

PIRC AWARENESS TRAINING GUIDE

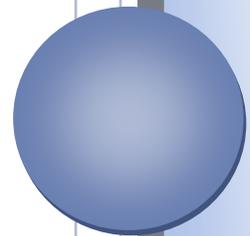
[Haunts and Entity Reference Guide]

The purpose of this document is to help Pirc investigators understand the types of haunts, haunting or entities that we may encounter and to know how to identify their differences. Inside we will discuss terms associated with the paranormal, folklore, legends and other energies thought to affect people.

This guide is indexed for your convenience.

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Purpose

This document will attempt to explain the type of entities you may encounter. Many of the topics discussed here are legendary in nature or based on lore. Some topics discuss other energies that affect people and those that can have an effect on an investigation. These topics may reference human conditions, belief systems and typical paranormal topics.

Pirc is not claiming that any or all entities mentioned herein exist, are real or that we have encountered them. We provide this guide as a reference for information only. The purpose is to have a guide that can be referenced and hopefully is insightful in its approach. Some topics will be mentioned in additional sections where the topic is expanded.

Not all entities we encounter are friendly and they can hurt you or your family physically or psychically. Spirits can attach themselves to you and follow you home. That is why we do protection prayers.

Ghost hunting may sound like fun and it can be but there are times we put ourselves in danger and encounter spirits that are not happy to see us. When we ghost hunt we are engaging in a practice that ties the world we know and see with one that we don't understand or see.

This is by no means a comprehensive guide on how to recognize or deal with entities, especially demonic or non-human spirits. This document will give some basic signs on how to recognize a demonic presence.

It is not meant to be a guide for cleansing, crossing over or banishing said entities.

We receive many calls to investigate and sometimes team members do not understand why we don't accept all the investigation requests. Safety is always our priority and sometimes walking away from an interesting investigation is the best choice for all. We must never be afraid to acknowledge our limitations. Taking chances puts everyone in danger. There are other people who have more experience dealing with specialized situations and we should be willing to hand off these cases to them.

We will continue to build our skills and gain knowledge but we must be honest about our skill set. Walking away is hard and should we find ourselves out on an investigation and realize we are in over our heads we must accept that and walk away. It is the safe and right thing to do.

When we do accept an investigation understand that we go in as a team. No residential should be treated as just another investigation. We should all be acutely aware of surroundings and those around us. We need to watch each other's back at all times but most important is to watch out for you.

When we take things for granted we put ourselves and team in jeopardy. Our clients trust us to help them and that begins with maintaining a safe environment and doing what is right.

I. Types of haunts

There are several types of haunting. They can be residual, intelligent, non-human or demonic. As intelligent they can be classified as benevolent, malevolent or benign.

1) *Residual Haunting*

- ✚ This is the most common form of paranormal activity. It is believed that residual haunts are energy which is trapped in time, imprinted and released when conditions are correct. The ghost is unaware of its surroundings and will not communicate.
- ✚ Can imprint on structures, antiques, or stones such as limestone, magnetite and quartz.
- ✚ No one understands how or why residual haunts exist.

Types of Residual Haunts

These descriptions can apply to intelligent haunting, the difference being that with intelligent haunting the entity can interact with you.

Auditory Apparitions are those heard by the ear

- ✚ Footsteps
- ✚ Doors
- ✚ Conversations

- ✦ Screams
- ✦ Banging

Visual Apparitions are seen with our eyes

- ✦ A person walking in the same area over and over. It may be at the same time each occurrence.
- ✦ A person doing a repetitive task that seems unaware of your presence

Olfactory Apparitions are smells or related to smells. Many times they are directly related to the person or energy.

- ✦ Perfumes
- ✦ Cigars/cigarettes
- ✦ Flowers
- ✦ Foods

Tactile Apparitions are changes in the environment

- ✦ Cold spots
- ✦ Empathic emotions
- ✦ Other effects on our emotions

2) *Intelligent Haunting*

Intelligent entities are aware of their surroundings including the people within the location or area.

