
HAUNTED ?

A self help manual.

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1 INTRODUCTION

If you are reading this manual it is probably because you (or somebody you care about) feels you have experienced a haunting. Many people report noticing ghostly entities in their home or specifically their bedroom, or they may experience phenomena they can't explain (e.g. doors that Haunted?: A Self Help Manual open themselves or musical instruments that play themselves in the dead of night). Other experiences of haunting will be discussed later in this book.

For most Haunted?: A Self Help Manual people who have this experience it can be very scary and confusing. This is partly because we are living in a 'rational' time, when generally people do not believe in spirits, in an afterlife or in a God figure. Or if they do, they don't talk about it for fear of being judged.

In an Haunted?: A Self Help Manual age when scientific ideas prevail and spirituality has been relegated to the 'lunatic fringes' it is not at all cool to say that one is being haunted. Making such an admission is a conversation stopper to say the least. However I suspect that most people have experiences of a spiritual nature but would rather eat their shoe than admit to anybody (and themselves) that this is the case.

As a result we live in a world where people often have to either stay in denial or search for ways of managing their fear. Those who most need support may feel forced to resort to alcohol, drugs and any other ways of coping that they can lay their hands on. Such behaviors can be extremely self destructive and causes many social problems.

Young people are more likely to talk about experiences of being haunted than older Haunted?: A Self Help Manual generations. I believe that there are reasons for this, which I shall discuss in Chapter 3, Why am I Experiencing Hauntings?

Being subjected to hauntings is a terrifying experience that can leave people confused and gripped with fear. A home that has become haunted may be transformed into a scary and inhospitable place to be avoided at all costs. How can one discuss such a bizarre topic with

others when they haven't shared the experience and will probably suspect one is going Haunted?: A Self Help Manual mad?

Those who experience hauntings can end up feeling very isolated and very vulnerable. Although most of us have seen the 1973 film *The Exorcist* and know a little about spirits through similar films, when it comes to getting some practical help it can be like looking for hen's teeth!

However there is *Haunted?: A Self Help Manual* great hope that this problem can be solved through understanding the causes of hauntings. I will be talking about how one's life can be returned back to normal, or in some cases, only where appropriate, how people can learn to work with the spiritual dimension.

Realising that this is a growing problem that is seriously affecting our youngsters, I felt that people need a resource to help them understand what is happening, why it is happening and how to stop it happening. At *Haunted?: A Self Help Manual* a time when hauntings seem to be on the increase, I feel that this information is urgently needed.

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2 THE NATURE OF HAUNTINGS

As mentioned in the introduction, many people experience strange phenomena in their environment. These phenomena often take place at night. Let's talk about some examples.

Example 1 – Bad 'vibes'

Jim and Rachel are a young couple who moved into an old stone built cottage in an historical village in Yorkshire, England. It was said that this village had a history of witchcraft and that a

witch had been burned there in the 1600s.

Rachel's husband worked in the nearby town during the day and so she was often on her own with her young baby. She became aware that the house started to feel unpleasant around dusk every day. She felt so uncomfortable that she usually put the baby in his buggy and went out for a walk until her husband returned from work.

They also reported that during the night they had sensed and heard a spirit animal jumping down through a skylight in their bedroom ceiling (although it was of course closed) and landing on their bed before dropping down onto the floor. They felt that it was Haunted?: A Self Help Manual a cat like creature.

They later heard the local tradition that the hill at the rear of their property Haunted?: A Self Help Manual had been the place where the historical witches coven met.

Example 2 – Pets who 'see things'

Suzie noticed that her cat would stare fixedly at something in the bedroom. Its eyes would track it as if it were moving around the room. She found this extremely spooky.

Example 3 – Sounds

Jason would hear his guitar strum itself while he was in bed asleep, with nobody else in the room. He discounted rodents as it was up on a shelf, and besides, the sound that was made didn't sound like the scuffings of a small animal on the guitar strings. It sounded way too musical for that.

Others report hearing tapping noises and sometimes voices. I heard a voice myself one time; just as I was waking up a child's voice said 'Oh look, she's waking up!' but I Haunted?: A Self Help Manual was totally alone in my bedroom.

Example 4 – Doors Opening on their own

Anita's bedroom door would suddenly open wide in the middle of the night. She suspected a house mate was playing a trick on her until it happened when there was nobody else in the house. She really wanted to move out after that experience but couldn't and so spent a lot of nights sleeping on friends' sofas to avoid being there.

Example 5 – Orbs

Jonathon made a video of the orbs that fly around his room during the night. He believes that they are the spirits of his beloved pets who have died and come back to visit him regularly.

