

## A

**Afreet:** In Arabic lore, the vengeful spirit of a murdered person which arises from the victim's shed blood.

**Afterlife:** Life after our physical bodies die. Common other names for the afterlife are the great beyond, heaven, and hell. Every culture in the world has its own beliefs and ideas of what the afterlife consists of.

**Agent:** The ghost or spirit seen by someone. Also used to describe the cause of the haunting. For example, in the case of a poltergeist, popular beliefs are that a child at the age of puberty usually is the cause of the disturbances through some form of telekinetic projection. In a case like this, the child is the agent.

**Akashic Records:** Originally a Hindu concept of vast, and ever increasing, psychic repository of every thought and emotion, human or otherwise, which has ever been, and into which some individuals seem able to tap.

**Alchemy:** The exploration and application of the sciences, particularly chemistry and the pseudo science of astrology, such as they were understood during the middle ages and early Renaissance period. Alchemists were chiefly dedicated to the worthy pursuit of producing gold from baser metals and various materials.

**Alma:** Russian wildmen encountered in Siberia and northern China. They are generally described as being covered in hair and powerfully built, though shorter in stature and more human appearing than the Yeti. Some researchers have suggested that Alma's may be descended from Neanderthals (*Homo-Neandertalensis*).

**Ambient Temperature:** The normal surrounding air temperature.

**Amorphous:** Having no definite form or shape, spirits and ghosts often appears in mist-like forms or shapes.

**Amulet:** A symbol with magical significance, which is worn as a pendant or ring.

**Angel:** "Messenger of God", a celestial being, benevolent in nature and if visible, appearing in human form, and possessing miraculous abilities such as teleporting, healing powers and knowledge of future events. There have been accounts of angels aiding people in times of crisis throughout the ages, albeit with no real consistency to their "*modus operandi*".

**Animal Spirit:** The visible, audible, olfactory, or tactile electrostatic energies of once living animals.

**Anniversary Imprint:** A spirit or haunting that seems most active during a specific calendar period (day, week, month, etc.). This date may coincide with known dates of a death or other eventful emotional discharges associated with dead entities during their human lifetimes.

**Anomaly:** Any paranormal experience or event documented through photography that once captured on film cannot be explained by normal means or standards; an occurrence or condition removed from ordinary understanding.

**Anthropomorphize:** The central human tendency of imposing human perceptions and priorities upon spirits and other worldly creatures or force, assuming that all consciousnesses must be akin to ours on some basic levels.

**Apparition:** The phenomenon where the ghost, or any visible, manifested spirit takes on a physical form that can be seen. These often appear to be transparent, normally faint and disfigured as in being incomplete. Their appearance is normally for a very short period of time. Apparitions of animals, humans, and even inanimate objects have been seen. The rarest form is a full body apparition.

**Apport:** The arrival of object during a séance or a haunting, these can be animate or inanimate.

**Asport:** The disappearance of objects that reappear elsewhere or not at all.  
(Dematerialization)

**Astral Body:** The ethereal duplicate of the physical body.

**Astral Plane:** The Earth's body double which vibrates faster than the physical planet and penetrates to its core.

**Astral Projection:** When the spirit travels outside the body to either the astral plane or another location on this plane. This is also referred to as an Out Of Body Experience (OBE/OOBE) or remote viewing; the ability of the astral body to separate from the physical body and to act independently of it.

**Astral Travel:** Belief or theory that a person's spiritual awareness can temporarily detach itself from the physical body, remaining connected by what is called the "silver cord", and experience things in other locations, time frames, or dimensional planes. Some refer to this as "Astral Projection", or "Mind Projection".

**Atavism:** Reversion to an earlier, ancestral time.

**Auditory:** Of or relating to the sense, organs, or experience of hearing.

**Aura:** The emanation of invisible and colorful energy that surrounds all living things. It is believed that our physical health and our emotional state is reflected in our auras. For example, if someone is ill, happy, or sad it will be reflected in their aura. Those with psychic abilities are able to see and interpret this energy. Two Russian scientists by the names of Semyon and Valentina developed Kirlian Photography. Through the use of this photography one's aura can be photographed. Some believe that the color of orbs is similar to that of one's aura.

**Aura Cleansing:** A metaphysical ritual that clears an aura of all negative energies which may attract negative spirits.

**Aura-world:** A reflection of our own sphere of existence, composed of the electromagnetic emanations of physical matter, and probably influenced by thought and emotion. It is another dimensional plane processed from one in which we exist.

**Automatic Writing:** Unconscious writing, usually with a pencil or typewriter, produced by a person channeling spirit energies and allowing them to possess their body for a brief period of time in order to communicate.

**Automatism:** The theory in which the subconscious communicates with the conscious by means of a vehicle such as a Ouija Board, automatic writing or pendulum swinging.

**Avatar:** A Hindu belief in divine incarnation, where a person who "descends" into human form from above as a manifestation of divinity and who reveals divine truth to people. Such a one has supposedly progressed beyond the need to be reincarnated in another body (i.e., there is no further "bad karma" to work off).

## **B**

**Baphomet:** Demon character supposedly worshiped by the "Knights Templar" in 14th century France. Some present day practitioners of the black arts regard Baphomet as a "god" of lust and regeneration, or as symbolic of the Devil.

**Banishing:** Formal, ceremonial procedure affected to cast an invisible presence or influence out from an area. The term can refer either to a spiritual cleansing or the closing of a magical rite when invoked powers are dismissed.

**Banshee:** A death omen or elemental in Irish folklore that manifests to herald an upcoming death. Often heard singing and wailing mournfully.

**Battlefield Ghosts:** These are places with great violence, trauma and intense emotion, and are typically subject to hauntings. There are no places more violent than battlefields, and it is rare to hear of a battlefield that isn't haunted. Most battlefield hauntings are residual hauntings where fragments of the battle are replayed over and over again. Other hauntings are from spirits who have not crossed over, most likely because they feel they can't due to the nature of their death. Some believe retrocognition is also an element in battlefield hauntings.

**Benign Spirit:** A spirit that is not harmful or evil to man. Spirit guides and angles fall into this category, also the spirits of loved ones that have come back to communicate something to us. Elementals are sometimes considered benign spirits, however, they can also be evil.

