

EL DORADO  
PARANORMAL  
INVESTIGATIONS



Paranormal  
Musings  
Newsletter

Visit our Web site at: <http://edparanormal.com>

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Welcome to the first edition of my paranormal newsletter. I've decided to create this publication for people who are interested in parapsychology and the paranormal. Hopefully, you will find these pages worthwhile and appealing. Feel free to send me articles or stories you feel our readers would enjoy. – *Christine B.*

## Haunted El Dorado County GIS Project

Christine, three other adult volunteers and youth members of the El Dorado County 4-H/YCT-GIS Project are investigating reportedly haunted locations in El Dorado County. Local cemeteries and ancient buildings in El Dorado County will be examined. The purpose of the project is to instruct the members on investigation and research techniques, and to map the investigated locations. If successful, the project might be used as a demonstration at a State GIS Conference in 2008.

Working with the youths has been a rewarding experience, especially The instruction of what serious paranormal study is, as opposed to how Hollywood producers and horror writers depict the science.



### What's New

#### *in Parapsychology?*

First of all, **what is parapsychology?**

Parapsychology is the study of evidence of paranormal phenomena such as: ESP (Extra Sensory Perception.), Ghosts, telepathy, Clairvoyance, Psychokinesis, psychic healing, Precognition, Automatic Writing and other related events that are considered paranormal.

#### **Want to learn more?**

The Center for Consciousness Studies at the **University of Arizona** offers many courses that focus on issues related to alternative and paranormal studies. These include web-based courses as well as on-campus resources. Go to <http://www.consciousness.arizona.edu/mission.htm> for more information.

Don't forget to visit the El Dorado Paranormal Investigations web site at <http://edparanormal.com>. Newest additions to the site are: a link to our Blog, and Famous Psychics, and Newsletter pages.

#### **How can I tell if I have lived before?**

Here's an easy way to gain some insight on past lives. Write down a list of everything you really like, places you are attracted to (mountains, lakes, ocean, desert, etc. as well as specific places), arts and crafts you are drawn to, people and historical eras you enjoy reading about, etc. Now, make a list of everything you vehemently dislike, including places and types of people. These lists will lead you to discover where you have lived before—and the process might trigger past life memories.

**Question: What is the difference between Ghosts and Poltergeists**



**Answer:** A widely held misconception regarding poltergeists is that the terms poltergeist and ghost are synonymous. Although there is some similarity between the two, there are several characteristics that set them apart. For example, poltergeist activity is known as a "disturbance," whereas ghost-like activity (fog, mist, transparent figures, etc.) is known as a "haunting." The reason for this difference in terminology is because poltergeists are heard but not seen, whereas ghosts are on occasion seen but seldom heard. Because the phenomena of poltergeists and ghosts have often been associated with each other, it is important to discuss a few differences between the two.

**Ghost:** (from the American Heritage Dictionary) The spirit of a dead person, especially one believed to appear in bodily likeness to living persons or to haunt former habitats. In other words, a ghost is someone who was once alive, who has passed (died), but who has not continued on to his/her final destination.

**Poltergeist:** Etymology: German, from *poltern* to knock + *Geist* spirit: a noisy usually mischievous ghost held to be responsible for unexplained noises (as rappings) Poltergeist activity has been studied and the general consensus is that it is not coming from a spirit at all, but is energy displaced by an adolescent, most times without he/she knowing they are causing the disruption.



While ghosts are usually quiet and typically don't purposely make themselves known to the living, Poltergeists are exactly the opposite. Typical manifestations are: slamming kitchen cupboard doors, banging on walls, and generally causing as much commotion as possible. Poltergeist activity is almost never connected with someone actually seeing a ghostly form.

As psychic investigator Harry Price put it, "a poltergeist is mischievous, destructive, noisy, cruel, erratic, thievish, demonstrative, purposeless, cunning, unhelpful, malicious, audacious, teasing, ill-disposed, spiteful, ruthless, resourceful, and vampiric. A ghost haunts. A poltergeist infects."

Some experiments have concluded that poltergeist activity is an "extrasomatic (exterior to the body) [expression] of psychological stress in the same way an ulcer is a psychosomatic expression of such stress." Basically poltergeist phenomena are "external manifestations of repressed anger and hostility," typically from adolescents. The poltergeist effects help the agent to release the feelings of stress, and often once the stress factor is removed, the phenomena ceases. Although this theory is difficult to prove, it is widely accepted by parapsychology experts.