Intelligent entities:¹

- ✦ Are able to interact with the living
- ✦ Once were a living human being
- ✦ They can maintain their personalities in death
- ✦ Can be benevolent or malevolent
 - A benevolent entity is marked by or disposed of doing good. They may be related to the living persons and/or are trying to protect them.
 - A malevolent spirit is believed to be a person who had ill intentions while living. They feed off fear.

¹ Some topics appear later in this guide in an expanded section

- ✚ A non-human entity can be intelligent and may be in the form of:
 - Demon
 - ✦ A demon is a paranormal, often malevolent being prevalent in religion, occultism, literature, and folklore. A demon is a spiritual entity that may be conjured and controlled.
 - Poltergeist
 - ✦ Poltergeists have traditionally been described as troublesome spirits who, unlike ghosts, haunt a particular person instead of a specific location. It is thought that a poltergeist can be formed as a result of a person's energy.
 - Angels
 - ✦ A spiritual being believed to act as an attendant, agent, or messenger of God, conventionally represented in human form with wings.
 - ✦ An attendant spirit, esp. a benevolent one.
 - Thought Forms
 - ✦ Tulpa is a concept in mysticism of a being or object which is created through sheer discipline alone. It is a materialized thought that has taken physical form and is usually regarded as synonymous to a thought form
 - Low level entities
 - ✦ They are disembodied or discarnate units of energy with their own rudimentary consciousness. Many lower astrals are split off parts of lost or abandoned souls who roam the lower astral plane looking for energy. Not having sufficient energy they like to attach themselves to human energy-bodies like parasites. The emotions they feed off of are hate, guilt, shame, apathy, fear, self-pity, rage and compulsion.
- ✚ Intelligent spirits can possess a person. Reasons for possession:
 - To assist the living
 - For physical stimuli (yes spirits do get bored)
 - Continue their own existence
 - To be around loved ones
 - To finish a task

- ✚ Intelligent spirits are generally observed with our senses through auditory, visual, olfactory or tactile means as with residual haunts.

II. Ghost and Non-human Entities Expanded

1) Ghost – spirit of a deceased human or animal

- ✚ Want to be recognized
- ✚ Can be intelligent or residual
- ✚ Can possess a person or channel a person to communicate or achieve their goal
- ✚ Can be benevolent or malevolent
- ✚ Have free will

A ghost can fall into several categories.

- ✚ Trapped spirits are spirits that are unable to leave. There are many reason why spirits remain this is a few:
 - Unfinished business
 - Confusion
 - Help for a loved one
 - Fear of judgment
 - Attachment to a person, place or item
 - Tragic demise while alive
 - Do not know they are dead
- ✚ Free Spirits come and go willingly. Perhaps they come for a particular reason.
 - To check on a loved one
 - To witness a special event of a loved one
 - Countless other reasons
- ✚ Crisis apparition – Can be images or sounds that appear to an individual before the occurrence of a traumatic event as a warning. Some may call them precognitive events. Most time it's a onetime event.

2) Non-human

- ✚ Demons
 - Seek the destruction of humans
 - Are believed to enter an area where they were invited. The invitation is not always intentional

- Often found in cases of Ouija board use, black magic or occult
- Target people with weak psyche
- May initially present as trying to gain the victim's trust or as a loved one or child
- They are very difficult to get rid of
- Can possess an individual
 - ✦ Process of possession
 - ▲ Infestation – activity appears minor and generates fear which feeds the demon
 - ▲ Oppression is a stage where the entity creates more energy and attempts to lower the persons psyche through:
 - ◇ Physical attacks
 - ◇ Mental attacks
 - ◇ Dream attacks
 - ▲ Possession
 - ◇ Demons take possession of the victim's physical body without their knowledge.
 - ▲ Diabolic Subjugation
 - ◇ The Roman Catholic faith includes this step.
 - ◇ It is at this time that the person voluntarily submits to the devil.

III. Warning signs of Demonic Activity

A common issue for paranormal investigators is knowing the difference between a human haunt and a demonic haunt. Demonic activity must consist of events from all the categories.