**Bigfoot:** A bulky, hair covered, bipedal humanoid which appears to possess both human and ape-like characteristics, also known as "Sasquatch" and "Yeti" depending on locale. Sightings of these creatures have been widely reported for centuries.

**Bilocation:** When a person or an object is seen in two locations at the same time.

**Bogey(-Man):** A grim spectral figure who delights in menacing mortals with rather gruesome pranks and abductions. Although the lore of this character has degenerated into a familiar device used to threaten rambunctious children, the 'Bogey' was formerly soundly dreaded in Celtic regions, and was said to prowl the stretches of fields, marshes, and moors looking for hikers and travelers who had strayed from their paths. Also Boogyman, Bogyman, Boogeyman, among others.

## **C**

**Calling Ghosts:** These are ghosts that call out the name of the living in order to get their attention and lure them to their death.

**Canwl Corfe:** Welsh term for mysterious flame-like lights bobbing over the ground or above houses. A harbinger of death.

**Carcosa:** A mysterious nether region or outer-world containing the mythical lake called "Hali", which appears in the fiction of authors *Ambrose G. Bierce* ("An Inhabitant of Carcosa") and *Robert W. Chambers* ("The King of Yellow": "Cassilda's Song"). There are students of arcane, mystical lore who believe that Carcosa may truly exist, which is why it is included with this roster of terms.

**Chakra:** In Yoga, this is one of the seven spiritual energy centers in the human body.

**Channeler:** A person who "channels" spirit energy through themselves in an attempt to communicate with the dead; a medium.

**Channeling:** A popular tool of mediums and psychics for communication with the dead. The medium will summon ghosts or spirits and allow the entity to possess that person's body to communicate through. The entity can either possess the medium or communicate directly through them. A New Age form of mediumship or spiritism.

**Chi:** Asian term for "Life Force".

**Chupacabra:** Spanish for "goat sucker". In Puerto Rico, for twenty some years, numerous livestock and stray pets have been found with throats torn out, drained of blood, and bearing mysterious puncture wounds. On the scene, sightings of the creature supposedly responsible are exceedingly rare and descriptions always include "glowing red eyes". Locale and the absence of distinct tracks rule out either wolverines or monitor lizards, both of which always drag off their prey. The most feasible suggestion is a coyote or feral dog, but again, the behavior doesn't match. Whatever is the true culprit, Chupacabra has become a popular sensation on the island.

**Circumambulation:** Ceremonially surrounding a person or an object for the purpose of protection.

**Clairaudient:** The psychic ability to hear voices and sounds that are inaudible to the normal human ear.

**Clairsentient:** The psychic ability to feel things that are not normally felt by most people.

**Clairvoyant:** Someone with the psychic ability to see people or events which have not occurred yet, beyond ordinary time and space limits; also called "Second Sight."

**Clanogrian:** An English spirit in the form of a glowing light which indicates the coming of a death.

**Cleansing (Psychic):** A less ritualized form of exorcism where-in a dwelling or site is purified and malevolent influences are banished through prayers spoken as the petitioner moved through the area.

**Cold Spot:** An unexplainable, cold area in an environment with an otherwise warm, stable, and natural temperature gradient and associated with other paranormal phenomena. Cold spots are believed to be created when a ghost is present within that area.

**Collective Apparition:** An apparition seen by more than one person.

**Consciousness Revolution:** New Age advocates call for a "consciousness revolution", a new way of looking at and experiencing life. The primary focus of the new consciousness is oneness with God, all mankind, the earth, and with the entire universe.

**Construt, Psychic:** It has been theorized and experimentation has been conducted to support the premise that through directed psychic energies a responsive spirit-like entity can be created, continuing for a time to exist independently.

**Continuance:** Commonly referred to as "life after death", survival of the psyche post cessation of the biological organism which had generated it.

**Control:** The Spirit that sends messages through a medium in trance.

**Corposant:** A Corpse Light.

**Corpse Candles:** Welsh glowing balls of light.

**Corpse Light:** A white, red, or blue phosphorescent ball of light which is a harbinger of death seen over bogs and marshes. Blue indicates the death of an infant. Large lights mean the death of an adult.

**Crop Circles:** During the past three centuries, throughout the British isles but with a particular concentration in the southern region of England, circular impressions spanning sometimes several hundred feet in diameter and often quite intricate in design, have frequently and inexplicably been appearing overnight in wheat and grain fields. Sometimes the source can be traced to hoaxers; sometimes the details do not allow for any satisfactory, mundane explanation. Much documentation, as well as speculation,

regarding this topic is available.

**Crossroads:** The meeting and parting of ways has always been considered magical. In addition, crossroads are said to be haunted by various entities who lead confused travelers astray. It is also said that on All Hollow's Eve (Halloween), spirits of the dead appear at a crossroad.

**Crowley, Aleister (Edward Alexander):** (b. 1875, d. 1947) Scottish-born occultist, metaphysician, sorcerer, adventurer, poet, and author of many occult treatises and manuals, including '*Magick in Theory and Practice*'. Crowley once dubbed himself "The Great Beast 666", one of the few of his man monikers which stayed with him, and the press referred to him as "The Wickedest Man in the World". Although in some respects, brilliant, Crowley gave himself over to excess, amorality and eventual dissipation. His writings are still studied and analyzed by many present day, serious students of the magical arts.

**Crypto-zoology:** The branch of paranormal research which deals with the exploration of legendary creatures such as Bigfoot, lake and sea monsters, thunderbirds, etc. It should be noted that the Giant Squid (the "Kraken"), orangutans (the "Red Men of the Forest"), Komodo Dragons, and gigantic Nepalese elephants all were formerly included in the roster of fabled creatures!

**Crystal Skulls:** Five human skull models, exquisitely crafted in antiquity from solid quartz crystal, have been found in various locations throughout Latin America, the best known of these being the 'Mitchell-Hedges Skull', discovered in 1924 in the Balese jungle of Labuton by Anna Mitchell-Hedges while on an expedition with her father, and still in her possession in Canada. The others are kept in collections in Guatemala, Texas, the Smithsonian, and the British Museum. Mayan legend tells that eight more crystal skull remain, and that by the time all thirteen are united, mankind will have learned how to extract and decipher the vital information, history and revelations which they contain.

