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Structured Patterns in Anomalous Experience: A Longitudinal Developmental Analysis of a UAP Experiencer Dataset

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ABSTRACT

Anomalous phenomena and associated experiential events have gained increasing scientific attention, yet the developmental organisation of such experiences across an individual's life has rarely been examined systematically. This study presents a longitudinal analysis of a single experiencer's encounters spanning nearly five decades, reconstructed from detailed narrative material and analysed using a structured ten-category taxonomy and a six-stage developmental model. Forty-one primary encounters were identified and coded according to phenomenological attributes, temporal placement, and structural features. A further twenty-two analytically distinct sub-phases were extracted from complex late-life encounters, generating an expanded dataset of sixty-three experiential units. Quantitative analyses of developmental stage distribution, category prevalence, life-period charts, and sub-phase density reveal a coherent, longitudinal trajectory characterised by increasing structural complexity, symbolic mediation, guided transitions, and multi-layered perceptual environments. Early-life experiences were sparse and perceptually simple, whereas post-2019 encounters displayed pronounced architectural sophistication and recurring interactional intent involving human and non-human intelligences. The findings suggest that anomalous experiences may unfold as components of a progressive experiential system rather than isolated episodes, implying the presence of underlying organisational dynamics that evolve alongside cognitive and interpretive development. These results have implications for UAP research, consciousness studies, and the systematic investigation of anomalous cognition. By integrating narrative reconstruction with structured analytical methods, this study demonstrates that experiencer datasets can produce reproducible, quantitatively analysable patterns that complement instrument-based UAP investigations and illuminate the cognitive, symbolic, and developmental dimensions of anomalous phenomena.

1. Introduction

Systematic study of anomalous human experiences has long drawn from several overlapping research traditions, including out-of-body experience (OBE) research (Blackmore, 1982; Irwin, 1985), near-death experience (NDE) studies (Greyson, 2003; Cassol *et al.*, 2019; Martial *et al.*, 2020), consciousness science (Kripal, 2016; Cardeña, 2018), and anomalistic psychology (McNally and Clancy, 2005; French and Stone, 2014). Across these domains, scholars consistently note that anomalous experiences often exhibit internal organisation, thematic stability, and developmental progression rather than appearing as arbitrary or chaotic anomalies (Ring, 1984; Grof and Grof, 1989; Moreira-Almeida *et al.*, 2014). Contemporary biopsychosocial models similarly emphasise the role of meaning-making, symbolic processing, and cognitive–perceptual filtering in shaping long-term experiential patterns (Denovan *et al.*, 2018; Laythe *et al.*, 2021; Houran and Laythe, 2022). Together, these frameworks suggest that anomalous experiences can form structured phenomenological trajectories that unfold across the lifespan.

Parallel developments in UAP science have begun to document structured environmental and atmospheric anomalies through instrumented observation. Multimodal field campaigns and long-term monitoring programs have reported organised luminous events, geometric formations, and multi-phase behaviours that appear non-random and sometimes sequentially structured (Teodorani, 2004; Hauge, 2007; Opdal, 2016; Watters *et al.*, 2023; Knuth *et al.*, 2025; Szydagis *et al.*, 2025). Recent multidisciplinary UAP programs, including multimodal observatories (Watters *et al.*, 2023) and the UAPx expedition (Szydagis *et al.*, 2025), demonstrate a shift toward high-resolution, instrument-driven study. This movement parallels broader scientific frameworks calling for a new integrated UAP science (Knuth *et al.*, 2025).

Cross-cultural analyses also show that structured anomalous encounters follow recurring patterns globally, suggesting that such phenomena are not culturally isolated (Ring, 1984; Greyson, 2003; Martial *et al.*, 2020). Similar patterned dynamics are reflected in analyses of complex "haunt-type" encounters (O'Keeffe *et al.*, 2025) and transient luminous events (Pasko, 2010; Bruehl and Villarroel, 2025; Villarroel *et al.*, 2025). These diverse findings motivate calls for methodological integration across psychological, phenomenological, and physical-science approaches to UAP-related research (Turner, 2003; Szydagis *et al.*, 2025), with increasing attention given to how subjective experiential data may align with or complement structured environmental measurements.

The present study contributes to this interdisciplinary direction by analysing a rare, longitudinal corpus of anomalous experiences spanning more than five decades, from early childhood through late adulthood. As UAP becomes increasingly framed as a matter of scientific and governmental interest (United States ODNI & AARO, 2024; Watters *et al.*, 2023; Szydagis *et al.*, 2025), the need for methodologically rigorous experiential studies becomes more pronounced. Unlike typical case studies that focus on discrete events or fragmented recall, this dataset contains richly detailed, chronological narratives that allow developmental patterns, category stability, and structural evolution to be examined over an extended timescale (Ryan and Bernard, 2003; Smith *et al.*, 2009; Saldaña, 2016). Such long-duration records are uncommon but uniquely valuable, as they permit analysis of whether experiences diversify, stabilise, or reorganise into higher-order structures across the lifespan.

The primary aim of this study is to determine whether the experiencer's encounter history exhibits systematic organisation consistent with recognised structures in anomalistic psychology, transpersonal research, and emerging UAP-adjacent phenomenology, and whether those structures evolve in a coherent developmental sequence. To address this, the study employs a dual-layer analytical framework distinguishing between 41 primary historical encounters, representing discrete events, and 22 analytically derived sub-phases, representing internal transitions within complex modern experiences. This two-tiered model enables simultaneous investigation of chronological progression and within-event architecture through interpretative phenomenology, thematic analysis, and category-based coding methods (Braun and Clarke, 2006; Brocki and Wearden, 2006; Smith, 2010).

It is important to situate the present corpus within the broader epidemiology of anomalous experience. Existing research consistently indicates that anomalous encounters are unevenly distributed across populations. Many individuals report a single episode or a small number of temporally isolated events, whereas a smaller subset describe recurrent or life-spanning experiential patterns (French and Stone, 2014; Laythe *et al.*, 2021). The present study focuses exclusively on the latter pattern. At present, it remains unclear whether single-episode and recurrent experiencers represent qualitatively distinct phenomena, different positions along a continuum of experiential intensity or integration, or different

developmental expressions of shared underlying cognitive–perceptual processes.

The structured longitudinal model proposed here does not presume exclusivity but instead offers a framework that may apply primarily to high-recurrence cases. Future comparative studies would be required to determine whether single-episode cases display compressed developmental sequences, truncated structures, or entirely different organisational dynamics. Addressing this distinction is essential for clarifying etiological models and for determining whether recurrent experiential systems represent a specific subtype within the broader field of anomalous human experience.

By situating the findings within the broader scientific literature, spanning human consciousness research, psychological models of anomalous experience, and structured observational studies within UAP science, the analysis assesses whether the observed patterns reflect idiosyncratic episodes, a coherent phenomenological system, or structured motifs that resonate with anomalous phenomena documented across multiple domains. In doing so, the study provides a rigorous methodological and theoretical foundation for understanding long-term experiential development in contexts relevant to both consciousness studies and the scientific investigation of unidentified anomalous phenomena.

2. Methods

2.1 Data Sources and Corpus Construction

The dataset analysed in the present study is derived from two structured Excel workbooks forming a layered corpus–analysis architecture.

The first workbook constitutes the primary narrative corpus. It contains detailed first-person encounter narratives corresponding to discrete experiential episodes documented across the author's lifespan. Each entry includes descriptive text, temporal markers, and categorical descriptors reflecting the phenomenological features of the encounter. This workbook represents the original source material for the study and forms the evidentiary foundation for all subsequent analytic procedures. The corpus reflects the type of rich, idiographic experiential material commonly employed in phenomenological and anomalous-experience research, where lived experience, rather than experimental manipulation, constitutes the primary data source (Brocki and Wearden, 2006; Smith *et al.*, 2009).

The second workbook contains the analytic derivation of the primary corpus. Using the narrative entries and categorical descriptors from the source workbook, this analytic file formalises the data into structured sheets including: the 41-event primary dataset, the expanded 63-unit dataset incorporating analytically extracted sub-phases, developmental stage assignments, categorical frequency tables, cross-tabulation matrices, validation sheets, and formula-driven outputs used to generate quantitative summaries and visualisations. All segmentation, coding verification, and matrix construction described in Section 2 were performed using the primary narrative workbook as the direct evidentiary basis.

