



# Lunatic Devine Ghost Hunting

## We believe you

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## ABOUT US

Lunatic Devine Ghost hunting is a agency that is non profit. We work on donations. We are a group of people that have came together to do what we love to do. We have had years of experience on paranormal world. We all have our own qualifications that make us who we are. We work well together and are family. We are here to help those that need us. We are here to help those that have unexplained noises or things going on. We will come in and help debunk it or find proof that there is something going on.

## Our services



Ghost hunting: we come and find answers as to what is going on. We use equipment to document what is going on and find evidence on what is going on. We also help the client figure out what to do if they are being haunted.



Blessing a house: We have three team members that are ordained. We can come out and bless a house and help try to stop the activity that is

going on. We use sage and holy water in our blessing of homes.



Paranormal unknown: We come out and find out what is going on. We do investigate unknown creatures as well. We will come out and try to document evidence that is found and find the unknown creature that is around the area.

## A Few Terms To Get You Started

- ▣ **Paranormal** – Beyond the range of normal experience or scientific explanation
- ▣ **Supernatural** – departing from what is usual or normal, especially so as to appear to transcend the laws of nature
- ▣ **Preternatural** – existing outside of nature; exceeding what is natural or regular; inexplicable by ordinary means
- ▣ **Ghost Hunt** - going to a place where there have been no sightings of ghosts and trying to catch some on film (video and photos), sounds, eyewitness, etc. (graveyards are the number one place to start, churches, schools and older buildings too)
- ▣ **Ghost Investigation** - going to a known haunted place and recording data (video, photos, audio, temperatures), notes, interviews and other evidence to prove/disprove the haunting *and* to assist the owners and the spirits in moving on and leaving the place if they want that. The assistance can be either you directly assisting the owner with the situation or putting them in contact with experienced groups or individuals that will try to resolve the situation. Your assistance can be something as simple as educating them on what is going on and their options.
- ▣ **Ghost** - *a disembodied soul; especially : the soul of a dead person believed to be an inhabitant of the unseen world or to appear to the living in bodily likeness*

- ▣ *Spirit - a supernatural being or essence; an often malevolent being that is bodiless but can become visible; a malevolent being that enters and possesses a human being*
  
- ▣ *Entity - A real being, whether in thought or in fact; being; essence; existence*

## Ghost hunting paranormal terms

**APPARITIONS:** The supernatural appearance of a deceased person or animal. It is often too distant to be in the normal range of a person's view and is uncommon to see an appearance. A full bodied apparition shows the entire body of an animal or person. A partial bodied apparition are shown more often but only show part of a body such as; torso or arms. They often appear as white (or various shades of white/gray) or solid black. Usually apparitions can appear to hover in the air. It is rare that apparitions show their legs or feet.

**AUTOMATIC WRITING:** The ability to write intelligible messages without conscious control of what is being written. Often used in conjunction with trying to channel a spirit or entity into yourself. This can be a very dangerous method! As with all channeling methods (Ouija boards, crystals, etc.) you are opening a door way and have no control over who or what may come through, and no way to be sure to make it leave and "close the door".

**COLD SPOT:** A small, defined area of intense cold (at least 10 degrees colder than the surrounding area) that can not readily be explained by other natural or mechanical causes (e.g. air conditioning, a drafty window, ice or snow). In paranormal research the prevailing theory is that when an entity is trying to manifest itself it draws on many sources of energy. One of those sources is the heat energy in the air. As the entity draws the heat out of the air the area in that specific immediate location becomes unusually cold.

**CLAIRAUDIENCE:** The ability to hear things not audible within normal hearing ranges. This is an example of Extra sensory perception. (ESP) It includes the audible perception of ghosts, spirits, and those who are on the astral realm. Clairaudience is essentially the ability of hearing the paranormal as opposed to seeing it.

**DEBUNK (DEBUNKING EVIDENCE or PARANORMAL ACTIVITY):**Reported paranormal evidence or paranormal activity is said to be "debunked" when a simple, logical and non-paranormal explanation can account for the reported event(s). Even if the activity is genuinely paranormal, if a simple and reasonable explanation can also be applied, because of this ambiguity a prudent paranormal investigator has to side with the debunking explanation until further evidence of paranormal activity can be obtained. Care has to be used since it is easy to be skeptical of any report or evidence.

Usually if the non-paranormal explanation is complex or requires many assumptions it may be over analyzing the situation.

**DEMON:** According to the Catholic faith demons are angels that were cast out of Heaven by G-d during the rebellion against G-d lead by Lucifer. There are several levels or hierarchies of demons, each with different powers. Other faiths may have different concepts of what demons are.

**DEMONIC HAUNTING:** A haunting by a nonhuman entity. Can be very dramatic, even violent. Demonic hauntings often start out with subtle and relatively simple paranormal activity, then quickly increase to stronger activity. Most often effects people or families that are already under great personal stress from conditions such as alcohol or drug use, psychological or emotional problems, family or marital problems, etc. It is believed the nonhuman entity takes advantage of people in such weaken psychological and emotional condition. Persons who believe they and/or their families are the subject of a demonic haunting should immediately seek both professional paranormal assistance and counseling help. [Click Here](#) to read more about demonic hauntings.

**DEMONOLOGIST:** A person who actively pursues demons and other nonhuman entities both for study and to help people rid them from their lives. Usually demonologists are very religious people as they believe strongly that only faith has the power to combat a demon. They are also usually schooled and or experienced in the field of psychology and mental health. **IMPORTANT:** Active pursuit of demons and demonology is not something to be tried for fun or kicks. Serious injury - both physical and mental - can occur!

**DOWSING (aka DIVINING):** The ability to use a pair of rods (often metal) held in the hands to locate objects, most commonly water. A Y-shaped tree branch can also be used fro finding water. In the paranormal investigation field Dowsing Rods are sometimes used to locate energy sources that could be paranormal in nature.

**ECHOLALIA:** A professional clinical word that means to repeat back what you hear. As applied to the paranormal field it means when a ghost or spirit repeats back something you have just said in order to show they are there and are trying to communicate with you. The words repeated back could be EVP questions or just casual conversation. It is not clear why an entity might repeat back your words rather than respond on their own. Perhaps it is easier/simply for an entity to repeat what it has heard rather than form new words.



**ECTOPLASM:** The substance left behind when an entity tries to manifest itself. Although still largely theoretical (none has yet been collected for chemical analysis) it has been photographed on many occasions. Ectoplasm often appears in photographs as a thick white mist or smoke in nearly straight lines. Vapor and humidity is often mistaken for ectoplasm. It is rarely seen with the naked eye. It can, however, be felt as a dense area of cobweb-like strands.

**EMF - Electro Magnetic Field:** In its natural form it is the natural electric field (sometimes thought of as an aurora) that is generated by all living things and many inanimate objects such as metals and certain minerals. EMF is also generated by man-made electric sources such as lights, radios and wires. In paranormal investigations the theory is that entities are largely composed of energy which may be electrically based. By trying to detect EMF it may be possible to locate an otherwise unseen entity. The stronger the EMF detected the potential greater the paranormal phenomena. See our article on EMF Theory.

**EMPATHS - EMPATHIC ABILITIES:** Some people are sensitive to the typically stronger feelings a paranormal entity gives off. They may also be able to see people and events that have occurred years in the past at a given location. While feelings are hard to confirm or deny, when recorded along with other paranormal evidence that can be documented, empathic ability can be a helpful investigation tool.

**ENTITY:** A generic all-encompassing term used to describe a paranormal object/being that is presumed to be a ghost or spirit. Since no one is yet 100% sure what paranormal objects really are the term "entity" is used as a pronoun to include any and all possible things such as ghosts, spirits, poltergeists, non-human spirits etc.

**EVP - Electronic Voice Phenomena:** The hearing of unexplainable voices during the playback of a recording made on an electronic recording device. The voices can not be readily identified as persons speaking or events (mechanical sounds, background noise etc) that took place while the record was being performed. Can be encountered on both tape and digital recorders. Sometimes also found on video recorders (not film however). See our articles on EVP theory and classification.

**FEAR CAGE:** A term used to describe a confined area such as a walk in closet, hallway or basement with very high EMF readings. The combination of being close and confined within an area of strong EMF often brings out

extremely great feelings of uneasiness, anxiety, paranoia and/or uncontrollable fear. When this occurs the best thing is to quickly and calmly leave the area and go to a more open area with lower EMF.

**GHOST:** A spirit or shade of a dead person believed to haunt people or previous habitats/locations. The spirit remains of a living being, strongly attached to the living realm by some form of emotional force. Often ghosts do not realize that they are in fact dead. Others live out the routine of the day they died, and continue this in a cycle. Other ghosts interact with everyday life of the living.

**HALF REAL OBJECTIVE:** When you perceive nothing subjectively but obtain objective documentation.

**HALF REAL SUBJECTIVE:** When you subjectively perceive something that was not documented via objective means.

**IMPRINT (IMPRINTING):** It is theorized that events and strong feelings/emotions can leave a copy or record of themselves on places (tunnels, rooms, fields etc) and objects (furniture, buildings, personal affects etc). Most notably this occurs when a sudden and violent death occurs such as a powerful accident, a murder or other crime, a war or battle area etc. The energy that is left can result in a non-intelligent haunting, usually a residual haunting. In these cases people often report seeing and hearing the same thing over and over like a tape playing, rewinding and playing again. Sometimes the event seems to be recorded on the specific location rather than a building, room or object. There have been cases reported where an imprint haunting has occurred in a building, the building is later totally demolished and a new one built (or the area just left vacant) but the haunting still continues. In the situation of imprinting on an object the haunting can follow the object through several owners. This is often reported with items purchased at a yard sale or flea market.

**IR (INFRARED):** Infrared light is light from the lower end (long wave length/low frequency) of the electromagnetic spectrum (between the visible light spectrum and microwaves). IR light is not visible to the naked human eye without the use of special equipment. IR is not to be confused with thermal imaging. While IR and thermal energy are both on the short end of the electromagnetic spectrum they are not the same thing. There is evidence that ghosts/spirits and other paranormal entities may be more susceptible to being viewed (including video and image photography) using the IR light spectrum.

IR sensors are also often used for measuring temperature and detecting movement.

**KINETIC ENERGY:** Energy needed to force an object at rest into motion. Objects in motion have kinetic energy. Energy is neither created nor destroyed. As the kinetic energy diminishes it changes into potential energy.

**LEY LINES (aka LEY):** The theoretical lines that can be drawn to connect ancient (and some modern) sites across a country, even around the world. The term "Ley Line" ("Ley" being a Saxon word meaning meadow or cleared strip of ground) was first coined by Alfred Watkins in the early 1920's. He noticed that many ancient and prehistoric structures (e.g. mounds, stone circles, temples, river crossings, ceremonial hilltops, etc.) could be connected by straight lines. Often these lines exactly fit compass directions, and sometimes at certain times of the year match up with star alignments. He also noticed that many of these lines intersect and where they intersect are significant other structures such as churches, temples, and burial grounds. Some people believe Ley Lines also follow the natural magnetic forces of the Earth and therefore are very powerful for spiritual and mystic activity. Ley lines are also known as corpse ways, church paths, church lines, and coffin lines.

**"LIGHTS OUT" INVESTIGATION:** A paranormal investigation, usually conducted indoors and at night, where all the light sources and other electronic devices in the building have been turned off. The equipment used for paranormal investigations is typically more sensitive at night and in the dark. Having lights off reduces the possibility of false or misleading evidence caused by reflections and glares.

**LIVING GHOST:** The manifestation of a ghost or entity, usually a living close family member or friend, that appears a long distance (sometimes hundreds or even thousands of miles away!). This event usually coincides when the other person (the one manifesting) is facing an immediate great stress or life-threatening danger. Examples include a aircraft pilot or crew flying through a storm, a soldier on the battle field, an automobile driver or passenger during a severe accident, etc. Some believe this is related to astral projection and out-of-the-body experiences. This phenomena is related to the moment of mortality manifestation.