**C'thulu:** A creature of author H.P. Lovecraft and a favorite of horror/Sci-Fi enthusiasts, C'thulu (pronunciation is interpretive) is described as a kind of demon-god from another world, a monstrosity resembling a gigantic squid or octopus who "sleeps and dreams" in his lair at the bottom of the Arctic ocean, biding the time until some foolhardy "disciples" find means to call him to rise and reclaim dominion of the earth. Doubtlessly, some are actually trying!

## **D**

**Dee, Doctor John:** (b. 1527, d. 1608) Alchemist, astrologer, seer and advisor to Queen Elizabeth I of England, who, along with his somewhat unscrupulous associate Edward Kelly, supposedly devised a method of deciphering an angelic language known as the "Enochian Calls".

**Deep Trance Medium:** A psychic who allows a spirit to enter her/his body so that the spirit can communicate through them.

**Déjà vu:** The feeling of having already experienced an event or place that is being

encountered for the very first time.

**Demon:** Hostile and resentful entity, supposedly of non-human origin, which some believe to be fallen (from grace) angels.

**Dimensional Discontinuity:** A parallel universe out-of-phase with the one we live in. When this universe aligns with ours, gateways may form which could be portals for spirits.

**Discarnate:** The soul or personality, with no physical body, of a living creature who has died.

**Discernment:** The ability to feel or perceive something with the use of the mind and the senses.

**Disembodied:** A spirit that is functioning without a body.

**Disembodied Voice:** A voice that is heard that comes from no physical body, also known as EVP.

**Divination:** The obtaining of future events and/or the unknown by the use of outside forces, usually spiritual in nature.

**Doppelganger:** German for "Double-goer". A person's duplicate or identical counterpart, seen as a result of bi-location or astra travel. This phenomenon has been overshadowed by the more modern (and viable) concept of cloning, with its speculative ramifications.

**Dowser:** A sensitive who uses a forked stick that points to hidden water, oil, buried money, lost articles, or people. Also uses rods, pendulums, etc. and allegedly finds spirits energies.

**Dream Communication:** A method by which recently passed spirits may communicate with their surviving loved ones. Through such dreams, spirits relay their goodbyes, important messages, or other concerns.

**Druid:** A Celtic priest of the Bronze or Iron Age, trained in healing, divination, and astronomy, whose tradition was passed on to successors by oral tradition.

**Dybbuk:** A Jewish ghost that maliciously takes possession of people.

## **E**

**Earthbound Souls:** Human spirits that chose to remain on an earthly plain rather than move forward into the Light or other dimensions. No one really knows for sure why, but here are some speculations. Sometimes this may be because of a sudden death and they are confused, either not knowing or not accepting they died. Others may stay because of unfinished business or feelings of guilt about contributing to their own death. Still others may be held here by loved ones who have not come to terms with the loss,

often going beyond grief to obsession with the deceased person. The spirit may stay many times because it does not want their loved one to feel that way or to be upset.

**Ecto:** Short name for ectoplasm.

**Ectoplasm:** Spirit energy appearing in the form of a wispy white vapor, fog or mist containing swirls, contrails, or streaks. This may manifest as cloud-like masses, contrails left behind from fast-moving orbs, vortices, and as apparitions. Sometimes also as a white, filmy substance pouring from a medium's bodily openings during trance states, supposedly denoting the presence of a disembodied spirit. It appears to the naked eye or later on developed film. In photographs, this phenomenon seems to resemble soaked muslin fabric. Whether or not it has ever been genuine, curiously, virtually no ectoplasm has been reported in the past fifty years.

**Electromagnetic Field (EMF):** The field of force associated with electric charge in motion. Both electric and magnetic components are contained within this field by a combination of electric and magnetic energy that radiates from radio and light waves to gamma and cosmic rays. It is believed that spirit energies generate electrostatic fields contained in the electromagnetic spectrum of energies, and it is believed that a spirit can manipulate these fields or create their own.

**Electromagnetism:** Magnetism arising from electric charge in motion.

**Electronic Voice Phenomenon (EVP):** The use of audio equipment to capture voices and sounds of the dead where there are no physical presences in the area where the recordings are being taken. This occurs when an originally inaudible spirit voice communicating with humans is recorded and becomes audible when played back on an audio recorder.

**Electrostatic Energy:** Of or relating to stationary electric charges. A component of spirit energies.

**Elementals:** Some writers describe them as evil, others as evil or just mischievous. Those that describe them as both good and bad derived that description from the Greek term "daimone". They have also been classed somewhere between angels and men, and can materialize in animal or human form. There is far from a consensus about what type of spirits they are. However, care needs to be taken when calling the aid of elementals. They are not always the helpful little creatures we would like them to be. They can be mischievous, bad tempered little devils if allowed to get out of control.

**Elf Lights:** Corpse Lights.

**EMF Detector:** A device that measures and detects changes in the electromagnetic field. A common device used by ghost hunters. A reading between 3-7 milligauss is a good sign of paranormal activity, but higher readings have been recorded by spirits that have been present. A complete scan of the area should be done first to detect natural sources. The EMF detector is also known as a Gauss Meter or a magnetometer.

**Empath:** An individual who is particularly sensitive to the psychic emanations of his or



her surroundings, even to a degree of telepathically receiving and experiencing the emotions of the others in their proximity. Obviously, psychic empathy can be regarded as a mixed blessing, and the empath must learn to gain a measure of control over this ability.

**Enochian:** A magical, "angelic" language first translated by Dr. John Dee, and used in the rituals of both the "Hermetic Order of the Golden Dawn" in the 19th century and the "First Church of Satan" in the 20th century.

**Entity:** A disembodied "consciousness" of a human, animal or nonhuman commonly referred to as ghost, spirit, or, if of an apparently malicious or resentful nature, demon.

**Entropy:** The observation that everything in the material universe will eventually, inevitably wind-down, burn-out, fall apart... well I'm sure you get the (dismal) picture.

**Epicenter:** A focal point or origin of activity. Used in relation to poltergeist phenomena where a single person, unconsciously projecting strong, negative energies, may be creating the poltergeist activity through psycho kinesisis.

