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Ghosts: How Energy Factors Into Their Existence

By Gloria Young

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As a child, my father always told us ghost stories. The stories were of experiences that he and our family had in homes that they visited or lived in. I was always fascinated by the thought that ghosts might be real. It wasn't until I grew up and actually began having experiences myself that I decided that this was something I needed to know much more about. It seems the more I tried to get answers, the more I got questions.

Over the years I have come up with some answers after using the theories developed by scientists many years ago. Discovering these answers has made me more aware of what ghosts are and where they may have come from. Although I don't have the "real" or "true" answers, this is not because the information is incorrect, it is because there are no experts in the paranormal field. This includes me. I am not an expert, however, I have done as much research, if not more, than some of the paranormal investigators working today. After working on the research, performing the investigations and reaching a conclusion, I can bring you some honest answers to what we believe ghosts are and where they come from.

Probably since the beginning of time, ghosts have been the subjects of many conversations. Sometimes these conversations were done in a hush-hush manner because of the stigma associated with talking about this subject. Many had to talk behind closed doors and make sure that it was only with people they trusted. Nevertheless, talk of ghosts continued and has evolved into a trendy, get-a-thrill hobby.

So, exactly what is a ghost? Where does a ghost come from? Why are they here? Let me see if I can make some sense out of something we don't understand. What is a ghost? It is thought that ghosts are people. They were once people who lived and breathed much like you and me and then for various reasons, they died. It could be a father, mother, brother, sister....well, you get the point. It could be anyone. Using the mechanics of physics we understand that people prior to being born, start as energy. When we are born, we are given a "shell" or a body to live in although the energy is still within us. Some people or religions consider this a soul. When the body has finally become worn out due to years of use or, if something has happened that we die earlier than our years, the body dies and the

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remaining energy removes itself from the body.

Medical personnel have told stories for years of being at the bedside of a dying patient and at the moment that the person passes, seeing a "wisp" of something or an energy of some type floating upward. There have always been stories similar to that from people who work in similar fields ranging from firefighters, paramedics, etc. They have related amazing stories from dying people of seeing the "light", seeing relatives long since deceased, going through the "tunnel", etc. It is not possible from a physical point of view that dying patients are able to acquire the strength to physically open their eyes brightly, smile, move their mouths and talk or act as if talking, lean up out of bed when over the course of their illnesses they have lost the ability to do these things. If they have neared the end of their lives, it is said that relatives come back to retrieve their loved ones and "take them home". From a paranormal standpoint and having witnessed this miracle myself, I must confess that it is true. These

actions do occur. A person who is nearing the end of their lives will, usually one day prior to their death, suddenly become alert, sit up, perhaps talk or at least knowingly acknowledge their loved ones still living and have a chance to say their goodbyes. It is on that next day that usually they will die. Could it be a blessing from God? What is it that gives these people the strength that they probably haven't had in days, months, years to be able to perform these tasks? Again, more questions....no answers.

So, why are ghosts here? What is it that compels ghosts to stay here? Do they have to stay? In my research we have discovered certain things that we can say with a good amount of certainty and that is, there are ghosts. Can I say that for a definite fact? I believe I can. Ghosts are here. They are everywhere. Most have learned to live around the living without any problem. There are ghosts that cannot leave the earth. They are stuck on this earthly plane without the ability to come and go as they please. We believe that most ghosts are able to do that. We believe they are able to go from this earth to another dimension or place whenever they choose.

So why do they stay? Besides the fact that some may not be able to leave, we believe that they stay to try to communicate. Not that they have special messages or anything but most are trying to communicate with the living. There are those that are family and wish to return to check on their families. There are those that return to assist. There are those that return to be mischievous. Some haven't left because they are unaware that they have died.

In conclusion, the fact that ghosts exist is truly obvious to those who will see. The signs they leave are obvious. It is obvious to those who will see but they also attempt to make their presences known to those who won't or can't. We will never really know the messages they are trying to convey but we know they are attempting to do this. If you are a person who is willing to allow paranormal activity occur in your household, having an open mind is a start to opening the lines of communication with them. It takes more than just desire to allow ghosts to begin communication. There are many other things that can be done. If you are someone who is willing to allow these visitors into your home or your life, taking great care to make sure the "phone" lines are open, will truly help you both.

