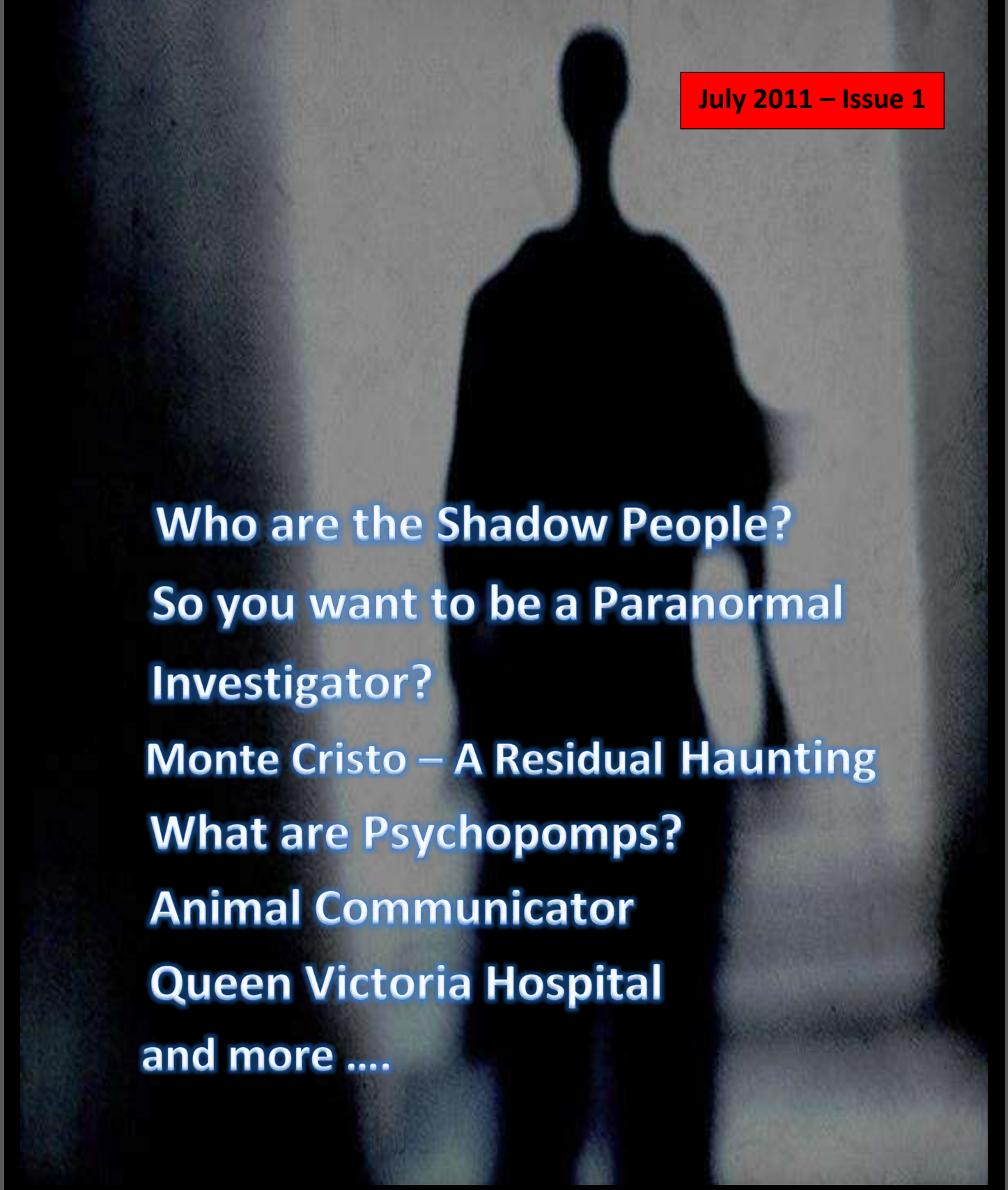


Soul Searchers Paranormal Magazine

July 2011 – Issue 1



Who are the Shadow People?
So you want to be a Paranormal Investigator?
Monte Cristo – A Residual Haunting
What are Psychopomps?
Animal Communicator
Queen Victoria Hospital
and more

Paranormal, parapsychology, ghost tours, psychics and mediums



Welcome to SOuL Searchers a free bi-monthly Magazine

This online magazine was developed from SOuL Searchers Investigations as a way of communicating our experiences and to further our explorations into the realms of the supernatural and the unexplained. The SOuL Searchers online magazine is produced on a bi-monthly basis and provides topical information to keep you up to date on news and the latest developments happening in the Australian Paranormal community. In addition to our announcements on upcoming activities and events, the SOuL Searchers Magazine will contain articles, photos and information on the paranormal, parapsychology, ghost tours, mysterious locations, psychics and mediums, etc. Your suggestions, comments and contributions are welcomed.

