

# Existence of ghosts and paranormal entities (overview on negative energy)

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## **Abstract:**

*From many years, there are some unsolved questions which are haunting mankind. One among those mysterious questions is “Do ghosts and such entities really exist?”. This is a million-dollar question, though many people say that “it’s a trash”, there are some fascinating facts and proofs which makes that trash a hidden treasure yet to be found. There are many people who dedicated their lives in order find the answer to this question. According to a survey, even in the most developed countries like America, around 45% of the people believe in the existence of paranormal entities. There are many scientific theories which explain about the existence of the unknown entities. Even there are many proofs which can prove the existence of paranormal creatures, simply termed as ghosts. Though some of them are considered to be pointless, some of the theories and proofs may not be neglected, as there is no evidence to disprove them. In this paper we are going to discuss about various theories, and about various researchers who are termed as “parapsychologists” and their explanations regarding this topic. Here we are going to discuss about different energies and their impact on human brain and also some information regarding mysterious terms like “Exorcism” and “Pocession”.*

**Keywords** — *Paranormal, Parapsychology, Entity, Parapsychologists, Pocession and Exorcism*

## **I. INTRODUCTION**

The word “Paranormal” is one of the oldest words in English language which can be broken as “para” and “normal”, which means beyond the normal or which cannot be understood easily. The word paranormal doesn’t mean about the ghosts alone. There are many interesting things under this word such as Austral Projection, telepathy, cryptozoology, precognition, clairvoyance, psychokinesis, a.k.a. telekinesis, and psychometry. But mainly it is used to describe the entities like ghosts, ghouls. etc. Paranormal psychology or Parapsychology is the term which means the study of alleged psychic phenomena (extrasensory perception, as in telepathy, precognition) and other paranormal claims, for example related to near-death experiences, synchronicity, apparitional experiences, etc. It is considered to

be pseudoscience by majority of mainstream scientists, just because it is complex to understand and also disprove some physical theories, which are considered true from many years.

According to me, the paranormal entities exist. Just because we can’t see them, we cannot say that they are not there. There are many proofs which argue about their existence. There are many scientists and researchers around the world who dedicated their lives to this field. “Warren” family is one of the most renowned among these parapsychologists. They were the first ones to start “New England Society for Psychic Research”. They became most famous by solving the mysterious case “ANNABELLE”. They were well known for their approach towards the case. Even from India there is a researcher named “Gaurav Tiwari” who went to peak in this field by establishing “Indian Paranormal Society” which is the first ever thing in India. Even Gaurav Tiwari faced a mysterious death at the age of 31.

According to these parapsychologists, ghosts are technically termed as mysterious energy, which has electromagnetic field around them. So, they generally use some customised electronic gadgets in their investigations to find the existence of ghosts. Especially there are some noticeable symptoms which can be helpful in detecting the negative energy around us. In this paper we are going to discuss the symptoms which can be used to find the existence of paranormal phenomenon.

## **II. PARANORMAL INVESTIGATORS (PARAPSYCHOLOGISTS)**

Today there are many people who were tagged themselves as paranormal investigators. But there are some renowned ones in this field, who solved many cases without caring their lives. Such investigators will be remembered forever by the families, which they helped. Some of the best paranormal psychologists (parapsychologists) are:

**A. Warren Family (Ed Warren and Lorraine Warren):**



**Fig 1: Warren Family**

**Edward Warren** (September 7, 1926 – August 23, 2006) and **Lorraine Rita Warren** (née **Moran**; January 31, 1927 – April 18, 2019) were American paranormal investigators and authors associated with prominent cases of hauntings. Edward was a self-taught and self-professed demonologist, author, and lecturer. Lorraine professed to be clairvoyant and a light trance medium who worked closely with her husband.

In 1952, the Warrens established the “New England Society for Psychic Research”, which is the oldest ghost hunting group in England. They authored a large number of books about the paranormal and about their private investigations into various reports of paranormal activity. They have investigated over 10,000 paranormal cases during their career. The Warrens were among the very first investigators in the most controversial and ferocious Amityville haunting. “New England Society for Psychic Research” in short (N.E.S.P.R) uses a variety of individuals, including medical doctors, researchers, police officers, nurses, college students, and members of the clergy in its investigations. The main cases solved by Warrens were “*Annabelle, Perron family, Amityville, Enfield poltergeist*”.

