

Russian Pop Star Katya Lel Offers Alien Abduction Advice—Based on Personal Experience and Missing Teeth



In a recent and eyebrow-raising interview, Russian pop singer [Katya Lel](#) has stepped forward with advice for anyone who fears being **abducted by extraterrestrials**. And she claims to speak from experience—at just 16 years old, Lel says she was taken by aliens who extracted her teeth in what she describes as a bizarre but world-saving exchange.

“They took me, and they took my teeth,” Lel recounted calmly, asserting that the alien intervention played a role in preventing a nuclear war. Though the details of this cosmic bargain remain vague, Lel insists that her dental sacrifice had global consequences—allegedly for the better.

With public interest in alien encounters on the rise, the singer now wants to reassure others that abductions aren’t

necessarily harmful—provided you know how to set clear boundaries. “They will return you safely,” she says of the extraterrestrials. “They won’t do anything without your consent.” Still, she urges caution: “You need to immediately define the boundaries. And categorically forbid the aliens to take anything from you.” A warning she wishes she had known before losing her teeth.

Beyond her personal story, Lel’s message takes on a spiritual tone. She calls on humanity to “wake up, awaken, and work on yourself, raising your level of consciousness.” According to her, it is only by doing so that people can begin to grasp “what is in this Universe and what is not.”

In an era where UFO sightings and whistleblower accounts dominate headlines, Katya Lel’s testimony blends mysticism, pop celebrity, and intergalactic diplomacy. Her bottom line? Aliens might be real, and they might be benevolent—but just in case, don’t forget your dental coverage.

Alien - 10 mai 2025 - Rael2012 - CC BY 2.5