



Phenomenal Spirit Investigations

Living with a Haunting

WHERE DO I START?

It might be good to start with a paranormal investigation to rule out other possibilities because there are other paranormal phenomena that occur besides hauntings. A good team of paranormal investigators will talk with you and bring in equipment to document the paranormal activity and determine the cause of the phenomena.

First, there's the "rule out" method of determining what's happening. It's important to start with the simplest explanations and rule out possibilities one at a time. Examine the possibility of living persons or animals physically or psychically causing the disturbances. Consider possible natural phenomena that could explain occurrences. There are also paranormal phenomena that may not be spirit-related that could be in effect. Probably the last possibility to consider is actual spirit contact. By using the "rule out" method, as you near the final assessment of findings, you can deduce with a high level of probability that a paranormal event is occurring. Having this documentation and evaluation can help to lead you in the right direction for dealing with the phenomena.

WHAT WILL PARANORMAL INVESTIGATORS DO?

The investigative team will first have a representative contact you to gather information. You'll be asked to give permission for the investigation and also for the report. It's up to you if you don't mind your name or personal information published in reports; or you choose to have your name left out and even list your home as simply something like "a residence in Dallas County". How much privacy you want is truly your decision. If you want to be contacted by more ghost hunters, you can ask that your information be posted in various places besides the team's investigation report.

Representatives of the team will visit the location in daylight hours to determine how the investigation will be set up. A time will be set aside to interview witnesses, and representatives will obtain a history of the location.

The actual investigation will be brief, probably 2 to 4 hours. It's important to have as much of a controlled environment as possible during an investigation so the instruments don't record voices and fluctuations inadvertently created by people in the area (that might be mistaken as paranormal phenomena).

Many paranormal investigative teams will document the paranormal activity through investigation and rule out other explanations for the happenings; but not be involved beyond the investigation and report to remove spirits or counsel residents. If you have a documented "haunting", then it's really up to you to decide what you want to do about it. Some teams provide services beyond investigation; so if you are interested in follow-through to assist you in your situation, know what services the team you choose has to offer.

The fear factor can adversely color your perceptions; so it is advisable to distance your emotions from assessments of paranormal phenomena.

To assist with lessening of fear:

- 1. find a safe place**
- 2. gain confidence**
- 3. take control of the situation**
- 4. be knowledgeable**

Finding a "safe place" can mean locating a physical area where you feel safe, and it can mean discovering a safe spiritual environment no matter where you are physically located. If you use prayer to secure a safe spiritual environment and seek psychic protection, it can be helpful to visualize a protective bubble around you, a beam of white light surrounding you, or a billowing white protective mist encircling you as you pray and seek understanding of the paranormal. As you feel this safety surround you and manifest it in your mind's eye, you can begin to separate the emotion of fear from your logical evaluation of paranormal happenings.



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To gain confidence of your ability to deal with the situation, consider small episodes of possible paranormal happenings that you have handled without adverse effects. For example, think of a moment when you had the feeling of being watched or of another presence; but found that it wasn't a frightening or unpleasant experience. You might recall the good feeling of angelic presence at the funeral of a loved one or the sweet visitation of a deceased loved one in a dream. You might remember a simple "hunch" to do or not do a certain thing that made you feel good as you followed your inner voice. The fact is that you've had many experiences in your life that might have been paranormal in nature; but were not scary or displeasing. As you recognize your ability to experience paranormal phenomena without adverse reactions, you can slowly progress to more intense paranormal experiences with confidence. That doesn't mean to leap into situations that you are not prepared for; but you can prepare step-by-step for the next situation.

Take control of the situation. If you have a spirit in your home or on your property, you have the right to set the ground rules just as you would for visitors among the living. Know and believe that the head of your household has authority over the property and the inhabitants thereof, especially uninvited ones. Use that authority and draw upon a higher authority as is available to you to declare aloud the "rules of the house." Your living visitors might fuss or storm out if you told them they had to remove their shoes before entering your home; but it's your home, and you have the right to make that demand. Similarly, your unseen visitors might fuss or storm out because you demand that they leave your belongings alone or stop frightening the children; but you have the right to make these demands in your home. Be firm and self-assured, and be sure that you are prepared when you make these demands.

Arm yourself with knowledge in case you meet with paranormal phenomena in the future. Ignorance is not bliss when things happen in your life that you do not understand or know how to deal with. Dismiss all the hype from movies and fiction related to the paranormal. It is designed to scare you. There is truly nothing in this world that is beyond natural explanation. We simply have a limited knowledge of our natural world. Spirits are not "supernatural" in the sense that they are beyond natural. They may, however, be "supernatural" in the sense that they have an understanding or use of natural laws that are beyond our current comprehension. As we gain insight and knowledge into the paranormal, we actually find a great inner peace and enlightenment because we are all a part of the same universe, those of us on this side of the veil and those who've crossed over.

Remember that the veil that separates the spirit world from the physical world should be respected. Be cautious as you look beyond the veil that you do not invite any and all from the spirit world to answer your call. Just as there are all kinds of living people in this world, and you would not open your front door and invite anyone off the street to come chat, it is inadvisable to give an open call to any who've crossed over. As you meditate upon the phenomena, look with your "third eye" to seek the truth, and listen with your mind to know the intent of the spirit.

There are numerous beliefs, theories, and ideas related to the paranormal. When seeking advice, be sure to weigh suggestions against your personal beliefs and culture. If you receive advice that is in conflict with these, examine the suggestions to determine if there is validity to the ideas and an inner core of truth that may not conflict with your beliefs.

Intervention

If you have a spirit (ghost) causing disturbances, then you have to decide what intervention you are comfortable with and will be acceptable to the spirit. Determining whether you have a benevolent or malevolent entity can lend a direction to your plans for intervention, if any. You could have more than one spirit making him or herself known. Don't assume the worst.

If you decide that you need some sort of intervention, I don't recommend leaping into exorcism. That is a last resort, and can actually increase malevolent paranormal activity of an area. "Cleansing" is a milder intervention for a location; but also is seldom required. Benevolent entities may be approached to discover why they are attempting to make themselves known. Sometimes addressing them can put an end to the "haunting". Sometimes it's truly best just to learn to live with your "guests" and figure out what the house rules are. It's your home; so you will have to make those decisions.

By Mary Catherine "Cathy" Miller <http://www.nursehealer.com/>

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