



Highlights of the 4th Annual HPI Halloween Gathering at the Sequoia

The festivities began at 8 pm and went on until after midnight. The event was hosted by **Haunted and Paranormal Investigations International (HPI)**, a Sacramento based paranormal investigation group headed by Shannon McCabe and Paul Dale Roberts. The Sequoia Restaurant in Placerville was the perfect place to host the event, as it is one of El Dorado County's many haunted locations.



Hosts Paul Dale Roberts and Shannon McCabe and Friends



Christine B. and HPI Members Laura Dainat and Tammy Straling



Winners of one of the Costume Contest while in the judging parade.



Paul with other contest winners—Shannon on Stage

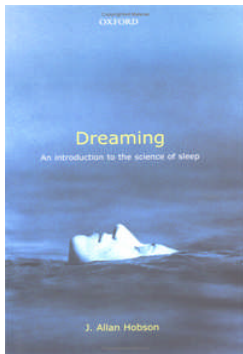


Dancing the night away!

This was one of the best Halloween parties I've ever attended—and I've attended a LOT of Halloween parties! I'll definitely be there for the 5th Annual event!!



To Sleep . . . Perchance, To Dream . . .



There have been various thoughts regarding our dreams and what they mean. Are our dreams merely random brain impulses, or do our brains use dreams to work through issues from our daily life while we sleep? Do our dreams give us clues as to what lives we have experienced in the past, and/or what might lay ahead for us in the future? Some early cultures believed the dream worlds were real, and that the physical world could be accessed only via their dream state. Scientists, doctors, scholars, paranormal investigators, and normal everyday people all have opinions of the true meanings of dreams. Here are a few of those opinions:

Dr. Sigmund Freud believed the hypotheses that we are able to control and manipulate our dreams. Dr. Freud's theories are based on the idea of repressed longing, (mostly sexual) and that dreams express the desires that we are unable to express in a social setting. Freud lived during the sexually repressed Victorian era, which might explain his ideas. However, he did once admit that, "Sometimes, a cigar is just a cigar."

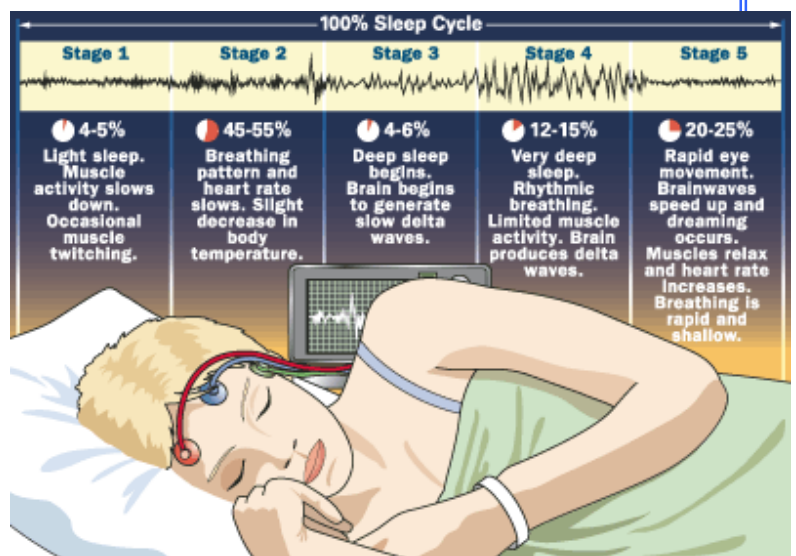
Edgar Cayce has been quoted as saying, "Dreams, visions, impressions, to the entity in the normal sleeping state are the presentations of the experiences necessary for the development, if the entity would apply them in the physical life. These may be taken as warnings, as advice, as conditions to be met, conditions to be viewed in a way and manner as lessons, as truths, as they are presented in the various ways and manners."

Carl Jung said dreams are "the main source of all of our knowledge about symbolism." This means that the messages you receive from your dreams are expressed symbolically and must be interpreted to find their true meanings. Jung also felt that dreams allowed us to reflect on our waking selves and solve our problems or think through issues.



Nietzsche, "In the ages of the rude beginning of culture, man believed that he was discovering a secret world in dream, and here is the origin of all metaphysics. Without dreams, mankind would never have had occasion to invent such a division of the world. The parting of soul and body goes also with this way of interpreting dreams; likewise, the idea of a soul's apparitional body: whence all belief in ghosts, and apparently, too, in gods."