**LOST TIME:** With paranormal ghost/spirit activity it is possible that a small concentrated area of high paranormal activity may briefly alter the physical environment such that time slows down or stops altogether. For example, a person in such an effected area may be in the area for 20 minutes as measured

by a clock outside the area. But the person's watch only shows them in the area for 15 minutes. What happened to the 5 minutes difference? This phenomena is similar to what sometimes in reported UFO cases.

**MANIFEST or MANIFESTATION:** The act of an entity trying to make it self appear in our world. Entities are believed to exist mainly as energy with no physical form. When an entity is trying to make itself appear or make it's presence known in our world it is said to be manifesting itself; trying to make itself into some form of physical state.

**MIST:** An energy field that looks like a cloud or haze but has a paranormal ectoplasm substance. There may or may not be any particular shape, color (typically white or light colored), thickness, or consistency.

**MOMENT OF MORTALITY:** A ghostly manifestation that occurs when someone is at the exact moment of their death. A ghost, spirit or other apparition appears to a close friend or family member. Can happen over great distances (hundreds, even thousands, of miles away). This phenomena is similar to the living ghost and Death Bed Visions phenomena.

**NECROMANCY (NECROMANCE):** The attempt to conjure, summon or raise the dead in order to learn secrets and insights from the spirits. Usually intended to gain personal advantage or fortune over others. The person who is trying to perform the necromancy process is called a ***Necromancer***. This deals heavily into the unsavory realm of magic, spells, and dark/forbidden witchcraft rituals. Can also be attempted with Tarot cards and Ouija boards. Regardless of the process used, necromancy is highly dangerous from the point of view that you are opening a doorway and have no idea what thing may come through and into your life!

**NIGHT SHOT:** A setting common on hand held video cameras. Originally it was a term used to describe the night vision (total darkness) recording capability of the Sony Handicam series of camcorders. This term has since become synonymous with meaning any night vision/total darkness video camera or recording device regardless of the manufacturer. The night shot feature uses a built-in IR (infra red) illumination source. An external IR illuminator can often be attached for additional viewing range. [Click Here](#) to read our discussion of using alternate light spectrums for paranormal investigations.

**NONHUMAN or INHUMAN SPIRIT:** An entity (ghost or spirit) that is not the result of a human person that once lived on Earth. This category also

includes angels, demons, devils etc. It is not known exactly where these kinds of entities come from but it is reasonably well accepted by the paranormal community these spirits are not from people who had lived on Earth and have since died. Encounters with non-human spirits is rare and usually dramatic. Extra care should always be used if dealing with a potential inhuman spirit!

**ORB:** Orbs appear to be a form of energy of an unknown origin. An orb can take different shapes. They can also be seen by the naked eye, but most of the time you only get orb sightings in photographs, and on video tape (VHS). They seem to defy gravity and change directions quickly. They seem to also twinkle. The presence of people make them react. They appear both indoors and outdoors. False orbs tend to be transparent and pale white, or blue. Real genuine orbs tend to appear dense or brighter on film. To increase the probability of you getting a photograph of a genuine orb, it is good to take the photograph at the same time as other unusual phenomenon are experienced, such as sharp changes in temperature, and increases in electromagnetic energy. In a genuine orb there is a nucleus. It has concentric circles or bands within. It can be active in visible realm, but more active in infrared. They appear abundantly in supposed haunted locations. Drops of rain, specks of dust, insects, reflections, as well as many other things can be mistaken for orbs.

**PARANORMAL:** Events above the normal or everyday experiences. Events that can not be readily explained by known conventional reasons and/or commonly accepted science. Not to be confused with Supernatural that implies a deity explanation.

**POLTERGEIST:** Term is German for "noisy ghost". It can be dependent on a certain individual or group of individuals. They usual make the biggest impact on physical objects. They tend to be temporary. In some instances a poltergeist can appear as the psychic extension of a person, usually most common in adolescent females. Tend to be mischievous and like to play pranks. More recently developed theories move away from ghost activity to the realm of spontaneous and unconscious (unintended) telekinesis.

**RESIDUAL HAUNTING:** Non conscious and unintelligent (no thought or purposely actions), usually appear as person but can sometimes be a group of people, and animal or any non living thing. An example is the famous "Flying Dutchman" legend. There are no interactions with observers. They stay in same location replaying the same event over and over usually on some rhythmic cycle or pattern (though what the pattern is can be hard to determine). Sometimes causing electrical environment interference to occur.

Often compared to a video recording that automatically plays itself over and over.

**SHADOWS:** (Shadow Beings, Shadow Entities) Shadows refer to the possible paranormal apparition which appears as a dark human-form manifestation. We say "possible" paranormal apparition since the true nature of this type of paranormal event is still unknown and the subject of much research. [Click Here](#) for more information about shadows.

**STREAK:** An unusual line of light, often comet-like, that appears on photographs taken in potential paranormal activity areas. Happens with both 35mm film and digital cameras. Occasionally seen on video cameras and DVR units as well. Can often be the result of a shaky camera especially when using a digital camera.

**SUPERNATURAL:** Events or happenings generally attributed to the will of a deity. Usually includes the concept of angels, demons/devils, and other G-d-like creatures.

**TELEKINESIS:** (Telekinetic power) The ability to manipulate physical objects using the body's static electrical charges. Chi is the Asian term for telekinesis. Psychic extension of the person transported through the electrical field surrounding the individual. More commonly known as a persons' ability to move object with just their mind and thoughts.

**TOUCHED:** The act of experiencing physical contact from a ghost, spirit or other paranormal entity. Can be as simple as a tug in your shirt or pressure on a part of your body to scratches, burns or being pushed/shoved. However, serious physical injury is *very* rare.

**ULTRAVIOLET (UV):** Ultraviolet light is light from the upper end (long wave length/low frequency) of the electromagnetic spectrum. As with Infrared light, UV light is normally not visible to the naked human eye without the use of special viewing or photography equipment. Some paranormal investigators have experimented with using UV light to take video of ghosts and other paranormal entities. The results have been indeterminate. Other paranormal investigators have claimed UV light is an effective barrier to block demonic entities. [Click here](#) to read our article about using alternate light spectrums for paranormal investigations.

**VORTEX - Vortices, Vortexes:** A concentrated yet brief area of high electromagnetic energy often found in photographs taken at paranormally

active locations. They often appear as solid (opaque) white or silver tubes, rods, or elongated ovals. They can also appear to be braided like a rope or chain (care has to be taken to ensure it is not a rope, chain, camera strap etc). A vortex is not an entity. However, some paranormal researchers believe a vortex is a momentary doorway or portal to another realm that allows entities and other paranormal phenomena to come into our world. Some researchers also believe vortices are linked to the Earth's own electromagnetic field which at least in part help determine when these portals open/close. It is also believed that some locations are more prone to having active vortices due to the alignment of the Earth's magnetic field and local geological structure.

**WARP:** Two possible meanings:

- Areas where conventional laws of physics can break down, linear time may not always apply. They can be locations infested with entities, imprints, and barrage of other paranormal activities. They may be unpredictable areas that can twist perceptions beyond the understanding of logic.
- Areas of paranormal activity so intense that time itself changes. Time may speed up, slow down (Lost Time) or briefly stop altogether. The area affected is very small and of short duration.

**WHITE NOISE:** White noise is the random non-descript static sound produced by various electronic devices. The sound covers and combines all wavelengths and frequencies. In this way it is like the color white which is really a combination of all colors. Hence the name white noise – the combination of all sounds. Examples of common white noise sources are the radio or television static when set to an empty channel, the hum of an electric fan motor and the babbling sound of a fast moving stream or brook. [Click here](#) for our article that discusses using white noise for paranormal investigations.

## Types of ghosts

### Apparition

The supernatural appearance of a discarnate, immaterial, bodiless, ethereal figure otherwise known as a ghost or spirit (the soul or essence) of a person left after the earthly, physical form has ceased.

### Details About Apparitions

Apparitions may be either a ghost or spirit, meaning the disembodied person may be earthbound (trapped due to negativity - a ghost) or enlightened (a free spirit).

Apparitions are considered by ghost investigators to be the least common, rarely seen, of all ghost forms. Some ghost hunters believe apparitions, specifically a see-through human form, to only be the creation of Hollywood cinema. However, given the amount of credible apparition sightings that exist, theatre and movie apparitions were most likely derived from real life accounts. Interesting to note, accounts of animal apparitions have also been reported.

When an apparition is sighted, it may be conscious and interactive or it may be non-reactive and appear almost like an animation of a person reliving an event - sometimes, over and over. It is commonly believed that this type of ghost is left over as an energy imprint upon the environment with the cause being unknown.

When viewed, an apparition may be full-bodied, half-bodied (lower or upper torso, typically), a limb or head. Some apparitions are reported to be transparent while some are reportedly solid in appearance. This type of ghost has been seen fading in and out, appearing and disappearing before witnesses.

Some of the best eye-witness testimonies that validate the existence of apparitions (and ghosts) are when multiple accounts of the same ghost are seen, and the descriptions match one another. It is worthy to note that if an apparition appears before multiple people and only one person can see it, it is likely that such a manifestation could be mentally-produced as an illusion or “imaginative vision.”

Shadow ghosts have been seen by more people, than probably any other ghostly form that one can imagine. But what are shadow ghosts?

## Myths and Misinformation Concerning Shadowed Beings

Superstitions surround shadow ghost sightings as people tend to believe they are always 'evil.' Because shadow ghosts are dark in color or even black, western society immediately associates them with being negative in nature, as we were taught that the man dressed in 'white' is the good guy (think old westerns here) and the guy wearing 'black,' therefore, must be the bad guy. From this incorrect assumption, people think that shadow ghosts are always bad (e.g. demons or devils), something other worldly (e.g. an extraterrestrial or time traveller), or someone floating about while out-of-body during sleep or while astral traveling.

While some theories about shadow beings are not unworthy concepts toward an explanation, they do not account for the fact that most shadow ghosts seem to be attached to a location, are repeatedly witnessed by more than one person and can even make their presence known during the day (while most people are *not* sleeping). From the evidence, can we deduce what shadow ghosts just might be? We believe so as the evidence is overwhelming.

## Different Names for Shadow Ghosts

Depending who you talk to, shadow ghosts are called different names to describe the same specters. They are also known as shadow people, dark shadows, shadow beings, shades, dark entities, phantoms,



black mists, or black ectoplasms. Some even call them djinn (genies), as their descriptions seem similar to the spirits found in Islam and ancient arabic theology. See [Islam Ghosts](#).

One thing is for certain: Shadow ghosts do have some similarities that we can discuss that may point to what, or better yet, *who* they are.

## Shadow Ghost Behavior

Shadow ghosts seem to love darkness more than light as they often use dimness as cover to hide within. They may appear to us as 'sneaky,' often observing from the shadows or seen peeking out or running into dark cover.

Shadow ghosts are typically darker than normal shadows and light does not usually shine through their black static form. Sometimes they are seen in human shape but can also be observed as a black mist or cloud that is moving, without a recognizable form.

Shadow ghosts are usually perceived to be male, yet they have been observed as female and even as children; thus, their heights vary from quite short to very tall. They have also been seen wearing clothing, hats (especially top hats or fedoras), or even as hooded. We receive reports of a shadow ghost wearing a hood - but this perception can be a misidentification. Sometimes the 'hooded ghost' ends up being the long dark hair of a female ghost, the covering surrounding or shrouding her face.

If seen, shadow ghost eyes may be reported as dark or red, while the faces of them have been seen as either formless or even pallid.

Shadow entities may not easily be recognized as human when they are moving. This may account for many of the 'black clouds' reported by observers. They seem not to have boundaries as shadowed forms have been observed disappearing through walls or interacting on sites of ruins, as if the buildings were still there.

