

Incubus, Succubus and The Elementals

In the world of the paranormal, virtually everyone knows about the reported existence of ghosts and haunted places; we even recognize creatures like Bigfoot, Mothman and the all encompassing UFO. To truly understand what we claim to study, we have to be, more or less, fairly well read in all matters of otherworldly creatures. To that end, we will now discuss three little mentioned phenomenon from ancient lore that seem to have passed out of fancy. The reason for their passing is however the meat of this lesson.

Here are the Random House – Webster’s definitions of what we are addressing:

in·cu·bus (in/ÆkyÅ bÃs, ingÆ-), *n.*, *pl.* **-bi** (-b#Å), **-bus·es**.

1. an demon or evil spirit supposed to descend upon sleeping persons, esp. one fabled to have sexual intercourse with women during their sleep. Cf. **succubus** (def. 1).
2. a nightmare.
3. something that weighs upon or oppresses one like a nightmare.

suc·cu·bus (sukÆyÅ bÃs), *n.*, *pl.* **-bi** (-b#Å).

1. a demon or evil spirit in female form, said to have sexual intercourse with men in their sleep. Cf. **incubus** (def. 1).
2. any demon or evil spirit.
3. a strumpet or prostitute.

el·e·men·tal (elÅÅ menÆtl), *adj.*

1. of the nature of an ultimate constituent; simple; uncompounded.
2. pertaining to rudiments or first principles.
3. starkly simple, primitive, or basic
4. pertaining to the agencies, forces, or phenomena of physical nature: *elemental gods*.
5. comparable to the great forces of nature, as in power or magnitude: *elemental grandeur*.
6. of, pertaining to, or of the nature of the four elements, earth, water, air, and fire, or of any one of them.

While I could bore you with hundreds of accounts to illustrate the first two items listed, from the earliest human history to the present, the last is fairly new to rational mankind, perhaps a few hundred years.

An incubus and a succubus are basically the same creature, one who feeds on the nocturnal needs of the female the other for the male. Taking a page, literally from the *Malleus Maleficarum* it was suggested that, “Incubi infest cloisters!” but any modern psychologist will tell you the phenomenon has more to do with sexually repressed individuals, not those who are more religious. In fact, working with the figures available, the Inquisition sought out and found the hosts for such demons among sexually inactive personalities, teenaged virgins, cloistered religious, widows and those who have taken vows of chastity. At first glance we might well dismiss the paranormal all together in these cases, except for the fact that they do hold some subtle connections to other creatures, namely the Elementals.

Both the Incubus and Succubus are defined as “evil” possibly because they are credited with the ability to seduce even the most holy targets with the end result that whether male or female the host is transformed into the most wanton sexual creature imaginable in the days of the

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Inquisition, which is why most were burned at the stake in an effort to cleanse their corrupted souls.

The Elementals bear little resemblance to the definition I have provided on page one. The better definition can't be found in Webster's. First, like the Incubus and Succubus, we are looking at a spirit that has never lived as a human. The Elemental is considered to be a supernatural being that takes on the form of a human, either independently or as a creation by a human. In fact the great majority of the modern cases (for our purposes the last 200 years) these spirits take on human shape but they are reported to "glow." Unlike the first two however, the Elemental is found outdoors for the most part, usually in marshes and bogs and only enter a home by invitation.

The Elemental can take on various other shapes and are most often found in places that are historically sad, where tragic events have unfolded. (Whether or not their original manifestation comes before or after such occurrences is still in question; for all we know, they could have caused these tragedies in the first place.) There are countless legends involving elementals and I offer an example here. If some of this sounds familiar, you have probably read or seen stories that follow this basic line, but are called something different... remember Dracula?

According to the *Illustrated London News* of December, 1959, an Elemental is an exceedingly primitive entity, most often witnessed at dusk, that reportedly squats in a single place and stares; to make eye contact will cause insanity to the viewer, although the author also notes that these creatures might be seen in full daylight and are relatively harmless when viewed at great distance and reportedly all look alike taking on the rough outline of a human or gargoyle, but seems to glow.