Editor



Janine Donnellan is the founder of SOuL Searchers Investigations and the editor of the Paranormal online Magazine. Janine has been conducting house clearings and investigations for over 15 years and established SOuL Searchers Paranormal Investigation Team in 2006. Janine has a certificate of Advanced Achievement in Parapsychology (1998) Australian Academy of Applied Parapsychology and her interest in the occult was developed as a young child through her spiritualist Grandfather.

The mission of this magazine is to include articles and information on our investigations and from the Paranormal community and to endeavour to provide logical explanations if applicable on environments and events that are associated with paranormal activity.



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SOuL Searchers
is a sub-group of
Spheres Of Light (SOL)
ABN 46 385 794 818

For general inquiries or to request an investigation and clearing in your home please contact our Case Manager at

soulsearchers@spheresoflight.com.au

To assist us in our investigations please answer our questionnaire to the best of your ability. Click on the link below to download the questionnaire.

[SOuL Searchers Questionnaire](#)

The initial interview process is conducted by phone using our Questionnaire that goes over detailed questions with the client, including dates and times of occurrences, who was present, description of what was experienced, and location information etc. All information received is kept strictly confidential.

It is SOuL Searchers' mission to provide the best service possible to our clients, by listening to their needs, providing solutions and being informative every step of the way.

SOuL Searchers are based in Australia, in the southern Sydney, Sutherland Shire & Illawarra areas of NSW.

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SOuL Searchers • Paranormal Investigations

soulsearchers.spheresoflight.com.au



What is unique about the SOuL Searchers Investigation Team?

SOuL Searchers Team



The SOuL Searchers team is composed of individuals with a variety of talents both scientific and psychic, including sceptics and believers. What is unique about the team is that our investigations are conducted from a shamanic perspective. SOuL Searchers team members act as intermediaries between the physical and the spiritual realms.

The majority of our investigations are private client investigations and they incorporate house clearings and can also include geopathic stress assessments.

The SOuL Searchers team conducts all investigations in a professional manner, adhering to the wishes of the client; we are also compassionate to the needs of the souls that are causing the problem. In addition to utilising our various psychic talents, we use common sense scientific approaches to all our investigations as well as having an open mind to all belief systems, theories & methodologies.

Click banner to see Team Bios.

Each investigation is conducted confidentially in a professional manner, addressing any concerns such as privacy, safety and security. It is SOuL Searchers' mission to provide the best service possible to our clients, by listening to their needs, providing solutions and being informative every step of the way. **We conduct ALL investigations free of charge and therefore all members are volunteers.** For general inquiries or to request an investigation and clearing in your home please email us at soulsearchers@spheresoflight.com.au

So you want to be a Paranormal Investigator?

Part 1

All too often you hear the horror stories of ghost hunters trespassing on properties or deliberately provoking a spirit in order to get that great picture or experience that adrenalin rush. They care very little about the poor soul that is stuck between the worlds and very often they don't consider the health & safety aspects of the people conducting the investigation.

So if you are conducting an investigation at a site it is good practise to do an initial site investigation in daylight hours so you can see the actual landscape and can note possible hazards. Also this site visit can give you clues regarding possible hot spots for paranormal activity. If you only conduct night time investigations then you are missing out on vital phenomenon, because paranormal activity can occur throughout the night and day.



Give the site a thorough once-over. Note any bushes or tree limbs that have contact with the house and could cause banging or scraping noises. Look for visibly loose boards, loose roof tiles, rain gutters, or shutters. Note also the position of any street lights etc. that could be reflecting inside the house. While outside, stand in several different locations and observe if there are any sound amplification points. House angles, trees, and terrain changes can affect how sound travels. Check all the windows and doors for drafts and look for any animals that could be nesting in the roof and walls.

Ground Rules for Paranormal Investigations

- Do not conduct any investigations alone
- Always beware of where other members of the team are, in case you need to make a hasty retreat
- Know where the exits are
- Do not conduct any investigations if you are intoxicated or ill
- Do not conduct séances unless you know what you are doing
- Do your homework before the investigation
- Know the history of the place of investigation
- Know where the nearest hospital is in case of an accident
- Always be prepared for the unexpected

Paranormal Photography

The Digital Camera Illusion



To the average paranormal investigator the digital camera has become an essential tool for their investigations. Using digital cameras in an investigation is an easy and time effective way of getting the right images for research purposes but often there is a question on the authenticity of the images that are being photographed.