- 1st) Mental Changes to the person:
 - a. Changes in a person's personality
 - b. Person becomes isolative
 - c. Changes in a person's sleep pattern
 - d. Altered physical status
 - e. Aversion to religious objects
 - f. Evidence of occult activity in rooms
 - g. Person experiences nightmares
 - h. Sexually pre-occupied

- i. Multiple personality traits
- j. Memory blackouts

2nd) Physical changes to the person:

- a. Long periods of time with no blinking of eyes
- b. Catatonic periods
- c. Speaking foreign languages
- d. Person becomes rigid
- e. Inhuman strength
- f. Altered cognition of time and thought
- g. Voice changes
- h. Levitation
- i. Eye color changes

3rd) Changes in the Environment:

- a. Things appear to defy physics
- b. Objects have unexplained movement, disappearance, or location changes
- c. Unexplained appearance of objects
- d. Unexplained banging in area
- e. Unexplained opening and closing of doors or knocks
- f. Mocking of the Holy Trinity (things occurring in three's)
- g. Desecration of Religious items
- h. Talk of God causes outbreak of activity
- i. Writing on walls
- j. Unexplained disembodied noises or voices
- k. Foul odors of human waste, fire, decaying flesh (sulfur smell)
- l. Spontaneous fires
- m. Trouble with appliances or lighting
- n. Odd looking creatures seen
- o. Animals respond to activity in area
- p. Destruction of objects in area
- q. People feel discomfort in the area
- r. Physical attacks or sexual assaults

4th) A demon will always try to hide their true identity. If an entity states, "I am a demon" you are more likely dealing with a malevolent human spirit.

5th) Medical conditions such as schizophrenia should be considered completely before calling a person possessed. We should look for warning signs. If these signs occur then a demonologist or exorcist should/must be called to handle a demonic situation usually with the aid of medical doctors.

III. Poltergeist

Considered as a 'noisy ghost'. Debate exists whether they are a ghost or not.

Activity centers around an individual called the 'epicenter'. This person is also called the *focus* or *agent*. The agent holds the emotions inside until reaching a point where the kinetic energy is released, called a tipping point. The energy can be displayed as poltergeist activity and usually only when they are around. Others can witness the activity.

Examples of people most often affected:

- a) Persons with high stress
- b) Person at puberty age
- c) Person suffering from abuse, neglect, molestation or bullying
- d) Person with repressed memories
- e) Person with financial or marital issues

The effects of poltergeist activity will intensify over time and may become dangerous to the individual and those around the individual.

Effects can include:

- a) Rapping on walls and floors
- b) Physical movement of objects
- c) Effects on lights and other electric appliances
- d) Objects thrown about by unseen hands
- e) Furniture moved around

The effects can last for weeks or years. They typically cease once the agent or epicenter receives the needed help to resolve the trigger issue. This may prove difficult if the epicenter is unaware that they are the cause.

Poltergeist activity can be difficult to diagnose since it resembles that of a human haunt.

IV. Levels of Poltergeist Activity

Level 1

- ✦ Random cold spots
- ✦ Unexplained noises (such as footsteps, light tapping or knocking)
- ✦ Unexplained odors
- ✦ Feelings of being watched

Level 2

- ✦ Consists of Level 1 activities, PLUS:
- ✦ Sounds that include: whispers, laughs, moans, shrieks
- ✦ Unexplained shadows
- ✦ Unexplained “vapor cloud” apparitions
- ✦ Unexplained air circulation
- ✦ Strong static electricity

Level 3

- ✦ Consists of Levels 1 & 2, PLUS:
- ✦ Loud voices and noises (with the feeling of communication)
- ✦ Feelings of being grabbed or touched
- ✦ Electrical appliances and lights turning on/off
- ✦ Doors and windows that open/close/lock/unlock on their own
- ✦ Unexplained writing or markings on walls, ceilings, or floors
- ✦ Full apparitions or shadow figures
- ✦ Unexplained telephone calls

Level 4

- ✦ Consists of Levels 1, 2 & 3 PLUS:
- ✦ Moving objects
- ✦ Destruction of objects
- ✦ Disappearing/Reappearing Objects
- ✦ Voices more menacing
- ✦ Furniture shaking
- ✦ Apparitions take a frightening appearance
- ✦ People being shoved
- ✦ Unexplained fires
- ✦ People can feel dizzy or nauseous
- ✦ Breaking glass

Level 5

- ✦ Consists of Levels 1, 2, 3 & 4 PLUS:
- ✦ Activity is more dangerous
- ✦ Feelings of being touched or pushed also includes biting, scratching, slaps or punches, hair pulled violently, being restrained, choking
- ✦ Objects become animated (such as dolls, toys, etc.)
- ✦ Dangerous or heavy objects being thrown at people
- ✦ Writing or markings on walls become threatening Possession-like activity
- ✦ Dangerous fires
- ✦ Dangerous electrical shorts
- ✦ Appearance of blood on walls, floors and/or ceilings

Parapsychology research is a branch of the paranormal – the following are two terms used by parapsychologists.