The separation between primary corpus and analytic reconstruction ensures transparency of derivation and reproducibility of outputs. The narrative workbook preserves descriptive phenomenology, while the analytic workbook operationalises those descriptions into structured developmental and categorical models consistent with established principles in qualitative and interpretative analysis (Braun and Clarke, 2006; Smith, 2010).

Table 1 summarises the structural relationship between the 41 historically discrete primary encounters, the 22 analytically extracted sub-phases derived from multi-stage modern events, the integrated 63-unit dataset used for extended structural modelling, and the associated workbook architecture supporting reproducibility.

The resulting corpus supports a dual-level analytic model comprising a 41-event primary dataset representing historically discrete experiences across the lifespan and an expanded 63-unit dataset preserving internal architectural complexity without altering the number of historical events. Extraction of sub-phases allowed the analysis to retain the internal structure of multi-stage encounters, consistent with prior anomalous-experience research demonstrating that such events often unfold in internally coherent phases (Ring, 1984; Greyson, 2003; Martial *et al.*, 2020).

Both workbooks are available upon reasonable request, subject to confidentiality considerations.

Dataset Layer	Description	Count	Purpose within Analysis
Primary Encounter Dataset	41 historically discrete experiences documented across life; each represents a standalone event with full temporal placement.	41	Establishes chronological progression; forms the backbone of developmental modelling, stage assignment, and life-period analysis.
Sub-Encounter Expansion Dataset	Analytically extracted units representing internal phases of late-life multi-stage encounters. Derived only when there is explicit transition in space, structure, symbolism, or entity engagement.	22	Captures internal complexity of modern encounters; allows categorical disaggregation; supports fine-grained modelling of 4D architecture.
Integrated Dataset (All_Events_63)	Combined system linking primary encounters and sub-phases; preserves parent-child relationships; inherits temporal and developmental assignments from parent events.	63	Enables full taxonomic, temporal, and structural analysis; generates heatmaps, category totals, stage distributions, and progression graphs.
Workbook Architecture	Multi-sheet system: Primary_41, All_Events_63, Category_Matrix, StageCounts, LifePeriod_Matrix, Subphase_Map, and Validation Tables.	—	Ensures reproducibility, transparency, automatic propagation of coding updates, and alignment with the methods narrative.

Table 1. Dataset Structure: Primary Events vs. Expanded Analytic Units. The relationship between the 41 primary encounters, the 22 analytically extracted sub-phases, and the integrated 63-unit dataset used for extended structural analysis.

2.2 Reconstruction of Encounter Events

Encounter reconstruction followed an iterative reading and interpretative process aligned with established phenomenological methodologies (Smith *et al.*, 2009). Each narrative was reviewed multiple times to identify passages that clearly described a discrete experiential episode characterised by identifiable perceptual, cognitive, spatial, or symbolic features. Descriptions containing internal transitions, such as shifts into new environments, emergence of distinct symbolic elements, or introduction of non-human intelligences, were examined closely to determine whether the narrative indicated one event or multiple sequential phases.

Temporal placement of each encounter was inferred from explicit age markers, geographical references, life-context cues, and relational timing expressed within the narratives. This approach parallels research on OBEs, NDEs, and other anomalous experiences where retrospective accounts serve as primary chronological evidence (Blackmore, 1982; Irwin, 1985; Greyson, 2003). When the author described sequences such as "during my 30s," "in the Pilbara period," or "post-2020 encounters," these markers were cross-referenced with consistent life-stage boundaries to assign events to temporal bins (**Table 2**).

For encounters occurring from 2023 onward, the narrative record indicated clear internal segmentation. Several experiences unfolded as multi-stage sequences in which each phase involved distinct symbolic operations, geometric or environmental configurations, perceptual shifts, or interactions with non-human intelligences. Following established principles for analysing multi-phase anomalous experiences, including the multi-stage patterns observed in NDEs (Martial *et al.*, 2020), transpersonal crises (Grof and Grof, 1989), and recurrent high-strangeness encounters (O'Keeffe *et al.*, 2025), these phases were extracted as sub-encounter units. Each sub-unit inherited the parent encounter's date, life-period designation, and developmental stage, thereby preserving chronological integrity while capturing finer-grained structure.

Life Period	Age Range	Defining Criteria for Bin Assignment
Childhood	0–12	Early perceptual anomalies; illness-associated liminal states; earliest memory of entity or shadow phenomena.
Adolescence	13–19	Emergence of void states, flying sequences, fear-linked threshold events.
Early Adulthood	20–30	High-frequency OBE episodes; differentiation between sleep and non-sleep awareness; early structured anomalies.
30s OBE/Interference Era	31–39	Intensified OBE control, multistage experiences, symbolic and entity-linked phenomena.
40s Symbolic/Geometric Era	40–47	Complex symbolic constructs, geometric architectures, entity encounters with thematic messaging.
Post-2020 Technical Period	48–51	Restraint fields, energy interactions, controlled transitions, UAP physical proximity, environmental reconstructions.
2023–2025 High-Structure Period	51–54	Fully structured multi-phase events, teleportation, combined symbolic-spatial systems, 4D orientation episodes.

Table 2. Life Period Definitions Used for Temporal Binning. The temporal bins used to assign encounters to chronological life periods, enabling construction of the life-period matrices.

2.3 Illustrative Narrative Traceability

The following excerpts are drawn directly from the structured Excel corpus described in Section 2.1 and correspond to entries within the reconstructed 41-event dataset. To enhance analytic transparency while preserving confidentiality of the full narrative corpus, condensed anonymised excerpts are provided below to demonstrate the direct mapping between narrative description, segmentation logic, and categorical coding. These examples reflect the type of narrative material used in the reconstruction process and illustrate how category assignments were derived strictly from phenomenological content.

Example 1 (Early-stage encounter): "Fully awake, looking into moving black void in room, strong dread."

This description was coded under *Altered States of Consciousness* and *Geometric/Energetic Phenomena*. The explicit reference to being fully awake establishes a non-dream waking state, while the perception of a "moving black void" constitutes a structured anomalous perceptual object. The affective marker ("strong dread") supports classification within early liminal or threshold-type encounters consistent with Stage 1 characteristics.

Example 2 (Early adulthood altered-state transition): "Falling in dream, chooses not to wake, stops above ground and realises ability to fly."

This passage was coded under *Altered States of Consciousness* and *Spatial Displacement*. The conscious decision not to wake reflects volitional engagement within a dream-state context, while the experience of stopping above ground and gaining flight capability indicates altered spatial dynamics. The presence of controlled movement marks a transition from passive experience to navigable non-ordinary perception, consistent with Stage 3 features described in Section 3.

Example 3 (Late multi-phase structured encounter): "Suspended horizontal entry into craft, placed on dais; entities discuss ability to move and speak."

This description was segmented as a discrete experiential unit within a larger encounter and coded under *Spatial Displacement*, *Environmental Reconstruction*, and *Entities/NHI*. Horizontal suspension indicates externally directed movement; entry into a "craft" constitutes a fully reconstructed environment; and explicit reference to "entities" engaging in discussion satisfies the operational definition of interaction with non-human intelligences. The structured placement on a "dais" further supports architectural organisation typical of late-stage multi-phase encounters.

Across these examples, category assignments were made through direct one-to-one correspondence between descriptive language and operational definitions outlined in Table 3. Segmentation occurred only where internally coherent environmental or interactional shifts were identifiable. This illustrative mapping demonstrates the analytic transparency underlying the matrices presented in Section 3 without requiring disclosure of the complete narrative corpus.

2.4 Development of the Categorical Taxonomy

The categorical taxonomy used in this analysis was derived entirely from the author's descriptions contained in the original workbook and from the conceptual vocabulary embedded in the narrative corpus (**Table 3**). Each of the 10 categories was operationalised based on phenomenological descriptions rather than external theoretical presumptions. This approach aligned with the principles of interpretative phenomenological analysis and thematic analysis, where categories must be grounded in participant meaning rather than imposed constructs (Braun and Clarke, 2006; Smith, 2015). Because the taxonomy was author-generated, its conceptual fidelity was preserved during reconstruction.