Digital cameras are no doubt an excellent tool for documenting a location and the investigation procedure; however a problem arises when the digital camera becomes the primary source of the investigation justifications which can lead to some questions being raised on the credibility and integrity of the paranormal investigation.

Unfortunately with the technology available and the ability to 'Photoshop' images it makes it more difficult to prove that the image is authentic. Even with all of the technology that we have available, digital cameras should not be used as the single tool in an investigation. Investigations results should include detailed research and corresponding activity incorporating reputable photographs, video, evp and substantiated witness reports.

Basic Guide for Paranormal photography

Flash: Use a digital camera that allows you to adjust the flash strength. Turn it up all the way to increase your depth of field.

Night scene or night shot: cameras with this function should be used with a tripod. Without one you stand a great chance of blur or light trails because night scene gives your camera a longer exposure time. Do not use a long exposure unless you are shooting off a tripod. The longer the exposure the more movement in your picture becomes see through. See through apparitions and light trails all could be movement with long exposure.



ISO: ISO speed affects the shutter speed / aperture combinations you can use to obtain correct exposure. The higher the ISO the more pixilation you get. If using a flash at night you want an ISO that is appropriate. 400 to 640 are good all-around settings. If you have a 12 mega pixel or higher camera you can even go up to an 800 ISO. Do not go higher unless you are shooting off a tripod without a flash. Also do not drop to a 200 or 100 ISO unless you are shooting off a tripod with flash.

Foreign objects/Orbs in your picture: when using a flash any foreign particle, from lint to pollen to insects, even moisture appear as objects in your picture if they are near your lens, they often give the illusion of being further away from the lens. Remember you are shooting in 2D.



Shadows: Many times a dark shadow or spot is misperception. A finger blocking a portion of a flash will appear as a dark shape. When taking pictures an object off the side can appear as a larger shape when the flash creates a shadow.

Paranormal Mist: Are they spirits? They must be paranormal as I don't see it with my eyes. First look at exposures on your digital camera. A long exposure can create a mist like appearance. Also look around the environment, there might be lots of highly reflective surfaces from windows, mirrors, chromes, glass tables, vases. A flash off many of these can create what looks like a mist on your digital camera.



When outside mist captured on the camera can be anything from atmospheric haze, yours or another's breath, to temperature changes. When its cold out we can see our breath, even when its warmer we don't see our breath but it still can be accentuated by the camera flash. Often these anomalies can be easily explained with critical thinking and common sense.

<http://www.prairieghosts.com/digital.html>

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Photos:<http://soulsearchers.spheresoflight.com.au/index.php?page=investigations>

Monte Cristo ~ Junee



On the 1st May 2010 the SOuL-Searchers Paranormal Investigation team headed off for a Samhain weekend at Monte Cristo, a homestead which has the notoriety of being the "most haunted house" in Australia. With the veil between the worlds being especially thin at this juncture of the year what better time could there be to conduct some serious paranormal research. Armed with cameras, handycams, and a variety of paranormal testing equipment the SOuL Searchers team departed Sydney early in the morning with great expectations and perhaps some trepidation.

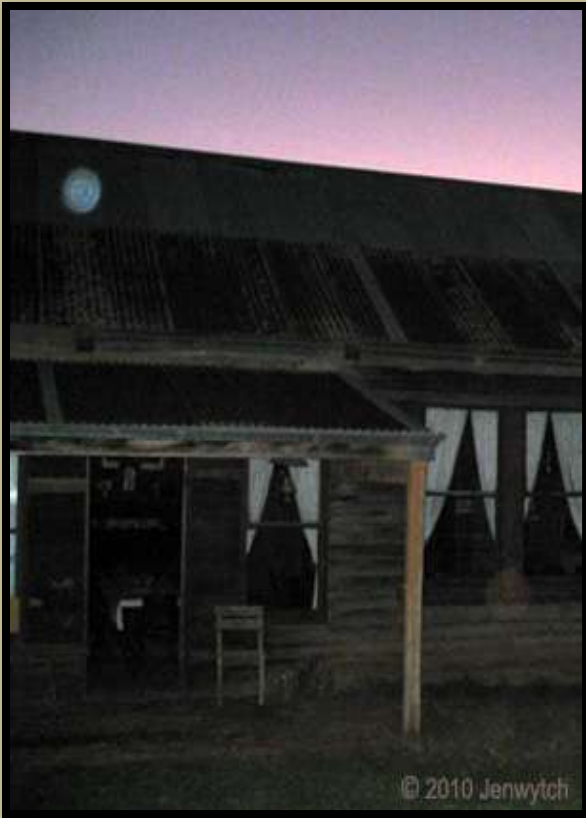
Monte Cristo is situated in the quaint country township of Junee which is approximately 470 kms South West of Sydney. It was built in 1884 by Christopher Crawley, a wealthy local farmer. He was married to Elizabeth, a hard and ruthless woman who was rumoured to have ruled the household with an iron fist.