Their works became famous and adapted by Hollywood in the form of “*Conjuring Universe*”, which consists of many investigations of Warrens, based on their real-life experiences.

**B. Gaurav Tiwari:**



**Fig 2: Gaurav Tiwari**

**Gaurav Tiwari** (2 September 1984 – 7 July 2016) was Founder and CEO of Indian Paranormal Society.

He was seen on various television channels in India, promoting paranormal research. Gaurav has featured in “MTV Girl's Night Out” with Rannvijay Singh, “Haunted Weekends with Sunny Leone” and various other popular shows on different news channels such as Aaj Tak, Live India, Zee TV, News 24, Star TV. Gaurav also appeared in many episodes of Fear Files: Darr Ki Sacchi Tasvirein as a paranormal expert.

He was a certified Paranormal investigator, UFO Field Investigator and ParaNexus representative in India, appearing even on international paranormal radio shows, Syfy's 'Haunting: Australia', and Sony TV's Bhoot Aaya. He was the youngest paranormal researcher in India, who had a very mysterious death at very early age. He is one of the few people who survived even after having a night stay in Banghar Fort. He solved many cases as parapsychologist and also very brave enough to go alone in any kind of haunted place.

**III. MYSTERIOUS PARANORMAL CASES:**

There are many mysterious cases around the world which science can't answer even now. Some of the cases are:

**A. ANNABELLE:**

According to the Warrens, this all started when a student nurse was given the doll in 1968. They complained about the strange behaviour of the doll, and then a psychic told the student, that the doll was possessed by the spirit of a deceased girl named “Annabelle”. The student and her roommate tried to convince themselves, to accept and nurture the spirit-possessed doll, but the doll reportedly exhibited malicious and frightening behaviour. Once their pet cat found missing and they found blood near the doll. It was exactly when the Warrens say they were first contacted, moving the doll to their museum after pronouncing it demonically possessed. The doll still remains in a glass box at The Warrens' Occult Museum in Monroe, Connecticut. There was a warning written on the box “POSITIVELY DO NOT OPEN”. Still there are many instances related to the doll which confirms it to be possessed by a spirit. Many claimed that they saw this doll moving from place to place without any help. This is one of the cases which stands strong on the side of believers.



Fig 3: Annabelle in Warren museum

### B. AMITYVILLE HORROR:

It is one of the most prestigious case investigated by Warrens'. It is the most mysterious case encountered in New York. Even a book was written by Jay Anson based on the story of the house, which is named as "THE AMITYVILLE HORROR – A TRUE STORY".

According to the writings, on November 13, 1974, Ronald DeFeo Jr. shot and killed six members of his own family at 112 Ocean Avenue, a large Dutch Colonial house which is situated in a suburban neighbourhood in Amityville, on the south shore of Long Island, New York. He was convicted of second-degree murder in 1975 in the month of November.



Fig 4: Amityville House

The same year (1975) in the month of December, George and Kathy Lutz and their three children moved into the same house where the crime has happened. After 28 days, they left the house, claiming to have been terrorized by paranormal phenomena while living there. They claimed that they experienced a lot of paranormal activities, even the sightings of ghosts in various rooms of the house. By mid-January 1976, after another attempt at a house blessing by George and Kathy, they experienced a ferocious night, what would turn out to be their final night in the house. The Lutzes declined to give a full account of the

events that took place on that night and described them as "too frightening".

After getting in touch with Father Mancuso, a well-known priest in New York, the Lutzes decided to take some belongings with them and stay at Kathy's mother's house in nearby Deer Park, New York. Even there they had experienced many problems. They claimed that the previous phenomena followed them there, with the final scene in Anson's book describing "greenish-black slime" coming up the staircase towards them. On January 14, 1976, George and Kathy Lutz, with their three children and their dog Harry, left 112 Ocean Avenue, by leaving all of their possessions behind. The next day, a mover arrived to the house to remove the possessions to send to the Lutzes. But strangely he didn't report any sense of paranormal activity over there.