Category	Operational Definition
Entities / Non-Human Intelligences (NHI)	Direct or indirect interaction with intelligences perceived as non-human or non-ordinary, including visual, auditory, or telepathic communication.
Altered Consciousness State	Shifts into non-ordinary awareness such as OBEs, lucid states, dissociative vantage points, or dual-perception frames. Must include explicit phenomenological markers of state change.
Spatial Displacement Phenomena	Experiences involving relocation, bilocation, forced transport, levitation, or movement through non-standard spatial environments.
Geometric or Energetic Structures	Appearance of structured forms such as lattices, rings, vortices, polygons, toroidal fields, or energy signatures interpreted as non-mundane.
Stacked / Layered Perceptual Environments	Simultaneous or sequential perception of multiple environments, rooms, or layers representing dimensional overlay or 4D-type structuring.
Temporal Anomalies	Distortions of sequence, precognition, retrocognition, time dilation/compression, or non-linear temporal frameworks.
Somatic or Physiological Effects	Physical sensations, restraint fields, energetic impacts, injuries, neurological after-effects (e.g., ringing), or detectable bodily responses.
Symbolic Gestures / Communicative Acts	Use of symbols, nonverbal actions, archetypal cues, or linguistic triggers (e.g., "pine," "open the door") functioning as communication or gateways.
Environmental Reconstructions	Artificial, staged, or non-ordinary environments resembling training centres, facilities, landscapes, or constructed orientations not corresponding to waking reality.
4D Orientation Events	Fully structured episodes involving explicit transitions, spatial-temporal reorientation, guided instruction, or coherent movement through multi-phase architectures.

Table 3. Categorical Taxonomy and Operational Definitions. The ten phenomenological categories used for coding all encounters and sub-phases, forming the basis for category-level frequency analysis, heatmaps, and structural modelling.

Importantly, the extraction of sub-phases did not introduce new categories. Instead, sub-phases were coded according to the categories present only within their specific narrative segment. This ensured a one-to-one mapping between descriptive content and categorical assignment and prevented inflation of category frequency, a common analytical challenge identified in the anomalous-experience literature when multi-component events are coded as single units (Houran and Laythe, 2022; O'Keeffe *et al.*, 2025). Extended decision criteria and operational coding rules for all ten categories are provided in Supplementary **Table SM1** (see Supplementary Materials).

2.5 Coding Procedure and Category Assignment

Coding proceeded through multiple iterative readings of each reconstructed event and sub-phase. Initial readings identified overt descriptive features, such as the appearance of an entity, emergence of geometric structures, or the onset of paralysis-like states, while subsequent readings focused on deeper structural characteristics including symbolic logic, transitions between perceptual environments, and alterations of spatial-temporal boundaries. This progressive, layered interpretative process mirrors best practices in phenomenological research and qualitative coding (Ryan and Bernard, 2003; Saldaña, 2016). Multi-phase segmentation follows principles like

structured analyses of environmental luminous phenomena, where events unfold in sequential sub-stages rather than single moments (Teodorani, 2004; Szydagis *et al.*, 2025).

Codes were applied non-exclusively. Many events contained overlapping phenomena, such as symbolic triggers that initiate spatial transitions, or geometric formations accompanying interactions with non-human intelligences. Allowing multiple codes per event preserved the multidimensional nature of such experiences and aligns with prior work on recurrent anomalous encounters, which frequently exhibit composite features that cannot be adequately captured through exclusive coding schemes (Houran and Lange, 1996; Laythe *et al.*, 2021). A full mapping of all 22 sub-phases, including their parent event, life-period, stage assignment, and category codes, is provided in Supplementary **Table SM2.**

To ensure analytic rigour, coding decisions were cross-checked against the narrative context of surrounding segments. This prevented misclassification based solely on surface-level phenomena and preserved fidelity to the lived experience, a core principle of interpretative phenomenology (Smith, 2010). Coding consistency was further supported by explicit definitions derived from the author's workbook structure, which functioned as an internal codebook.

2.6 Construction of the Developmental Stage Model

The developmental stage model underlying this study was reconstructed directly from the author's descriptions of how encounters evolved across the lifespan. Six stages were identified, each characterised by distinct phenomenological, symbolic, and structural properties (**Table 4**). These included early-life liminality, adolescent threshold disturbances, out-of-body and non-ordinary state phenomena in early adulthood, symbolic and geometric integration in mid-life, structured or instruction-like events post-2020, and the fully coherent orientation event of 2025.

Stage	Phenomenological Criteria	Structural / Symbolic Indicators	Typical Life Periods	Associated Dataset Layers
Stage 1 – Early Liminality	Presence-like perceptions; childhood paralysis; shadow entities; dream–wake instability	No geometry; no symbolic communication; single-scene episodes	Childhood (0–12)	41-event + 63-unit (no sub-phases)
Stage 2 – Threshold Disturbance	Void states; fear; intrusion sensations; early dissociative OBEs	Minimal structure; no layered environments; no guided transitions	Adolescence (13–19)	41-event + 63-unit
Stage 3 – 4D Interference / OBE Era	Frequent OBEs; multi-frame perception; stuck environments; early entity interaction	Layered rooms; early geometry; initial symbolic cues	Early adulthood & 30s	41-event + 63-unit (some sub-phases)
Stage 4 – Symbolic / Geometric Integration	Symbol-triggered events; visual geometry; structured messaging	Distinct symbolic sequences; geometric rooms; early training logic	40s	41-event (single-phase)
Stage 5 – Technical Demonstration Period	Energy fields; guided displacement; UAP proximity; engineered transitions	Regular geometry; stacked environments; instructional scaffolds; multi-phase events	Post-2020	41-event + extensive 63-unit sub-phases
Stage 6 – Orientation / High-Coherence Events	Full displacement; teleportation; environmental reconstruction; coherent guidance	Complete spatial system; symbolic orientation; terminal-stage geometry	2025	41-event + structured sub-phases

Table 4. Developmental stage definitions and coding criteria. This table provides the formal criteria used to assign primary encounters and sub-phases to one of six developmental stages, based solely on phenomenological and structural attributes.

This progression mirrors developmental patterns reported in the anomalous-experience literature, where recurrent experiencers often display longitudinal shifts in thematic content, narrative complexity, and representational structure (Ring, 1984; Greyson, 2003; Laythe *et al.*, 2021). Each of the 41 primary encounters was assigned to a stage based on temporal placement and phenomenological characteristics. Sub-phases inherited the stage of their parent encounter to avoid artificially increasing developmental-stage frequencies.

The stage model enabled analysis of both chronological development and the escalation of structural complexity, two dimensions noted as critical in prior studies of transformative or non-ordinary consciousness experiences (Grof and Grof, 1989; Martial *et al.*, 2020).

2.7 Data Reassembly and Quantitative Matrix Construction

Following reconstruction and coding, the dataset was reassembled into several analytic matrices designed to reproduce the structure of the original workbook. The 41-event primary dataset was used to generate:

- A developmental stage frequency table,
- A life-period distribution matrix,
- Category frequency totals, and
- A cross-classification matrix linking categories to life periods.

These matrices were formula-driven to ensure that modifications to raw encounter records would propagate automatically throughout the analytical environment, consistent with good practice in reproducible qualitative-quantitative hybrid research.

The 22 sub-phases were then integrated into an expanded sheet. Parallel matrices were constructed for this extended dataset, allowing examination of internal encounter structure, category clustering, and symbolic or geometric density. This approach echoes prior research treating multi-stage anomalous experiences as internally structured sequences rather than monolithic events (Martial *et al.*, 2020; Laythe *et al.*, 2021). The computational structure of all analytic matrices, including formulas used for stage counts, life-period × category matrices, and heatmap generation, is detailed in Supplementary **Table SM3** (see Supplementary Materials).

Across both layers, computational logic was kept identical to preserve methodological coherence. All matrices were implemented as formula-driven tables within a structured Excel environment, ensuring full transparency and automatic propagation of any revisions to the raw event sheets.

2.8 Multi-layered Validation Procedures

Validation occurred at conceptual, structural, and quantitative levels. Conceptual validation ensured that reconstructed encounters remained consistent with definitions and descriptive language found in the narrative corpus, consistent with phenomenological best practice (Smith, 2015). Structural validation involved comparing each reconstructed matrix with the workbook's described architecture, ensuring that categories, temporal bins, and analytical outputs aligned with the author's intended framework. The full validation framework, including conceptual, structural, quantitative, and temporal-gradient tests, is summarised in Supplementary **Table SM4.**

Quantitative validation involved cross-checking reconstructed category counts and stage frequencies against explicit numerical statements in the narrative material. When discrepancies emerged, narrative evidence was treated as authoritative unless additional contextual cues necessitated reinterpretation, a principle consistent with established qualitative methodology (Brocki and Wearden, 2006).