Mr Christopher Crawley

Christopher Crawley died at Monte Cristo on December 14, 1910, at age sixty-nine from a gangrenous abscess on his neck developed from constant rubbing of his starched collars. Following his death, Elizabeth retreated into deep mourning, converting an upstairs box room into a chapel that she rarely left. Elizabeth became a recluse only leaving the homestead twice in the twenty-three years between her husband's death and her own death, from a ruptured appendix, at age ninety-two. In 1948, the last of the Crawleys left the homestead, and Monte Cristo fell into disrepair.

In 1963 Reginald Ryan, a tailor from Wagga Wagga and his wife, Olive, and their three children moved into Monte Cristo, and restored the residence to its former glory.



Old Monte Cristo Homestead

This infamous mansion over the years has been the scene of numerous appalling incidents and horrific deaths: a maid fell to her death from the balcony in a somewhat dubious tragic accident, a stable boy was burnt to death; and a maid dropped a little girl down the stairs after being pushed by a supposedly "supernatural force". To add to the dramatic list of events, a young woman died after a particularly long and tortuous labour, a mentally retarded son of a housekeeper had been tied up on a short chain by his mother for more than 30 years.

It is rumoured at least ten ghostly residents are reputed to be at large in both the house and the surrounding grounds and probably a lot of other supernatural beings from portals left opened from numerous séances conducted by irresponsible visitors over the years.

The strongest ghostly presence in the homestead is that of Elizabeth Crawley. She is most often seen in the converted chapel, wearing black and carrying a large silver cross.

What's new at Monte Cristo?

Attention All Investigators!! If you wish to conduct a professional investigation at Monte Cristo the following terms and conditions apply: You must have current liability insurance. The cost for the investigation is \$500 per day location fee on top of normal tour cost. The use of Ouija boards, crystals or sage will not be allowed and all investigations will be fully monitored by a staff member.



Mrs Elizabeth Crawley



A Residual Haunting

By Janine Donnellan



I have been conducting paranormal investigations for several years now and over time I have observed that each investigation comes with its own unique paranormal activity experience. The categories of "Grounded, Active and Residual" energy goes to explain the various types of paranormal activity one could encounter at a paranormal site but within each of those categories there are unlimited possibilities of phenomenon.

My most profound encounter was during the weekend at Monte Cristo where I experienced the effects of a residual haunting. There is a theory called Stone Tape Theory which is based on the suggestion that buildings and materials are able to absorb and store an impression of living beings experiencing a traumatic event which then gets projected back into the environment under certain conditions and or triggers. Researchers speculate that the paranormal recording is laid down during times of high emotional and traumatic stress such as murder, grief or intense pain. This energy can be stored for an unspecified amount of time in

the surrounding building materials or the environment and then the replay is triggered by a number of variant factors such as the anniversary of the event, particular weather conditions, or the phase of the moon etc. Witnesses of this paranormal replay may experience these events differently and according to their own level of psychic ability, stress or emotional levels. The replay can take a multitude of forms varying from full manifestations, sounds of voices or footsteps or as in my case an actual physical experience.

On arriving at Monte Cristo the team was shown to our rooms for the night, I had chosen room 3 which was being shared with team members Heather and Zoe. On retiring for the night I could see that Zoe who had chosen the canopy bed was having an issue with the bed and I suggested sleeping in the bed as well. It had been a particularly full on day and I succumbed to sleep very quickly. However in the early hours of the morning I was awoken with severe pains in my back. I noticed that Zoe was also awake and she also was complaining about back pain. Over

the next couple of hours I kept dozing off but I was reawakened by an ever increasing back pain which I started to think was a kidney stone. By the time everyone was getting up for breakfast Zoe and I were feeling very exhausted by our somewhat bizarre experience. Zoe had mentioned that she had also felt something touching her head during the night. Fortunately Heather (who was sleeping in one of the single beds) was spared this uncomfortable experience although she was being disturbed by our constant complaints and numerous trips back and forth to the toilet.

On going downstairs for breakfast Reg the owner mentioned that the bed we had slept in was the only original bed of the homestead and that it was in that bed that a young maid had died in child birth after a particularly long and tortuous labour. Evidently visitors sleeping in that bed often reported feeling similar experiences of pain. I had never experienced residual energy to that level of discomfort before and it took a couple of days before my back was fully recovered. My heart goes out to that poor woman who died during child birth; experiencing her pain as a residual haunting was definitely an experience I will never forget.