The most common place to see a shadow ghost is within a home or building, it would seem, but they have been viewed outdoors and within forests. The most important thing we can glean from this is that shadow ghosts prefer the cover of darkness - shadow - as it provides a place to hide. But, why do many shadow ghosts hide?

## Shadow Ghosts: Unlocking the Mystery

After studying shadow ghosts for years, we believe that most shadow ghosts are truly, ghosts: people who have died and upon their passing did not transition forward and away from the earth plane but remained behind, interacting with the those here. Instead of moving unto "the light," they found themselves still trapped here due to what could be a variety of reasons. Maybe shadow ghosts do not understand they died, or have unfinished business here to do. Perhaps, shadow ghosts are just people who are afraid of eternal punishment, as they were falsely taught this by someone when alive.

Shadow ghosts could also be people who are suffering from earthly addictions and need to fulfill their lusts; or people who feel helpless and hopeless; or people who are searching for family or friends; or even people who are trapped in trauma that occurred to them and are still living in the year and day that their bodies died. The reasons could be many when one considers what causes [earthbound spirits](#) to stay here among people in physical bodies, so we must consider shadow ghosts as people who are in some form of trauma and need assistance in moving on and continuing their life journey.



Just because shadow ghosts are dark or black, does not make them negative; even if they are in some state of trauma. Ghosts can be loving, playful, looking for help, and yes mean-spirited, just like people who have bodies! The demeanor of shadow ghosts will vary just like the personalities of people on earth differ. So, it is important to view ghosts as people who are lacking understanding of their own condition. The ghosts around us could just be family members or friends who have had difficulty in life and are still with us looking for answers. Ghosts that interact with us are simply spirits needing help to get back on track within the spirit world.

If shadow ghosts prefer darkness rather than light, then it is most likely due to the darkness or fear within them that they are choosing to conceal. Why would someone do that? Why would a person decide to remain hidden in the shadows and hide from the living? If we think about hiding, we do it so we cannot be found. Being found means that we must be revealed, and if a shadow ghost...or person is hiding fears, self-condemnation, guilt, shame, or whatever within, then it is hard to expose one's self to light - to the truth. We fear judgment, ridicule and emotional trauma; and by doing so, put ourselves within our own prison that our mind is powerful enough to create. We create walls to hide behind, and effectively judge ourselves more harshly than another could ever do to us.



How can we recognize shadow ghosts, people who are around us who need our help? Well, we must first learn to be observant. Many times when people have a feeling of being watched, they could be in the presence of another person hiding in the shadows who is observing them. Shadow ghosts react to and with people. They have been observed playing with each other and with children, often as "imaginary friends." Often, shadow ghosts are seen in low-light conditions and out of the corner of the eye. Our peripheral vision does not focus, and therefore is excellent in detecting movement and may actually be improved in lower light environments. So to see a shadow ghost, we must be in a place where one or more are present; we must be patient; and it is best to be looking toward a place of low light, such as a doorway or window. If a shadow ghost moves past the slightly lighter area, it will easily be detected during movement. When we take photographs, look for shadows that are not cast properly and seem out of place, often appearing very dark, black, cloud-like or even as partial human shapes. Lastly, if we "sense" fear while looking for a shadow ghost,

it may not be our own fear; perhaps we are sensing the fear of the person hiding in the shadows, so be tuned into the environment.

## SHADOW PEOPLE

### Who Are Shadow People?

Shadow people are dark, human shapes typically seen moving at night and the most common form of ghosts that people witness. Shadow people often flee in the presence of people in physical bodies, especially if they realize they have been detected, and are often viewed out of the corner of one's eye (peripheral vision).

Shadow people are also known as dark shadows or shadow ghosts and probably are the most misunderstood of ghost entities. Shadow is an indication of spiritual condition: it is the absence of light (light in spirituality denotes truth - and darkness would indicate a lack of knowing or fear). In other words, shadow people are disembodied humans who are lost, having not gone forward in life's journey by refusing to go toward the light that will carry them fully unto the next realm after death of the physical body. Missing this transition, ghosts remain here with those of us on Earth in a temporary state of limbo, so to speak.



Shadow ghosts are not devils, demons or aliens, as some want to theorize, but people; and how they look to us is most likely due to two factors:

- their inner condition (state of the soul)
- how we are able to perceive them in the visible spectrum
  - Because we fear darkness, many of us have come to believe that shadow people have ill intentions and thus are evil. However, most shadow people *are not* negative in nature, and are simply lost and in need of guidance to understand their condition. Shadow people have been recorded in video as both adults and children, male and female, but often as people reliving their former lives, being trapped by the mind and remaining as earthbound spirits.
  - Differing shadow forms have been witnessed of shadow people: big, small, with and without hats, hooded, and even as black mists of vapor (ectoplasm). Often times, shadow people have been seen beside people's beds (Shadow People Ghost Story), most likely attempting to get a message to a loved one, or possibly as a plea for help. Shadow people are most often seen during the evening, preferring to hide under the cover of darkness. Perhaps this is why.



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- many shadow people have been observed peeking around corners. If a person has decided to remain as an earthbound disincarnate having not gone unto the light upon their passing from the physical world, then it makes sense that they would continue to try and remain aloof by hiding in the shadows - darkness.
- Shadow people are not bound by walls or physical obstacles, as they may choose to move through them. Strangely, some shadow people seem to believe they have to go around physical objects and, perhaps, have not discovered that they can pass through things.
- The make-up of shadow people appears to be a dense, light-impenetrable, black static, mass of spirit. Flashlights reportedly will not shine through shadow people, and reports have been given of the shadow person becoming extremely frightened by the flashlight, or possibly, finding out that they were visible to those of us who are fortunate enough to see them. You can read more about this with the [Moundsville Shadow Man](#) account.
- Interestingly, some shadow people have been described as having red eyes. In some cases of haunting, it was found that evil-appearing shadow ghosts purposely altered their appearance to look non-human in order to frighten people. When the ghosts were confronted, horns and red-eyes did not remain after the ghosts knew they were no longer feared and being communicated with - *this was especially true* when conversations with the ghosts led to a spirit rescue. Also of note, shadow ghosts of animals have also been reported
- Shadow people appear to be in a state of suffering, sometimes intense, fearing retribution or confrontation with others who they have wronged in life, or the idea of being condemned to an everlasting hell as punishment for past sins. (It would seem some church doctrines have created people who wish to hide in the shadows, believing they have an uncertain future that could include intense suffering.) Other shadow people hang around due to attachments to people, places and things, perhaps not realizing that their body has died.
- In cases of spirit rescue, it has been reported that many a ghost, upon understanding there is a better life awaiting, has willingly moved on unto the light to be with loved ones who were trying to reach them all along. It seems that sometimes shadow people just need our help in moving on beyond the physical world (their past). We feel it wise to note that some shadow people do have ill-intent, however, and willingly have chosen to remain earthbound - even unto attaching to (or, perhaps, possessing) another person. They are usually very adept at making their presence know, manipulating the environment and even altering their appearance. These mean-spirited, negative people still can be helped and do not fully understand that if they choose to move on unto the light, it will mean a healthier and happier existence for them.

- The personalities of shadow people, as mentioned previously, can vary from nice to nasty; not any different from people you will meet that are still in bodies! When a person passes, their mental and physical condition will not change until they move into the light with loved ones, as a life-review or cleansing process occurs. After the life-review, the spirits become “clean,” as mis-thinking is purged and truth and understanding is gained. Shadow people are therefore “unclean” spirits, and retain their emotional and physical baggage, so to speak. This will manifest as a distinct personality, mentality, ailment, pain, appearance, etc - and even odor, at times! Shadow people simply seem trapped in their former state and do not appear to advance in age, intellect, or in any aspect of their condition until they choose to turn to loved ones who are with them, who are attempting to bring them forward unto the light and life.

## TYPES OF SHADOW PEOPLE

### Are There Different Types of Shadow People? Are Shadow Ghosts Different Beings?

Shadow people are likely the most common description given for ghosts by people. Theories abound about the different types of shadow people. Some believe they can be classified into different types of beings, such as aliens, demons, disembodied people, animals, and even unknown monsters. While it would seem there are different types of shadow people, perhaps the descriptions differ for several reasons.

Through ghost investigation of shadow people, our findings concluded that shadows of different types are either human or animal in nature. The shadowed form seemed to also differ due to size of the person or animal. Incomplete forms, such as hands or feet missing, were likely more the result of an incomplete manifestation or movement.



If the shadow person is negative, traumatic, or ill-willed, the form often is seen as a heavier, darker mass. Ill-willed specters appeared more diabolical, controlling, and adept at altering appearances to seem more ominous. Manipulating others through fear, they often cause people to feel dread, sparking great fear in those whom they wish to attack. Still, most shadow people are not ill-willed or pose a threat. Often, they are deceased loved ones who either want to observe, watch over us, or even seek our help so they can resolve past issues. (*Illustration by Timitzer, his impression of a shadow person.*)

When shadow ghosts become visible to the human eye, it would seem that one of the first forms that may be noticed is a mist. This would explain why some shadow ghosts appear in a fog-like manner or why the end of limbs might be incomplete. As the entity comes further into view, the black mass will begin to take on the shape of a person or animal form. Still, details of the shadow have not yet emerged, so eyes might not be seen, etc. If the manifestation continues, the shadow person will sometimes become visible as a see-through apparition. A seasoned ghost investigator and friend of mine recently witnessed a complete apparition appear before her eyes. The shadow person slowly became transparent and colored in form. Soon, she knew she was looking at a man who had formerly

worked at a coal mine where she now resides. Her account is highly credible and fantastic confirmation of the stages of how ghosts might fully become visible to us.

It seems like a mistake for us to classify shadow people into 'types.' However, we cannot rule out the possibility that other entities might look like shadow people. There could be other plausible explanations for shadows that look like people, such as astral travelers of the earthly realm (people who purposely practice having out of body experiences in order to become a temporary disembodied human spirit), psychically-created, thought-form ghosts known as tulpas, or if at times we appear to others elsewhere while asleep. We could be in two places at once. How can we know for sure?

### Types of Shadow People?

For the sake of this article about types of shadow people, I think it best to share common descriptions of shadowed entities. We'll assume that most of them are indeed ghosts. Maybe, just their appearances differ.

### Human-Shaped Shadow People

This type of shadow person is self-explanatory and the most common seen by witnesses. The only differences in description might be due to how well the ghost has become visible coupled with the mental condition of the disembodied person. Shadow ghosts have been described as sometimes missing



facial features, details of clothing, hair, or outer extremities, such as hands, feet, etc. The shadowed mass can be transparent but has also been described as dark “black static.” Shadow people are often thought to be male in appearance, although children and women have been described in accounts. Shadow people move quickly, are able to disappear into walls, through doors, etc. Many people claim to be able to see shadow people easier through peripheral vision, especially when the shadow is moving, often causing witnesses to feel like they are being watched. Many times, shadow people are just afraid as those who see them. It is common for them to run and hide. There are some ill-willed specters who attack while in shadow form, sometimes while people are in bed. See: [Incubus Succubus](#).



### Black Mists, Dark Ectoplasm, Moving Shadows

This is one of the most common of shadow people sightings. Many times, the shadow person may not keep their shape when moving fast or be seen as a dark mist before becoming fully visible. They are intelligent and tend to frighten people who cannot readily identify them as a human form.



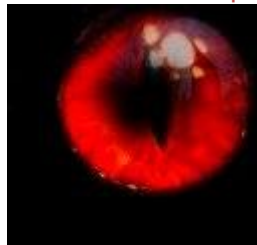
### Animal-Shaped Shadow Ghosts

Sometimes, animals are seen as apparitions or in shadowed form. It is more common to see smaller animals as lower to the ground, moving shadows. Eye-witness accounts of shadow animals are less common than sightings of shadow people.

### Other Types of Shadow People

It is not uncommon for people to see a shadow ghost peeking from around a corner. Shadow people typically prefer the cover of darkness. This is likely because they can remain more covert, blending in with shadows. The ghosts of children are smaller and often tend to be more playful. Both adult and child will sometimes peer around corners or from behind objects to see if the coast is clear to move about.