Additional validation was applied to sub-phases, where mapping tables ensured that each extracted segment linked to one, and only one, parent encounter. Aggregate counts from the extended dataset were compared to primary dataset totals to confirm that no artificial inflation occurred. This multi-layered validation mirrors best practices in anomalous-experience research, where internal coherence across temporal, structural, and phenomenological layers is essential for reliable pattern identification (Houran and Laythe, 2022; O'Keeffe *et al.*, 2025).

3. Results

Across both layers, the 41-event primary and 63-unit extended dataset, clear structural regularities emerged. Encounters displayed a progressive increase in phenomenological complexity, a systematic expansion of representational categories, and a marked concentration of structured experiences in the post-2020 period.

3.1 Developmental Stage Distribution (Primary 41-Event Dataset)

Analysis of the primary 41-event dataset showed a strongly asymmetric developmental distribution (**Figure 1**). Stages 1 and 2 contributed only 3 and 2 events respectively, consistent with early-life encounters characterised by liminal perception, vague presence experiences, and isolated dissociative states. A marked increase appears in Stage 3, which contains 11 events, corresponding to the author's 20s and early 30s and dominated by out-of-body experiences, spatial tethering phenomena, and early multi-frame perceptual distortions.

A temporary reduction occurred in Stage 4 (only 1 event), reflecting the transitional nature of symbolic encounters prior to the more structured appearances of the following decade. The largest concentration occurred in Stage 5, with 22 events, representing the period after 2020 and characterised by geometric structures, technical demonstrations, intentional transitions, and highly patterned symbolic elements. Stage 6 accounted for 2 events, corresponding to the fully coherent 2025 orientation encounters involving teleportation, environmental reconstruction, and guided interaction. This distribution confirmed that the phenomenon intensifies and becomes more structured across the life course, culminating in the technically elaborate and interaction-rich events of the most recent period.

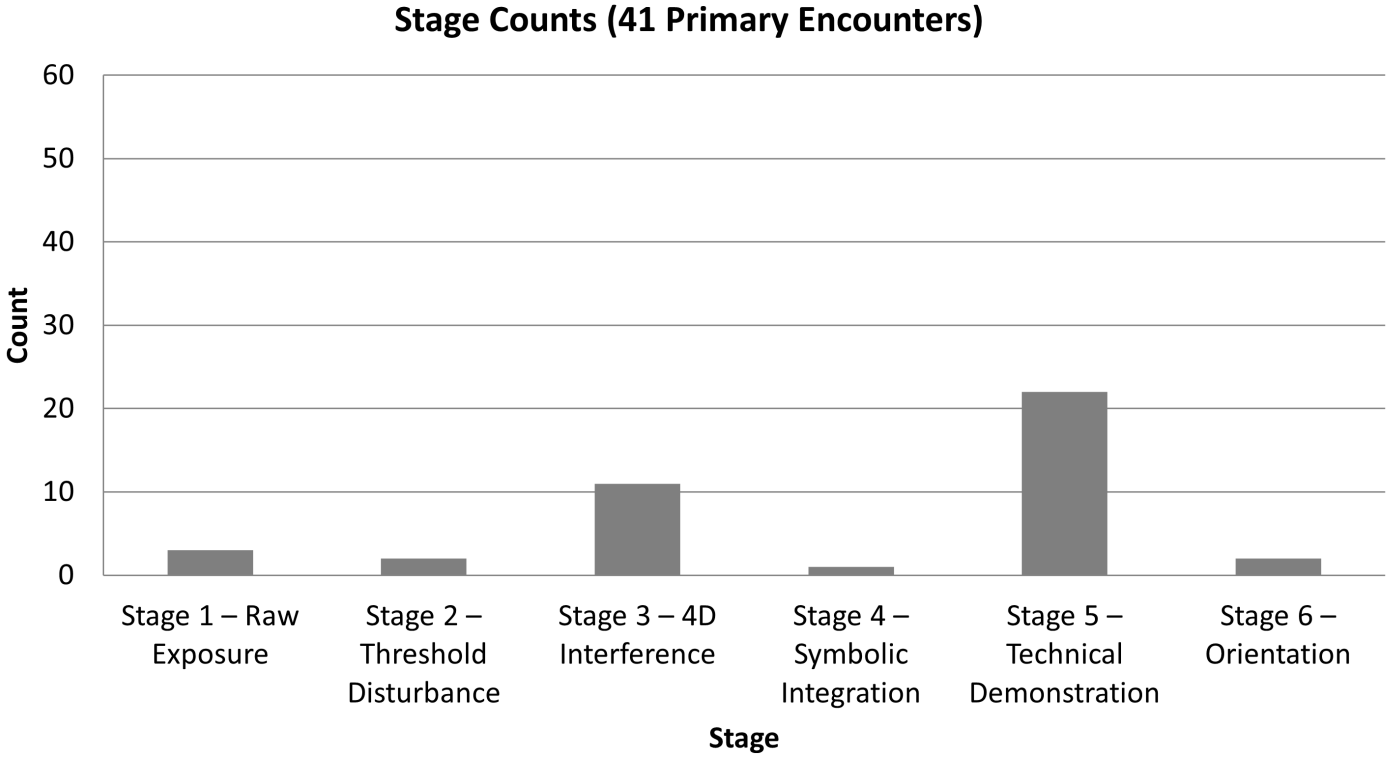

Figure 1. Stage Counts (41 Primary Encounters)

3.2 Category Profiles Across the Primary Dataset

Category frequencies in the 41-event dataset revealed a strongly patterned distribution, with several categories dominating the experiencer's anomalous history (**Figure 2**). The two most prevalent categories, Altered States of Consciousness (28 occurrences) and Entities/NHI (24 occurrences), appeared consistently across all life periods. Their high frequencies indicated that shifts in awareness, dissociative or lucid states, and interactions with human or non-human intelligences formed the foundational experiential substrate of the corpus.

A second major cluster consisted of Environmental Reconstruction (24) and Spatial Displacement (13) events. Environmental Reconstruction appeared far more frequently than typical in anomalous-experience datasets, suggesting repeated transitions into immersive, coherent environments rather than fragmentary perceptual episodes. Spatial Displacement, often involving elevation, "extraction," or movement between spaces, was distributed across the lifespan but intensified after 2019.