Liz Vincent Ghost Tours Stopped

By Janine Donnellan



Picton Viaduct

Over the years I have been to a few of Liz Vincent's ghost tours in Picton. Well if you don't know much about Picton it is a very quaint town south west of Sydney, the area is said to be ghost central. There is some interesting paranormal activity in Picton especially at the Mushroom tunnel and the viaduct.

Liz Vincent was involved with the history of the Picton, Camden and Campbelltown areas for over 20 years. Her interest in the historical aspects of the town and area grew into a very popular ghost tour business.

Sadly, Liz passed away in May, 2009 but her husband and daughter have been continuing the tours in her honour until recently when new restrictions required by Wollondilly Shire Council has stopped the tours awaiting the outcome of a development application. This somewhat short sightedness of the council is now putting businesses in the area under economic stress due to the reduction in visitors to the town and now the town is in danger of becoming an economic ghost town.

The Liz Vincent Tours was forced to shut its doors after residents complained the tours attracted hooligans. One wonders why the police and council could not have devised a proactive plan for dealing with this issue. Let's hope that common sense eventually prevails, it would be a shame if these tours were permanently stopped due to the negative and narrow attitude of Wollondilly Shire Council staff.

Who are the Shadow People?

“I woke up suddenly and saw a dark shadow at the foot of my bed. It seemed to move away as soon as I saw it. I also sensed a lot of negativity or negative type emotions at the same time.”

Over the past few years SOuL Searchers have received many emails with similar statements regarding the mysterious shadow people.

Shadow People are usually seen as a dark shadow that resembles the form of a human. The figures do not have facial features and they are often noticed as a movement from the corner of the eye, sometimes disappearing when the observer turns to investigate. Shadow people can move quickly and have been seen disappearing through the wall or a closed door. Many report a feeling of extreme dread or fear accompanying the sighting and become immobilised by fear and report a feeling of negative emotions at the sighting.

The make-up of shadow people appears as dense, light-impenetrable, black static, mass. While some people see a shadowy form which is human like, others see formless translucent black splotches and twirling columns of murky smoke. Some people have even reported being attacked and chased by these horrifying shadows.



So are these Shadow people ethereal spirits of dead human beings or some alien non-human being? No one has yet come up with any substantiated explanation. Some paranormal enthusiasts believe that shadow people are a demonic spirit that embodies pure evil. There are even reports of a shadow people who wear a hat or cape. Shadow people have also been observed in daylight and many have observed them in full vision.



There have been several scientific principles explaining reports of shadow people, ranging from optical illusions or hallucinations brought on by psychological circumstances to the side effects of drug use and the interaction of external agents on the human body. A state, known as hypnogogia could explain many SOuL Searchers eMagazine – Issue 1

instances of people reporting shadow people, this a physiological condition when a person is half way between sleeping and waking. During hypnogogia, the individual can be aware of the environment and at the same time be in a dreamlike state where they can receive images from the subconscious that they perceive to be real. In this waking-sleep state, similar to sleep paralysis, the individual often reports the sensation of dread that may be accompanied by shadows or flickering lights or other visual hallucinations.

Sceptics attribute shadow people to nothing more than overactive imaginations and neurological disorders or visual disturbances. This may be true in some cases, but does not explain images caught on film or shadow people who have been observed by more than one person.

Many people experiencing shadow people seek the help of paranormal investigators, psychics, and even the clergy. If you have experienced a sighting of Shadow people SOuL Searchers would like to hear about your experience or if you would like us to conduct an investigation and a clearing please contact us at:

soulsearchers@spheresoflight.com.au

For general inquiries or to request an investigation and clearing in your home please contact Steve, our Case Manager at 0449 121 171

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What is a Psychopomp or Death Walker?



Many religious belief systems have a particular spirit, deity, animal totem or angel whose responsibility is to escort newly-deceased souls to the afterlife. These creatures are called psychopomps or death walkers. The term psychopomp from the Greek word psychopompos, literally meaning the "guide of souls". They were often associated with animals such as horses, whippoorwills, ravens, dogs, crows, owls, sparrows, harts, and dolphins.

In Mythology a psychopomp was primarily a god or goddess of the Underworld. Well known psychopomps are Anubis, Hermes, and Hades. The role of the Underworld was to guide the souls of the dead to the afterlife or underworld.