### C. PERRON FAMILY:

In 1971, Carolyn and Roger Perron move into a dilapidated, old farmhouse in Harrisville, Rhode Island with their five daughters: Andrea, Nancy, Christine, Cindy and April. During the first day, the family moves in smoothly except for the dog, who refuses to come into the house. That night, the children play a game called hide-and-clap; while playing, one of the daughters finds the boarded-up entrance to a cellar. After Roger inspects the basement with a match, the family goes to bed. Carolyn expresses concern because the dog is barking outside, and one of the daughters feels someone pulling at her feet.

In the morning, Carolyn wakes up with a mysterious bruise and their dog Sadie, is found dead. Over the next couple of days, various paranormal activities occur; doors open and close seemingly by themselves and Carolyn hears clapping when nobody is there. At night, their young daughter, Cindy, sleepwalks into the eldest daughter's bedroom, where she bangs her head repeatedly against an old wardrobe. The activity culminates in the eldest daughter being attacked by a spirit that looks like an elderly woman. Carolyn seeks the help of Ed and Lorraine Warren, noted paranormal investigators, to validate their concerns.

After many such consequences Warrens performed exorcism on the house with the help of catholic church and blessed the house. From then Perron family lived there without any problem almost about ten years.

### D. LEGEND OF THE HAUNTED BHANGARH FORT:

According to the horror legend, the historical Bhangarh fort is haunted due to the curse by a black magician, who fell in love with the most beautiful Bhangarh princess "Ratnavathi". One day he tried to express his love to princess by using a magical love



potion which can hypnotise anything. The princess understood the thought of the magician and somehow managed to grab the potion and threw it on a rock. Eventually the rock started to move towards the magician and crashed him. At the time of his last breath, he cursed the Bhangarh fort to be deserted. Even now the local people believe that the magician still roams there by searching his princess.

#### **E. KULDHARA – A DESERTED VILLAGE:**

Around 200 years ago Kuldhara is home of Paliwal Brahmins. At that time, the Diwan of Jaisalmer, Salim Singh who is well known for his debauchery and unscrupulous tax-collecting methods, had his eye on the village chief's daughter. He warned the Paliwal Brahmins that, if he didn't get the girl, the village cannot survive.



**Fig 5: Kuldhara Village**

The very next day the whole village was deserted not even a single human found in that village. No one knows what happened to nearly thousand people in the village. According to a story the whole village fled away on the night, but the existence of Paliwals was still missing. According to some people, it is Salim Singh, the one who killed the whole village and erased their existence. However, they say that the place is cursed by Paliwal Brahmins such that, no one can live in that village. From then Kuldhara village was deserted and said to be haunted even now.

#### **IV. VARIOUS RELIGIONS ON GHOSTS AND AFTERLIFE**

According to Hinduism, Ghost is the soul trapped in between earth and heaven. In the case of suicide cases or accidents, as the time span of the soul is not completed on earth it is pushed back to earth and have to live its complete span as ghost. At the same time, the one who dies with strong desires will be roaming on earth until their desires are fulfilled.

According to Christianity, it is mentioned that the one who dies with unfulfilled desires definitely returns back to home to fulfil them.

According to Islam, it is also mentioned that, desires can make a person's death incomplete, which means, he/she may return to fulfil his/her desires.

Even in many religions like Buddhism, Sikhism there are many things mentioned about ghosts and afterlife activities, which makes the belief stronger.

#### **V. WHAT IS A GHOST?**

The word ghost is defined as the form of appearance of a dead person in the form of fog or smoke. It is also defined as the soul of the person who is dead before, which came to wander and fulfil its desires. If we look at this word technically, ghosts are termed as mysterious energies which consist of Electromagnetic field (EMF) around it.

Ghosts and such entities come in the category of negative energy; negative energy is the thing which can affect human being in many ways. Before discussing about negative energy, at first what is this energy?

#### **VI. ENERGY**

According to physics, the energy is defined as the power which effects something or the strength and vitality required for sustained physical or mental activity. Simply defined as the power which affect humans. But if we go deep into the classification based on the effect on mankind, energy is classified into three types, they are, "POSITIVE ENERGY", "NEGATIVE ENERGY" and "NEUTRAL ENERGY". This energy can be filled in a place or even concentrated on an object also.