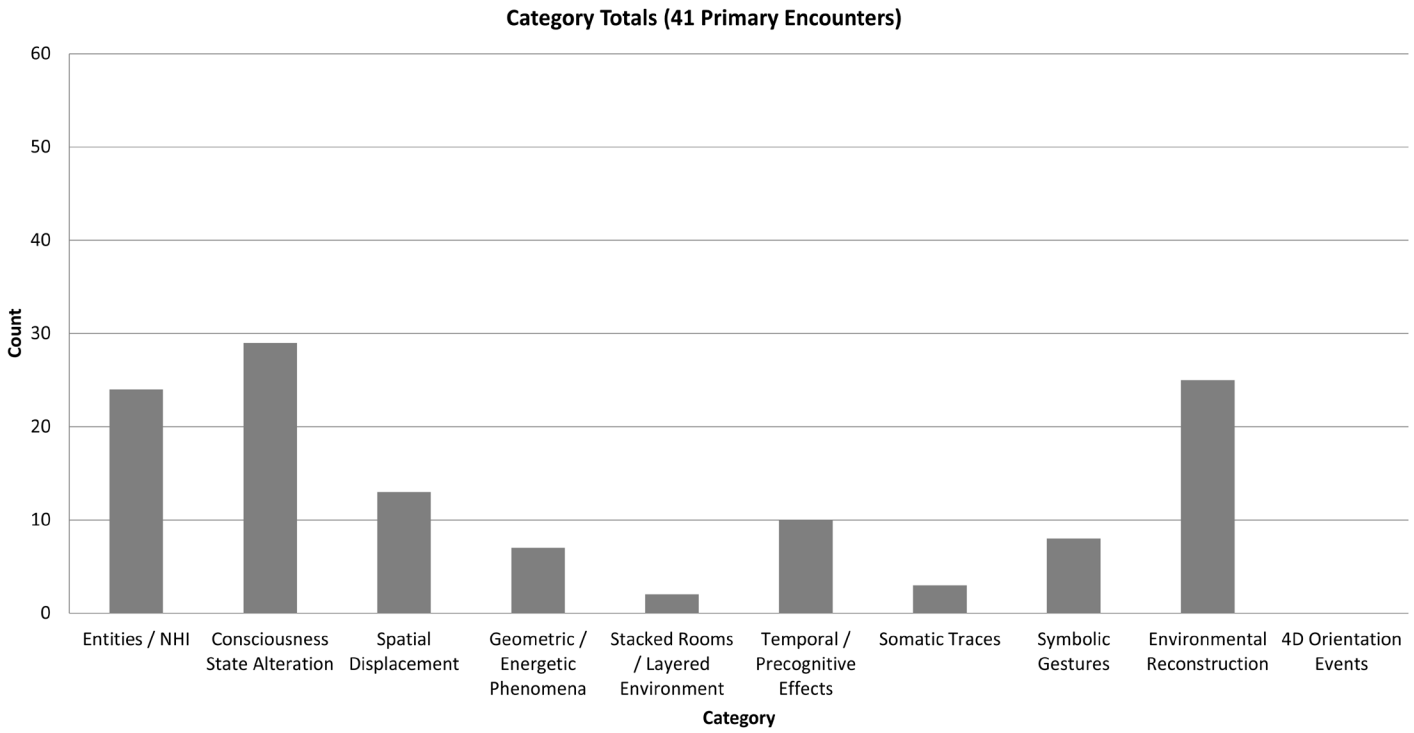

Figure 2. Category Totals (41 Primary Encounters)

Categories associated with structural or representational complexity appeared at moderate levels. Geometric/Energetic Phenomena (7), Symbolic Gestures (8), and Temporal/Predictive Elements (10) increased substantially in frequency during the last decade, coinciding with the onset of multi-phase, instruction-like encounters. Stacked or Layered Environments (3) and Somatic Traces (3–4) appeared infrequently but clustered primarily in mid-life and late-life encounters, reflecting the transition from perceptual anomalies to multi-layered spatial logic and subtle physiological after-effects.

Finally, 4D Orientation, the highest-order integrative category, appeared only once, corresponding to the fully coherent orientation event of 2025. Its singularity reflects its role as a culminating representational structure rather than a recurrent feature. Collectively, these patterns indicated a progression from frequent alterations of consciousness and entity engagement toward increasingly structured environments, symbolic mediation, and geometric or temporal organisation in later adulthood.

3.3 Developmental Stage Distribution in the Expanded 63-Unit Dataset

When analytically extracted sub-phases were incorporated, the stage distribution shifted significantly, although the chronological structure remained intact (**Figure 3**). Sub-phases inherit the stage and life-period of the parent encounter, which preserved historical accuracy while revealing latent structural density. Stage 1 and Stage 2 remained sparsely populated, and Stage 4 showed little change, confirming that earlier encounters typically consist of single-phase, low-complexity episodes. Stage 3 increased modestly, reflecting OBEs and multi-scene transitions that naturally segment into several analytically distinct units.

The largest transformation occurs in Stage 5, which expanded dramatically once sub-phases were included. The 22 primary events in Stage 5 contained multiple internally distinct segments, geometric motifs, symbolic triggers, environmental transitions, bilocation elements, or guided interactions, resulting in a substantial increase in total units for this stage. Stage 6 also expanded from a single orientation event into multiple analytic units due to layered transitions, symbolic communication, and environmental restructuring.

This expanded distribution revealed the internal architecture of later encounters, demonstrating that the recent period was not only more frequent but also significantly more structured, segmented, and instructive.

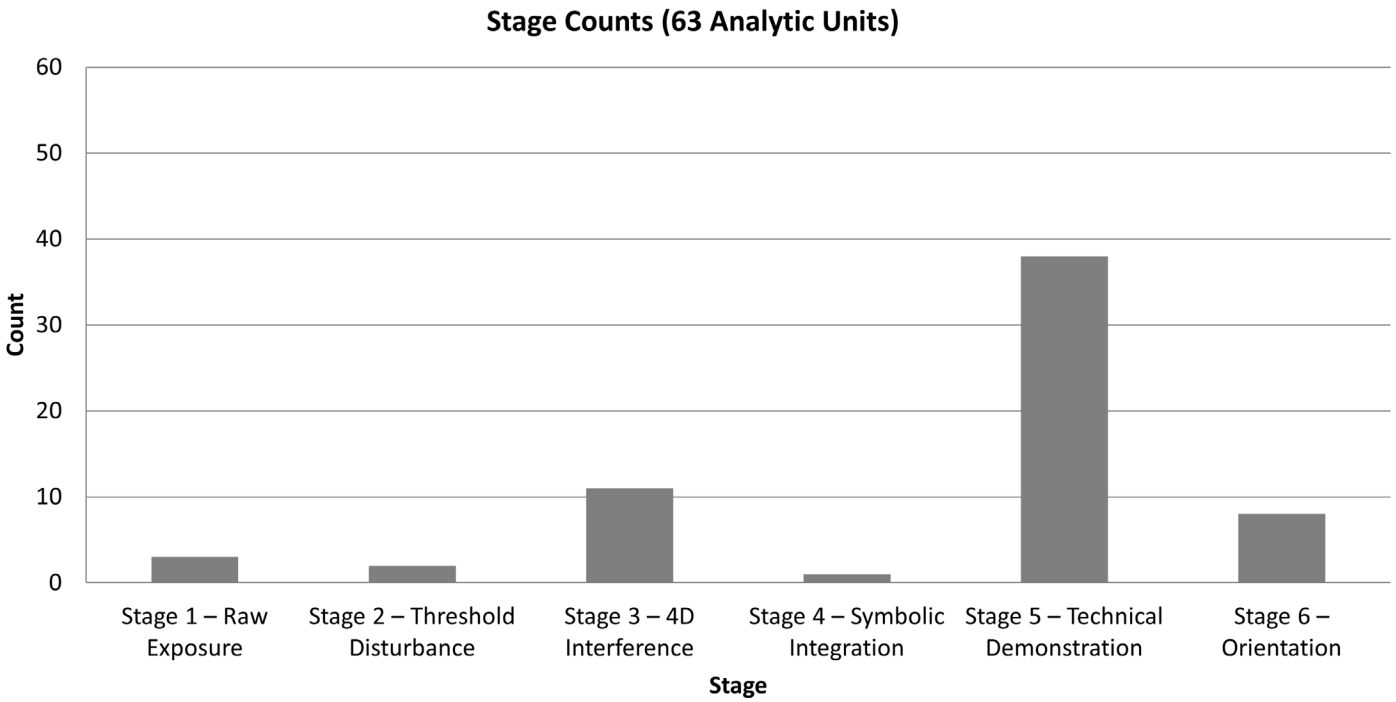

Figure 3. Stage Counts (63 Analytic Units)

3.4 Expanded Category Patterns in the 63-Unit Dataset

Category frequencies in the expanded 63-unit dataset showed a markedly intensified distribution across several categories once sub-phases were incorporated (**Figure 4**). As in the primary dataset, Altered States of Consciousness remained the most dominant category, rising sharply to 51 coded occurrences, reflecting the central role of non-ordinary awareness, transitions, and state shifts across multi-phase encounters. Environmental Reconstruction showed a comparable surge, appearing 47 times, suggesting that coherent, immersive environments were a defining feature of the extended dataset.