In Jungian psychology, the psychopomp is a mediator between the unconscious and conscious realms. It is symbolically personified in dreams as a wise being, or an animal called totems or power animals. A psychopomp is one of the main functions of a shaman. This could include not only accompanying the soul of the dead, but also vice versa: to help at birth, to introduce the newborn's soul to the world.

Psychopomp, means "soul conductor". The soul conductor uses various techniques to assist spirits no longer in body to cross to the Light and join the Source. The psychopomp also waits with and comforts the soul of a person who is dying and guides them across at the moment of death. The psychopomp also has the ability to search for lost souls, find them and guide them home. The soul can become lost when death occurs, the soul is caught unprepared. Depending on the person's spiritual or religious beliefs, the soul may not remember where its spiritual home is.

Psychopomps may have varying degrees of psychic abilities. There can be a difference between being a medium and having the ability to communicate (seeing, hearing,

talking) with the spirits and being a psychopomp. Many people have the gift of communication with spirits. A psychopomp may not be a medium but can cross over into the spirit realms, travels all over these realms and assists those who may be lost or trapped for whatever reason and helps, shows, guides them to their Spiritual Home.

When a dying person loses consciousness a psychopomp will wait on the other side to meet them when their soul emerges there.

The psychopomp can at this stage ask the soul where it wants to go, and then show them where this place is, so they have an idea about which way to go after death. It is the psychopomps duty to stay with this soul that has made the final crossing and guide them all the way home.



The Death Walker's Role in a Paranormal Investigation

A shaman is a conduit to the spirit world. The shaman's world is one populated by spirits of ancestors, of plants and animals and of the other astral beings who share the physical world and the other realms of existence. Through will, the shaman journeys into the spirit worlds and returns, communicating needs and desires in both directions: walking between the worlds.

The paths into the Otherworld are not defined; through our own powers of perception we can use different routes, some may use traditional tools of trance or

meditation or some will develop their own unique method to move through the worlds. Shamans working in a modern society where there is no clear surviving tradition to tap into must find new ways of building those bridges between the worlds. We may find threads of connection to our past, links to our ancestors, and traces of ideas that we can pick up from other systems.

The world of the modern shaman is dealing with a world that is continually changing. Not all of us are considered Shamans in the traditional sense but we can relate to situations in a shamanic way. Our role is to be the mediators between the physical and the spiritual worlds and to bridge the gap that remains between those worlds.

During a paranormal investigation the Death Walker is focused and totally aware of what is happening around him or her. The Death Walker needs to know the types of spirits that are encountered in the journey and be able to deal effectively with them.

The paranormal exist in the between world, that space that merges between the three worlds. Once the Death Walker moves into this space the spiritual energies take on a clearer perspective and the Death Walker should be able to communicate more effectively with astral beings. The Death Walker can guide the investigators to various areas where the paranormal activity is happening. The Death Walker can provide healing and also assist the grounded soul move into higher realms.

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Trace van Lieshout is a Psychic Medium, Author, Artist, and Paranormal Mediator from Rosebud, Australia. One of her passions is to write about her experiences in order to explain the world of the paranormal. Spirits so often come through with messages for us to learn from, and she is honoured to be able to share their words of wisdom with the general public. For more about Trace see her website at www.ghostsbegone.org



ROSEBUD INVESTIGATORS OF THE PARANORMAL
WWW.GHOSTSBEGONE.ORG

Queen Victoria Hospital ~ an Impression from the Past

Recently I took a trip into the city of Melbourne. When you look beyond the structure of this modern city, you can see the remains of what used to be; small reminders of the town that once was Melbourne. I could not resist the temptation to visit a couple of reportedly haunted locations; mainly the remains of the Queen Victoria Hospital in Lonsdale Street.



When I say remains, this is literally what stands now. This was once a hospital for women that stretched over an entire city block and all that is there now is one solitary building, perhaps one used for administration purposes. Bizarrely, it now looms between modern office buildings, a shopping centre, and parking garages. Still beautiful, but between the other buildings it now looks out of place.

As I stood across the road from this lovely old structure, I could not help but wonder whether any ghosts or spirits remained on the

grounds. It does seem, quite often, that old hospitals are classified as haunted. But were they really? Or did the remaining structures retain memories of past events that were replayed every now and again? Seeing that most of the building was now used as offices, which limited access, I walked across the pedestrian crossing to approach the building. I wasn't quite prepared for what happened next.

Suddenly I was in the midst of a vision; I was a woman named Elizabeth, who was perhaps in her early 30's. It appeared by the clothing and surrounds that it may have been in the 1940's. And Elizabeth was being pulled across the road to the hospital...by her husband. She did not want to go.