- a) They refer to poltergeist activity as a form of psycho kinesis.
- b) Recurrent Spontaneous Psycho kinesis (RSPK)—things being moved by the power of one's mind.

V. Angels

A spiritual being believed to act as an attendant, agent, or messenger of God, conventionally represented in human form with wings and considered benevolent.

- ✦ Perceived as messengers or protectors
- ✦ Generally never seen by any one that was not intended to see them.
- ✦ Often encountered in times of near death experiences
- ✦ Often called by the faithful for help

VI. Thought Forms

- ✦ It is a materialized thought that has taken physical form
- ✦ A type of dark negative energy that can be sent to others
- ✦ Sent by:
 - ▲ Negative thinking
 - ▲ Anger
 - ▲ Wishing harm to others

- ▲ Jealousy
- ▲ Animosity
- ▲ Seeking revenge
- ▲ Vindictiveness
- ▲ Other forms of thought that are based in anger, rage and fear.
- ✦ Can be lodged in a person's body or various layers of their Auras causing a wide range of physical, emotional, mental and spiritual difficulties.
- ✦ Once they are sent there is no taking back

VII. Low Level Entities

They are disembodied or discarnate units of energy with their own rudimentary consciousness.

- ✦ Animals or wood ghosts etc. (shadows that appear against trees, bushes, forests)
- ✦ Play mind games with you
- ✦ Can be a precursor for things to come

VIII. Other entities

- ✦ Shadow people
 - ▲ Watchers
 - ▲ Seen out of our peripheral vision
 - ▲ Move very fast
 - ▲ Appear as dark humanoid shaped mass which is impenetrable to light
 - ▲ Can move through solid objects
 - ▲ Aside from the shape, you cannot make out features
 - ▲ Often viewed as evil
- ✦ Types of Shadow People
 - ▲ Shadow Figures are black masses in the shape of humans
 - ▲ Creepers are shadows that crawl on floors, up walls or along the ceiling
 - ▲ Dark mass – this does not have a humanoid shape
 - ▲ Dark mist – a dark and smoky mist
- ✦ Spirit Guides
 - ▲ Beings which are called upon to assist in protecting us from evil

- ▲ Incorporeal beings that are assigned to us before we are born that help nudge and guide us through life
 - ▲ Some guides will stay with you throughout your entire life, and others will pop in every now and again to help you with specific areas of your life or goals you are trying to achieve without affecting our free-will.
 - ▲ A person can have more than one
 - ▲ These guides are at varying levels of consciousness themselves.
 - ▲ Possibly human spirits or divine beings
 - ▲ Communicate with us telepathically or through 'clairaudience' (the ability to hear outside of normal perception)
 - ▲ We can speak out loud or mentally to our spirit guides.
- ✦ Types of Spirit Guides
 - ▲ Highly ascended master such as Jesus
 - ▲ Ascended Master – Average spirit who just happens to be a master in a certain area. They may appear to have a male or female energy, though in reality they are just energy.
 - ▲ They may be spirits who have had physical incarnations (human at one point)
 - ▲ They might be spirits who have never taken corporeal form.
 - ▲ Ancestral Guide – someone from our ancestral tree. (deceased relatives)
 - ▲ Teacher Guide – who help with a particular task
 - ▲ Animal Guide or animal totem that act as companions
- ✦ How Spirit guides help – they tune in to your energy and at the appropriate time help direct you to fulfill your earthly mission by:
 - ▲ **Sending signs.** Guides can arrange synchronicities to help alert you to something you need to see or know about. Pay attention to those when they happen.
 - ▲ **Gut feelings** – Ever have that eerie feeling that something terrible was going to happen but you couldn't quite put your finger on it? That's a gut feeling