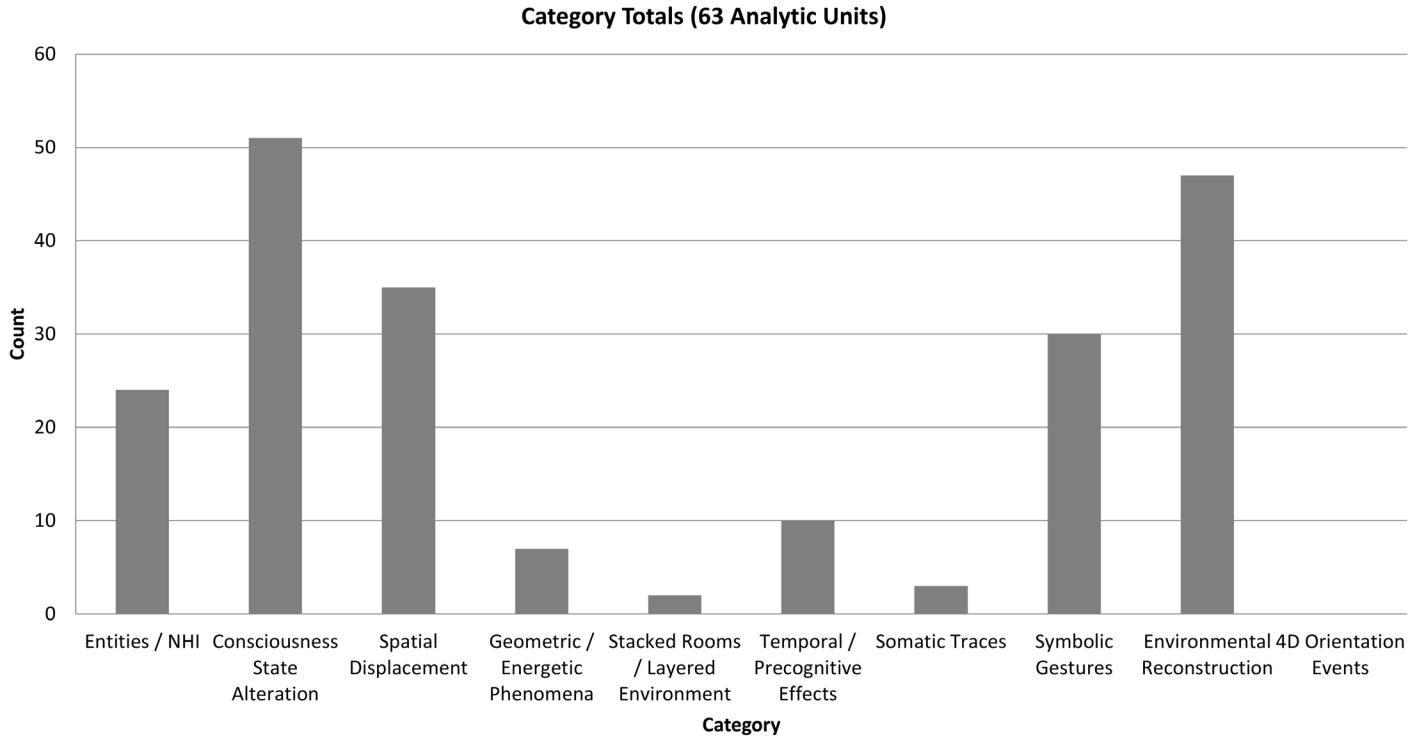

Figure 4. Category Totals (63 Analytic Units)

Spatial Displacement increased substantially to 35 occurrences, making it the third most frequent category and indicating that movement between locations, whether guided, abrupt, or layered, was a pervasive component of internal sub-structures. Symbolic Gestures also increase prominently, rising to 30 occurrences, underscoring the prevalence of communicative, instructional, or signal-like actions distributed across many sub-phases.

Foundational categories such as Entities/NHI (24 occurrences) continue to appear consistently even when multi-stage encounters were decomposed, while mid-frequency patterns included Temporal/Predictive Elements (10) and Geometric/Energetic Phenomena (7). Less frequent categories, Stacked or Layered Environments (3) and Somatic Traces (3–4), remained sparse but persist across sub-units, indicating that layering effects and physiological signatures were present but not dominant in the expanded corpus.

Finally, 4D Orientation appears once, mirroring its singularity in the primary dataset and reflecting its role as a rare, high-coherence experiential category rather than a recurring motif. Collectively, these expanded totals showed that sub-phase extraction magnified categories associated with structured environments, displacement, symbolic content, and altered states, while foundational perceptual or physiological categories increased only modestly. The 63-unit dataset therefore revealed a denser and more structurally elaborate category distribution than the primary dataset alone.

3.5 Life-Period × Category Dynamics

The life-period analysis integrated temporal sequencing with the distribution of phenomenological categories, revealing how different forms of anomalous experience clustered across the experiencer's lifespan. In the 41-event dataset, early life (Childhood and Adolescence) was characterised primarily by Entities/Non-Human Intelligences, Altered States of Consciousness, and occasional Spatial Displacement. These early episodes appeared as presence-based or perceptual disturbances with minimal symbolic or structural elaboration, consistent with the narrow range of categories shown (**Figure 5a**).

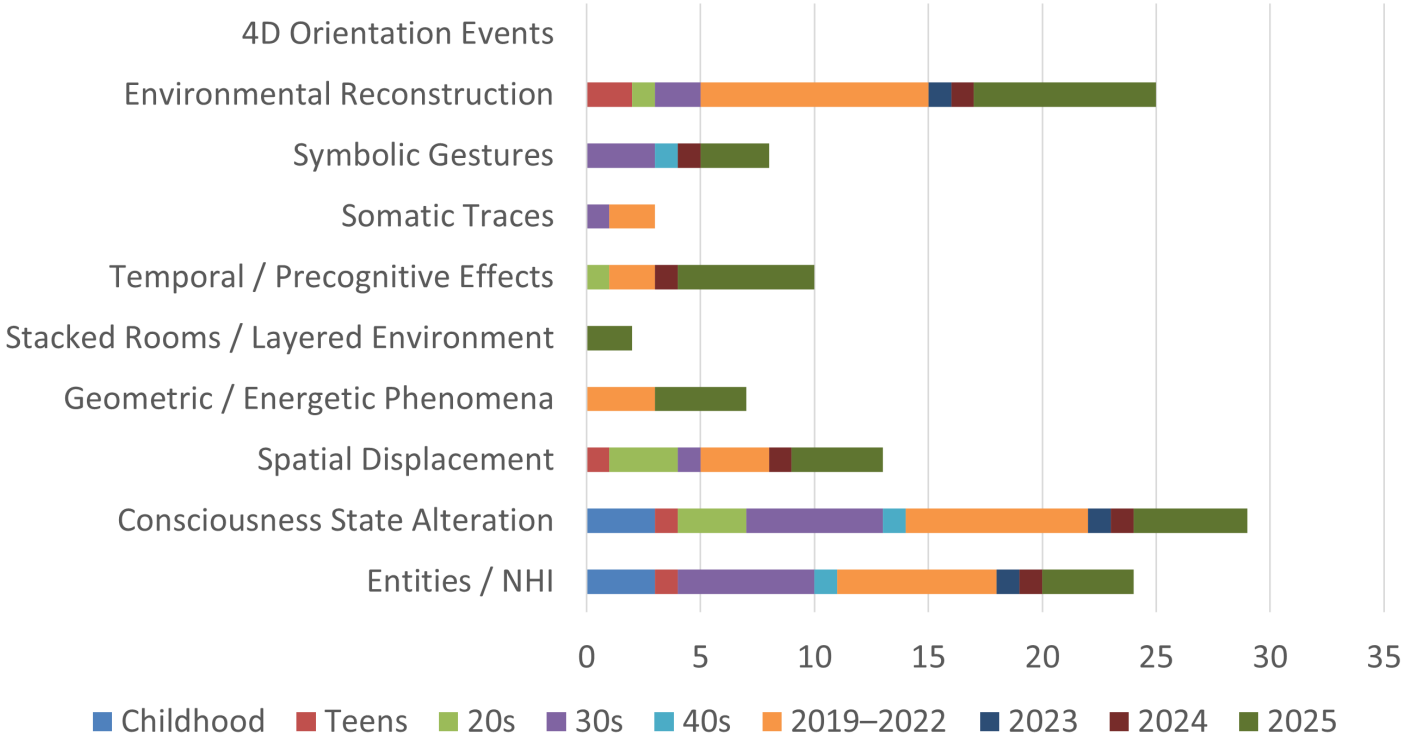

Figure 5a. Graph of category presence by life period for the 41 primary encounters. This figure highlights how category diversity remains low early in life and intensifies sharply in the post-2020 period.

During early adulthood (20s–40s), the first emergence of Geometric/Energetic Phenomena and Stacked or Layered Environments occurred, along with modest increases in Symbolic Gestures and Temporal/Predictive Elements. This period introduced the initial structural features of the anomalous system, although category densities remained relatively low and dispersed.