The story unfolded in the briefest of seconds. Elizabeth did not know she was going to the hospital; in fact, her husband tricked her into coming with him with the promise of something else. I could feel her confusion, and then her anger as the realisation kicked in; she was about to be committed. She resisted all the way across the road, and possibly more once inside the grounds of the hospital. I felt so incredibly sad for her. I reached the other side of the road, and gazed up at the building. Elizabeth seemed to have vanished as fast as she appeared. Maybe I was misreading the message; perhaps the memory of this event was programmed into the road and by me walking on it, something was unlocked. I wasn't sure, so silently I asked for confirmation that Elizabeth had been real.

Laying my hands on the bluestone corner bricks, I tuned in to read the energy...and was rapidly interrupted by a male security guard. Once I explained what I was doing, he rolled his eyes and said "Oh, you're one of those 'spiritual' people." And the way he said it was like being spiritual was one of the worst things one could be. Seconds later, he was walking all over my husband and myself by stating firmly his opinion on what happens to the spirit after physical death. And on he went, to the point where I walked away. "What is with this arrogant man? He's not listening to us, and he is convinced that he is right." Suddenly Elizabeth flashed in my head again briefly; she was trying to show me that this man was exactly how her husband had been.

Just as soon as he appeared, he was gone and I felt annoyed. He did not belong here, and I resented his presence, and his interruption. I felt like the energy of women was firmly imbued into this building and the land underneath, and men like him simply did not belong. I think I was feeling the combination of resentment from the land and from Elizabeth. Appreciating that she had tried so hard to show me how awful her husband had been, I redirected myself to do what I came to do.

Laying my hands on the bricks once more, I called in Archangel Michael, and said a prayer for any wandering souls to be led to this mighty Archangel so he could lead them into the Light. I visualised the entire site being bathed in white, and I felt a sense of peace surround me. And then it was time to move on...leaving me wondering whether it had been real, and if so, had I helped at all?

I couldn't help but wonder why Elizabeth had spoken to me. I felt she wasn't a ghost, simply a spirit on the other side who wanted to chat briefly. She must have felt some resonance with me; perhaps we were the same age, or had similar natures? The answer would come when the time was right.

As we were walking back to our car, I suddenly got the urge to stop outside an old building and lay my hands on a random bluestone brick, just like the one at the QV. As soon as I did, my eyes were directed to

the top of the brick...and there sat a shiny five cent coin with Queen Elizabeth on one side. Considering I had been at the QV, and had connected to Elizabeth, I knew this to be no coincidence and a five cent piece? Was she only giving me her "five cents worth"? Could it be that simple? Most of us need someone to listen when we have experienced some kind of trauma. Did she just need a sympathetic ear?

Doing some research later on, I was shocked at the reasons for institutionalisation in the past; depression, OCD, schizophrenia, bipolar disorder....going as far as infidelity. In fact, the more I read, the more horrified I became. Some women were put into asylums because their husbands didn't want them anymore, or they annoyed them. Back then little proof of a disorder was even needed; if a man said a woman was crazy, and then off she went...sometimes never again to emerge. It made me shake my head in disgust at the treatment of women all those years ago.

So, was it a simple disorder like that which prompted Elizabeth to tell me her story? I feel I know what it was that drew her to me; she had psychic abilities. Not being able to use them would have made her unbalanced and depressed, and her husband was all too happy to get rid of this burden that was once his wife. Again, I felt sadness...but at the same time, incredible relief that times have changed. Because I hate to think what would have happened to me if I'd been born back then. So, for Elizabeth, let's all take a second to fully appreciate our lives in the 21st Century. For you see, we are free....and she tells me that makes it all worth it.



Hag Phenomena Or Sleep Paralysis

by Jenny Taylor



Sleep paralysis is a frightening form of paralysis that occurs when a person suddenly finds himself or herself unable to move for a few minutes, most often upon falling asleep or waking up.

Physiologically, it is closely related to the normal paralysis that occurs during REM sleep, also known as REM atones.

Sleep paralysis is due to an ill-timed disconnection between the brain and the body. Sleep paralysis occurs when the brain is awakened from a REM state into essentially a normal fully awake state, but with the bodily paralysis still occurring.

This causes the person to be fully aware, but unable to move. In addition, this state is usually accompanied by certain specific kinds of hallucinations.

What happens in the brain during sleep paralysis?

During sleep, we go through different stages of sleep. Rapid Eye Movement (REM) stage is the stage where dreaming occurs. In this stage, a mechanism is created that protects us from acting out dreams; this is called "muscular atonia".

Muscular atonia basically means that all the muscles in our body will be suppressed during REM sleep (except the diaphragm and muscles of the eyes). This atonia comes to an end when we move to another stage of sleep or upon awakening.

