

GREAT LAKES PARANORMAL RESEARCH TEAM

EMOTIONAL AND SPIRITUAL SAFETY

Emotional Safety:

This is an important issue when it comes to possible paranormal situations. Even if there is truly no paranormal situation, it is still important in daily life.

Emotional balance is more important than you might think. It is just like a balanced diet, a balanced schedule, a balanced life. If your emotions remain either very high all the time or very low, your physical health will decline, without a doubt. The first things to go are sleep and your ability to eat in a healthy way. Other common issues are headaches, stomach pains, digestive issues and the list goes on.

If you have been experiencing possible odd occurrences at work or at home and they are beginning to get to you, it might be time for you to find healthy relief from your stress. Especially if it has been happening for quite some time, let us say a few months, a year or more.

Your thoughts and emotions are very much connected. If you are thinking in positive ways, you feel pretty good. But if you are not feeling well, your thoughts can turn negative. Positive thinking, feeling happy, enjoying life are crucial to maintain that balance.

Take a look at your emotions.

From 1-5, 5 representing very frustrated, fearful, angry, etc. 1 representing, feeling fine most of the time, happy, content, can problem solve, you roll with the punches.



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Where would you say you are at on this scale? Does something need to be worked on? Take some time to think about it and what actions or changes might be of help to you. The more out of control you become, the less you are able to problem solve in healthy ways.

Spiritual Safety:

We will include all faiths here. Every faith has its structures, recommendations, rules, and spiritual practices. Too many to list here. Each faith has its way of understanding symbols, healthy rituals. Even if a person does not have a named faith or church, most people have some type of spirituality.

Science has helped us classify the different paranormal events that have been studied across the globe. Science has helped us describe the behavior and usual outcomes of a particular haunting. But science has not been able to construct or name interventions that might resolve the paranormal problem.

However, we have seen time and time again that faith, religion, spiritual practices appear to be helpful. So if you have spiritual/religious practices in your life today, you might want to review and see what might be helpful and supportive to you. If you *had* spiritual practices in the past and have not used them in a long time, this might be a good time to take a look at those practices and see if there might be something that would be helpful to you.

This statistic is important to remember, paranormal investigators have seen that only a 1-2% of cases around the world are truly evil and of a true dark nature. That means all the rest of events in life are *all* good, perhaps strange and unexplained, but good and not harmful. Depending on your background, you might or might not agree. But the numbers are clear and speak for themselves.

Depending on your background, you might jump to the firm conclusion that any non-explained activity has to be evil. This article does not have the intent to change your thinking. If you want to hang on to that thought and not let go, that is up to you.

Now, going back to the spiritual and what will be helpful....

There are symbols that tend to be unaversaly positive and healing such as water, candles, positive and uplifting music, dance, prayers, etc. Are there specific symbols that would

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be helpful to you?

There are rituals/actions that can be helpful as well. Such as praying alone or with others, attending a spiritual celebration, drumming, spending time in nature, going on a retreat, etc. What action / ritual do you think will strengthen you, give you peace, center you, something that will help bring back to a healthy balance.

Remember, all people are inherently good. Anyone can bless their home if they feel a need to do so.

Some words of caution:

If you practice the celebration of choice / ritual in your home/business and things appear to get worse, **STOP**, don't go any further. It might be best to do it outside of the home or business, away from the affected area.

Sometimes it is best to have someone who is professionally ordained or appointment by a community to do a prayer of blessing or ritual in your home. You may chose to be present or not. It all depends on how you feel about it.

A blessing ritual in the home or place of business might need to be done more than once. Don't expect instant results. It just depends on the situation at hand and every situation is different. Just because so and so did it in his/her home and it worked, does not mean it will work 100% in your situation. Your situation might require a different type of ritual all together.

If there were a possibility of possession of anyone in the home or business, it has been highly recommended that if an exorcism *might* be needed, that it **ONLY** be done on holy ground and **NOT** in the home or business where the activity has taken place. Why? Because the activity, the force, the events have taken root in the home or business. It has found strength in that particular location. It is best to do any kind of healing rituals away from the center of where the activity has taken root.

Exorcisms should be used *only* as a last resort and not be considered until everything else has been tried such as counseling, family and social supports, medical evaluations, etc. Only a person who has the proper training and proper experience should attempt an exorcism. Never attempt it yourself or rely on someone who has **not** received proper approval to do so. This type of training requires time, education, mentore type training and approval from a specific body or church. Bottom line, exorcisms are **very rarely**

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needed.

The objective should always be to plan and create interventions that are safe, caring, respectful and healthy for everyone involved.

It is important to remember that any possible paranormal event, might, could feed off of your emotions or perhaps a spiritual crisis. Check yourself first, see where you might need some strengthening / balancing / healing in your life. It will never harm you to connect with a counselor or a spiritual director. Not seeking any help, might keep you stuck in the problem.

If you are still having odd happenings in your home or business, please consult with a paranormal team to help you review your particular situation.