The post-2020 period displayed the most dramatic transformation. A steep increase occurred across nearly all structured categories, including Geometric/Energetic Phenomena, Symbolic Gestures, Temporal/Predictive Effects, Stacked Environments, and especially Environmental Reconstruction, which became one of the most frequent late-life categories. Consciousness State Alteration also rose sharply during this period, becoming the single most frequent category overall. The first and only 4D Orientation Event appeared in 2025, corresponding to the most structurally coherent experience in the corpus.

The expanded 63-unit matrix amplified these trends (**Figure 5b**). Sub-phase extraction increased category counts almost exclusively within the post-2020 and 2025 periods, leaving earlier decades largely unchanged. Symbolic, geometric, temporal, environmental, and displacement-related features dominated these extended sequences, indicating that the internal architecture of late-life encounters were densely multi-dimensional.

Together, both demonstrate a clear chronological progression from early encounters that were sparse and perceptual, to mid-life introduces structural motifs, to late-life experiences that consolidated into dense, multi-layered, symbolically rich, and architecturally coherent anomalous events.

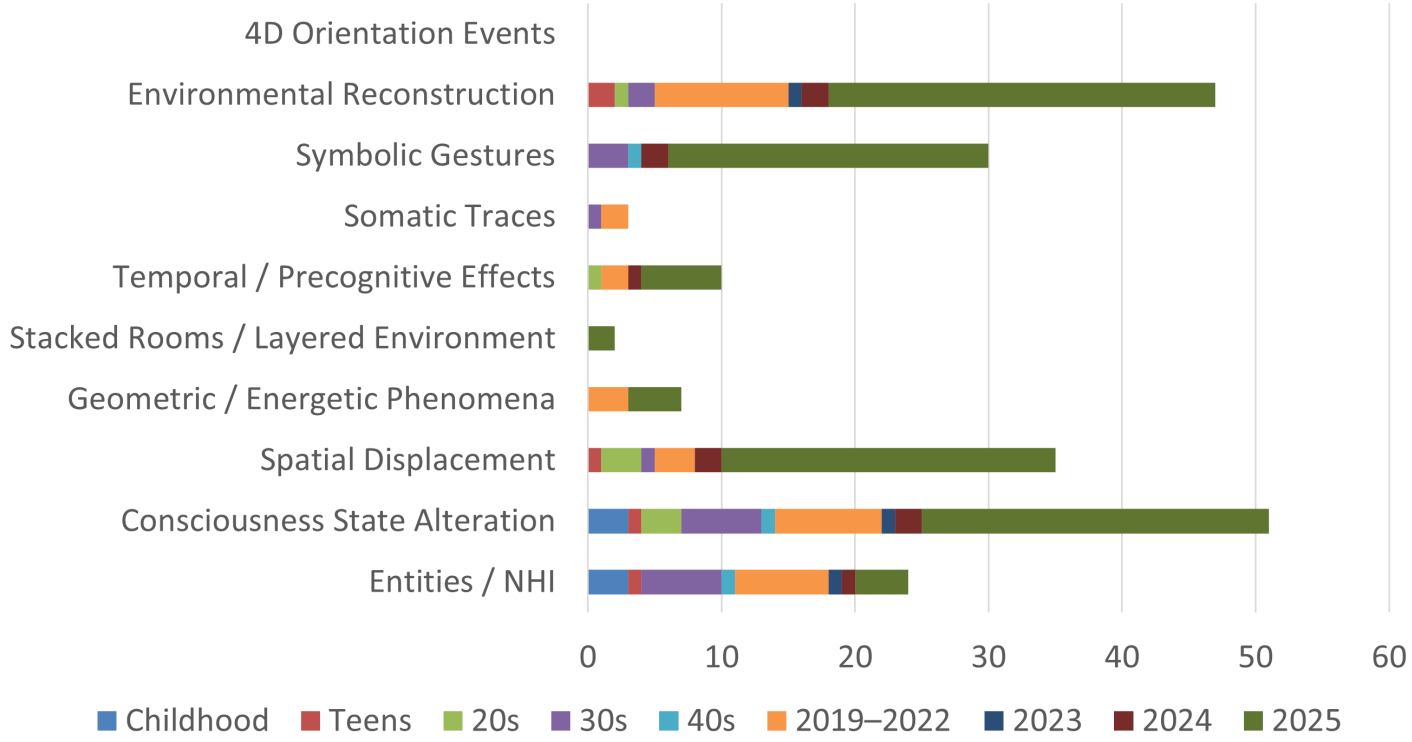

Figure 5b. Graph of category presence by life period for the 63-unit expanded dataset. This figure reveals concentrated clustering of symbolic, geometric, temporal, and displacement features once sub-phases are included.

3.6 Structural Complexity and Sub-Phase Density

Structural complexity was assessed by counting the number of analytically distinct sub-phases identified within each primary encounter. The sub-phase distribution showed a sharply discontinuous pattern across the lifespan, indicating that early and mid-life experiences were singular, continuous events with no internal segmentation.

Sub-phases emerge only in the final cluster of encounters, beginning with Encounter 33. From this point onward, late-life events show increasing internal structure, ranging from one to three sub-phases in most cases. The most complex encounter, 38, contained six analytically separable phases, making it the most internally segmented event in the corpus.

Additional late-stage encounters (39–41) contained two or three sub-phases each, demonstrating sustained structural elaboration within the post-2020 period.

This pattern indicated that structural complexity did not gradually accumulate over time; rather, it appeared suddenly and intensified rapidly in the most recent developmental stage. The absence of sub-phases before Encounter 33 suggested a qualitative shift rather than a linear developmental gradient. Late-life encounters reflected a distinctive mode of experience characterised by segmentation, multi-scene transitions, symbolic operations, and architectural or environmental shifts, consistent with the broader shift toward highly structured phenomenology observed in the category and stage analyses.

4. Discussion

The results revealed a coherent, longitudinally structured progression in anomalous experiences spanning more than five decades, characterised by identifiable developmental stages, stable phenomenological categories, and a marked intensification of structural complexity in recent years. Rather than presenting as isolated or fragmentary episodes, the corpus exhibited a patterned experiential architecture that aligns with established findings across anomalistic psychology, phenomenology, and UAP-adjacent experiential research. The aim of this discussion is not to assert the ontological status of the events, but to interpret the observed patterns considering existing scientific frameworks.

A defining feature of the dataset is developmental progression. Early encounters, restricted to childhood and adolescence, are characterised by liminal awareness states, threshold intrusions, and non-specific entity-like perceptions. Such phenomena are well documented in psychological research on childhood OBEs, liminal cognition, and perceptual intrusions (Blackmore, 1982; Irwin, 1985). The increase in Stage 3 events (4D interference) during early adulthood reflected a shift toward more structured out-of-body states, multi-scene transitions, and conscious navigation of non-ordinary environments, mirroring developmental patterns observed in near-death experiences (Greyson, 2003; Martial *et al.*, 2020), where narrative complexity increases with cognitive maturity.

By mid-adulthood, the encounters stabilised into a recognisable phenomenological grammar, featuring recurrent motifs such as layered spatial environments, symbolic triggers, internal rooms, and guided interaction. These patterns closely resembled the structured, multi-component narratives described in recurrent anomalous-experience literature, including "haunt-type" or environmental interface cases (Houran and Laythe, 2022; O'Keeffe *et al.*, 2025). Their increasing coherence supports the idea that long-term experiencers often develop more elaborate interpretive frameworks, as noted in transpersonal and crisis-transformation models (Grof and Grof, 1989; Moreira-Almeida *et al.*, 2014).

The most dramatic shift occurred in the post-2020 period, which displayed the highest concentration of structurally complex encounters in the entire dataset. Significant increases in categories such as geometry, energetics, symbolic communication, temporal phenomena, stacked environments, and spatial displacement were observed. These were all motifs associated with the emergence of structured 4D phenomenology. This pattern was amplified in the 63-unit analysis, where sub-phase extraction revealed multi-stage sequences involving geometric portals, energetic transitions, environmental reconstruction, and orienting symbolic cues. This multi-phase architecture shows notable parallels with structured luminous and environmental behaviours documented in long-term UAP observational programs, where aerial anomalies exhibit sequential phase transitions, geometric structuring, and patterned energetic emissions (Teodorani, 2004; Hauge, 2007; Opdal, 2016; Watters *et al.*, 2023).