**Esalen Institute:** A "growth center" that offers a wide variety of workshops for mind, body, and spirit. It is located in Big Sur, California.

**Esoteric:** A word used to describe knowledge that is possessed or understood only by a few.

**ESP:** Extrasensory perception encompassing paranormal abilities such as telepathy, precognition, and clairvoyance.

**ESP Cards:** A pack of twenty-five cards bearing five symbols, including stars, squares, circles, crosses, and waves.

**Etheric Body:** The elastic and massless electromagnetic body double; energy of a living thing.

**Evocation:** The summoning of demons or spirits by usage of ritual, gesture or verse of incantation.

**EVP:** See also **Electronic Voice Phenomenon**. Disembodied "voices" and sounds imprinted on audio recording devices.

**Exorcism:** The religious ceremony used for expulsion of ghosts, demons, spirits or other entities that are believed to be disturbing or possessing a person or a place. Exorcism can range from a friendly conversation to rituals demanding the entity to leave, and is present in virtually every worldly culture. The Jewish and Catholic Christian faiths each have a formal 'Rite of Exorcism' to be conducted by the respective Rabbi or Priest.

**Exorcist:** A person who expels an evil spirit or demon.

**Exoteric Christianity:** A form of Christianity identified with historic or orthodox

Christianity that New Agers would describe as being devoid of all spiritual authenticity.

**Extra:** A face, shape, or object that appears in a photograph supernaturally and can not be explained by a natural source, faulty film, developing errors or fraud.

**Extra-terrestrials:** Life forms originating on planets other than our own. This term usually refers to highly advanced visitors from other worlds, who journey to our sphere in spacecrafts with the probable intention of observing and studying our species.

**Extra Sensory Perception (also Extrasensory Perception or ESP):** The ability to receive information about past, present or future events that can not be obtained through the normal senses, and originates by supernatural means. These include telepathy, clairvoyance and precognition. It is believed that everyone has some level of ESP ability, but some individuals possess a heightened ability.

## E

**False Anomalies:** Any unexplained phenomena captured by instrumentation or film that appears to be a true paranormal manifestation but which, in fact, can be readily explained by natural, environmental conditions.

**Faustus, Doctor Johann:** (b. circa 1455, d. 1540) Scholar, physician, and alchemist from Wittenberg, Germany, who was renown for his proficiency in treating victims of the plague contagion (to which the Doctor seemed strangely resistant), and the basis for the stories by Johann Wolfgang Goethe and Christopher Marlowe about a learning man who sold his soul to the devil through his inferal agent Mephistopheles in exchange for "four and twenty years" of knowledge, youth, and power.

**Fetch:** A spectral double of a living person.

**Fetch Candles:** Glowing flames or balls of light over houses or marsh lands and foretelling of a death.

**Fetch Lights:** Corpse Lights.

**Fetich:** Aside from the modern sexual connotation, a fetich is a shamanistic tool in the form of a figurine, animal part or a pouch containing items with magical associations.

**Floating Orb:** A spherical image, usually translucent white, though sometimes of a reddish or bluish hue, which inexplicably registers on photographic film and videotape.

**Fool's Fire:** Ball-shaped lights seen over bogs and water meadows.

**Fox Fire:** Corpse Light. The scientific explanation of this phenomenon is a luminescent glow produced by some fungi when in contact with rotting wood.

**Frames:** Individual photos on a film negative strip.

## **G**

**Gaia:** A Greek name for the goddess of the earth. It also refers to a scientific hypothesis formulated by James Lovelock whereby all living matter on the earth is believed to be a single living organism. In such a scheme, humanity is considered the nervous system of the living earth.

**Gauss:** A scientific measurement denoting magnetic energy strength.

**Gauss Meter:** A device that is used to measure the electromagnetic field, also referred to as EMF detectors or magnetometers.

**Ghost:** A ghost is believed to be the soul or the life force of a person. This image of a person witnessed after his/her death, reflects the appearance of the living, physical body, yet less substantial. These forms often seem to exist in a dream-like state of semi-awareness, at times though not always cognizant of their human observers. When someone dies, this energy is released from the physical body and is believed to do one of two things: either it goes on to a higher spiritual place or plane, or it stays behind and lingers on for an unspecified time. Why it stays behind, no one knows for sure. Many of the famous "psychics" differ on their explanations. Some of the more popular theories are as follows: unfinished business, strong emotional ties to someone or something, saying goodbye, wrongful death or perhaps to pass on a warning. Originally derived from the Flemish "gheest" this is a human, animal, or nonhuman essence, soul, or spirit which survives after death. Even inanimate objects, such as buildings, cars, ships trains, etc. have been reported as ghosts.

**Ghost Lights (Spook Lights):** White, blue or yellow glowing spheres closely resembling orbs, but are much larger and brighter in appearance. These are mostly seen near woods and waterways and in remote places, and have been seen changing colors, directions and sometimes heard making a buzzing sound. When these lights are confronted by approaching people, lights or noises they will quickly disappear. These lights will "haunt" a particular location for anywhere from days to years.

**Ghost Ship:** The appearance of a ship that has been know to have wrecked or disappeared years or centuries before to fore warn of a pending disaster. This term has also been used to refer to ships that have been found to be empty where the crew and passages had mysteriously disappeared, but the ship shows no signs of distress.

**Ghost Vehicle:** A land vehicle that suddenly appears then suddenly disappears in the blink of an eye. Ghost cars and ghost trains are often seen and heard speeding past before evaporating into thin air.

**Ghoul:** An Arabic demon that haunts burial grounds.

**Globes:** Orbs.

**Globule (Orb):** An anomaly where-in floating, circular forms appear on photographs or videotape, which seem indicative of spirit activity and electromagnetic energy. Globes are a natural containment formation of the meniscus of liquid, as a gas containing

bubbles; perhaps the interaction of energy and a quasi-physical substance produced by spiritual manifestations results in a similar effect, the globules begin an initial containment of energy. Presently, all we know is that they continue to appear, and extraneous possible causes such as moisture, light refractions or emulsion seepage, etc., have been considered and ruled out. These are not always perfect circles, and they come in a large variety of colors.

**Gnosticism:** A tradition going back to the second century which holds that salvation comes through intuitive "gnosis" or knowledge of one's supposed divinity.