- ▲ Meditate
 - ▲ Ask questions similar to journaling but it's done in your head
 - ▲ Dreams are a great way to connect with your guides
 - ▲ Open your dreams up to them
 - ▲ Put out an intention before going to sleep
 - ▲ Sometimes it helps to write our first thoughts down in a journal on our initial waking. Don't wait for your head to clear – just write.
 - ✦ How do we know if we're connecting
 - ▲ Does the information seem to resonate with you? (Evoke or suggest images, memories, and emotions)
 - ▲ Does it feel like the information is coming from them and not you?
 - ▲ Does the information or advice make sense to you?
 - ▲ Do you get results?
 - ▲ Does the information come to you the same way each time?

IX. Doppelgangers

- ✦ A physical double of a living person
- ✦ Rare
- ✦ In old times and folklore seeing a Doppelganger meant impending issues for that person.
- ✦ Some believe it is a type of residual playback or an event in a person's life
- ✦ Some believe that a doppelganger is a crisis apparition for a person who is in grave danger.
- ✦ Some believe that there are many look-alike people in the world.

X. Ectoplasm

- ✦ There are two definitions for ectoplasm:
 - 1st. A white mist or fog which appears in photos which usually has a swirling or fingerlike appearance.
 - 2nd. The physical substance which comes from the body of a

- medium through their mouth, nose, eyes or ears.
- ✦ Easily faked in photos with breath, cigarette smoke or Photoshop and care must be taken to ensure a photo is genuine.

XI. Elemental Spirits

- ✦ Mythological spirits. These are sentient but generally neutral forces that are attracted to certain places and people. They can manifest in a variety of ways and are often mistaken for a variety of other phenomena. Most of this is based on lore.
- ✦ They are of the four elements:
 - ▲ *Earth Elementals*: Gnomes
 - ◇ Power over rocks, flowers, trees and mineral
 - ◇ Believed to prefer caves and deep forests
 - ▲ *Water Elementals*: Undines/Ondine (refer to mythological water nymph), mermaids (folklore and legendary aquatic creature with the upper body of a female human and the tail of a fish)
 - ◇ Power over water in all its forms and locations
 - ▲ *Fire Elementals*: Salamanders (depicted much like a typical salamander in shape, but has been ascribed fantastic qualities)
 - ◇ Power over flame and smoke
 - ◇ Do not communicate with humans
 - ◇ Can appear as balls of light, fireballs or tongues of fire.
 - ▲ *Air Elementals*: Sylphs (mythological creatures described as invisible beings of air)
 - ◇ Power over clouds, snow, gases and wind
 - ◇ Prefer mountaintops and air around us

XII. Orbs

They are very controversial because they are easily debunked. Many do not believe that orbs are paranormal under any circumstance.

They present as a bright circle of light which appear in photographs, especially in digital photography because digital cameras allow IR light in the lens. Since the use of digital cameras, orbs have shown up

frequently and as a result created the controversy. It is important to note that orbs have shown up in film photography long before the use of digital cameras.

When viewing an orb photograph one must be extremely critical and skeptical in nature.

- ✦ Quite often orbs are explained as:
 - ▲ Dust particles
 - ▲ Water vapor
 - ▲ Pollen
 - ▲ Insects
- ✦ Some orbs may appear to have faces – be critical of these since this can usually be attributed to matrixing
- ✦ True Orbs
 - ▲ Give off their own light source
 - ▲ Have a trail of movement
 - ▲ Go through solid surfaces

XIII. Parasitic Entities

A parasitic entity is a spirit, human or not, that attaches itself to a living person

- ✦ Medical conditions need to be eliminated as a natural cause
- ✦ They leach energy off its host causing fatigue, depression and lack of motivation. The energy is taken from the host so that the entity can continue to exist.
 - ▲ Negativity – exposes host vulnerabilities
 - ▲ Attention – causes more aggressive attacks and attempts to interrupt your normal habit
 - ▲ Fear