Such formats resemble the "instructional" or "orientation" episodes described in high-structure anomalous encounters (Mack, 1994) and show intriguing parallels with complex behaviours observed in long-term UAP field studies, including patterned luminous structures and multi-stage atmospheric events (Teodorani, 2004; Hauge, 2007; Opdal, 2016). Although no ontological claims can be made, the structural correspondence across domains suggests that recurrent anomalous experiences often adopt representational architectures grounded in geometry, symbolism, and sequential transformation. This interpretation aligns with recent proposals within UAP science arguing that anomalous aerial phenomena often display non-random behavioural organisation and may require integrative explanatory frameworks that combine phenomenology, cognitive science, and physics-informed modelling (Knuth *et al.*, 2025).

A key finding was the temporal clustering of category density. Foundational categories such as entities and altered consciousness states persist throughout the lifespan, but high-dimensional categories, including symbolic, geometric,

temporal, and orientation-based features, appeared almost exclusively after 2020. This suggests that the phenomenon is not static but evolves toward greater structural elaboration over time. Similar escalation in structural complexity has been observed in instrumented UAP field studies, where multi-phase aerial phenomena demonstrate increasing organisation across sequential observation windows (Szydagis *et al.*, 2025). Such progression aligns with research showing that anomalous experiencers frequently transition from spontaneous episodes to more organised and meaningfully integrated experiences across lifespans (Kripal, 2016; Laythe *et al.*, 2021).

The analysis of structural complexity reinforced this interpretation. Early-stage events exhibited minimal internal segmentation, often unfolding as single coherent scenes. By contrast, modern encounters contained four to six distinct sub-phases, each defined by transitions in environment, symbolism, geometry, or cognitive orientation. This multi-segment format parallels narrative structures found in advanced OBEs (Monroe, 1994), complex NDEs (Martial *et al.*, 2020) and layered anomalous experiences in phenomenological and parapsychological research (Cardeña, 2018). These structural parallels extend beyond experiential literature, echoing multi-stage emission profiles and spatial–temporal patterning reported in scientific studies of atmospheric UAP manifestations (Teodorani, 2004; Watters *et al.*, 2023). The progression toward multi-phase architecture suggests increasing stability and coherence within the experiential system rather than fragmentation or randomisation.

Somatic and physiological markers contributed an additional layer of interpretive significance. Recent clinical analyses also note that UAP encounters can be associated with transient neurological and somatic effects, including physiological reactivity and altered perceptual states (Office of the Director of National Intelligence [ODNI] & All-domain Anomaly Resolution Office [AARO], 2024), suggesting that bodily responses may form a meaningful component of high-structure anomalous episodes. Paralysis-like states, energetic sensations, and prolonged residual effects appear primarily alongside structured encounters in mid- and late adulthood. Although such markers overlap with sleep-paralysis and dissociative-state literature (Blackmore and Cox, 2000; McNally and Clancy, 2005), their co-occurrence with complex symbolic and spatial sequences suggested that bodily states are integrated into the broader experiential framework rather than operating in isolation. This pattern is consistent with integrative models in transpersonal psychology, where somatic and narrative elements jointly mediate transformative or non-ordinary experiences (Grof and Grof, 1989).

Overall, the dataset demonstrated remarkable internal coherence: the same phenomenological categories recurred across decades, but their relational complexity increases substantially in later encounters. This supports the hypothesis that the experiencer's anomalous history constitutes a structured developmental continuum, rather than a loose collection of unrelated events. The progression mirrors trajectories documented in several domains, OBEs, NDEs, haunt-type encounters, transpersonal crises, and even structured UAP-adjacent experiences, where long-term experiencers exhibit increasingly patterned, symbolically integrated, and spatially complex narratives over time.

The present taxonomy may also be situated in relation to structural classification frameworks proposed by Fach and Atmanspacher (2017), who developed a phenomenologically grounded typology of anomalous experiences that distinguishes experiential structures according to their apparent domain characteristics and boundary-transgressing qualities. Their work emphasises the importance of carefully differentiating subjective experiential features from those that appear to implicate external physical domains, while recognising that many anomalous reports occupy an intermediate or structurally ambiguous position. The categories derived in the present study were generated inductively rather than from predefined ontological criteria; however, several points of convergence are evident. Categories such as *Altered States of Consciousness* align with intrapsychic experiential classifications, whereas *Environmental Reconstruction* and *Spatial Displacement* frequently describe experiences that phenomenologically extend beyond conventional subject–object boundaries. A key distinction of the present model lies in its explicitly developmental framing, which situates category emergence within a temporal progression rather than treating categories as static classificatory bins.

Taken together, the findings position this corpus within the broader family of patterned anomalous experiences recognised across psychological, phenomenological, and UAP-related research traditions. While the underlying mechanisms remain undetermined, the stability, complexity, and developmental coherence of the encounters suggest that they reflect a sustained interaction between perception, cognition, and non-ordinary experiential architectures. Such systems warrant continued interdisciplinary inquiry,

especially considering emerging frameworks that integrate experiential phenomenology with environmental, cognitive, and anomalous-physics perspectives. This convergence echoes emerging interdisciplinary approaches in UAP science that advocate for synthesising experiencer data with instrument-based environmental observations to reveal deeper organising principles (Knuth *et al.*, 2025; Szydagis *et al.*, 2025).

5. Conclusion

Taken together, the findings indicate that some anomalous encounter histories may be best understood not as isolated perceptual anomalies, nor as random psychological fragments, but as structured developmental trajectories that unfold across extended periods of a person's life. In this case, the emergent ten-category taxonomy, the six-stage developmental model, and the progression from early fear-based paralysis to increasingly coordinated, multi-phase interactions all point toward a coherent experiential system rather than a collection of unrelated events. Whether that system is ultimately interpreted in psychological, psi-related, or field-interaction terms remains an open question; however, the present analysis demonstrates how narrative material can be transformed into a mappable experiential architecture that can be studied alongside, and eventually integrated with, instrumented UAP research.

The study also necessarily carries limitations. The dataset is derived from retrospective first-person accounts, which may incorporate the effects of memory consolidation, narrative reconstruction, or interpretive reframing. As a single-experiencer corpus, the findings cannot be generalised without additional comparative work. Moreover, the absence of physiological, neurocognitive, or environmental sensor data limits inferences about underlying mechanisms.

Replication of the present analytic framework with additional subjects would require several methodological conditions. First, longitudinal narrative corpora must be sufficiently detailed to allow reconstruction of discrete events and internal sub-phases. Second, explicit operational coding criteria, such as those provided in Supplementary Tables SM1–SM4, must be preserved to ensure cross-case comparability. Third, independent or blinded coders could be employed to test inter-rater reliability of category assignments. Developmental stage models could then be compared across individuals to determine which elements remain stable (e.g., persistence of core altered-state categories) and which vary (e.g., degree of geometric or symbolic density, presence or absence of orientation-type events).

Comparative multi-case analysis would also permit evaluation of whether the six-stage model represents a generalisable developmental scaffold or an idiosyncratic configuration specific to this experiencer. It is plausible that different biographies would exhibit compressed, truncated, or expanded developmental sequences depending on life context, interpretive framework, or frequency of encounters. Establishing cross-individual invariants versus variable features represents a central task for future research.

Accordingly, the methodological approach demonstrated here should be understood as a template rather than a closed system. Its principal contribution lies in showing that long-form experiential narratives can be converted into structured, stage-sensitive analytic architectures capable of systematic comparison across cases. Such extension would enable empirical evaluation of whether recurrent anomalous experiences constitute identifiable developmental subtypes within the broader phenomenology of anomalous human experience.

Despite these constraints, the results have meaningful implications for UAP science, anomalistic psychology, and consciousness research. The stability of core phenomenological categories across decades, the emergence of geometric, symbolic, and multi-phase structures in later encounters, and the clear developmental arc toward orientation-type experiences all parallel findings from instrumented UAP field studies and from psychological models of recurrent anomalous experiences. These convergences suggest that anomalous experiences across disciplines may draw upon shared representational or cognitive–perceptual frameworks. Accordingly, the methodological approach demonstrated here provides a viable model for integrating experiencer-based datasets with physical observations, environmental monitoring, and state-of-consciousness research, underscoring the value of structured, longitudinal phenomenological accounts as an essential, and currently underutilised, component of emerging UAP science.

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