Gloria Young has been a ghost hunter and paranormal investigator for over 10 years. She has dedicated her life to researching paranormal activity. She has written, "Faces of a Ghost Hunter" as

well as three other books. She founded the paranormal research group, "Ghost Trackers". She has co-produced two documentaries on ghost hunting. (www.ghost-trackers.org)

Real Ghosts, Ghost Hunting, and Quantum Physics

By Robbin Renee Bridges

One of the benefits of a lifetime of afterlife communication is that I know a lot about ghosts ... what they are and what they're not. For instance, they're not "caught between worlds." And they don't need us to help them "move on." They're exactly where they're supposed to be. You don't honestly think that God, the Creator of the Universe, would leave their eternal fate in your and my hands, do you?

You CAN say that they are "earthbound," but that's because their consciousness never left the earth. And when you die, yours won't either. We're all right here together forever. That's just the nature of the afterlife. Yes, knowing the laws of the afterlife can make these things a lot clearer.

Lately, I've been researching what folks believe about ghosts and hauntings. I've investigated the investigations. Repeatedly I've read, "We don't use ouija boards, séances, mediums or occult methods." Yet it's common for ghost researchers to accept, as an underlying condition of their investigations, the erroneous claims of psychics, mediums, and channels.

I'm referring to such concepts as "caught between worlds," "unfinished business," "earthbound souls," and ghost children in distress. At the same time ominous warnings urge vigilant caution in case non-human demons and malevolent entities are encountered. Oh, and don't forget the Hollywood expression, "Go to the light." Scientific research can't be conducted properly on a foundation of superstition.

Let me tell you some things that are true about ghosts. Actually there are only two kinds of ghosts: real and not-real.

The real ghosts are everywhere. They're in your home, in your car, in your school, and in your dreams. Ghost researchers call these interactive ghosts. I call them soul-ghosts, or disincarnate souls. I don't care for the term, disembodied because they do have a body. We just can't see it for the same reason that we can't see sound waves and ultraviolet light. They're outside the range of our sentient boundary.

Soul-ghosts are interactive. They reach out to you, and you feel no fear ... absolutely none. They envelop you in a blanket of warm fuzzies. Real ghosts can be mistaken for angels. This isn't a paranormal experience. It's a supernatural and spiritual experience.

The not-real ghosts seem to be everywhere too, but only for people that believe they exist, or at least believe that they might exist. They rarely bother unbelievers. Ghost researchers call the not-real ghosts ... residual ghosts. These ghosts seem to defy the Law of Conservation of Matter and Energy because they pop in and out of existence like virtual particles. The appearance of this type of ghost can be explained by quantum physics. From the Copenhagen Interpretation, which states that nothing is real until you look at it, to the holographic theory of the universe, all ghosts abide by the laws of quantum

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physics.

People that experience residual ghosts say that they seem to be caught in a time-loop replaying the same scene over and over. The above mentioned physics also apply to residual ghosts but with the addition of Schrodinger's equations. For every "now" that we experience, a positive wave flows into the

future and a negative wave flows into the past like concentric ripples created by a rock thrown into a pond.

The fact that some people experience residual ghosts is due to normal functions of human consciousness. Although some might rather think of it as a "glitch." Residual ghosts are unusual and fascinating experiences with natural causes.

Briefly, a few more types of not-real ghosts are poltergeists, demons, and shadow people. Abnormal psychology applies to poltergeists and demons. The physiology of the eye accounts for shadow people.

So, what's the truth about ghosts? Do they exist? Yes, of course they do. Can the scientific method be used to investigate them? Yes, they use measurable amounts of energy. Can you record their voices and photograph ghosts? Yes, but one needs to be alert to pattern recognition tendencies.

The science of ghost investigation has the potential to make a huge difference in a society still tormented by superstition and fear. You have the equipment. You have the rationale. And you have the compassionate desire to help others.

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Robbin Renee Bridges, a chaplain and grief counselor for more than thirty years, is the author of numerous published articles and the landmark book, "A Bridge of Love between Heaven and Earth: Self-Induced Contact in the Afterlife." For more articles about death, ghosts, and the nature of the souls in the afterlife visit



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