Allan Hobson and Robert McCarley, dream researchers, in the early 1970s published their theory that what is taking place in a person's brain during sleep was random electrical brain impulses that pulled imagery from experience stored in the memory. They hypothesize that it is our waking minds that, in trying to make sense of the imagery in our dreams, creates the stories of our dreams without our even realizing it because the brain wants to make sense of what it has experienced. This theory is known as the activation-synthesis hypothesis. Although it was not universally accepted in the field of dream research, it is currently one of the more prominent scientific dream theories.



... *Perchance, To Dream continued*

And then there's the "Alice in Wonderland Dream Theory" put forth by Lewis Carroll and Christine B. -- some dreams are just a hell-of-a-lot of fun, and a great source of fiction! The sixth chapter of my first novel, "The Afterlife of Charlotte Browning" was a dream I had in 1968. I built the entire novel around that dream and one chapter.



Famous Last Words ...

All of us are born, live our individual lives, and eventually pass on. When the time comes for us to make our exit we have different ways of expressing our feelings for what is before us. Here are a few of the last words of some of the world's most famous people... and from one who wasn't famous at all.



Adams, John Quincy (1767-1848) "This is the last of earth! I am content."

Antoinette, Marie (1755-1793) "Farewell, my children, forever. I go to your Father."

Barrymore, John (1882-1942) "Die? I should say not, dear fellow. No Barrymore would allow such a conventional thing to happen to him."

Beethoven, Ludwig van (1770-1827) "Friends applaud, the comedy is over."

Bogart, Humphrey (1899-1957) "I should never have switched from Scotch to Martinis."

Chaplin, Charles (1889-1977) When the priest who was attending him at his bedside said "May the Lord have mercy on your soul", Chaplin is reported to have replied "Why Not? After all, it belongs to him."

Cleveland, Grover (1837-1908) "I have tried so hard to do the right."

Costello, Lou (1906-1959) "That was the best ice-cream soda I ever tasted."

Crosby, Bing (1903-1977) "That was a great game of golf, fellers."

Dean, James (1931-1955) "My fun days are over." (Shortly before his fatal car crash.)

Dickinson, Emily (1830-1886) "... I must go in, the fog is rising."

Edison, Thomas Alva (1847-1931) "It is very beautiful over there."

Jolson, Al (1886-1950) "This is it. I'm going. I'm going."

Picasso, Pablo (1881-1973) "Drink to me."

Presley, Elvis (1935-1977) "I hope I haven't bored you." (Concluding what would be his last press conference.)

Roosevelt, Theodore (1858-1919) "Put out the light."

Washington, George (1732-1799) "It is well, I die hard, but I am not afraid to go."

Webster, Daniel (1782-1852) "I still live."

Villa, Francisco 'Pancho' (1878-1923) "Don't let it end like this. Tell them I said something."

And **Jeanette Marie Galati**, (my mother) April 28, 1961: After waging a four year battle with her illness, she looked up and said to someone who was invisible to everyone else, "I'm ready."

What is Angel Hair?



Mary Evans Picture Library
UFOs over Oloron, France, dropped a
cottony substance likened to "angel hair."

No, it's not hair balls from angels. Or, maybe it is. The truth is, no one knows what angel hair really is. People from all over the world who have witnessed UFOs sometimes report seeing and feeling this organic substance fall from the sky after the sighting. Accounts indicate that angel hair is much like cotton candy when touched. It melts into a gelatin-like substance and then disappears. Because it dissolves when handled, it has been almost impossible to analyze. One reported angel hair incident occurred in 1957 when after a UFO passed over Ichinoseki City, Japan angel hair fell over the area for two hours.

One theory is that Angel Hair is dispensed from a UFO in order to cloak it from our radar. Many times when UFOs are observed, even in the area of air fields, they do not show up on our radar screens.

Here are a few eyewitness reports of angel hair observances. (Check out the dates!)