XIV. Child Spirits

1. Why are they here:
 - a. They have died before their loved ones and there is no one to greet them on the other side
 - b. They choose to stay here with their loved ones
 - c. They are looking for their loved ones or pets
 - d. Lost and looking for a family to live with

- e. May not know what to do or how to cross over
 - f. May have suffered a traumatic death and are unaware they are actually dead.
 - g. Want to be noticed
 - h. Enjoy being here
2. How to help them:
 - a. Speak with them as if they were a living child
 - b. Explain to them that they should/must go to meet their loved ones
 - c. Explain your intention to help them understand (explain they have passed)
 - d. Explain to them that the other side will be a fun place and they will be with their loved ones
 - e. Ask for assistance from the other side to come and help them cross
 - f. Have a psychic medium attempt to cross them over

XV. Animal Spirits

1. Can be Residual or Intelligent – Examples:
 - a. Residual – horses galloping on a battlefield
 - b. Intelligent – feeling a cat rubbing against your leg
2. Animal Evp's can occur
3. Animal Apparitions can appear

XVI. Energy Vampires

1. They are living people who drain energy from those around them
2. Not always intentional
3. Often they are people who are “needy” and require extra attention from others to deal with their problems
4. The victim is left feeling fatigued, depressed, stressed, etc.

XVII. Automatic Writing

This is the process by which one writes from the subconscious without being aware that content is being written. Mediums will use this many times.

The belief is that a spirit takes control of the hand to write the message.

XVIII. Portals

This is a location that is believed to be a gateway for entities and spirits to move between realms

XIX. Vortex

A gathering of spirit orbs travelling together as one energy at a high rate of speed.

Generally appears as a funnel of light in photography.

XX. Psychic Attacks

Defined as: the manipulation of supernatural energies and forces.

Psychic attacks occur when dark and negative energetic vibrations are sent from one individual to another individual or place, creating disturbances in the energetic and physical bodies of the person or place.

This negative energy can be called a spirit, an entity, a thought form or a dark negative energy. Each of these energies can create harmful effects within the person receiving them.

XXI. Protecting Ourselves and Our Clients

1. Grounding and Centering

- a. The act of consciously creating an energy connection as spirit (sometimes visualized as a cord/roots) from your body into physical reality/Mother Earth.

2. Prayers of Protection

- a. Saying a prayer at the beginning and end of an investigation. The prayer is our way of asking for protection from any evil or danger which might harm an investigator during and after an investigation.

- b. Prayers of protection also protect an investigator from having an entity attach and follow them. There are many forms of prayer. Some commonly used prayers are the Prayer to Saint Michael or the Power of God

Prayer to Saint Michael

Saint Michael the Archangel defend us in battle
 Be our protection against the wickedness and snares of the devil
 May God rebuke him, we humbly pray:
 And do Thou, O Prince of the Heavenly Host
 By the power of God
 Cast into hell, Satan and all the evil spirits
 Who wander throughout the world seeking the ruin of souls.
 Amen

Power of God

The Light of God surrounds me;
 The Love of God enfolds me;
 The Power of God protects me;
 The Presence of God watches over me;
 Wherever I am, God is,
 And all is well.

XXII. Other Protection Devices and Techniques

Below are some of the other forms of protection commonly used on investigations.

1. Wards and Shields – are energy barriers which can be physical or forms of thought
2. Sigils (symbols) and Charms – good luck charms for protection
3. Gems, Crystals, Amulets and Minerals
4. Wind chimes can be put around the house to keep the energy positive
5. Visualization and Intent – These are mental visualizations of armor plates, stone walls, force fields, white lights etc.
6. Holy Water and Holy Oils
7. Herbs
 - a. Purification Herbs
 - ▲ Cedar

- ▲ Dragons blood (also used in healing spells)
 - ▲ Frankincense
 - ▲ Myrrh
 - ▲ Rosemary
 - ▲ Sage
 - ▲ Sandalwood
 - b. Protection and Banishment
 - ▲ Sage
 - ▲ Myrrh
 - ▲ Nettle Leaves
 - ▲ Pennyroyal
 - ▲ Rosemary
- 8. Aura Strengthening
- 9. Religious Articles
 - a. Medals
 - b. Rosary Beads
 - c. Scapular
 - d. Relics

Some articles are cast/related to the name of a Saint. Some Saints commonly associated with these religious artifacts are:

- a. Saint Michael the Archangel
- b. Saint Benedict (powerful for protection over demonic forces)
- c. Saint Joan of Arc
- d. Saint Padre Pio
- e. Saint Francis of Assisi (especially animal spirits)

XXIII. Children and the paranormal

Most children are open to the paranormal. Some will embrace it while others will move on without it.

