

Difference between Ghosts and Spirits

The two words “ghosts” and “spirits” have been used interchangeably for hundreds of years. Ghost is from the Anglo-Saxon *gast*, while spirit is from the Latin *spiritus*. As language developed, the word ghost came to being used in describing the appearing of a recognizable person appearing after their death; while a spirit came to be understood as the manifestation of an unknown person. Ghost hunters on the other hand, will look at ghosts and spirits differently. In the ghost hunting community, ghosts would be a disembodied person who has left fragments that are “stuck” in this physical world, typically due to trauma or unfinished business here on earth. They are still attached to people, things or events that occurred in the past. The key word with this is past, as the past seems to hold them here, instead of looking to the future which would cause them to move beyond their prior physical life. For whatever reason, they cannot let go totally of this realm, and either need direction or are looking for assistance in delivering a message or fixing a situation. This ghostly activity is known as an intelligent haunting.

Furthermore, it should be mentioned that some ghosts are non-intelligent, meaning they are only residual energy of a prior event and not interactive. A ghostly action, such as walking down a hall will occur over and over, whether someone is present or not. This type of ghost manifestation also known as an unintelligent haunting will not interact with the physical world. In contrast, a spirit, to most ghost hunters, represents someone who has moved beyond death, into the light, having had their life review and now understands they are spirit. Issues of their former physical existence have been worked through or are being worked through, and peace, love and joy are being experienced. Often, all of us are watched over by spirits on the other side, who want to comfort us, guide us and observe our lives. These spirits typically are loved ones, family, and friends – some are known as spirit guides and angels.

How to tell if you have a ghost.

The following are some descriptions of ghostly activity, and thus are common phenomena found in hauntings. It is important to not be afraid and understand that a ghost is a person who is most likely wanting to be recognized for assistance. The following phenomena are not all-inclusive:

1) Cold spots. The manifestation of a ghost requires energy, and thus the area could be cold from the ghost using the energy of a specific location. 2) Electrical disturbances, such as flickering lights and radios turning off and on. 3) Movement of physical objects, such as doors. 4) Items missing or moved. 5) Water turning off and on. 6) Goosebumps, chills, the feeling that you are being watched, or touched. 7) Sounds, such as footsteps, music, voices, whispers, rapping, banging, something being dropped, etc. 8) Balls or orbs of light that appear and float around. 9) Shadows moving about a room or in the corner of one's eye. 10) Odd behavior from a pet. Animals are very in tune with spirits around them. 11) Unexplained or known fragrances of the deceased. 12) Levitating objects. 13) Mists, or vapors that appear.

What does a ghost look like?

Ghosts can and do manifest physically in various forms. It is not understood why the forms vary, but perhaps it is due to the condition of the soul of the entity. Ghosts appear as:

1) Orbs - These balls of light can float or move at rapid speed. Some believe these to be the first or most basic manifestation of a ghost...perhaps the soul of a person. 2) Mists, Vapors, Ectoplasm - This form appears as smoke or fog, and is believed to be the manifestation of spirit. 3) Shadow People - Known as "dark shadows" or "black ectoplasm," these ghosts will often be seen moving about. It is possible that the darkness represents a condition of the soul not yet understood, such as immaturity, lack of understanding or knowledge. 4) Apparition - This is the full-bodied, non-vaporous appearance of a disembodied person's spirit, and is very rare. Typically described as "see-through."