

GREAT LAKES PARANORMAL RESEARCH TEAM

Spirituality and the Paranormal

Most people have a spiritual side to them. In other words, they believe in those things they can't see, hear, touch or even prove of "its" existence. There are situations in people's lives that "just are". We are not speaking about faith. We will use the description of faith according to the Merriam Webster Dictionary: Allegiance to duty or person. Fidelity to one's promises and sincerity of intentions. A belief and trust in and loyalty to God. A belief system. Belief in a traditional doctrines of a religion.

We are taking the slant more in the realm of the spiritual and not necessarily living through a structured religion. This writer is interpreting spirituality as something special in the person's life. An experience that transcends one's self. An experience that holds meaning to them, whether it be positive or negative.

This is important because at times this notion can become entangled with the paranormal. Therefore it is important to define what could be a spiritual experience versus a paranormal experience.

First we need to clarify what we mean by paranormal. According to the Merriam Webster Dictionary again: An event that can't be explained scientifically. An event known as supernatural. This writer needs to make it clear that it is an event, whether it is something moving, making a sound or impacting other physical elements around or near it.

If you look at the definitions, they are clearly distinct from one another. The point here is for people to understand that paranormal teams are not trained to help with spiritual matters. Spiritual experiences tend to be from the heart, an internal experience. You can't touch, measure, intervene or observe spirituality. For that, you would need a spiritual director to listen, to help and guide you.

The paranormal is a concrete event, such as a cup moving across a table, voices, chatter, or footsteps being heard, a door moving on its own, or a person experiencing something impacting them physically in some way; electrical systems being affected for no apparent reason. These are the issues that a paranormal team would be able to help you with.

We realize that sometimes the lines can be blurred between the paranormal and spiritual experiences. Sometimes the paranormal event will take on a certain meaning to the person experiencing the event. If it does not bother the person, then nothing much has to be done. At other times the spiritual experience will be interpreted as a paranormal event. However, there is not much a paranormal team can do with events that are not physical in nature.

We are certainly not downplaying the importance of spiritual experiences, but

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we want to make it clear that paranormal teams dedicate their time and efforts in studying non-explainable events and not matters of the human heart.