

## Where do Ghosts Manifest

Ghosts can manifest anywhere. They may seem to appear more at night, because light carries vibration and it's easier for us to see at night because there is less vibration to distract us. It is also surmised that the energy it takes to manifest in the physical realm, may be depleted when a ghost is around a crowd of people during the daylight.

Although ghosts may appear during day or night, the night could provide a time when less people are active and may afford a time when all types of ghosts could appear more readily. Others believe that intelligent ghosts only manifest around people, either through use of their energy, or to communicate with this world. A ghost is a subtle energy in most cases but can vary in intensity. What to do with a ghost.

If one has a ghost, then the obvious question is, "What do I do with the ghost?" Maybe a better question should be, "How can I help a ghost?" Finding common ground and comfort in the fact that a ghost is only a disembodied human being, seek to speak with the ghost.

Some ghosts are looking for simple direction. Follow your instincts and try and understand if there is any left over, unfinished business that may help the ghost move on. Ask the ghost person openly, how can I help? Be not afraid to tell the ghost that you know they are there, that you recognize this and that they probably understand that their physical body has died but if not let them know this. Tell the ghost, that there is nothing to fear, and when they are ready that they should move towards and into the light, where peace, love, joy, friends and loved ones await.

Occasionally, a ghost doesn't understand that they have passed on. Sometimes a simple conversation will free the soul and bring peace to the situation.

Ghosts often will take simple instruction, such as, "Stop banging the pans at night." Many times, the ghost just wants someone to know that they are there, but if a ghost is troublesome, remember you are in control. You can demand the troubled spirit leave. This is your place, and you don't have to accept visitors.

Some ghosts are just looking to be recognized, until someone hears their story. Other ghosts are in dire need to deliver a message to a loved one. It is not uncommon for relatives of the deceased to receive a phone call from the other side of the grave, with a parting, "I love you." The voice is typically immediately recognized by the loved one, and the message is usually short but clear. When phone records are checked, in most cases there is simply no record of the call at all. These are known as, "phantom phone calls."

Ghosts, though disembodied, are not without means. An intelligent ghost will get your attention if need be, whether through sounds, sight, smell or even touch.