**Goblin:** A malevolent trickster spirit.

**Golam:** Jewish entity, raised from a mud form to protect people at risk.

**Golden-rod:** A rare anomaly seen in videotape recordings at the site of suspected hauntings, appearing as bright white or yellowish lines rapidly moving across a room.

**Graphology:** Character analysis and foretelling based on handwriting.

**Gray:** The most frequently reported visitor from an alien world, described as having grayish skin, a bulbous cranium, tapered chin, straight, unmoving, horizontal line for a mouth, slits substituting for a nose, slanted eyes, and a slight body. In some accounts, it has three fingers plus an opposable thumb on each hand. Supposedly, such beings were encountered by Betty and (the late) Barney Hill during their abduction in New Hampshire in September of 1961.

**Gray Ladies:** The ghosts of women who died violently for the sake of love or pined away from loss of love. The name gray lady comes from the frequent appearance of these ladies who are dressed in gray.

**Guardian:** Spirits who return to warn family members of imminent danger. These may be deceased relatives who offer messages or aid during moments of distress to their loved ones.

**Guru:** Teacher or master.

## **H**

**Halloween:** 'The Eve of All Hallows', also known by Pagan Celts and Wiccans as 'Samhain' (pronounced, 'Sow'-an'), October 31, the night proceeding the Catholic Church's 'All Saints Day'. For a millennium, in much of Europe and the British Isles, this was held to be the night when departed relatives were especially remembered, and the veil separating the realms of the living and the dead was rendered thinner than usual. Jack-o' lanterns were placed on stoops and window-sills to frighten off malicious spirits. Halloween is presently celebrated as a night of revels and masquerading, and in Mexico it is part of a traditional annual festival known as 'El Dia De Los Muertos' ('The Day of the Dead').

**Harmonic Convergence:** The assembly of New Age meditators gathered at the same

propitious astrological time in different locations to usher in peace on earth and one-world government.

**Haunting:** A phenomena where the spirit or the ghost of a deceased person or animal attaches itself to a certain location, object, or person and continues to remain or revisit them causing paranormal activities such as apparitions, strange sounds, inducing smells, electrical disturbances, etc. A haunting is often repeated and experienced by those who enter the area or come in contact with the person or object that is the object of the haunting for days or years. Hauntings can be categorized into four (usually) distinct types, these being *Intelligent* (responsive), *Poltergeist* (likely initiated by pent-up stress on a subconscious level), *Residual* (replay) and *Demonic* (non-human origin).

**Hex:** A magical working, or "spell", cast to influence a person's will or fate, most often referring to a curse rather than a blessing or healing.

**Hobgoblin:** Mischievous sprite (fairy, spirit) that delights in perpetrating pranks upon hapless humans. Once widely believed in and dreaded throughout Europe and Celtic regions. (Caution: It is theorized that these diminutive denizens of the netherworld will, upon occasion, interfere in psychic investigations by devices such as misplacing directions and telephone numbers, draining flashlight and camera batteries, and even pulling keys right out of investigators' pockets!) I assume that anyone who reads the preceding caution will realize it is farcical!

**Holistic Health:** Holistic health sees the body as an inter-related organism. Its goal is to treat the whole person (body, mind, and spirit) as opposed to merely treating a particular sickness.

**Hologram:** A three-dimensional projection resulting from the interaction of laser beams. Scientists have discovered that the image of an entire hologram can be reproduced from any one of its many component parts. New Agers use this to illustrate the oneness of all reality.

**Homeopathy:** A system of medicine rooted in occult ideas that was developed by Samuel Hahnemann. It claims to manipulate the "vital force" of the human body by transferring the power of homeopathic medicines that have been potentized by a process of dilutions and succession (vigorous shaking with impact). An avatar who attained a high level of attunement to the Cosmic Christ enabled him to become a bodily vehicle for the Christ for a period of three years. (See: Avatar)

**Homunculus:** A form of miniature human supposedly produced (for purposes unknown) in the laboratories of medieval alchemists.

**Hypnosis:** A state of profound mental focus, usually self-induced although an external agent - a "hypnotist" - often acts as the catalyst, or director, for the subject entering this state. Also known as "Mesmerism" after Franz Anton Mesmer who first popularized this practice (utilizing magnets as his props) during the last two decades of the 18th century. As concerns paranormal investigations, hypnosis is sometimes used as a vehicle for "past life regressions" and memory restoration in suspected (alien?) abduction cases.

## I

**Icon:** A rendering or image of a particular (often religious) significance.

**Ignis fatuus:** Latin for "Fool's Fire".

**Imbolc:** In the Wiccan calendar, February 2nd is celebrated as the day when winter's end is in sight, and the return of the sun's warmth is anticipated. It is also known as 'Candelmas', and the familiar "Ground Hog Day".

**Infrared:** Of or relating to invisible, electromagnetic radiation with wavelengths greater than visible light and shorter than microwaves.

**Instrumental Transcommunication (ITC):** Communication from the dead via a device such as a phone, radio, television, walkie-talkie, etc.

**Intelligent Haunting:** Paranormal activity that takes place around a person or location that is caused by an intelligent or conscious spirit. Best described as the spirit of an individual who has passed away but not crossed over. The spirit interacts with people trying to make its presence known through repeated sights, sounds, smells, and the manipulation of objects.

## K

**Kabala (Caballa, Qaballah):** Hebrew mystery lore based on mystical interpretation of the Bible; magical, occult practices stemming largely from the Middle Ages.

**Karma:** Refers to the "debt" accumulated against a soul as a result of good or bad actions committed during one's life (or lives). If one accumulates good karma, he will supposedly be reincarnated in a desirable state. If one accumulates bad karma, he will be reincarnated in a less desirable state.

**Kirlian Photography:** A photographic process that measures living auras.

**Kobald:** A German malicious spirit who haunted metal-bearing mines.

## L

**Lemures:** A ghost who returns to haunt its living relatives. This spirit was so named by ancient Romans.

**Levitation:** The raising of a person or object into the air without any visible means. Levitation is a popular event during hauntings, meditative trances, séances and possessions. Levitation is a major part of Poltergeist activity with objects being moved and thrown around.

