a mission, and their interactions are carefully structured.

Paralysis is not about taking control away from the experiencer. It is a necessary safeguard to ensure both the experiencer and the beings involved remain unharmed. More importantly, it is a transitional stage—a way for the experiencer to move beyond reactionary fear and into conscious participation.

Why Paralysis Happens During Contact

1. A Protective Measure to Stabilize the Experience

Paralysis is not meant to instill fear; rather, it is a tool to maintain stability during an interaction. Many experiencers, including myself in my earlier years, have a natural instinct to resist when faced with the unknown. I recall moments where I became partially awake during contact—

conscious enough to perceive the beings but still disoriented. My first instinct was to lunge or grab at them.

They were fully aware of this possibility. In fact, these moments were intentional tests. They were not provoking me, but rather assessing my response, preparing me for deeper engagement. Paralysis was a necessary precaution, preventing me from unintentionally disrupting the experience or causing harm to myself or them.

Over time, as I grew in understanding and my emotional state became more balanced, I noticed that the need for paralysis lessened. Contact became more fluid, and I was able to remain fully present without resistance.

2. Paralysis and the Role of Human Emotional Bonds

One of the most fascinating aspects of my experiences has been how NHIs acknowledge and accommodate human emotional connections—especially among family members.

When my sons and I have been taken together, there have been instances where one of them was held back. This was not out of harm or separation, but because NHIs recognized that our instinct to protect one another could interfere with the process. Even without fear, the worry for a loved one's well-being can create an energetic imbalance that disrupts contact. This confirmed for me that NHIs are not only aware of our emotions but actively account for them. Paralysis in these cases is not about control—it is about ensuring that each individual is in the right mental and emotional state to process the experience properly.

How Contact Changes Over Time: The Shift from Resistance to Trust

Many experiencers describe a turning point where contact ceases to feel intrusive and instead becomes an opportunity for engagement. What once felt like an obstacle—paralysis—becomes a gateway to deeper communication.

For me, there was a clear progression in contact experiences:

1. Initial Shock & Instinctive Resistance → The first instinct is to move, react, or resist the unknown. Paralysis prevents this disruption.
2. Testing Phase → NHIs gauge the experiencer's response in fragmented moments of awareness.
3. Trust Development → Over time, as the experiencer processes fear and concern, paralysis becomes less necessary.
4. Full Conscious Engagement → The experiencer remains aware and active during contact without resistance, enabling deeper interactions.

The shift happens when the experiencer lets go of reactionary fear and instead approaches contact with curiosity and openness. NHIs do not force trust—it is something that develops naturally as the experiencer realigns their perception of what is happening.

Preparing for More Conscious Contact

For those who experience contact paralysis, there are ways to prepare mentally and energetically to lessen the need for it.

1. Shift from Fear to Understanding

- Instead of seeing paralysis as a violation, recognize it as a protective measure.
- Remind yourself that NHIs are aware of your emotions and are not there to cause harm.

2. Stay in a Neutral Emotional State

- If you find yourself experiencing fragmented awareness during contact, focus on remaining calm and observant.
- Acknowledge the experience without reacting. Curiosity over fear helps shift the dynamic.

3. Strengthen Your Intentions

- If you want to move beyond paralysis, set an internal intention before sleep or meditation that you are ready to experience contact fully conscious.
- State clearly in your mind: “I am open to safe and conscious contact.” NHIs are receptive to intent.

Paralysis is a Bridge, Not a Barrier

The reality is, paralysis is not about power—it is about preparation. It allows an experiencer to shift their perception, release reactive fear, and ultimately engage in contact on a higher level.

As trust grows, the experiencer transitions from passive participant to conscious explorer. Once that shift occurs, the real experience begins.

About Nancy Thames

Nancy Thames is a lifelong Contactee, writer, and advocate for humanity, dedicated to sharing insights on interdimensional contact, consciousness, and ascension. She bridges experiences with higher intelligences to help others navigate their own journeys toward awareness and understanding. Bridging Dimensions, Inspiring Humanity.