##### **A. POSITIVE ENERGY:**

Positive energy is the one which boost up human consciousness and directly proportional to joy and peace. For example, the religious places like temples, churches, mosques can make our mind peaceful. Such places come under the positive energy places. Even some items like amulets, lockets may increase our dare. Even they fall under this category.

##### **B. NEUTRAL ENERGY:**

Neutral energy is the one which doesn't have much impact on human brain and allows us to continue normally. For example, the common places like houses, offices where we spend a lot of time has no impact on our mental state. This type of places falls under this category.

##### **C. NEAGTIVE ENERGY:**

Negative energy is the one which reduces ability to think and directly proportional to fear and intolerance. This energy has a great impact on human brain, such that it can cause depression and suicidal behaviour too. For example, the gloomy and dark places like old bungalows can create a feeling of fear in us. This may haunt us for more time than we imagine.

## VII. BEHAVIOUR OF HUMAN BRAIN WHEN EXPOSED TO DIFFERENT ENERGIES:

According to a survey human brain reacts differently in various places filled with different types of energies. For example, if a person is there in a religious place, he will be peaceful and active. Which means that particular place is having a positive impact on him. If the person is in his home or office, he will be working as per his convenience without any noticeable impact from the surroundings. If the same person is left in a gloomy place, his brain activity increases rapidly due to a feeling known as fear and this even leads to strokes.

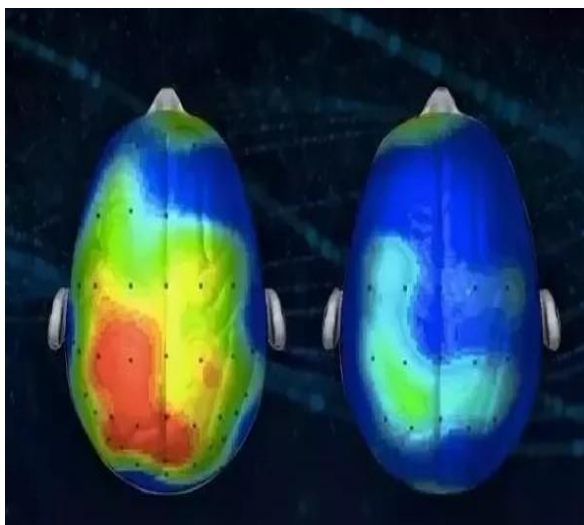


Fig 6: Brain activities when exposed to different energies

The first picture in the fig 6, describes the activity of human brain when exposed to negative energies. The second picture describes the brain which is exposed to positive energy. Here it is clearly observed that, the activity of human brain becomes cool and calm when exposed to positive energy and at the same time it becomes rapid in the case of negative energy.

## VIII. CAN DEAD AFFECT LIVING (POSESSION)

The answer to this question is YES. The soul of a dead person can affect humans in many ways. Especially, spirits of the dead can affect humans mentally by effecting their brain, sometimes it may lead to suicides also. "FEAR" is the only thing which makes humans weak enough to be controlled by the spirits. That's why it is an advised fact, to go to such investigations with anyone but not alone. The final thing among those affects is known as "POSESSION", which means, the complete control of our body will be in the hands of the spirits. If a person is possessed, he/she might not remember anything, as their body and mind is completely out of control. At that time, they behave very similar to that person (the one who is dead and possessed him). His

behaviour and habits completely change, similar to the dead person.

Though there are no specific scientific explanations to this phenomenon, possession, but there are many proofs which even science can't explain.