**Light Rod:** A light rod appears as a bar or stick like shape. When a light rod sometimes takes a bend, it is then called a swirling light rod.

**Light Trance Medium:** A person whom spirits can communicate through. In contrast to deep trance mediums, the spirits wishing to communicate through the medium does not possess them.

## **M**

**Manifestation:** The appearance of a spirit energy, ghost, or apparition visible to the naked eye or caught on film.

**Mantra:** A word or phrase that is to be chanted repetitively in an effort to empty the mind and attain "cosmic consciousness" (oneness with God and the universe).

**Marion Apparition:** Materializations of what is believed to be the Virgin Mary.

**Meditation:** A spiritual or devotional exercise of contemplation usually concerning a philosophical or religious subject. A planning or intending of the mind to fill oneself with positive energies.

**Medium:** A psychic or sensitive living person whose body is used as a vehicle for communicating with spirits.

**Metaphysics:** The study of events beyond or outside of man's understanding of classical physics; the science of the supernatural.

**Malevolent:** A malevolent spirit is one that wishes to do harm.

**Malicious:** A spirit that is spiteful and/or evil. These spirits will destroy or damage things of a personal or financial value for the sake of hurting others.

**Manifestation:** The appearance or taking of form of an entity. This can also mean the outbreak of paranormal activity.

**Materialization:** The formation of a visible and/or the physical form of a spirit. These are usually brief in appearance and often just a face or hand and are not a full formation of a spirit.

**Medium:** A person that acts as a bridge between the living and the dead. They receive and relay information through a "sixth sense" for the spirit whom is communicating through them. The common name used today for mediums is psychic. There are two types of mediums: light and deep trance.

**Metaphysics:** The term metaphysics is derived from the Latin word "meta" which means "beyond", and the word physics which means the study of psychical research. Essentially the word metaphysics literally means the study of that which is beyond the laws of physics.

**Microwave Radiation:** Invisible electromagnetic waves in the region between infrared and short-wave radio wavelengths. Gives false anomaly readings to EMF devices.

## **N**

**NDE:** Near death experience.

**Night Shades:** Same as Shadows.

**Necromancy:** The practice of communicating with the dead to obtain knowledge of the future, others' secrets, etc. An archaic term, the necromancer was said to employ magic spells and conjuration to summon, then banish, the spirits of the dead.

**Necronomicon:** A grimoire (that is, collection) of ancient sigils and incantations of nebulous origins, discovered in the 8th century by the "Mad Arab," Abdul Alhazred, said to be capable of opening a chasm to the "Dread Dimension" and unleashing the wrathful power of the timeless "Elder Gods."

**Necromancer:** A person who holds abilities or knowledge to draw power and skills from the dead along with summoning and controlling ghosts, spirits, demons, zombies, etc. It is believed that through this ancient practice, the one who practices necromancy can use the summoned spirit to find hidden treasures, cast spells on others, learn about the future and even hurt other living beings.

**New Age Movement:** A loose organization of people, many of them "Yuppies," who believe the world has entered the Aquarian Age when peace on earth and one-world government will rule. They see themselves as advanced in consciousness, rejecting Judeo-Christian values and the Bible in favor of Oriental philosophies and religion. Among them may be found environmentalists, nuclear-freeze proponents, Marxist-socialist utopians, mind-control advocates, ESP cultists, spiritists, witchcraft practitioners, and others using magical rites.

**Nirvana:** Liberation from earthly things; paradise.

**NOAA:** National Oceanographic and Atmospheric Administration.

**Numerology:** The analysis of hidden or prophetic meanings of numbers.

## **O**

**OBE:** Out-of-body Experience.

**Occultism:** Belief in supernatural forces and beings.

**Orb:** A spherical shaped, translucent mass of energy resembling a ball or globe of light. This is the most photographed and most basic form of a spirit. These balls of energy have been recorded on film, digital cameras, infrared monitors, and videotape. Orbs usually appear in most haunted places. Orbs can also be caused by moisture (rain, snow, fog), bugs, insects, dust and pollen.



**Ouija Board:** A game board containing all the letters of the alphabet plus numbers from 0 to 9 and "Yes/No", which is used to communicate with spirits. A sliding pointer (planchette) spells out words in answer to questions asked by players.

**Outward Manifestation:** Any type of paranormal activity. These may include, but are not limited to, disembodied voices, odors, movement of objects, manipulation of temperatures, electrical disturbances, etc.

## **P**

**Pantheism:** Doctrine that identifies God with the whole universe, every particle, tree, table, animal, and person being part of Him.

**Paradigm Shift:** Refers to a shift in world views. The so-called "new paradigm" (new model or form) is pantheistic (all is God) and monistic (all is one).

**Paranormal:** Anything that does not take place in the natural order or in a normal way of things that take place in the realm of the world. This term is used to refer to unexplainable events. These would include, but are not limited to, ghosts, ESP, telepathy, UFO's, Bigfoot, and the Loch Ness monster.

**Parapsychologist:** Someone who studies parapsychology.

**Parapsychology:** The scientific and scholarly study of certain unusual events associated with human experience, such as ghosts, UFOS, ESP, Bigfoot, etc. It is generally defined as the scientific study of paranormal phenomena. Parapsychology is not a recognized science by many within the scientific community. The word parapsychology is derived from the Latin word "para", which means "beyond"; parapsychology literally means beyond psychology.

**Pendulum:** A small dowsing tool composed of a crystal or heavy object dangling from a string, which is used to answer questions or find things through psychic energies.

**Pentagram:** Five-pointed star used in magical ceremonies. A satanic symbol.

**Percipient:** Person who receives telepathic messages or is believed to cause a spirit manifestation.

**Perennial Philosophy:** A term coined by Aldous Huxley that sees all religious truth or experience as one and the same. This philosophy proposes that even though the externals of the various religions may differ, the essence or core truth is the same in each.

**Phantasm:** A French derivation of a phantom.

**Phantom:** An apparition or specter existing only as an energy form. The term is derived from French cultures.

**Phantom Traveler:** A human or animal spirit that haunts a particular road or highway. Often this is a hitchhiker who rides with living people, then inexplicably disappears.

**Phantomania:** Paralysis that occurs when someone is under attack from supernatural or preternatural forces; also known as psychic paralysis.