A fibrous substance resembling blue silk fell in great quantities at Naumburg Germany (Southwest of Leipzig) on March 23, 1665. **"Annals of Philosophy, New Series 12:93 August 1826"**

Showers of a silky substance fell in October, 1820 around Pernambuco, Brazil, covering an area that extended 90 miles inland and nearly as far out to sea, where a French ship was festooned in it. **"Letter from M.Laine, the French consul at Pernambuco to the annual register, 63:681; 1821"**

On October 16, 1883, a dense cloud appeared over Montussan, in the Gironde district of France. From it, a white woolly substance fell from it in fist sized lumps, leading some observers to speculate the entire cloud was made of this substance. **"La Nature, 1: 342, October 27, 1883"**

On October 17, 1952, the people of Oloron-Ste.-Marie, in the French Pyrenees, saw a cigar shaped object flying at 45 degrees above their town. Accompanying it, were 30 smaller saucer shaped craft. About ten days later about 100 people were treated to the same spectacle in the sky above Gaillac. On both occasions, a substance like gossamer fell from the unidentified objects; but when people tried to collect the "angel hair" it turned gelatinous and sublimated. **"The Truth about flying saucers" by Aime' Michel; page 64"**

Read accumulated reports from Australia published in 2001 about Angel Hair:

<http://www.project1947.com/kbangel.htm>

Some Insights from The Wizardology Handbook –A Course for Apprentices (Candlewick Press)



Good Witches show that you do not need expensive equipment in order to make magic. Their means of flight doubles as a way of cleaning the loor. Their means of brewing potions doubles as a cooking pot. So never accept food from a witch—even a good one—in case she has not had time to clean her cauldron properly.

Fairy Rings are rings of toadstools that provide natural magical protection. They are particularly useful places for making important decisions, as they will shield you from the influence of external forces. Remember that on no account should any of the mushrooms be eaten, as they might be poisonous.



Unicorns

Spring is an excellent time to search the woods for magical creatures such as unicorns, which may often be found by magic pools or streams. Girl wizards have a particular advantage in the discovery of unicorns, as these creatures seem to harbor naturally friendly feelings towards them, and are slightly more distrustful of boys.

To summon a unicorn, find a clear pool of water in a natural location. Gaze at your own reflection in the pool as you recite the following spell... then bray three times loudly. If successful, you will soon see the unicorn appear beside you.

“Unicorns, unicorns all around, waiting near water, there to be found. Lions are distant none are found here ; Unicorn, unicorn swiftly appear. Horses may neigh, but I will not bray, And when I bray, you’ll come here today.

***Christine B.** writes about subjects most people don't normally enjoy thinking about, yet ponder, just the same. Presenting a "what if" slant in her poetry and novels, her works suggest alternative answers to some of life's most intriguing questions, while guiding readers off the beaten path into paranormally "Dangerous Terrain." Christine owns El Dorado Paranormal Investigations. She creates a monthly newsletter, "Paranormal Musings," which delves into paranormal subjects and educates the public that "Paranormal is Normal." KFOK LP FM sponsors Christine with her program, "World of the Paranormal." The show has guests and takes phone calls and airs on the 1st and 3rd Saturdays of the month from 1 pm to 2 pm PST. Her novels include: "The Afterlife of Charlotte Browning" (won Best General Fiction and Best Media Package of 2008 from the Northern California Publishers and Authors); "From the Stones-A Colleen Broadhurst Adventure;" and "The Coming 12/21/2012". She is also working on a non-fiction book about her own paranormal experiences and those of others. Christine can be reached via her web site: <http://edparanormal.com>, which has been named one of the most informative paranormal sites on the web. Email her at edparanormal@comcast.net.

Famous Haunted Places

Sleepy Hollow, New York

That's right, there really is a place called Sleepy Hollow; and it's really haunted! The Headless Horseman Bridge was probably dubbed that after Washington Irving's famous Legend was published, but people have been reporting all sorts of strange things occurring in town and the surrounding area for generations. Disembodied voices and mysterious music have been heard, along with reports of sightings of the spirit of a headless man riding a horse at night. The ill fated Ichabod Crane in Irving's legend is based on a real school teacher named Samuel Youngs. As a matter of fact the entire story is based on true events and people who once lived in the area.



Sleepy Hollow Cemetery, where Washington Irving is actually buried, is said to have a resident ghost that haunts an old monument. A specter woman has been seen sitting in a chair at the monument. She reportedly wakes up and roams the cemetery at night. If you do some exploring you will even be able to find the gravestone of the Headless Horsemen himself.



Washington Irving loved the area so much that he moved there. His home, Sunnyside, still stands today in the town of Terrytown, and so does Washington Irving's spirit. There have been numerous reports that Irving has made himself known to Sunnyside's visitors. Considering all the ghost stories Irving wrote, it is apropos that he should be one now. Guides have reported unusual phenomena here, from Irving's nieces keeping the house clean and tidy to Irving himself pinching the occasional woman in good-hearted fun.