### Stages in possession:

Generally, every person has some energy in him, but when the energy in a negative place is more than the energy of a person, it slowly overtakes him, which leads to possession. Mainly possession happens in four stages. When a person goes near the places filled with negative energy, firstly, he/she can observe some unknown fear. It is the first stage, in which the person is being undertaken by some negative energy. Slowly the person goes into the second stage, in which he remembers his gloomy past (bad incidents). In this stage the person becomes very sad and sorrowful. It is the main stage in which the person's brain activity goes bad. Then the person enters into the third stage, in which he/she becomes angry on themselves and tries to hurt themselves. It is the stage in which human brain activity goes to peak. Exactly at this point, brain is confused to handle these continuous activity changes. It is the point in which the person gets possessed or goes completely into the control of the spirit and it is the fourth and final stage. After this, the person loses control on his body and act according to the ghost's or spirit's advice, which is scientifically known as split personality.

## IX. EXORCISM

Exorcism is the spiritual and religious process to save the persons or places, possessed by spirits. The way of performing this act may vary based on religions, but the final target of this act is to save the possessed person. Even the places effected by negative forces, can be blessed by performing exorcism in those places. Such that they can be suitable for mankind.

Psychologically this process is explained as, increasing the person's mental strength and helping him to get control over his body.

## X. COMMUNICATION WITH THE DEAD

The communication with the dead ones can be achieved by many methods. One among them was "TELEPATHY", which means communication through souls without any medium. But this method needs lot of practice and concentration. Another known method was "DREAM", generally souls uses this method to communicate with us. It is known that, our soul comes out from our body during dreams, it is perfect time for the spirits to communicate with our souls. The next and dangerous method was "SPIRIT GAMES", though many people strikeout this method as trash, many parapsychologists follow this method

to communicate with the dead ones. “OUIJHA BOARD” is one of the commonly used method to communicate with ghosts. People in almost all the countries believe in this method and there are some horrific real experiences related with this board.

## XI. DEVICES TO CAPTURE GHOSTS

There are many devices which are used in paranormal research such as ultrasonic radars, EMF detectors, polaroid cameras and ultrasensitive sound recorders. Parapsychologists use these kinds of devices to find and communicate with ghosts. Finding the entities which disprove scientific theories in a scientific way is a paradox. But according to many parapsychologists these devices work and help them to locate and communicate with ghosts.

### Facts and symptoms to find the existence of ghosts:

- Ghosts are likely to be there in the places with less light and temperature. That's why the haunted places usually seemed to be gloomy and cool.
- Pets have the ability to find ghosts. Usually animals have more senses when compared to human beings. So, dogs and cats are more capable of finding ghosts.
- Spirits tend to be more concentrated in places that have experienced a lot of death or birth. Generally, hospitals and cemeteries experience more ghost activities.
- Unknown smell is filled in the places which are haunted. That is why haunted places smell in weird way.
- Unexplained sounds are reported in haunted places. So, there is a chance of existence of paranormal entities where weird sounds are heard.
- Unexplained behaviour of things. Generally, doors and windows seem to be open and close on their own in haunted places.
- Weird whisperings and calls are heard in the places which are haunted by spirits.

## XII. DISCUSSIONS

Though there is a continuous debate between people who believe ghosts and who doesn't believe them. Though there are solid proofs which supports the existence of spirits, there are many counter explanations to these proofs which are standing against them. Although many people don't believe in ghosts, there is a sure chance of fear among them, when this word is spelt out. According to me the existence of paranormal entities is true and more research in this field is required to get a break through.

According to parapsychologists, if a person dies with a desperate unfulfilled desire, his soul comes out

and starts wandering with that only desire, until it is fulfilled. Some ghosts are so powerful and malicious, that they can even kill a person. But the people who doesn't believe in ghosts, contradict this thought, by saying that the traces of a person will be completely eliminated after death. Though this debate is never ending, there should be some conclusion to this.

## XIII. CONCLUSION

Existence of paranormal entities may be a contradictory thing for someone, as of now. But more research in this field can definitely prove the existence of supernatural beings. Even if someone got solid proofs like, recording unusual frequencies in haunted places, some people are saying, they're just frequency distractions or due to some machine problems. But they aren't justifying why those distractions occur only in haunted places. Even in the cases of orbs or human formations with fog captured in cameras, many people were just striking them off by saying them as camera tricks or accidental formations. According to me, with the collection of all the available proofs and experiences in reality, my opinion on the existence of paranormal entities is “positive”, they do exist with us, some of them may warn us (good spirits), and even some may be dangerous too (bad spirits).

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