

GHOSTS 101

By Medium and Best-Selling Author **JAMES VAN PRAAGH**

“I see dead people.” Those four words from *The Sixth Sense* have weaved their way into the psyche of popular culture and will forever be synonymous with a person describing his ability to see and communicate with ghosts. Since this highly successful film was released in 1999, a whole slew of books, movies and TV shows have been created, most of which would have never seen the light of day a decade ago. Thank God! It has made my work easier and more accessible. No one anymore seems impervious to a ghostly encounter or two. In fact, people come up to me all the time to describe their own personal and incredible stories of ghostly apparitions. I am extremely thankful that I have been a part of educating others about spirit communication and life after death.

In a sense, we all are ghosts, i.e., spirits residing in physical bodies. When our spiritual work is done on this earth, our physical bodies shut down and our ghostly body exits. The solid, dense energy of our physical body begins to deteriorate. The light, transparent energy body that is an exact replica of the physical body emerges and moves into the spirit worlds. There are no mistakes, and no deaths before their time. Nor are there deaths that could have been avoided. Why? Because there is no death, period. There is only a transition from a physical existence to a non-physical one. Once we are on the other side, we are officially termed “ghosts.” Ghosts are either “in the light” or “earthbound.” Most of the ghosts with whom I communicate are in the light. Most scary ghost stories are about earthbound ghosts.

When the average person thinks about ghosts, they clump them into the same category with werewolves and vampires. Unfortunately, this common misconception of ghosts is derived from the inventive minds of writers and misguided psychics. The information, while entertaining, is often erroneous. Ghosts are not ghouls that roam graveyards at midnight looking to scare people. As a medium, whose work is communication with ghosts, this perception couldn't be farther from the truth. Granted, ghosts want to communicate to us, but mostly, they want to help us, not scare us. That being said, earthbound ghosts can scare us. Since they have not yet entered the light, they are caught between the earth's dimension and the spiritual realm. Earthbound ghosts are usually fearful, angry, or lonely, and they communicate with these kinds of emotions.

I believe that a ghost can invade a person's aura and can influence the physical vessel in order to relive a particular physical experience. When a ghost invades your space, you may have atypical thoughts and behaviors, or dreams and nightmares that are particularly abnormal.

There are many key signs that can alert you to a ghost inhabiting your physical space.

- For one, the ambience in the room seems dark or dense.
- Another sign is unexplainable electrical surges in your house or machinery like lights, televisions. If your appliances turn on and off by themselves, you can bet you're sharing space with an earthbound entity.
- Temperature changes are also a telltale sign.
- You may feel that someone is watching you when there is no one around.
- You may feel as if someone has touched you.
- Objects in your home may have been moved from one place to another without your touching them.
- Your pet's behavior may seem strange. You may see your cat or dog staring at something in the air that is not there.
- Sometimes, the telephone will ring, and no one is on the other end. Instead, you hear a lot of static.

Not all ghosts are scary. Using my book *Ghosts Among Us: Uncovering the Truth About the Other Side* as a guide for further resource you will find my personal techniques, meditations and various ways to contact ghosts, to know when ghosts have entered your life, and to cleanse any unwanted ghostly energies around you.

**To book James Van Praagh for your event, please contact:
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