Shadow ghosts have also been seen wearing hats. It is not uncommon for people who are disembodied



to still mentally project their image wearing clothing. Apparitions of people attest to this fact, as sightings of see-through ghosts are often described wearing clothes or period dress from their era. Many believe the “hat man” type of ghost to be something other-worldly, but their traits seem to be human.

Other strange anomalies associated with shadow ghosts tend to be disturbing to people. Red eyes, or horns, for example, make this type of shadow ghost seem demonic in appearance. Our investigations and experiments with such entities revealed them to be ghosts very capable of altering appearances in order to deceive and frighten victims. Just like there are people who frighten us here in the physical world, there are ghosts of people who choose to exhibit the same behavior after their body has expire.

# WHAT IS ECTOPLASM?



Ectoplasm was coined from the Greek words *ektos* and *plasma*, which together means "outside formed." Ectoplasm is used to describe spiritual energy with substance. Charles Richet created the word *ectoplasm* to first describe physical manifestations that appeared from psychic mediums during the late 1800's while in trances. Ectoplasm was purportedly secreted from the medium's orifices, such as the ears, nose or mouth. However, ectoplasm of this type was more of a hoax during the rise of spiritualism and fraudulent mediumship.

Today, ectoplasm has come to represent physical manifestations of mists believed to be ghosts. At



first, being something more of legend and lore, the idea of ectoplasm was still popular, and eventually was used in plays, movies and books. But ectoplasm had a real rise in cultural popularity after the comedic movie *Ghost Busters* described green slime emitted by ghosts as "ectoplasmic residue." Most everyone who has ever seen the film can remember people getting "slimed" by the ghosts.





In modern times, ectoplasm in ghost investigations may still be described as "any unknown physical substance," such as a slime, attributed to a haunting; but, mostly, photographic and video evidence of mists and vapors captured during ghost investigations are being labeled ectoplasm. When a mist is present that cannot be attributed to moisture, fog, smoke, cigarette smoke, steam, or breathe in cold air, the vaporous cloud can usually be assumed to be a physical manifestation of spirit.

Ectoplasm can be called "ghost mists," "ghost fog," or "ghost vapors" by paranormal investigators. Ectoplasm has been described as the "precursor" to the formation of an apparition; the mist, sometimes, being witnessed first. Then, the ectoplasmic formation may take on a human shape with details, including body features, color, clothing, etc.

## MEDIUMS & ECTOPLASM

### What Was Ectoplasm That Exuded From Mediums?



In 1894, Charles Richet coined the strange word "ectoplasm" to describe a gooey substance that eerily oozed from psychic mediums while in trance.

The word *ectoplasm* was formed from the Greek words *ektos* and *plasma*. Combined, the words mean "outside formed."

Ectoplasm in the late 1800's and early 1900's was believed to be a physical manifestation of ghosts from the spirit world. Typically solid, ectoplasm is the stuff of legends. Mediums claimed ectoplasm would be secreted from various orifices, such as the ears, nose, mouth, and even sexual organs in order to manifest body parts, or at times full-bodied figures of the deceased. It was a weird time.

Ectoplasm was originally described as smelling like ozone, being milky in color, mostly solid, warm, thick, occasionally slimy, yet sometimes vaporous. Various shapes and sizes of the emanations were reported in the times of these fantastical mediums. Appearing during the popularity of Spiritualism,

French scientist Richet believed he had witnessed a third arm materialize from medium Eusapia Palladino, this following earlier accounts of ectoplasm-type vapors associated with other prominent mediums of the day. And so, the legend of ectoplasm began.

Mediums claimed that to manifest ectoplasm, they needed the cover of darkness, as the substance was light sensitive and would thus disappear quickly, which could pose a threat to the medium. Skeptics were quick to point out that darkness was used as a cover to mask the fraudulent charades, created in order to dupe people out of monies. Much of the ectoplasm looked more like gauze, chiffon, or cheese cloth that had been regurgitated, or disgustingly pulled from another body cavity by the medium. Skeptic Harry Houdini knew the ectoplasm was part of the parlor tricks mediums used during his time when he stated, "Nothing has crossed my path to make me think that the Great Almighty will allow emanations from the human body of such horrible, revolting, vicious shapes, which like 'genie from the bronze bottle' ring bells, move handkerchiefs, wobble tables and do other flapdoodle stunts."

By the 1920's and 1930's, skeptics pressed the mediums even more heavily, as they investigated their claims fervently. Some mediums were asked to perform in tights, so their lower body cavities couldn't be used to conceal ectoplasm props. Famed Ghost Investigator Harry Price even constructed a seance garment that enclosed the medium, allowing only her head to remain out of it. The fine scrutiny by experts eventually spelled the end of the ectoplasm hoaxes. Yet, today medium David Thompson is one of a few who claim to exude ectoplasm during trances under low-light conditions.

## WHAT ARE ORBS?



Orbs have awed people since being witnessed, usually at night, in the natural environment. Orbs are transparent, balls of light commonly found in photos but can also be seen with the naked eye if light-emitting plasma. These "light balls" appear in a variety of different shapes, sizes and colors. They have been captured outdoors, indoors, in churches, schools, businesses, homes, construction sites, burial grounds and more. Videos of orbs are quite common, showing light anomalies moving across the frame. They appear as circular lights, either floating or moving, and sometimes, traveling at a high rate of speed.

### Are Orbs Ghosts?

Orbs still fascinate when found in photographs taken at purported haunted places, being especially intriguing to the novice ghost hunter. But, are true orbs actually ghosts?

Orbs are also known as "ghost orbs" or "spirit orbs" and are often thought to be the souls of people. Most orb images, however, are caused by the camera flash, or light of some sort, reflecting off of something such as glass, mirrors, metal, walls, dust, pollen, lint, moisture, snow, hair, or even insects. The rise in the "orb phenomenon" became especially prominent with the increased use of digital cameras. Digital cameras capture a higher amount of dust orbs in photos than do older, film cameras that typically have a protruding lens or flash unit that is further away. With pocket, digital cameras, the placement of the flash near the camera lens allows dust and other particulate to be more easily illuminated. Consequently, some orbs in photos are easily proven to be dust, especially when spokes radiating from the center are apparent, being the source of the light reflection. For more on this subject, be sure and read, [Get Rid of Dust Orbs](#).



### Spirit Orbs and Plasma Orbs

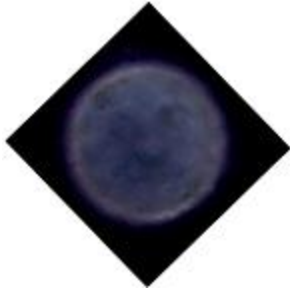
Some orbs are definitely energy, and energy is spirit. However, no one knows what this energy is, for sure. Plasma balls of light, or ghost lights (orbs), have been proven to be electrically charged. Some of them are a naturally occurring phenomenon created through static discharge. True (plasma) orbs will normally have a more solid center, without any spokes radiating from the center, and emit their own light. Whether or not plasma-type orbs are only unintelligent, electrical discharges remains to be discovered and better understood. It's possible that some plasma orbs are intelligent spirit energy that manifests similarly.



Good indications of real orbs are those that have been photographed without the camera's flash or those that are seen with the naked eye and self-illuminated. Eye-witness accounts of moving balls of light at night on the Gettysburg battlefield have been reported, for example. Video recordings of these lights did not require any artificial light source. We must also consider that some orbs have been video taped floating with purpose, intelligently moving around objects, etc. Whether moving fast, moving slow or standing still, orbs are spiritually intriguing. Orbs have been known to, sometimes, "hang around" people. This would tend to cause some to believe that orbs might be angels, spirit guides or deceased relatives.

Not surprising, orbs have been seen with psychics and mediums while they work. Sometimes, the orbs are said to be within or emanating from their auras. It is also claimed that any spiritual ritual, such as prayer, worship or healing services can bring forth spirit orbs in photos. Accordingly, some have asked if orbs could be an indication of the presence of enlightened spirits or if orbs could be halos?

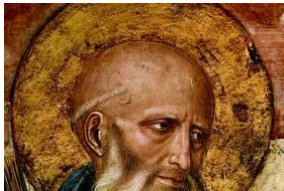
Orbs have been reported above fields with crop circles, at funerals, births, death scenes, religious services and around every facet of every day life. Interestingly enough, orbs have been followed and even played with by animals, such as cats and dogs. Cats seem to be particularly adept at seeing orbs, and some people claim that animal friends who visit from the other side are occasionally seen as orbs.



### What's Inside an Orb?

It is very intriguing that people are finding faces inside of orbs. At first, one might think this to be silly, but some of the orbs we have received with facial features are astounding. Orbs have been captured with both human faces and animal faces in them, as well. If that wasn't mind blowing enough, people have also shared photos with multiple faces, even crowds of people within the orbs that were photographed. And what's even more amazing are the orbs we have seen that contain buildings within them! This has led some to believe that orbs may be some sort of time warp. With orbs being explored even deeper, we're sure to see some other amazing things.

## ARE ORBS & HALOS RELATED?



Recently, we received an article from George D. Stewart ([GeorgeDStewart.com](http://GeorgeDStewart.com)) that correlated modern day orbs captured in photographs with halos formerly depicted in artwork for hundreds of years. What a great concept and one which we believe could have merit and should, at least, be considered. Think about this: What if the old, European Masters who painted spheres or globes of light behind the heads of Christian saints actually based this idea off of sightings of plasma balls of light - orbs? Did they try and correlate orbs with something of spiritual significance?

The following is an excerpt from George's article along with the entire writing, complete with photos, downloadable, in PDF format.

**Saints: Past & Present** by *George D. Stewart*

### *Introduction*

In antiquity, there existed a people considered holy. These were the saints - people who were virtuous and upright. They were easily identified both in the scriptures and in art, by the crown of light called the halo. Often referred to as the "nimbus" in art, the halo was a gift from God and considered a symbol of the individual's righteousness.

What was not understood until recently was that the halo was actually a spirit. These spirits, assuming their natural spherical shape, were often depicted in art as disks, rings and sometimes more accurately defined as a cloud or mist about the head. These were the Holy Spirits.

In modern times, the saints and their spirits continue to be the subject of the photographic artist. With the advent of digital imaging and the internet, photographs of the saints abound. What were once paintings of the saints and their halos has been replaced by images of assumed ordinary people and their orbs.

# WHAT IS A GHOST LIGHT?

Ghost lights, also known as *spook lights*, *earth lights* and *will-o'-the-wisps*, are luminous balls of light seen moving about in nature. Primarily seen outdoors, sightings of ghost lights have been reported all over our world (United States, Mexico, Norway, Australia, for example) and are likely caused, many cases, by natural, explainable occurrences. Ghost lights are not the typical orbs people photograph with cameras. When photographed, they are usually sighted at a greater distance from the viewer because of being outside.



We might also mention that the ghost light phenomenon should not be confused with the "ghost light" of stage legend (in theater, a *ghost light* is a stage light purposely left on for ghosts to perform their plays after the theater is empty). Due to being rare and difficult to track down to their source, ghost lights remain mysterious and problematic to explain. They have only recently been scientifically recognized as existing - in the late 1970s to be more exact.

A ghost light can be witnessed in various colors, shapes and sizes and are almost always seen at night. Often, many a ghost light is described as being orange in hue. Some locations seem to be able to produce ghost light phenomenon more than others, and this has allowed for their study in recent decades. It has also pointed investigators to look toward what makes such environments unique and able to produce the. Legends exist around the globe that ghost lights are the spirits of the departed, while others describe them as UFOs due to their ability to move. Ghost lights, by the way, have been reported moving at various speeds, from barely moving to being extremely quick.