**PK:** Psycho kinetic.

**Planchette:** The triangular instrument used as a pointer to answer questions on a Ouija board.

**Poltergeist:** A German word that means "noisy or mischievous ghost"; a demon. A destructive spirit that has the ability to move objects by solidifying the ambient air which results in the movement and/or teleportation of objects. This phenomena is also associated with noises, rapping, levitating and throwing of objects, as well as other physical manifestations. These events usually come on suddenly and end just as fast. They can last for days, months or a few years. The longer lasting ones seem to occur for a few days each year. Many of these cases have been attributed to a specific person in the household. In most cases, this specific person, known as an agent, is a young child entering the puberty stage of life. It is believed that the agent causes an involuntary type of psycho kinesis, causing the disturbances.

**Portal:** A multi-dimensional gateway which spirits of the dead may enter or exit from their world into ours. This may be accomplished via a vortex.

**Possession:** The act of a malevolent spirit or demon taking over the body of a human or animal, manipulating it, and using it for its own purposes. There are several different types of possession. Mediums will allow a spirit to enter their body for the purpose of communication. During partial possession, the host (person) remains in the body. In full or perfect possession, the spirit of the host is displaced from the physical body. In cases of demonic possession, the entity enters the body without permission and will not leave on its own will. An exorcism is necessary to expel the possessing entity.

**Precognition:** Advanced knowledge of pending future events; clairvoyant.

**Premonition:** Feeling or psychic warning about future events. This can be vague or it can be very specific.

**Preternatural:** Diverging from or exceeding the common order of nature, but are not outside the natural order as distinguished from the supernatural.

**Primary Readings:** The first in a series, list, or sequence of paranormal documentations. Also instrument readings of the best degree, quality, or importance.

**PSI:** Term used in place of psychic or parapsychical; ESP.

**Psychic:** A person with the ability to see, hear and feel by the use of senses other than the natural senses, also referred to as a "sixth sense", mental telepathy or ESP; a classification of unusual happenings.

**Psychic Attack:** An attack that can either be physical or mental by a spirit. The spirit

may be visible or invisible during the attack. There is evidence that people are also capable of psychically attacking others.

**Psychic Birth:** A quickening of spiritual or cosmic consciousness and power. This new consciousness is one that recognizes oneness with God and the universe. Psychic birth is an occult counterpart to the Christian new birth.

**Psychic Energy:** Extrasensory energy that enables people to do miracles.

**Psychic Healer:** A person who cures mental or physical illness from the cosmic energy emanating through the healer's hands.

**Psychic Impressions:** Intuitive knowledge gained through psychic abilities.

**Psychic Imprint:** Believed by some to be a replayed psychic event which is "recorded" in space and time, and continues to loop the same scene over and over again in a particular location. This view portrays the repeating events of a residual haunting as mindless, soulless imprints of past lives, not as the active, intelligent movements of spirit energies.

**Psychic Photography:** Another word for spirit photography.

**Psychic Protection:** Any deliberate metaphysical method by which a person attempts to ward off spirits.

**Psycho kinesis (PK):** Using the mind to produce motion of inanimate and remote objects.

**Psychoanalysis:** Tracing mental and physical ills back to hurtful childhood experiences; based on Sigmund Freud's theories.

**Psychometry:** The ability to perceive information about people, places, things or events involving the person by touching objects associated with them.

**Psychotechnologies:** Refers to the various approaches or systems aimed at deliberately altering one's consciousness.

## **R**

**RVP:** Radio voice phenomena.

**Rappings:** Loud knocks or hits against surfaces, often produced by spirits. They may be associated with boisterous energies seeking attention or recognition by humans. Also may occur during poltergeist phenomena.

**Reincarnation:** Refers to the cyclical evolution of a person's soul as it repeatedly passes from one body to another at death. This process continues until the soul reaches a state of perfection.

**Residual Haunting:** Any haunting where spirits are seen repeating the same actions, behaviors, or movements over and over again in the exact same way.

**Retrocognition:** Occurs when a person (percipient) is transported through time and experiences past surroundings, feelings and events. This is reported in some paranormal phenomena.

**Revenant:** A recently departed spirit who returns very briefly to make contact with loved ones. This may serve as an act of closure before going on to the Afterlife.

**Right Brain Learning:** The right hemisphere of the brain is believed to be the center of intuitive and creative thought (as opposed to the rational nature of the left hemisphere). New Agers have seized on this as a justification to bring "right brain learning techniques" into the classroom. These techniques include meditation, yoga, and guided imagery.

## **S**

**Séance:** A metaphysical ritual performed by a Medium with a gathering of people to make contact with the dead.

**Sensitive:** A person who can feel the presence of spirit energy through any of the five senses (sight, smell, touch, hearing and taste), telepathy or precognition.

**Shadows:** An apparition appearing as a flickering black or smoky gray mass of any size or shape. Often seen out of the corner of the eye before disappearing completely or may be caught on film.

**Shaman:** A medicine man/woman or witch doctor.

**Sleep Paralysis (SP):** A sleep disorder (apnea) where a person half-awakens during the night feeling they are being watched or being choked, pressed upon the chest, or otherwise paralyzed by an evil, invisible force attacking them. A ghost may be falsely accused of trying to harm them.

**Smudging:** An ancient spiritual cleansing ceremony using natural herbs and spices to ward off negative spirit energies. A smoky fire is produced in a smudge pot and distributed throughout an area and over people.

**Soul:** The continuing electromagnetic energy field of a human or animal retaining all the characteristics of the once living soul, body, and mind.

**Soul Rescue:** An act of metaphysical intervention between a living person and a spirit whereby the earthbound energy is advised and instructed on how to leave the earthly plane and go into the Light to begin it's new afterlife existence. Often a Channeler or psychic will act as the human agent for this event.

**SP:** Sleep Paralysis.

**Space-Time Anomaly (STA):** A residual haunting caused by strong emotional feelings embedded within a departed spirit. Negative emotions developed during life become a force holding a spirit earthbound to perform repetitious behavior. This view holds that residual hauntings are caused by active, intelligent spirits consciously repeating their actions while trying to resolve past emotional issues.

