

SO YOU THINK YOUR HOUSE IS HAUNTED!

It is not uncommon for people to have strange occurrences once in a while and there could be many non-paranormal explanations for the event. When things happen often and over time it may be time to start looking for answers. The answer may or may not be a ghost.

There are several things that may indicate a haunting, although an actual haunting is rare.

Feeling of being watched: This feeling can be caused by many things including a high Electromagnetic Field (EMF) caused by electronics or faulty wiring **OR** it could be paranormal in nature.

Unexplained shadows/shadow people: These are usually seen out of the corner of one's eye. This could be pareidolia is a phenomenon in which the brain incorrectly interprets random patterns of light/shadow or texture as familiar patterns such as faces and human forms **OR** it could be paranormal in nature.

Strange animal behavior: For example a dog barks at something that is not there, cats watch something unseen cross the room, etc. Animals do have sharper senses than humans it is possible they are reacting to something non-paranormal **OR** it could be paranormal in nature.

Lights turning on and off: Lights and other electronic equipment like radios and televisions turning on and off when the owner believes they were not left that way. There are several non-paranormal explanations one is solar flares. Even though the killer solar flare some believe will take out the earth on December 21, 2012 has been dismissed as a fallacy, solar flares can interfere with all forms of telecommunications, television, and radio waves is fact. Where or not solar flares can interfere with other electronic devices is heavily debated but cannot be ruled out. Newer electronics have resistors that allow them to momentarily be without power without resetting internal clocks so the some power fluctuations are not always noticeable and there is also the possibility of fault switches for the lights. In extreme cases there is the animal factor such as the "energy conservative" dog in Alabama whose owner discovered it was their dog that was turning off the lights when they left the room. A cat in California was known to turn off a radio when its owner left the radio on. These are all plausible explanations **OR** it could be paranormal in nature.

Items being moved about or disappearing and reappearing: There are several cool names for this phenomena whatever you choose to call it is where items are moved or disappear and are found in a location or right where they were originally. It is possible this is caused by forgetfulness; dementia or stress **OR** it could be paranormal in nature.

Unexplained noises: Things like footsteps, knocks, banging may not be a ghost. Rats, squirrels and other vermin account for many unexplained sounds. Rats and mice running down pipes can sound like footsteps, knocks, and banging **OR** it could be paranormal in nature.

Doors and cabinets opening and closing: These things can happen by very real human causes. A lady was very afraid the door to her basement would open while she was at work. Her exterior doors were alarmed so it had to be a ghost. The latch on the door was not found to be faulty under normal circumstances but it was finally proven that the Fed Ex truck would park in her driveway 1-2 days a week caused a vibration that caused the hinges to vibrate and the latch release. Something similar to this could be affecting your home **OR** it could be paranormal in nature.

Cries and whispers: We hate to blame the creatures but raccoons can make sounds similar to babies crying and Red Foxes make scary sounds like a woman screaming. These make sense in areas where wild life may be present **OR** it could be paranormal in nature.

Feelings of being touched: An area with high EMFs can make a person's skin crawl and have been proven to toy with people's minds. This could be the root cause of what is happening **OR** it could be paranormal in nature.

Many people smell things when they are being haunted: Old houses have "old," hidden smells. Even though a person may not have smoked in the home for years, it just takes a scratch in the woodwork and some water or warmth reconstitute the smell. This is a possibility **OR** it could be paranormal in nature.

Hot & Cold Spots: Many things create microclimates which can make the temperature go up or down these things include shade, breeze, electronics, and more **OR** it could be paranormal in nature.

Apparitions: Most often apparitions are described at the physical manifestations of an entity and appear in mist or transparent human forms that disappear quickly after being spotted. There are few things these can be other than reflections and are almost always paranormal in nature.

Physical Assaults: When someone is being physically assaulted resulting in scratches and bruises and there is nothing around them. It is most often paranormal. Although it can be quite distressing it is not always demonic, just as there are bad people in life many believe there are bad spirits.

What should you do if you think your home is haunted:

Keep a journal of all activity, this will aid in any future investigation and by reviewing the journal it maybe possible to find patterns and help explain the seemingly unexplainable.

Entries should be some thing like:

Monday January 16, 2011, 2:10 AM – A shadow person walked by the master bedroom door

Start researching the history of your home, even newer homes can be haunted.

Call in a team to investigate... but remember all paranormal teams are different. Don't be afraid to interview teams. In order to do a through investigation they are going to have to access to your home and answer very in-depth even personal questions.