"the Kaatskill Mountains had the most witching effect on my boyish imagination". Washington Irving



Certain it is, the place still continues under the sway of some witching power, that holds a spell over the minds of the good people, causing them to walk in a continual reverie...—Washington Irving, "The Legend of Sleepy Hollow"

UNDERSTANDING KARMA

When I was a youth attending Catholic school I would continually vex the nuns by asking questions they would answer only as "It's a mystery of faith." Even at an early age, that answer just didn't cut it for me. Therefore, when I was able to do my own research I began searching for my own answers to these questions:

- ? What is the cause of the inequality that exists among mankind?
- ? Why should one person be brought up in the lap of luxury, endowed with fine mental, moral and physical qualities, and another in absolute poverty, steeped in misery?
- ? Why should one person be a mental prodigy, and another an idiot?
- ? Why should one person be born with saintly characteristics and another with criminal tendencies?
- ? Why should some be linguistic, artistic, mathematically inclined, or musical from the very cradle?
- ? Why should others be congenitally blind, deaf, or deformed?
- ? Why should some be blessed, and others cursed from their births?

After reading literally hundreds of books on the paranormal, what did I find that answered all these questions? KARMA.

The philosophical explanation of karma can differ slightly between various religions, however the general concept is basically the same. Through the law of karma, the effects of all deeds actively create past, present, and future experiences, thus making one responsible for one's own life, and the pain and joy it brings to him/her and others. The results or 'fruits' of actions are called *karma-phala*. Through reincarnation karma extends through one's present life and all past and future lives, as well. The accumulated karmic tendencies, inherited in the course of previous lives, at times play a far greater role than the hereditary parental cells and genes in the formation of both physical and mental characteristics in present and future lives.

How Karma Works



A line of dominos helps to illustrate Karma. Each domino set up in a line seems an individual, but tip the individual on one end of the line and the others will eventually fall in reaction. The domino at the end of the line does not immediately feel the repercussion of the drop of the first domino, but eventually the course of the first will affect the last. The decision to push the first domino over can be considered the karma (action). The action (karma) or cause is linked to the effect. In other words, every deed, good or bad, will eventually have an impact in the future. As an example, if you were a racist in a past life, you might choose to come back as a Jew or a black man or woman to learn how

racism affects one's life and to atone for your former attitude. Karma is not necessarily a punishment, but a choice on the soul's part to make up for former wrong deeds. And since the soul must experience everything in its total life journey, you will experience rich and poor, male and female, health and infirmity, a long life and a short one.

The concept of Karma can be traced back to the early Upanishads (*Hindu scriptures that do not belong to any particular period of Sanskrit literature: the oldest, such as the Brhadaranyaka and Chandogya Upanishads, date to around the middle of the first millennium BCE*). All living creatures are responsible for their karma — their actions and the effects of their actions.

Even in the Christian tradition Essenian and later Rosicrucian schools teach Karma as the "Law of Cause and Consequence/Effect". Christ preached a Karmaic concept when he gave his disciples the parable about reaping what you sow. In other words, the wrongs you do will come back to you, as will the good deeds. Keep in mind that every decision you make in life will have a consequence that will have to eventually be dealt with, in this life or the next.

What is a Banshee?

If you have an Irish or Scottish heritage and your last name is **O'Grady**, **O'Neill**, **O'Brien**, **O'Connor**, or **Kavanagh**, you know what a Banshee is and have probably heard it's lament whenever a member of your family dies. How is it that she sings and wails at the death, no matter how far away the recently departed die from the family homestead? No one knows the answer to that question.

When seen, banshees usually appear in one of three guises: a young woman, a stately matron or an old hag. These represent the triple aspects of the Celtic goddess of war and death, Badhbh, Macha and Mor-Rioghain.

If you should hear a banshee, count your blessings, because the ones she wails for rarely hear her voice.

Some famous reports of Banshee events:

- King James of Scotland died in 1487. According to legend, a banshee foretold of his death.
- In 1338, when the Giants' Grave in County Limerick, Ireland, was excavated and the bones were moved to a nearby castle. Those who heard the crying throughout central Ireland, said that it sounded as if every Banshee in Ireland was keening.
- The most famous banshee of the ancient era was that attached to the kingly house of O'Brien, then known as Aibhill'. This banshee was said to haunt the rocky cliffs above Killaloe, near the old palace of Kincora. In 1014 AD in the battle of Clontarf, the aged king Brian Boru knew that that he would never go home alive, for the previous night Aibhill had appeared before him to tell him of his impending fate.



ANNOUNCEMENTS



World of the Paranormal with Christine B.