**Sparklies:** Small glowing dots (not dust, pollen or pollutants) seen through a camera viewfinder during the flash mode which may indicate the presence of spirit energies.

**Sprites:** Small glowing orbs, usually found outdoors and in cemeteries that are visible to the naked eye and photographable, believed to be related to earthbound spirits. Also the term NASA uses for earth related energy discharges, similar to lightning, in the atmosphere.

**Spirit:** The electromagnetic and electrostatic energies containing the soul, personality, and intelligence which survives after the death of a human or animal. Spirits are believed to exist in an invisible realm that can only be seen under certain circumstances or by people with special abilities. Unlike ghosts, the term "spirit" is used for demons, angels, fairies, elves and even places. Mountains, woods, lakes, trees and sacred sites are all said to possess a spirit...and in many ancient and Indian cultures, this is a living spirit.

**Spirit Control:** A disembodied spirit who relays messages from dead people to the living through a trance medium.

**Spirit Detector:** In essence, a compass.

**Spirit Guide:** A spiritual entity who provides information of "guidance," often through a medium or channeled. The spirit provides guidance only after the channeled relinquishes his perceptual and cognitive capacities into its control.

**Spirit Photography:** Capturing the images of paranormal anomalies or spirits on film. Also called psychic photography.

**Spirit Voices:** Capturing the voices of spirits on audio tape. EVPs.

**Spiritual Hierarchy of Masters:** New Age advocates believe these spiritual "masters" are highly evolved men who, having already perfected themselves, are now guiding the rest of humanity to this same end.

**Spiritualism:** The belief that the dead communicate with the living, usually through a medium, emphasizing the spiritual over the material.

**Spiritualist or Spiritist:** A person with the philosophy, doctrine, or belief that the dead communicate with the living, usually through a medium.

**Spook:** A ghost who haunts a particular place. The word's origins are Dutch.

**STA:** Space-Time Anomaly.

**Subject:** Person used for experiments in ESP studies.

**Sufism:** Persian mystical religion based on Islam.

**Synchronicity:** The state of being synchronous. A chronological series of events that indicates parallel existences and occurrences. A coincidence in time or rate, for example, suddenly awakening at 2:22 a.m. each morning.

**Syncretism:** The attempt to combine or unify differing religious systems. New Age gurus often claim that all the world religions teach the same core truth: all people possess an inner divinity.

**Synergy:** A principle which states that the whole is greater than the sum of its parts.

## I

**Table-tipping:** A method of communication by spirits where people sit or stand around a table, touch fingertips upon its top, and then invite spirits to come forth. Yes and no questions are asked and floor taps generated by the bouncing table legs indicate the answers. One tap for "yes", two taps for "no". This may invite malevolent spirits into your home.

**Taoism:** A Chinese religion and philosophy that sees the universe as engaged in ceaseless motion and activity. All is considered to be in continual flux. The universe is intrinsically dynamic. This continual cosmic process is called the "Tao" by the Chinese. The process is described in terms of Yin and Yang. (See: Yin/Yang.)

**Tarot Cards:** Deck of seventy-eight cards that supposedly reveal the secrets of man and the universe.

**Telekinesis:** The unexplained, supernatural movement of objects by the use of psychic powers; the ability to move physical objects by force of will or mental energy alone; also called psycho kinesis.

**Telekinetic:** A person with the ability to move objects with their mind.

**Telepathic:** A person who uses telepathy.

**Telepathy:** Communication between minds by exercising psychic powers and without the use of the normal five senses.

**Tetragram:** A magic diagram shaped as a four-pointed star.

**Thanatology:** The study of Near-Death Experiences.

**The Light:** A portal or entranceway into the afterlife or another dimension and is used by spirits to leave an earthbound existence, most related to tunnels in the near death experience.

**Theosophy:** A school of thought founded by Helena P. Blavatsky. The term literally

means "divine wisdom." The goals of Theosophy are to (1) form a universal brotherhood; (2) do comparative study of world religions, science, and philosophy; and (3) investigate the psychic and spiritual powers latent in man. Theosophy is the forerunner of much New Age thought.

**Third Eye:** An imaginary eye in the forehead believed to be the center of psychic vision.

**Thermal Radiometry:** The use of a device to detect and measure radiation fluctuations related to temperature variations in the environment.

**TK:** Telekinetic.

**Trance:** A mental state resembling sleep during which the conscious mind rests while the spirit entity takes over the medium's body.

**Trance Channeler:** The newest term for "trance medium." (See: Medium.)

**Transformation:** New Age advocates promote both personal and planetary transformation. Personal transformation involves the changes wrought in one's life by increasing Self-realization. As more and more people are personally transformed, the planet too will be transformed into a global brotherhood.

## U

**UFO:** Unidentified flying object; flying saucer.

## V

**Vapor Apparition:** A misty, white ghost.

**Veda:** The most ancient of the Hindu scriptures.

**Visualization:** Also known as "guided imagery," visualization basically refers to "mind over matter." It involves the attempt to bring about change in the material realm by the power of the mind.

**Vortex:** A white tornado-shaped, ectoplasmic form that usually appears during family gatherings or celebrations. They may also be the transport mechanisms through which orbs travel in and out of our dimension. Similar to the Swirling Light Rod, the vast majority of vortexes that are photographed are nothing more than a camera strap in front of the lens.

## W

**Warlock:** A wizard or sorcerer; a male witch.

**Will-o'-the-Wisp:** Faint green and red lights seen at night above, bogs, marshes, and swamps.

**Wraith:** A legendary ghost that brings misfortune or death to anyone who sees it. Sometimes a cloak-hooded figure with glowing red eyes.

## X

**X-Rays:** Relatively high-energy photons within the approximate range of 0.05 angstroms to 100 angstroms. A stream of these photons has a very effective penetrating power. Solar x-rays create geomagnetic storms.

## Y

**Yin/Yang:** Chinese names referring to the active and passive principles of the universe. Yin refers to the female or (inactive) negative force; Yang to the male or (active) positive force. These two polar forces continually interplay with each other. The words are used to describe the constant motion and change in the universe (i.e., the "Tao").

**Yoga:** A means of becoming united with the supreme being, or with the universal soul.

**Yogi:** Someone who practices yoga.