Although there are many theories surrounding ghost lights, it is likely there are several explanations. Some ghost lights, such as Will-o'-the-wisps seen over bogs, act more like fireballs which are likely phosphene or methane gas emissions visible at night. Other types of ghost lights, especially those that are luminous, are electrical discharges visible as glowing balls of plasma.

Joshua P. Warren of LEMUR was able to reproduce the effect of ghost lights within a laboratory after investigating the Brown Mountain Lights. He found that electrical charges were created during rainstorms, as the water ran down quartz and magnetite stone that formed the mountain. The electrical charges build up and then release as visible clouds of free electrons...ghost lights! Also see: [Ball Lightning & Ghosts](#).

Another explanation for a major portion of ghost light sightings could be refracted light made visible by temperature inversions. This idea was also demonstrated in a lab by Professor Jack Pettigrew of the

University of Queensland in 2003. He proved that some ghost lights are simply a mirage, a trick of light and temperature.

## BALL LIGHTNING & GHOSTS



### Are Ghosts & Ball Lightning Related?

There are different types of ghostly luminaries, namely orbs and ghost lights, that we've explored in the past; but we've not yet looked at a phenomenon known as "ball lightning." Knowing that scientific experiments have proven that luminous balls of plasma are definitely something that exist within nature, there are still debates as to whether or not such lights are paranormal or simply a normal and natural occurrence. It is no different for ball lightning.

Ball lightning is witnessed less frequently than other types of ghost lights, and is not yet understood though laboratory experiments have been able to reproduce similar-looking lightning balls. Reports of these mysterious light anomalies have been reported for hundreds of years or more. Ball lightning is typically, but not always, attributed to thunderstorms and can remain visible for seconds. The size of these balls of lightning can vary: They have been reported as small as a pea, sometimes, and other times larger than 6 feet in diameter! Ball lightning can hiss, spin around, and bounce off objects.

### Ball Lightning Sightings & Dangers

What makes ball lightning different from your typical ghost light sighting are the reports of people being injured, burned, or even killed, sometimes, when encountering them. Buildings have been purportedly destroyed by these balls of lightning if they explode. Those who have witnessed these explosions have told of a sharp "report" combined with a mild to powerful electrical shock to their body. Ball lightning may move any direction, up or down, sideways, around objects or straight through them. This has caused some to believe they may have some sort of intelligence, at times. They may also disappear as quickly as they appeared, gradually dissipating like a ghost, popping or exploding violently.

### Ball Lightning - Ghost Lightning?

The question remains if ball lightning is something associated with our environment or attributed to the paranormal, ghosts and haunting. Over the years, we have received three ghost pictures that have what we have dubbed "ghost lightning" in them. Are these anomalies, ghosts? Are they ball lightning? You decide...

## EARTHBOUND SPIRITS

### What Are Earthbound Spirits?



Earthbound spirits are disembodied people who have remained attached to the physical realm, having not moved on beyond it, after their physical bodies have expired. Simply stated, *earthbound spirits are ghosts*. Some paranormal enthusiasts wish for a ghost to hang around them or their residence without knowing what they are asking for - a ghost is a lost soul, no matter how pleasant the ghost may be. When the body dies, the spirit of the person should move on and away from the earth plane by entering into the white light, where loved ones and a feeling of peace, love, and joy are experienced. This is also a healthy, cleansing process for the spirit, and the ones greeting the recently departed bring comfort, aiding the newly disincarnate to adjust to the spirit world. Let's call it a "reset" or "spiritual vacation" of sorts.

After the initial dying experience, a life-review ensues and life-issues are worked through, bringing closure which further acts as a cleansing process. Spirits choosing to remain earthbound are found void of this cleansing and closure process, and thus, remain with those of us on earth in an unclean state, experiencing little peace, love, or joy. With hell truly being found here on earth, disembodied spirits co-exist and can unhealthily interact with those physically embodied.



A clean spirit may visit loved ones from time to time for various reasons and may become a spirit guide, or messenger (think angels). Clean spirits proceed from the light and are of it. In contrast, disembodied spirits (ghosts) are in darkness, meaning they are lost. Darkness does not necessarily mean a ghost will have ill-intent, it simply means the condition of the disembodied spirit is unhealthy. Those who pursue ghosts need to understand that disembodied spirits are still hurting people, though unseen.

If a person does not proceed into the light after death of the physical body, that person will remain earthbound. The condition of the person before passing will be the remaining condition of the disembodied spirit. Emotional traumas, as well as physical pains and afflictions are still felt, even though the spirit is no longer within a body. If the ghost was addicted to drugs, sex, or alcohol for example, then those same addictions also remain. In fact, these addictions and traumas will drive the disembodied spirit into trying to find relief, even though relief will not be found in the physical realm. As the ghost looks backward to the past by remaining earthbound, the prison is complete, as the future becomes lost and not seen as the way out - the light and loved ones (trying to rescue the ghost) become invisible to the disincarnate. Be sure and read about Spirit Rescue. To learn more about how we can help earthbound spirits, effectively ending haunting by reuniting ghosts with loved ones, buy the book: *Helping Ghosts: A Guide to Understanding Lost Spirits*.

Some disembodied spirits remain earthbound simply to watch over loved ones, possessions or in an attempt to get a final message across to the physically living. Some of the ghosts believe they are actually helping their loved ones, by bringing guidance and strength and seem oblivious to the unintentional harm they may be causing them. In all cases, there is never a good reason for a spirit to remain earthbound, as remaining in darkness is suffering for both those in and out of bodies, no matter how good the intent of the ghost. In comparison, spirits who have moved on unto the light can return and visit those in the earthly realm. They do not negatively affect those who are in physical bodies as ghosts often do, but bring hope, love and encouragement.

Disembodied spirits, however, may actually worsen their condition, either by accident or purposeful, ill-intent, by becoming a possessing spirit. In cases of spirit possession, the darkness is not only experienced by the lost spirit, but by those in physical bodies who have unknowingly become hosts of the disembodied-now embodied spirit.

## REAL LIFE GHOSTS

### Searching for Real Ghosts in Lieu of Hollywood Depictions

Recently, I attended a public ghost investigation of an old theater. Before people could explore the old, historical building with meters, cameras and audio recorders, I gave a talk about ghosts, haunting and how they communicate with us. I wanted to stress to the audience that we need to have compassion for ghosts. After all, they are human spirits that are lost. If we believe this, then why would we treat ghosts any different than we would treat another human being? It seems real life ghosts have gotten mixed-up in a ghost craze.

One would have to be blind not to see an increased interest around the world concerning ghosts and ghost investigation. Television shows about ghosts have created numerous paranormal investigators and groups. Most are searching for proof that ghosts exist. Some are seeking to help families undergoing a haunting. Many do not know what they are doing but enjoy toying with the unknown. In the midst of this great quest for a “ghost experience,” media companies have create a misunderstanding of real life ghosts. To those who promote fear, ghosts are taught as an enigma to be afraid of but not beyond being toyed with as a hobby. We learn that ghosts are simply bogey-men who hide in abandoned castles or deplorable sites. The Hollywood misrepresentation of the human soul has become quite a big business!

### Would the Real Life Ghosts Stand Up, Please?

The word “ghost” means a disembodied human or animal spirit to most people. The essence of the soul somehow remains behind after the death of the body. Unwavering believers in real life ghosts have either felt a presence, witnessed manipulation of the physical environment, received a ghostly call via the telephone, recorded an EVP, or possibly caught a glimpse of the spirit of a friend or loved one! These are real life experiences that happen to people especially while grieving. Sometimes during the loss of a loved one, we will come in contact with the departed in some way: a very good reason to consider having compassion toward these real life ghosts. Could you imagine being rude to your grandma?

Getting back to my night at the old theater, I asked everyone to reconvene after investigating for two hours to see what happened. People talked openly about their personal experiences that occurred there, and I shared some of the recordings I made that night in the building. People were shocked, I think, to hear the voices of real life ghosts asking for my help. I was especially bothered by one specific request for my assistance:



*“Help, Louis.”*

I think those who were there that night and heard it also were a bit taken back by it. As one man told me,

*“...what you shared with us I felt was equally powerful and was a lesson for me and my wife... You've changed our approach to ghost hunting from 'make the monkey dance and light up the K2 (meter)' to something completely different.”*

People were able to hear and see firsthand about real ghosts.

After I played the recorded messages from ghosts for the audience, it wasn't long before some of the people were wanting me to help the lost spirits. They wanted the compassion they felt turned into action. I was grateful to see this happen. After all, this is the same reason why I began working on how we can help ghosts. I had felt the same way. We quickly formed a spirit circle in front of the audience and worked to create the light and communicate, asking the ghosts to move forward into the light to reunite with loved ones. When each ghost crossed over to loved ones, many of us could feel the energy change in the theater. One, two, then three ghosts moved forward to continue their life journey. A few moments later, another ghost, who was attached to a lady in the audience, also chose to go forward while I spoke with him.

#### **Real Life Ghost Example: Dixies Shadow Ghost**

Some of the people in the very front of the theater felt the atmosphere turn from heat to a cooler, more normal temperature after the ghosts crossed. These experiences left me feeling brand new inside as the spirits left the place in peace. This is something you can feel tangibly by the way. Many there that night were touched, inspired and eager to view paranormal investigation in a new light. They now knew that empathy for ghosts was something that was important and should be foremost in any ghost investigation. Afterward, many asked me questions about what they had witnessed that night. These were real life ghosts and how we can assist them in real life; this was not a television-inspired "chase and capture evidence-only" night.



#### **Understanding True Ghosts**

Just like the people in the theater that night, you may be wondering how I came to this understanding about ghosts. I can only tell you that I had what I call a “spiritual awakening” back in 1996. My life changed from that point on and would never be the same. I thought, at the time, that I had been visited by God himself; a presence that felt like liquid love stayed with me for about a week. Through this surprising experience, I was awakened to an inner voice. Communications from this benevolent spirit presence were coming to me. Messages were being communicated with me deep inside, and I “heard them as a “knowing.” Eventually I realized that enlightened people were speaking to me from the other side of the veil. As I listened to their voice, they gently worked to undo my inner fears created through my former religious experiences. Eventually, these enlightened spirits would share with me about the real life condition of the true ghosts we encounter.

After some time and experimenting, I came to the conclusion that ghosts have largely been misunderstood. These lost spirits have been portrayed as something odd we should fear. I wrote the book, [Helping Ghosts: A Guide to Understanding Lost Spirits](#), in order to challenge our societal beliefs about ghosts and haunting. When we overcome our fears about death and the afterlife, we must have compassion for these real life ghosts, choosing to see them in a new way. Ghosts are people who are not separate from us. Ghosts are temporarily lost spirits who often ask for our guidance, our assistance.

*Helping Ghosts* shares how I communicate with ghosts in order to help them. This is something I want readers to realize they can do, too. The book details my years devoted to study, conducting field experiments, and working to solve ghost investigation cases. I reveal my insights and techniques used to help suffering, disembodied people move on in their life-journey. It is my hope that readers will gain a new understanding of real life people in spirit while possibly learning something more about themselves in the process. I found that as long as we choose to believe that our loved ones are deceased and somehow separate from us, then we are missing a higher wisdom about our own connection with everyone and everything in the universe. This is real life.

In the cases of haunting we worked on, I found it best to have compassion for ghosts. Communication is the best way to help lost spirits move forward to continue their life journey. When we realize that ghosts could be our own loved ones begging for our help (or even us, should we find ourselves lost some day), then having compassion for unseen spirits becomes much easier. By choosing to communicate with ghosts in order to assist them, we are helping an often forgotten portion of humanity; even greater, we are healing a part of ourselves. These are the real life ghosts I have met. - *Louis Charles*

## GHOSTS OF GRIEF

### **Do Ghosts Appear to Us During times of Grief?**

After reading the book, [Helping Ghosts](#), a grief counselor, Kim, contacted me to share her thoughts about it. I decided to ask her some questions about grief and ghosts. Her response was both surprising to me and refreshing, especially with her grief counseling experience.

