

How Do Spirits Manifest

There has always been a part of man that wonders about things unseen, and about the veil that separates the living from the dead.

We do not fully understand or comprehend the para-normal, we are only just scratching the surface. All we can do is dissect our experiences, and marvel one bit at a time. We will take one small part of the paranormal, in this case Spirits, and run through some theories on how things work. If you want to know some ideas of how Spirits manifest in the physical world, it helps to differentiate between the two main types of haunting: residual and intelligent.

Residual Hauntings

If the Spirit or apparition is appearing in the same place and performing the same task every time, chances are that you have a residual haunting. The theory behind this type of haunting is that certain minerals (usually limestone and quartz) can act as a type of recording mechanism that takes an imprint of highly emotionally charged events and can play them back if the atmospheric conditions are right. In many ways, it is a direct window into the past, in that you are witnessing an event happen before your eyes, even if it happened years ago.

With these types of manifestations, the apparitions interact with the environment as it was in their time, not necessarily ours. For example, if you live in an old place that has been renovated over the years, you might see a Spirit walk up an invisible set of stairs or pass through a solid wall. According to residual haunting theory, this could be because there might have been stairs or might not have been a wall present when the spirit was living. You are just a spectator, and the entity doesn't even know that you are there.

Intelligent Hauntings

If the entity that you encounter interacts with you, or otherwise seems aware of your presence, you have what is called an intelligent haunting. These Spirits manifest by pulling energy out of the environment and using it to interact. For example, the locations where an apparition or entity has been spotted will usually be 10 to 20 degrees colder than the surrounding environment. This seems to be because the entity pulls the heat energy out of the atmosphere to facilitate manifestation, creating a so-called cold spot.

Since energy can neither be created nor destroyed according to the first law of thermodynamics, there must be some reason that batteries and other electronic equipment sometimes go dead when a Spirit is manifesting. Like heat energy, it seems that paranormal entities pull electric energy out of their environment. This also seems to be the case with electromagnetic fields. Our brains (and by proxy, our whole bodies) are run with electromagnetism. It is believed, due in part to the fact that the Earth itself is covered by an electromagnetic field, that paranormal manifestations are accompanied by a flux in that field. A lot of experienced paranormal investigators make an electromagnetic field detector a part of their toolbox, taking base readings in an environment so that any spikes in the field can be noted.

It must be noted here that high levels of electromagnetism has been shown to induce feelings of paranoia, sickness, or even hallucinations in controlled lab experiments. It is for this reason that testing the electromagnetic field is important to verify a haunting. If EM spikes can be proven to exist outside of mechanical means (like copper wiring or older electric machinery), and be shown to appear independently, the paranormal explanation gains much more credence. If strange things happen and there is a definable source for a high EM field, the paranormal explanation is much harder to prove.

As stated before, when it comes to understanding the 'how's and 'why's of Spirits, we are just scratching the surface. All we can do is quantify our experiences and describe them in terms we already know. That is why these are still theories, and paranormal studies aren't quite yet considered a science. Of course, that means that the paranormal enthusiast and amateur Spirit hunter is on the edge of the effort to explore a new frontier. By keeping informed on paranormal theory, taking investigations seriously, and doing thorough work, paranormal investigators are paving the way to an understanding of the world we cannot see.

Is it a Spirit? Do I have a Spirit? How can I tell if I have a Spirit?

Look for natural causes of any strange events and be a little skeptical. This will keep one *level-headed* and calm while trying to conclude whether a place is haunted or not. A rational, but open mind is the best tool in determining if the source of a possible haunting is indeed Spiritly.

What are Spirits and ghosts?

The two words "Spirits" and "spirits" have been used inter-changeably for hundreds of years. Spirit is from the Anglo-Saxon *gast*, while spirit is from the Latin *spiritus*. As language developed, the word Spirit 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. Spirit hunters on the other hand, will look at Spirits and ghosts differently. In the Spirit hunting community, Spirits 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 Spiritly activity is known as an intelligent haunting.

Furthermore, it should be mentioned that some Spirits are non-intelligent, meaning they are only residual energy of a prior event and not interactive. A Spiritly action, such as walking down a hall will occur over and over, whether someone is present or not. This type of Spirit manifestation also known as an unintelligent haunting will not interact with the physical world. In contrast, a spirit, to most Spirit 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 Spirit.

The following are some descriptions of Spirit activity, and thus are common phenomena found in hauntings. It is important to not be afraid and understand that a Spirit 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 Spirit requires energy, and thus the area could be cold from the Spirit 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 Spirit look like?

Spirits 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. Spirits 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 Spirit...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 Spirits 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."

Spirits 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 Spirit is around a crowd of people during the daylight. Although Spirits 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 Spirits could appear more readily. Others believe that intelligent Spirits only manifest around people, either through use of their energy, or to communicate with this world. A Spirit is a subtle energy in most cases but can vary in intensity.

What to do with a Spirit.

If one has a Spirit, then the obvious question is, "What do I do with the Spirit?" Maybe a better question should be, "How can I help a Spirit?" Finding common ground and comfort in the fact that a Spirit is only a disembodied human being, seek to speak with the Spirit. Most Spirits are lost, and looking for simple direction. Follow your instincts and try and understand if there is any left over, unfinished business that may help the Spirit move on. Ask the Spirit person openly, how can I help? Be not afraid to tell the Spirit that you know they are there, that you recognize this and that they should understand that their physical body has died. Let them know this. Tell the Spirit, that there is nothing to fear, and that they should move towards and into the light, where peace, love, joy, friends and loved ones await. Often times, a Spirit doesn't understand that they have passed on. Sometimes a simple conversation will free the troubled soul, and bring peace to the situation. Spirits often will take simple instruction, such as, "Stop banging the pans at night." Many times the Spirit just wants someone to know that they are there, but if a Spirit is troublesome, remember you are in control. If a Spirit will not head to the light, then demand the troubled spirit leave. This is your place, and you don't have to accept visitors.

Some Spirits are just looking to be recognized, until someone hears their story. Other Spirits 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." Spirits, though disembodied, are not without means. An intelligent Spirit will get your attention if need be, whether through sounds, sight, smell or even touch.