1. They may have an invisible friend
2. Often have vivid experiences that cause fear and anxiety
3. Require special attention to ease their fears
 - a. Never judge them
 - b. Speak openly with them
 - c. Request that the spirit leave the child alone
 - d. Ask the child what they see and are experiencing
 - e. Have them draw what they see
 - f. Tell them you will protect them
 - g. Say some prayers with and for them

XXIV. Observation Tips and Debunking

1. General things to look for during the walkthrough
 - a. Structural issues (creaky floor boards, uneven floors, door that are propped open or don't stay closed)
 - b. Clutter
 - c. Room hazards (holes in floor, tripping hazards etc)
 - d. Chemicals
 - e. Loose insulation (could be asbestos)
 - f. Antiques or collectibles (they could have attachments)
 - g. Lighting issues (dimming or flickering lights especially fluorescent ones)
 - h. Odors
 - i. Surrounding sounds (inside and out)
 - j. High EMF
 - k. Signs of remodeling
 - l. Ouija boards, pentagrams, signs of occult
 - m. Obvious clues to previous owners or property history
 - n. Animals
 - o. Bare earth floor in basement
 - p. Signs of past history (clamps/chains on walls, foot stocks etc)
2. Natural causes of the alleged haunting
 - a. Gas or oil leaks
 - b. Mental instability (depression, erratic behavior)
 - c. Medication
 - d. Life stressors (puberty, menopause, death of family or friend, anxiety of life, energy vampires)
 - e. Matrixing (this happens unconsciously when looking at video or photos)
 - f. Old paint (could be lead based), mold, chemical smells
 - g. Lighting condition of area
 - h. Plumbing issues (faucet drips or won't stay closed, banging on the pipes when hot water or heater kicks on)
 - i. General observations
3. EMF (electromagnetic fields or frequencies) which can be both magnetic and electrical. Many are natural.

- a. The earth has a normal geomagnetic presence that is affected by the moon and sun.
- b. EMF measurements are done in units called milligauss (mg)
- c. A natural source of EMF will always be present in the same place.
- d. Anything that registers at 2.0 – 7.0mg range or higher cannot be traced to a natural source and should be viewed as paranormal
- e. Typical EMF meters (single and triple axis) Meters vary by sensitivity and Hz as well.
 - ▲ K2
 - ▲ Mel Meter
 - ▲ Tri-field Meter
 - ▲ Ghost Meter
- f. Some sources of emf – non-paranormal
 - ▲ Power lines/towers – Cell towers
 - ▲ Poorly grounded wires
 - ▲ Kitchen appliance
 - ▲ Cell phones
 - ▲ Cable boxes
 - ▲ Fluorescent lighting
 - ▲ Light switches/plugs
 - ▲ Computers
 - ▲ Air conditioners & heating systems
 - ▲ Circuit/fuse boxes
 - ▲ Entertainment systems
 - ▲ Power strips
 - ▲ Digital alarm clocks
 - ▲ Large concentrations of iron or other minerals
 - ▲ Atmospheric conditions –Check with NOAA for the current geomagnetic field and solar x-ray conditions (cold and dry air can create static energy)
- g. EMF side affects – look for areas that are small and closed in with high emf. This is typically known as a ‘fear cage’ and is quite common.
 - ▲ Nausea
 - ▲ Headache