*“It's not uncommon for the bereaved to experience feelings or have experiences after their loved one passes that makes them wonder if it was a 'visitation' or are they simply 'going crazy' because of grief symptoms,” said Kim. “People will report hearing their loved one or sensing their loved one's presence after their death.”*



When people suffer from grief caused by the loss of a family member or friend, it is quite common for ghosts of loved ones to be seen, felt, or even heard. Science would label such experiences as "grief hallucinations," but are they always figments of our imagination? Are ghosts and spirits of our loved ones visiting us? Through her many counseling sessions, I could tell Kim had formulated thoughts about this, too.

*“Although this is a very common symptom of the grief process, Kim said, 'Helping Ghosts' may explain and/or add another dimension to the explanation of these experiences.”*

Our dead certainly stay with us, for we would all agree they remain in our hearts and minds. Although rarely discussed, this phenomenon of ghosts being experienced during times of grief is quite common. It is considered to be a normal reaction during bereavement, something personal and often kept as a secret. Some might fear that sharing such an experience could result in people labeling them as "nuts."

Grief researchers, such as Agneta Grimby of the University of Goteborg, note that over 80 percent of the elderly who have lost their partner do experience feeling their presence with them in some form or fashion. The presence may become so real that grieving people who experience ghosts of loved ones will often answer back to them.

Disagreeing in part with scientists who label all these experiences as illusions, I would offer that communication with spirits of our loved ones is both healing for the person grieving and the ghost of the person who is likely concerned about family and friends who are still suffering pain from their recent, earthly departure.

Kim agrees with me, expressing that, *"Helping Ghosts' may also encourage people in their conversations with their loved ones to help direct them in their afterlife as well as add peace for both the departed and bereaved."*

Certainly, some ghost sightings are hallucinations. I cannot disagree with that, but other sightings, in my opinion, are true spirit visitations from the other side of the grave. Because ghosts are the spirits of people, it only makes sense that they, too, must be concerned for those who are grieving over their death. I am of the opinion that grieving people can unknowingly keep loved ones in spirit from moving forward in their life journey. Some ghosts remain behind out of concern, not willing to leave until they know their family member or friend has healed from the loss. Then, the ghost may feel free to move on.



Most ghost sightings witnessed during times of grief are positive, comforting experiences. The phenomenon can be found across cultural lines, indicating it is not something isolated to a particular faith. This should be a red flag to researchers that perhaps visits from ghosts are something real. Of course, such experiences might be interpreted differently, dependent upon one's cultural beliefs. No matter which side of the fence you might find yourself on regarding ghost sightings during periods of grief, it should be

noted that the experience itself must play an important role in human lives. It is something that is evidently needed in order to help us heal.

My work in attempting to understand why ghosts remain here with the living has taught me that our fears can grab hold of us, shackling us to the past and in a perpetual place of emotional suffering. If we can learn anything from this, then let it be that we need to work through life's issues and choose not to carry unnecessary emotional baggage around with us. Otherwise, we unwittingly choose to suffer until we decide to view things differently.

*“Most importantly, Helping Ghosts really brings home the point of why it is so important to work through and resolve issues in this life versus bringing them into the next,”* says grief counselor Kim. - *Louis Charles*

[Real Life Ghosts](#)[Hypnagogia](#), [Incubus & Succubus Ghosts](#)

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## SPIRIT POSSESSION: GHOST OR DEMON?



### Defining Demon and Spirit Possession as Ghost Possession

Tinseltown has embellished the religious notion, through use of movies, that demons can possess the human body.

Hollywood films along with ghost hunting TV shows have led some paranormal investigators to believe they can exorcise demons from homes and people. Some ghost hunters will even call upon a self-proclaimed 'demonologist' to battle evil, unseen forces should they be encountered by the team.

Haunted people do exist. But just because odd behavior from an individual is witnessed, or a nasty

supernatural attack is truly experienced, does not mean that a non-human entity is at work behind it.

(For a complete understanding of Satan and demons, read: [The Devil: Collective Unconsciousness](#))

Even if a hateful spirit is behind the paranormal activity, the use of superstitious or religious rites (fear-based exorcisms) *may* only temporarily halt the negative behavior. This is because haunting and, for purpose of this article, spirit possession, is often misunderstood, mislabeled and misdiagnosed.

When frightening, paranormal activity occurs, especially if it results in change of normal human behavior, people tend to jump to conclusions, fearing the worst. They believe that spirit possession is *demonic* in nature, meaning a non-human entity is residing within the person exhibiting odd behavior. Sometimes, this can lead to a religious leader attempting to dispel the possessing spirit with Holy Water, Bible verses and name-calling (e.g. *Get out, you foul, evil devil!*), reenacting a scene straight out of the movie, *The Exorcist*.



## Demons Versus Ghosts: Mis-identification

Demons are not other-worldly beings. They begin as unconscious thoughts and thinking patterns, strongholds, within the human mind. (Learn more by reading [What Are Demons?](#))

We have noticed that what some are calling "demons" are the same as what other people are calling "shadow ghosts" (dark shadows that move).

Shadow ghosts are earthbound people who have not progressed beyond this Earth, having chosen to remain behind with humanity. Ghosts are held captive, here, by their mind.

If a ghost does not undergo a cleansing review of their life and reunite with loved ones who await in spirit (light), then he or she will continue to carry around emotional baggage earned from the time spent on Earth while in body. The darkness these ghosts have as a countenance, meaning their thick, 'black static' appearance, does not necessarily mean the spirit is a rotten egg with ill intentions. Darkness (as mentioned in the Bible, not to sound religious) is indicative of a lack of understanding, ignorance, being lost, and of course, negativity.

A frightening countenance does not make disembodied people menacing, inhuman beings who work for The Devil. We can find many a scary looking person in our world who are truly nice, good-hearted souls. In other words, appearances can be deceiving. Don't judge a book by its cover.

## Ghosts: Dark Spirits Who "Attach" or "Possess"



Some "dark" spirits can be very negative and troublesome, however, but so can people who live in our world and have bodies. One need only read the local news for a recount of daily troubles. From the accounts we have uncovered, we tend to think that some ghosts (people in spirit) have learned that they can co-inhabit another person's body or at least influence their behavior in some fashion. This is commonly referred to as "spirit possession" but would be better termed "ghost possession."

If it makes you feel better, some investigators of the paranormal call this phenomenon "attachment" or "negative energy." No matter what one might label this freakish thing, it is not possession by one of Satan's minions as some might have you to believe.

Everything appears to be ever connected. We might consider haunting as invisible influences or disruptions in our lives from unseen people who are with us.

When you attended school as a child, you were likely immersed into an environment with lots of classmates and some teachers. Each one of these people had the ability to impact your life, your perspective, in some way. Each day brought different experiences and lessons. The idea of spirit influence in our personal lives is similar, except we just can't see our spirit teachers or fellow students.

## Why or How Does Ghost Possession Happen?

Ghosts are said to possess people for many reasons. Attachment or possession can occur...

- by accident
- to assist the one whom they have possessed
- to continue experiencing physical life
- to experience former physical addictions (See [hypnagogia and incubus, succubus ghosts.](#))
- due to strong attachment to earthly possessions or loved ones
- from trauma - not even understanding they have died (because they are, in fact, still alive)
- to menace or harm another person for revenge or just "the fun of it."

## Wandering Spirits?

*"...we must consider that the bindings between people and ghosts might be strong, and that the exorcised ghosts may come back and possess these people again. The patient must work at not letting the ghost back in. Emotional bindings between people and ghosts are like rubber bands that draw the ghost back into the patient's body. Those emotional currents must be removed by the patient. That's why, in some cases, the patient also requires my psychotherapy.*

*Hell exists only in their minds -- there is no such place in the non-material world - but the mind makes it true for them. That kind of psychotherapy takes some time, and is rarely easy, as some ghosts are completely unaware of their situation -- especially when they died under tragic or traumatic circumstances.*

*During my thirty years practice, I've not encountered such entities. Instead, I've discovered that the attributes describing demons or the devil derive from ghosts in the human body." - Wanda Pratnicka , author of *Possessed by Ghosts: Exorcisms in the 21 Century**

Wanda's experiences parallel what the Bible claims Jesus taught about demons (unclean spirits) leaving a person's body and, possibly, returning at a later time:

*"When an unclean spirit is gone out of a man, he walks through dry places, seeking rest, and finds none. Then he says, I will return into my house from whence I came out; and when he comes back, he finds it empty, swept, and garnished. Then he goes, and takes with himself seven other spirits more bad natured than himself, and they enter in and dwell there: and the last [state] of that man is worse than the first..." - Matthew 12:43-45*



## Helping Unclean Spirits

What does this mean? Ghosts are people in spirit - unclean spirits who need assistance to move past the temporary prison that their mind has produced. This type of assistance would be similar to what a psychologist might do to help a person through traditional means: counseling. We read in 1 Peter 3:19 that Jesus "preached to the spirits in prison."

Had these 'people in spirit' (unclean spirits) had been condemned to an eternal hell, Jesus would not have inclined to help them. We, too, should help unclean spirits by letting them know they should:

- not be afraid to move on with their lives - for better things await them
- understand that their bodies have died, though they are still alive in the present time
- not fear eternal punishment (in hell), for it does not exist
- reunite with loved ones who await them by turning toward the light to experiencing freedom, true peace, joy, and most importantly, love

Loved ones, enlightened spirits, await these lost people, attempt to reach them, and at times, may need our help assisting the ghost. Similar in idea, in the movie, *The Matrix*, people were able to remain behind and oversee others who went into a virtual world. These observers aided and guided them back out of the conceptual world back to the present reality.

Helping Ghosts is a book about moving the ghost, who is a person, into the present moment, while leaving behind troubles from the past. Maybe it takes assistance from both planes to help some of the departed make it home to the afterworld.

## Curing Ghost or "Spirit Possession"

Working with spirit possession- ghost attachment - is not our expertise, but there are others who do specialize in this field of work.

Dr. Edith Fiore, a noted psychologist and author of the book, *The Unquiet Dead*, has worked with patients for twenty years whom she at first thought had multiple personalities or even past lives. She soon discovered there were more than one person or spirit inhabiting the body of some of her patients.

Edith learned to explain to the possessing spirit that he or she needed to leave the patient's body and that loved ones were awaiting with the promise of joy and peace. The ghost possessing the body of another would learn through her counseling that their life journey could continue if they headed unto the light with family or friends.

Like Wanda Pratnicka, Dr. Fiore never encountered a demon in twenty years of work and is a highly regarded author and authority on ghost possession.



## Jesus, the Bible and Possession

Perhaps two accounts of Jesus in the Bible give us important keys to understanding the spirit world.

1. "Jesus stated to Nathanael, "You shall see angels ascending and descending upon the son of man."
2. We are told that James, Peter and John witnessed Jesus speaking with Moses and Elijah from the other side.

Perhaps, Jesus was showing us that the angels ascending and descending represented two-way communication between spirit and the physical worlds taking place and that the pulling back of the veil (so to speak) revealed Moses and Elijah or disembodied spirits in the light (spirit world) speak to us.

We wonder if half of Jesus' real mission was to free earth-bound spirits and assist them in moving on with their lives. Maybe the advice he gave was not only for us who are alive and in-body but also for those who have passed but need assistance.

These ideas seem to align nicely with certain sects of Judaism who understand spirit attachment, often aiding the attached ghosts move on through a ritual of exorcism that helps both the ghost as well as the person who is suffering the attachment (See [How to Get Rid of Ghosts](#) and [Judiasm & Ghosts](#)).

Think about Jesus in the Bible casting out unclean spirits and imagine what happened, if true. We read that witnesses saw the physical manifestations of the real ministry Jesus was doing in the unseen realm.