According to the account, the author was traveling in Great Britain and met up with several folk that reported Elemental sites. Two young women said there as a turn in the road outside of the village where he was researching in Wales, where the air always seemed cold and damp, even in the summer and that there had been too many auto accidents at that location to count. There are also listed in this article numerous accounts of Elementals residing near or in churchyards, which would seem odd given their reputation of being something evil. Almost ironically, it might be mentioned that there were, in the mid twentieth century a host of researchers who were dedicated to seeking out and documenting cases involving just Elementals.

What do all of these have in common? They are spirits by nature, not ghosts. They can shape shift at will. They glow, according to reports. Discarding the religious aspects and looking at the facts as we know them, these creatures have existed for millennia and are universal. Once you clean up the stories of the Incubus, are they different than claims that some Monks in Asia who claim to live without female companionship because they are served by elemental creatures in the form of beautiful women, who they can summon at will? The only difference is that western culture claims that the spirit comes to seduce the subject to gain control and turn them into someone evil, where the eastern culture eliminates the sin attached to such a liaison.

None of this should be confused with the other side of the spirit seduction scheme. There are also many tales of beautiful female ghosts and their muscular male counterparts who come to

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visit both men and women. These too have a long history and while we are less likely to be surprised at a naked spirit in some far off castle, the fact is that ones have been reported at the Hollywood Roosevelt Hotel as well. I think it is reasonable to consider what the spirit did or enjoyed in life as predicting his activities in the afterlife in this case, rather than what they might have been doing at the moment of death.

The concept of an Elemental is seductive in and of itself. Are they created or have they always been here? Creation of the Elemental is steeped in the lore and some claim in secret documents of the living who routinely create them. The Golem of ancient Israel is basically an Elemental that is created to wreak vengeance on ones enemies or protect a tribe. Closer to home, at least one recent case seemed to center on an Elemental created by a less than talented experimenter, who could not control what had been conjured. This is a mixture of paranormal reality, magic and mayhem at best and better left to those with some practiced knowledge of what they are attempting to control. This is something like wrestling an alligator that you can't see and not for the novice.

If anything, this lesson is simple. "There are more things in heaven and earth than are dreamed of in your philosophy." Be ready to recognize what might not be common, then back off and call for help. If the claims of Skinwalker Ranch are true, Elementals walk the night, right along with little aliens, Bigfoot and all sorts of unexplainables. Are you really sure that Mothman does not exist, or the Men in Black? Because they are unknown does not mean they are evil, but it would be a good thing to give them space and call in reinforcements. That is the nature of what we do!

To many, the very nature of something in our world that has not lived is a scary scenario. The idea that another human can create such a creature is even more unsettling, and while most of us are at least open to the existence of ghosts, the idea of a conjured entity does not seem natural. There certainly is room in this discussion for that position. Personally, to paraphrase an old joke, "I've never met an elemental that I liked!" While I draw the line at calling them evil by nature, I will say that they are unpredictable and unfriendly. You can research the history of a ghost, learn about his or her personality and life and reach some conclusions about how to work with them; no such tool exists when dealing with an Elemental.

On the other hand, I can't claim to have every seen one, at any distance, but I have felt them and witnessed the havoc that they often leave in their path. For the most part, we are dealing with an entity that can't be reasoned with, we can only hope to figure out how to nudge it to a place where is less likely to harm humans. One word of caution here... people who live with an Elemental for any time are less likely to help in the process of removing it. While they often are the ones who originally called for assistance, they will not be a part of the removal process. They may agree to help, but when it comes to the moment of truth, they only rarely support such activity. Whether this is fear, familiarity or something else is not clear.

Do we still have the Incubus and Succubus? I would guess the answer is yes, but not by that name or for that matter definition. This would be a difficult area to research to begin with, the demographics, belief systems and lexicon is far different today than even a hundred years ago. While I would not say that I would refuse to investigate a case like that, I can see the dangers and would prefer having a good psychologist with me before tackling it. As a sociologist I can only say this is a new world and we are dealing with ever shifting mores which would only

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make the complex issues more problematic.

In the final analysis, I think all of these manifestations are related in more ways than one, so it is reasonable to bring them to your attention so that should you encounter something like this, you at least know they exist and recognize that they need special handling and offer a substantial threat to the unprepared investigator.

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