- ▲ Fatigue
 - ▲ Skin rashes and itching
 - ▲ Confusion
 - ▲ Paranoia
 - ▲ Panic attacks
 - ▲ Insomnia
 - ▲ Seizures
 - ▲ Shortness of breath
 - ▲ Cancer leukemia, birth defects and other severe medical conditions
- h. High levels of EMF (regardless of their origin) can attract entities and feed a haunt. Looking for possible sources to eliminate will reduce the haunt strength and frequency and more importantly any of the side effects listed above.
4. *Apophenia* is defined as the experience of seeing meaningful patterns or connections in random or meaningless data.
- a. *Pareidolia* is a type of Apophenia involving the perception of images or sounds in random stimuli. Our minds are programmed to change stimuli and sensory data into something familiar. For example,
 - ▲ Voices from a low repetitive sound such as hearing a ringing phone while taking a shower.
 - ▲ Perceiving faces in inanimate objects such as orbs, bushes, toast, stone or in windows.
 - b. *Confirmation bias* is something to watch for. Also called confirmatory bias or myside bias it is a tendency of people to favor information that confirms their beliefs or hypotheses.

XXV. Mediums

Most people think of mediums as a whole but this isn't the case. They differ as much as everything else paranormal.

These are some types of mediums²:

- a. *Trance Mediums* – go into a trance like state to connect with the spirit world. They allow the spirit to enter their body and speak through them.
- b. *Spiritual Mediums*

² Definitions taken from source documents on the web including but not limited to wikipedia

- ▲ *Clairvoyance Mediums* - receives images as the means of communication. These may be images in the mind's eye of the medium or less frequently the medium may actually see a spirit person or object as if they are actually viewing them with their physical eye
- ▲ *Clairaudience Mediums* - hears voices or other sounds as the means of communication either within their mind or as if with their physical ear.
- ▲ *Clairsentience Mediums* - senses a spirit presence. This may occur in a variety of ways: a general sensing of a presence, sensing an emotion, changes in temperature, breezes, a feeling of cobwebs on the face, a smell, scent or fragrance.
- ▲ *Clairofaction Mediums* smells energies. This can be in the form of disease, when someone is going to die, a dead person or if something isn't good for you.
- ▲ *Clairgustation Mediums* are rare. They sense through taste. The taste isn't really present, but the energy of something in the aura (energetic environment) is transformed into taste on the tongue
- ▲ *Telepathy* - is the transmission of information from one person to another without using any of our known sensory channels or physical interaction.
- ▲ *Empathy* - is the capacity to recognize emotions that are being experienced by another sentient or fictional being. Often referred to as the 'cursed gift'.
- ▲ *Precognition* - aka second sight - is a type of extrasensory perception that would involve the acquisition or effect of future information that cannot be deduced from presently available and normally acquired sense-based information or laws of physics and/or nature.
- ▲ *Aura view* – the ability to see and read peoples auras. They see the auras in colors. These colors are connected to chakras and aura bodies.

XXVI. Closing Thoughts

These are just some final thoughts on the paranormal.

- ✦ Hauntings can occur anywhere at any time.
- ✦ Spirits do not respond on command and are unpredictable
- ✦ Hauntings can involve all our senses
- ✦ Energy is neither created nor destroyed. It merely changes form.
- ✦ Physical beings become spiritual beings and need energy to survive. We are energy, our thoughts are energy.
- ✦ Malevolent human spirits or non-human spirits rely on negativity to exist. Removing the negativity starves them and may likely end the activity, forcing the spirit to move on.
- ✦ Ouija boards *are* only games, however the problem lies with the intention when used. They can open and provide an uncontrolled portal.
- ✦ Reasoning with spirits will prove more successful than trying to force them.
- ✦ **Provoking** an entity is dangerous and irresponsible. The act of provoking can cause dangerous side effects and have serious consequences. Provoking is disrespectful to your client as well as the spirits you are trying to contact.
- ✦ **Once you open a door you can never close it.**

XXVII. Final Thanks

I want to thank all the resources I used on the internet. Among them are:³

- ✦ <http://en.wikipedia.org/wiki>
- ✦ <http://saints.sqpn.com/>
- ✦ www.saintpiocenter.org
- ✦ www.oswc.org
- ✦ www.spiritsspeaking.com
- ✦ www.leylijnen.com
- ✦ www.lookingbeyond.com
- ✦ <http://saint-mike.org>

³ This is not a complete list

Special thanks go out to Frank Lazzaro from NJROPE who shared many of his team's documents with me and has provided me with much guidance.

Frank has been an inspiration and mentor to me and I am truly grateful.

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