We cannot help but wonder if he was freeing the unseen captives in spirit while freeing people bound by them in the physical world. We read that he demonstrated power when he spoke with the possessing spirits, directing them to leave the person who was possessed. Upon removal of the ghost (or ghosts)



that was co-inhabiting another's body, the rightful owner of the body would be instantly transformed - freed from whatever physical and mental abnormalities were present prior to the exorcism. This agrees with what Dr. Edith Fiore also found to be true.

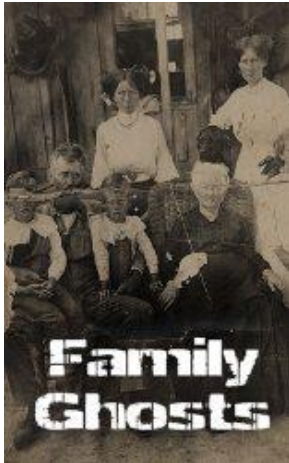
We believe our understanding of possession has to come into the light of this truth. People want to continue to chase 'demons' because they are unable to wrap their minds around the idea of ghosts possessing or, at least, attaching to human beings.

Religion can create greater damage when it chooses to promote fear and falsehoods to people. Paranormal investigators (so-called 'demonologists') and religious leaders who get caught up in battling demons or ghosts for fun and fame should cease. Promoting fear causes people to suffer. Learn how to truly help people who are bound on both sides of the grave.

## FAMILY GHOSTS

*Do you have a family member who still hangs around after their departure? If so, you're not alone...*

Beliefs in family ghosts are quite remarkable, not so much because people believe in spirits who live with them, but the stories behind ghosts that seem attached to families can be quite interesting. We have found that many families have ghosts in their closet, so to speak, and how they make their presence known to the living differs quite a bit.



Family ghosts may best be defined as spirits of deceased humans, as well as animals, that remain around certain families for a particular function. Although the stories of such ghosts abound, the reasons behind ghosts being linked to families do vary.

You might imagine having the ghost of an Aunt Helen or Grandpa Charlie who still cares for the family in his or her own way, in a sense, acting as an angel or guardian over the family. And the ways they might find to interact with the living is fascinating.



### Some Common Family Ghost Traits

Often, family ghosts interact with their persons of interest, being protective, even nosy. Some ghosts of families even warn of impending catastrophes, even of death. Their appearances, being seen by different family members at different times, demonstrate that such guardian ghosts quietly watch over daily events. But how could they know of future events? Maybe, ghosts who are aware of things to come might not be ghosts but enlightened spirits.

Such enlightened spirits ([spirits guides](#), [angels](#)) would differ from ghosts, in that they would visit from a higher place of perspective. Some might choose to call their estate "Heaven." Such an enlightened individual would certainly not be a traumatized earthbound spirit (a ghost). For how could such a troubled spirit be aware of the future?

Getting back to ghosts, the belief in guardian spirits within various civilizations goes back thousands of years, including the ancient Egyptian and Greek cultures. Beliefs in family ghosts are especially prominent within European countries, such as Scotland and Ireland. Scottish family ghosts often are described as horrible-looking things, such as a dreadful hag (Hag of the Dribble), while Irish family ghosts can also be quite frightening (Banshees are believed to follow some descendents of the ancient Irish).

Visible manifestations of ghosts within families are often described as being [apparitions](#) but may be seen as shadows or witnessed within dreams. Family ghosts are commonly believed to also make themselves known through use of strange sounds (the hoot of an owl, the sound of a dog, a bird against a window, etc.). Some ghosts of families are said to make everyone aware of them by the cracking of pottery or dishes!

It is often found that family ghosts cannot be laid to rest, or that they are at least very difficult to put to peace by asking them to move forward into the white light (see [Spirit Rescue](#)). Such ghosts seem difficult to communicate with, or they may simply be unwilling to listen to pleas from the living to leave them be. Perhaps, they feel they have a mission that they are unwilling to refrain from until it is completed. Or maybe, they prefer living with family and fear leaving them behind to embark upon the unknown

## ANIMAL GHOSTS

*Learn about the ghosts of animals...*



Accounts of animal ghosts have existed for a very long time. Their ghost stories go back thousands of years, and their sightings might take place anywhere.

For example, during travel, ghosts of animals have been reported by passers by, such as the account of a ghostly canine that snarls at travelers on certain roads in the State of Maryland. However, most animal ghosts seem to be witnessed after recently passing, still visiting their beloved human companions.

## Animal Ghosts Seen After Their Death

There are ghost stories about various types of pet animals, especially cats, dogs, and horses being seen after their death. Animal ghosts seem to visit where they formerly lived, and may stay for a minimal period of time or longer. Many owners have reported not only seeing their ghost animal but also smelling, hearing and even feeling them through touch.

These ghost animals seem to continue their routine developed while pets, such as sleeping on a bed, heading to a food dish, or interacting with other animals still alive and remaining in the household.

Often, after the death of the physical body, animals may choose to remain around their human friends as well as other animal friends. If this happens, it seems to be for a season. The spirits of animals often move-on after saying goodbye in their own unique way.

Upon a pet's passing, pet owners should be alerted to signs of the animal being with them in spirit. Maybe familiar sounds associated with the pet could be heard or a visible presence sighted; even an imprint or indentation upon a bed where the animal formerly slept might be noticed.

Pay particular attention to the times and places where you daily interacted with the animal, such as during feeding times. Perhaps your pet is still undergoing his or her routine with you. This is also a good time to take photographs as anomalies such as wisps of spirit, orbs, shadows, and even apparitions of the animal might be captured by the camera. Photographs should also be taken around other animals and house members, as it is commonplace for remaining pets and family to be visited by recently deceased pets.



## Do Animals Have Souls?

Due to traditional religious teachings that incorrectly instruct that only humans have souls, many are unaware that animals have spirits (souls), just like people, and can interact or be seen as ghostly animals if glimpsed in spirit.

Ghosts of pets seem to be the most common animal ghosts seen, and this could be because of the strong bonds and emotional ties that were created, causing them to remain around awhile. However, detection of animal ghosts may be more noticeable to one who is grieving and looking for signs of a ghostly visit from their furry or feathered friend. It could be the real ghost that is sighted or a 'ghost of grief' - something created by the grieving mind to help cope.

Perhaps our attachment to the animal holds it here for a short time due to its concern for our emotional trauma; but maybe this also creates the perfect opportunity, for the person who knows what to specifically listen and look for, to detect an animal ghost.

Some good questions have been posed by others about seeing animal ghosts, such as:

*Could we somehow possibly create the animal ghost as a phantom through our emotional ties to it while alive?*

*Could our desires to see our beloved pets once again cause us to see them after they have passed?*

One gentleman wonders why we only typically hear of animal ghost accounts of domesticated animals and pets but rarely do we ever hear accounts of people seeing the ghosts of wild animals or even insects? Good questions to ponder.

We do know that some psychics claim to be able to see the ghosts of animals, both wild and domestic, on the other side of the veil and can even make contact with them. And Native Americans and other tribal cultures teach of shape-shifting animal spirits that protect humans, known as totems. These typically are wild animals and not domesticated species.



## **Notable Sightings of Animals in Spirit**

Animal ghosts have been witnessed on former fields of battle. In Gettysburg, Pennsylvania, a horse carrying its rider appeared in misty form before some shocked observers. They thought the horse and rider were real, but the human as well as animal ghost disappeared right before their eyes.

The Pony Express hasn't carried mail across the United States since the mid-1800's, but the Hollenberg Station in Kansas is known for ghostly horse hooves still galloping by. This is not the only report of animal ghosts being heard. A cliff in Texas was a sight where cattle stampeded over it unto their death in the latter 1880's. Today, this same sight in Texas is known as Stampede Mesa, where the hooves of unseen animals can still be heard stampeding.

Dogs have been known to keep pretty good watch over people, and some have even been heard while ghosts, still growling threats to those who come too near. One such account is of a Bull Terrier named Sallie who was a Union Army mascot at Gettysburg. Many believe they still hear her growl, as she keeps watch over fallen soldiers. In another story about animal ghosts, the famous *Tower of London* formerly housed exotic, wild animals. A guard in 1815 reported seeing a bear walk through a doorway. Spooked, the man attempted to use his bayonet on the creature, but the blade passed right through the ghost bear!

Even the United States Capitol building today is said to be haunted by the ghost of a cat. It has been described as having glowing eyes, and emerges out of the shadows to unsuspecting people. Legend has it that the ghost cat appears before major national disasters. The cat's name is D.C. and was seen before the stock market crash of 1929, and the assassination of President Kennedy in 1963.

Although animal ghosts have been witnessed, what is interesting to us is how they often continue some form of routine they once learned while in physical form. For example, ghosts of horses have been seen throwing their riders; some animal ghosts have been seen re-living tragedies most likely tied to their deaths. Shadowy images of animals crossing roads have been seen at night; and ghost cats have been heard purring and sleeping on beds, leaving their impression on the bed covers.

## Signs Of A Possible Haunting

The first step is to determine, as best you can, whether or not you truly have a legitimate case of a haunting. Not all hauntings are alike, and they may exhibit a variety of phenomena. Some hauntings feature a single phenomenon - such as a particular door slamming shut that occurs repeatedly - while others consist of many different phenomena, ranging from odd noises to full-blown apparitions.

Footsteps; knocks; banging; rapping; scratching sounds; sounds of something being dropped. Sometimes these noises can be subtle and other times they can be quite loud.

Doors, cabinets and cupboards opening and closing:

Most often, these phenomena are not seen directly. The experiencer either hears the distinct sounds of the doors opening and closing (homeowners get to know quite well the distinctive sounds their houses make) or the experiencer will return to a room to find a door open or closed when they are certain that it was left in the opposite position. Sometimes furniture, like kitchen chairs, are perceived to have been moved. Very rarely will the experiencer actually witness the phenomenon taking place.

Lights turning off and on:

Likewise, these events are seldom seen actually occurring, but the lights are switched on or off when the experiencer knows they were not left that way. This can also happen with TVs, radios and other electrically powered items.

Items disappearing and reappearing:

This phenomenon, which we have dubbed "the DOPler Effect" (DOP = Disappearing Object Phenomenon), has been examined in the article "The DOPler Effect." Others have called this "the borrowers" phenomenon, and it's the familiar experience of not being able to find a regularly used item - say, your set of car keys - which you believe you placed in a spot you routinely place them. But they're gone and you look high and low for them with no success. Some time later, the keys are found - in exactly the place you normally put them. It's as if the object was borrowed by someone or something for a short time, then returned. Sometimes they are not returned for days or even weeks, but when they are, it's in an obvious place that could not have been missed by even a casual search.

Unexplained shadows:

The sighting of fleeting shapes and shadows, usually seen out of the corner of the eye. This phenomenon has also been discussed in some detail in "Shadow People." Many times, the shadows have vaguely human forms, while other times they are less distinguishable or smaller.

Strange animal behavior:

A dog, cat or other pet behaves strangely. Dogs may bark at something unseen, cower without apparent reason or refuse to enter a room they normally do. Cats may seem to be "watching" something cross a room. Animals have sharper senses than humans, and many researchers think their psychic abilities might be more finely tuned also.

Feelings of being watched:

This is not an uncommon feeling and can be attributed to many things, but it could have a paranormal source if the feeling consistently occurs in a particular part of the house at a particular time.

Those are some of the most common experiences of those who think their houses are haunted. Yet even stranger things can happen...

### Stronger Evidence

The following phenomena are more rare, but could be stronger evidence of a haunting:

Mild psychokinetic phenomena:

Hearing a door open or close is one thing. Actually seeing it happen is quite another. Similarly, actually seeing a light go on or off by itself is greater proof that something unexplained is happening. Do you see the TV or radio turn on? Or perhaps you're present when a child's

powered toy begins to operate on its own. Doors and windows are locked or unlocked. Some people report that when they are in bed they can feel and/or hear something sitting on the bed.

Feelings of being touched:

The feeling of being watched is one thing, and actually feeling like you are being touched is quite another. Some people feel something brush past them, something touching their hair or "a hand" on the shoulder. Some feel a gentle poke, push or nudge.