All of Haunted?: A Self Help Manual the above are examples of places that have become haunted. Another sort of haunting is when somebody's personal space, i.e. their aura or personal electromagnetic field, becomes invaded by spirits giving rise to insomnia, mental problems (e.g. depression) or physical disease (including all sorts of pain and other weird sensations).

In my job as a therapist I became aware that many of my Haunted?: A Self Help Manual patients had been invaded in this way. Over the 13 years working in therapy I developed the ability to sense negative or harsh energies lodged in the aura. This was extremely useful as it meant that I could locate negative energy that was causing health problems for my clients and dispel it using various techniques. The following example is pretty typical.

Example 6 – Breathing Problems

One client came complaining of heaviness over the chest that affected her breathing. By scanning over her body with my hands I sensed there was a 'blob' of harsh energy right over her

chest. I removed this by inserting acupuncture needles into the hands.

Acupuncture needles act like conductors drawing negative electromagnetic energy down the energy pathways (Meridians) in the arm and out of the body at a specific acupuncture point. These energies Haunted?: A Self Help Manual were then neutralised with Moxa smoke which and vented through my extractor fan.

Many people who complained of insomnia tended to have blobs of harsh energy over their heads. One Haunted?: A Self Help Manual lady was courting problems and wouldn't be persuaded to change her behaviour patterns and this was putting her health and her marriage at risk:

Example 7 – Insomnia

Andrea believes in spiritualism; the act of communicating with spirits in order to get information. She was convinced that the spirits she was in contact with were her relatives that had died and had remained in her home. She could see no harm in what she was doing and hadn't Haunted?: A Self Help Manual linked this behaviour to the fact that she had some quite severe health issues when she came to see me.

Unfortunately she had chronic insomnia to the point that Haunted?: A Self Help Manual she was unable to sleep in the same room as her husband and Haunted?: A Self Help Manual this situation had existed for many years. She had a few other chronic metabolic problems in addition (food intolerances, chronic fatigue and chemical sensitivity) that were ruining her ability to function and enjoy life fully.

Insomnia is a common symptom of spiritual attack and so when she told me she suffered this problem I felt I understood the cause. I explained as gently as I could that it was probably linked to her spiritualist beliefs and practices but she didn't agree with me and wouldn't be budged.

Although I was able to help resolve her metabolic problems, the insomnia wouldn't be cured. I

believe that this was because the spirits my client was communicating with were actually interfering with her and causing the insomnia problem. I will speak more about this issue in the chapter on the causes of hauntings.

More on Bad Vibes in the Home

Often people become aware of an uncomfortable or harsh feeling in their environment. I've often experienced this myself. For example one time my husband and I Haunted?: A Self Help Manual went to collect a sofa I'd purchased from a friend. She and her husband were divorcing and they were selling off the furniture prior to vacating what had been the family home. As I stepped into the house I felt a very uncomfortable energy. I immediately wanted to get out of there.

In view of the divorce situation, I guess its not altogether surprising to have felt a bad energy in the home. However there may have been other causes as will become clear as the book progresses.

Other Dimensions?

There is no doubt in my mind that our dimension (the physical plane of existence) interleaves with a spiritual dimension that most of us aren't aware of. For many people 'not being aware' is a good thing as it means that one is immune to the negative aspects of the spiritual dimensions.

Being unaware of these dimensions doesn't always prevent harm unfortunately. Through my work as a therapist I came to understand that very many people, without realising it, are Haunted?: A Self Help Manual suffering from spiritual attack. We may label these conditions as diseases of various sorts, but a proportion of the diseases are actually caused by harmful energies lodged in the spirit.

However one can become both sensitive and aware of Haunted?: A Self Help Manual these other dimensions. This can happen when we open doorways inadvertently between the

physical and spiritual realms. This may cause spiritual phenomena to manifest overtly in our lives.

Then it can become a huge problem that needs to be addressed. Failure to address it at the earliest opportunity can lead things to snowball. Having treated many people who had severe Haunted?: A Self Help Manual spiritual manifestations, I can testify that these effects can ruin people's lives.

I can't say that when I entered a Haunted?: A Self Help Manual career as a therapist I had in mind using my skills as a sort of lay exorcist (exorcisms are normally performed by ordained priests), but it turned out to be the case quite often.

It is my hope that people will Haunted?: A Self Help Manual start to be more spirit savvy and avoid the problems that can make one's life a misery. If the truth were known about the Haunted?: A Self Help Manual dangers our youngsters are being placed in (often for the monetary gain of unprincipled people) then society might change. One can only hope

Communicating honestly about these things would help us all to be better informed and thus stronger. By refusing to talk about such matters I believe we condemn our youngsters to problems they don't deserve.

3 SOME HISTORICAL PERSPECTIVE

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