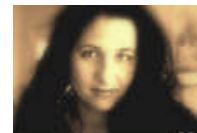
KFOK LP FM at 95.1 or go to the KFOK web site and stream the show via the Internet at: <http://www.kfok.org/> and click on "Click here to listen" at 1 p.m. PST.

December Show Schedule: (1:00 – 2 Pm)

December 2nd : Nancy Bradley and Shannon McCabe
Join my program to talk to our listeners about their dynamic alter egos, The Ghost Girls. Nancy will also be taking your calls for readings over the phone.



December 16th : Alexandra Holzer. Alexandra is the daughter of Famous ghost hunter and author, Hans Holzer. Alexandra has made a name for herself in the paranormal realm, and she will be discussing with us some of her many accomplishments and what it was like growing up with a paranormal icon.



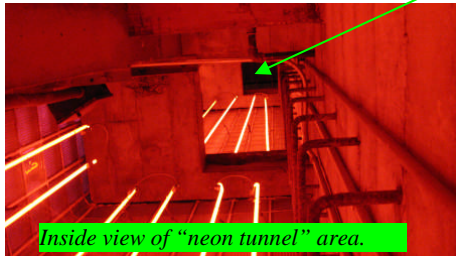
Send your emails to edparanormal@comcast.net and don't forget to type in "KFOK" in the subject line so we don't miss you email.



Paranormal Investigation at the IMax Esquire Theater in Sacramento

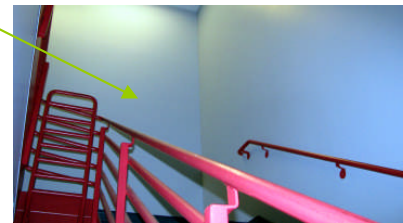
On Saturday, November 29 my friend Rob Hays and I were privileged to join Paul Dale Roberts and Shannon McCabe and their Haunted and Paranormal Investigations (HPI) investigators at the IMax Esquire Theater in Sacramento. We all arrived at the IMax at 1211 K Street in Sacramento at about 10:15 pm. We were greeted outside by the manager, who gave us a brief history lesson about the theater. There are reportedly at least three spirits haunting the theater. One is a young girl, named Grace, who has been seen in several areas of the building. Another spirit that has been detected by Celebrity Psychic, Nancy Bradley, is of a young boy riding his large-wheeled, old fashioned bicycle around inside the building, and another is of the musician who was robbed and shot to death on the street outside of the theater in the mid 1990s.

The theater manager took us to four or five different areas of the theater and explained some of the things that have occurred in each area. Her office area was the place that I felt the most spirit energy. Adjacent to that office is a storage room, which also opens up into the area where the neon lighting spells out “Esquire” on the outside of the building. I could feel that the spirits of the little girl and boy played in that area by zipping up and down that “neon tunnel” location, at lightening speed, giggling as they did so.



Inside view of “neon tunnel” area.

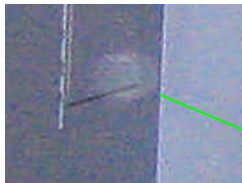
I also felt a spirit energy on the landing of the top stair well. I believe it to be that of the little girl, who was not visible.



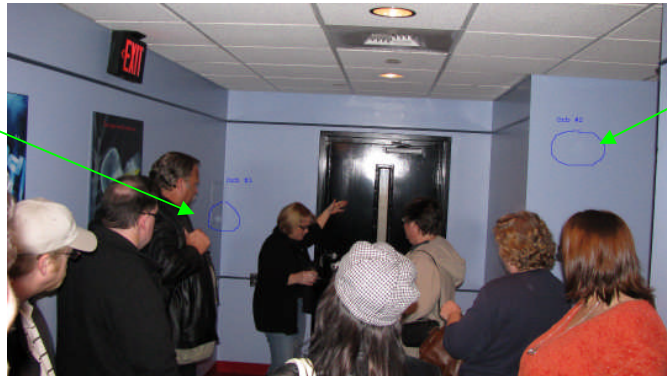
One of my photographs taken when we were in the first hallway near the bathroom where little Grace has been observed on

nervous occasions, captured two orbs—one of which was moving.

I also got high Electromagnetic energy readings in the corner of this same stairwell in the area that is on the other side of the wall to the storage room near by the neon tunnel. The strange thing about this reading is the energy was most intense at about the 3ft level and dropped off considerably the higher up the corner I pointed my meter. This indicates that the meter was not picking up normal electrical current from the other side of the wall.



Many thanks to HPI for allowing us to tag along on this investigation.



EVP recordings have not yet been analyzed.