Cries and whispers:

On occasion, muffled voices, whispering and crying can be heard. Sometimes it's music from some unknown source. People hear their names being said. This phenomenon, as is true for the one above, gains more credibility if more than one person hears or sees the same thing at the same time.

Cold or hot spots:

Cold spots are classic haunting symptoms, but any instance of a noticeable variance in temperature without a discernible cause could be evidence.

Unexplained smells - the distinct fragrance of a perfume or cologne that you do not have in your house. This phenomenon comes and goes without any apparent cause and may accompany other phenomena, such as shadows, voices or psychokinetic phenomena. Foul odors can happen in the same way.

Rarer still are more extreme phenomena, some of which have been called poltergeist phenomena, and can be quite strong evidence of a true haunting:

Moving or Levitating Objects:

(severe psychokinetic phenomena) - dinner plates sliding across the table; pictures flying off walls; doors slamming shut with great force; furniture sliding across the floor.

Physical assault:

Scratches, slaps and hard shoves. This kind of personal assault is extremely rare, but obviously highly disturbing.

Other physical evidence:

Unexplained writing on paper or walls; handprints and footprints.

Apparitions :

Physical manifestation of a spirit or entity. These phenomena are also very rare and can take many forms: human-shaped mists or forming mists of some indistinguishable shape; transparent human forms that disappear quickly; and most rarely, human forms that look as real and solid as any living person, but that disappear into a room or even while being viewed.

Rule Out Rational Explanations

A person who has experienced some of these phenomena might have cause to believe that his or her house is haunted. But maybe not. In fact, according to most experts, probably not. The human mind and human senses (as any magician will tell you) are easily fooled. And people can often mistake explainable (if unusual) occurrences in their homes for the paranormal.

Before you decide there's a ghost in your house or move out from fear, do your best to find rational explanations for what you are experiencing. Virtually all of the phenomena listed on the previous page could have perfectly natural causes:

Of course, the more extreme the phenomena, the harder they are to dismiss. And, as noted above, if multiple witnesses experience the same phenomena, they are likely to be taken more seriously.

Get help in finding rational explanations for the phenomena. A plumber might help you find the cause of that banging. A carpenter can fix that door from closing on its own. A friend or neighbor might be able to look at your particular experience in a different way and offer a reasonable explanation for your "haunting" that you might not have thought of. In short, make every possible effort to prove that your house is not haunted.

Keep A Journal

If you feel you have ruled out rational explanations for the phenomena that are taking place in

your house, and they are still occurring on a more or less regular basis, document them. Keep a journal of the phenomena as they happen. For example:

June 2, 2002; 10:30 p.m. - Was sitting watch TV when the bathroom light switched on by itself. Went in and turned it off again.

June 10, 2002; 9:14 p.m. - Was in the kitchen and heard the footsteps crossing the upstairs hallway again. No one was up there. Went up to investigate and could find no cause.

A journal such as this could help with any formal investigation of the phenomena by experts.

If you hear unexplained noises, attempt to record them with a portable tape recorder. If there are physical phenomena of any kind, photograph or videotape them. Keep your journal, recording and camera equipment readily available so you can document the phenomena as it happens.

#### Call the Experts

When should you call a paranormal investigator? Only when you have ruled out any rational explanations for the phenomena you are experiencing and are thoroughly convinced that your house is truly haunted should you contact us. Of course, if the phenomena are extreme and you feel that you and your family are in any kind of physical or psychological danger, you should call for help right away.



## Living with a Haunting

For a family or individual who is living with a haunting the stress and psychological effects of coping with the unknown can be devastating. Whether the perceived phenomena is natural in your opinion or something supernatural, the fear felt by some is very real and must be dealt with in an appropriate manner.

The following are things you can do if you are currently living with a haunting. It is followed by a warning about certain individuals that will attempt to take advantage of or con you if not careful. First off lets look at these possible explanations because not all ghostly noises are easily explained. However, consider the logical answers first.

Maybe what you thought was paranormal actually has a rational, every day explanation. You should try to look at the situation from every angle before deciding whether the activity is paranormal or not.

### **Temperature changes:**

Desert climates have the widest temperature swings between day and night, but even temperate climates have seasonal changes that can cause your house to shift slightly. And when a couple of floorboards rub against each other and echo in an attic, the noise can sound like someone in agony.

### **Settling houses:**

If your house is new, it may be settling. A hastily-poured foundation, or one poured at the wrong time of year, can produce outrageous noises for years after the house has been built.

There are other reasons why a house can "settle." If you've had an earthquake in your region, your house may now be settling back into place. If you've had unusually high rainfall, or a drought, the ground around your house will shift. A piano or waterbed moved in or out of a room can cause the whole house to re-adjust itself.

### **Critters in the walls or attic:**

This can sound bizarre. The scurrying noises alone can sound like little ghostly footsteps. A bushy tail of a squirrel or raccoon, rubbing on all sides of a narrow passageway inside a wall or alongside a chimney... Well, you'll be convinced that a ghostly woman in a full Victorian skirt just passed you.

If two animals decide to argue or chat within your walls, in your basement, or overhead in your attic, sometimes they sound like ghostly whispers, or a full-fledged argument in a strange dialect! Check for even smaller critters, such as wood ants or termites. If they're weakening the house's structure, the house will moan and groan as it shifts its weight.

### **Is there construction going on near you?:**

Perhaps rocks tumble from their recently-blasted niches, at a certain hour of the night when the temperature dips low enough to cause contractions and shifts. The roof of a new house can make astonishing noises, especially at night. Ask anyone who's put a roof on a house, or repaired one, about the nails that pop out overnight.

### **Does it happen at the same time every night:**

it's not necessarily a ghostly hour. Temperatures and humidity change at night. When these natural effects reach a "critical mass" level, the house may shift. A loose shingle may pop up again. The mortar in your chimney may contract just enough to cause dust to echo as it tumbles to the ground or hearth. These kinds of things happen night after night. It's part of the natural cycle of a house.

This "critical mass" effect is usually at approximately the same time, each night. Seasonal changes and unseasonable variations can shift the hour back or forward, but it's still within the

same approximate time period.

**Do you live near a commercial area?:**

You may live far enough from a shopping center that you don't hear the garbage collectors' trucks. However, when they lift one of those huge containers of trash and empty it into the truck... wow! If that noise echoes off a neighbor's siding or cement wall, it can seem as if something is crashing on your patio, or in an another room, particularly if the windows are open.

**If doors are opening on their own:**

Check to see if the door latches. Sometimes it may seem like a door is latched, but it isn't, and any gust of wind/draft or pressure from opening/closing another door or window can cause the door to open. If this is the case, simply replace the latch. Another reason doors may seem to open on their own is due to the material of the door itself expanding or contracting from the weather.

**If doors are closing:**

Sometimes the building may be just slightly tilted in one direction, which can cause doors to close simply from gravity, especially if the door is heavy.

**If there is audio/visual activity:**

Check the EMF (electro-magnetic field) levels in the area, using an EMF detector, which can be bought at a hardware store or online. You can also use a compass. The needle will turn away from north when placed near high EMF; just make sure to know which direction north is and hold the compass level. High EMFs can cause headaches, nausea, rashes, feelings of being watched, and hallucinations. Some ways to remedy high EMF are to make sure wires and electrical boxes are shielded. Also make sure to place appliances that give off high EMF away from areas where a person may be for a long period of time, or replace the appliance with newer ones that give off less EMF.

Some things that typically give off EMF are: wiring, computers, refrigerators, TVs, radios, alarm clocks, lights, fans, some pipes, and other electronic devices. Also make sure the sounds are not something else, like the motor on a fan whirring, people talking in another room and the sound is carried through a vent, people talking outside and the sound is carried in through the window, etc.

**Cold spots/drafts:**

Make sure that all doors and windows are sealed tightly and remember that windows are often much colder than room temperature, so the area around a window will naturally be colder. Also check the placement of A/C units or other things that give off cold air.

**Feelings of being watched or dizziness:**

Again check EMF levels. Also check for tilted or slanted floors, ceilings, walls, or stairs, as this can cause the "Funhouse Effect".

**Footsteps/scratching sounds/knocks/bangs:**

Some houses are just noisy, especially older ones. Old houses creak a lot; it's usually just the house settling. Another possible explanation for knocks and bangs could be plumbing/heating systems. Sometimes as a heating or cooling unit kicks on or off, it may make some noise. This can usually be remedied by making sure pipes are secured. Make sure scratching sounds aren't from pets or other animals, such as mice.

**Faucets that turn on by themselves:**

Check the seals in the handle. Sometimes when a seal is old or worn out, the faucet can "turn

itself on"; this usually happens with the hot water, because the heat can make the seal loose. To fix this, just replace the seal.

#### **Light phenomena:**

This may be just a car's headlights shining in through a window, maybe even bouncing off something, like a mirror, and into view. Check to see if this could explain it. ("Orbs" caught on tape/in photos are usually just dust, bugs, or moisture on the lens. They seem to be illuminated and round, because the camera is trying to focus on the spec of dust etc.)

#### **Silverware/objects moving:**

Silverware can for whatever reason become magnetized and the magnetism can pull them together. This could also be applied to other objects made of metal that seem to move on their own.

#### **TVs that turn on/off/change channels:**

This is often caused by a neighbor or someone in another room using a TV remote, other remote, or other device (like walkie-talkies) that cause interference with the TV, causing it to change channels, turn off or on, etc.

If you have concluded that the above natural explanations do not apply to your particular situation then you as a home owner or tenant can do is take ownership of the situation. After all it is your home! State out loud with firmness, but politeness that "This is my home now, you may stay, but the following behaviour is not acceptable ....." Again be firm, but polite. And please do not feel any shame or silliness when doing this. By taking charge not only will you feel empowered, but things tend to quiet down very quickly if not completely stop. Our clients have reported an overwhelming success rate with this seemingly simple method. One reason may be that the ghost has no idea it's causing you any fright!

Please remember that real hauntings are not like Hollywood films or Stephen King novels. The types of experiences described in popular media are fictional and designed to thrill and scare people even those so-called reality shows are usually sexed up to make them appear more exciting than they really are. The reality of hauntings is far more mundane and boring. Ask yourself if your fear is based on what might happen as opposed to what is really happening? Many people are quite happy to live with their resident ghost and once they get over their initial fear of the unknown are more curious about the phenomenon than afraid. I know several people that have nicknamed their ghosts and have expressed that they would be sad to see them go! Also most hauntings that involve poltergeist type phenomena, objects that disappear/reappear, footsteps, bangs and rattles, etc are of short duration. They almost always last only a few months and then gradually stop completely never to occur again. So, hang in there!

If you wish to have someone come into your home and offer a blessing ask your priest or minister or others that are trained in it to do so. It is their clerical duty, and they will be happy to assist! If you do not have a priest or minister, speak to one at a local non-denominational church and again they will be happy to help. All faiths have knowledge of the supernatural and no official will ever ridicule you or your situation. Blessings are almost always offered at no charge or a small affordable donation to the church may be suggested, but not required depending on your own financial circumstances.

**WARNING:** Be very wary of anyone who claims to be an "expert" in ghost hunting or ghost removal and wishes to charge you a fee for their services. Simply put, these types of phenomena are unknown and **NOBODY** can guarantee a clearing will work. There are many

charlatans and con artists who will prey on people's fears and take advantage of them during troubled times. All Services should be FREE. If an individual ghost hunter or group claims they are just charging you for their expenses, **Do not open your wallet.**

## What to do if you think you have something going on

There are thousands of things you can do. Yet it really goes down to document what you have experienced. Keep track what is going on who it is happening to and what you see and feel. If you feel like you are being haunted or that you have something going on call someone to help. You can call any paranormal team to help you. We at Lunatic Devine Ghost Hunting are here to help you with anything and everything you have going on. We are here to help you feel safe. We work to help you with what ever you have going on.

Please do not hesitate to call us