But at times something goes wrong; the person wakes up during REM sleep and this protective mechanism "atonia" does not come to an end. This creates an incapability to move (paralysis), and as the brain was just dreaming, this may result in terrifying hallucinations.

There are two major types of sleep paralysis: common (typical) also known as CSP and hallucinatory (hypnagogic) sleep paralysis known as HSP.

Common Sleep Paralysis (CSP):

The Common Sleep Paralysis for most people happens, during REM state, when the body releases hormones that paralyse the body to keep it from acting out dreams, thereby reducing any chances of physical harm during sleep.

These hormones usually wear off before the dream ends and the person will then wake up with full use of all body functions. For someone who suffers from Sleep Paralysis, the body's hormones are still actively restraining the motor functions and muscle groups of the body.

So the person wakes up to find that he/she is temporarily paralysed and does not know why. The Common Sleep Paralysis usually only lasts from few seconds to a minute or two in total, though sometimes it can go a little longer.

Hallucinatory (hypnagogic) Sleep Paralysis (HSP):

The Hallucinatory Sleep Paralysis is different from Common Sleep Paralysis because it can last up to 8 minutes long.

Sometimes it runs in families. It is not harmful, although most people report feeling very terrified because they do not know what is happening, and within minutes they slowly or rapidly are able to move again; the event is often ended by a sound or a touch on the body. People who tend to sleep on their backs can also experience sleep paralysis.

In some cases, when 'hypnagogic' (inability to perform voluntary movements during sleep) hallucinations are present, people often hear footsteps and feel that someone is in the room with them - usually a fearful presence or an evil entity. Some go further and feel as though someone or something is actually sitting or lying on them and they feel like they are going to suffocate or die. This has been called the "Hag Phenomena" or "Old Hag Syndrome" and has been occurring to people over the centuries.



"Hag Phenomena" or "Old Hag Syndrome"

The name of the phenomenon comes from the belief that a witch - or an old hag - sits or "rides" the chest of the victims, rendering them immobile. The perplexing and often very frightening nature of the phenomenon leads many people to believe that there are supernatural forces at work such as ghosts or demons.

The experience is so frightening because the victims, although paralysed, seem to have full use of their senses. In fact, it is often accompanied by strange smells, the sound of approaching footsteps, apparitions of weird shadows or glowing eyes, and the oppressive weight on the chest, making breathing difficult if not impossible. All of the body's senses are telling the victims that something real and unusual is happening to them. The spell is broken and the victims recover often on the point of losing consciousness. Fully awake and well, they sit up, completely baffled by what just happened to them since now the room is entirely normal.

Confronted with such a bizarre and irrational experience, it's no wonder that many victims fear that they have been attacked in their beds by some malevolent spirit, demon or, perhaps, an alien visitor.

The phenomenon, now known and explained by medical science as Sleep Paralysis, occurs to both men and women of various ages and seems to happen to a large percentage of the population at least once in a lifetime. It can occur while the victim is sleeping during the day or night, and it is a worldwide phenomenon that has been documented since ancient times.

These things cause people much anxiety and fear, but there is no physical harm. Patients should know that this disorder is benign and does not put their life at risk.

Symptoms of Sleep Paralysis:

The sleep paralysis symptoms include sensations of smells, levitation, paralysis, noises (e.g. footsteps), terror, and images of frightening intruders, including those perceived to be evil entities or ghosts. Once considered very rare, about half of all people are now believed to experience sleep paralysis sometime during their life.

- Presence of brief episodes of partial or complete skeletal muscle paralysis
 - Happens before falling asleep or just after waking up
 - Episodes can be associated with hypnagogic hallucinations or dream-like use of the brain.
 - A complaint of inability to move the body (except for eye blinking and breathing) at sleep onset or upon awakening
 - Inability to move or speak for 30 seconds - 3 minutes
 - Screams out for help but is not heard by anyone (the sleep paralysed person believes they are really screaming out loud but to anyone near them they are only making odd little noises)
 - Can be hereditary
 - Can be brought on by stress
- Sleep paralysis diagnosis

The sleep paralysis diagnosis can be done with a polysomnography or sleep recording test which will show at least one of the following:

- A sleep onset REM period
 - Dissociated REM sleep
 - Suppression of skeletal muscle tone
- Cure for sleep paralysis

The main cure for sleep paralysis is to reduce stress and to get enough sleep as sleep deprivation may cause sleep paralysis. Irregular sleeping schedules or frequent napping may increase the occurrence of sleep paralysis, so as is the case for most sleep disorders, a regular sleeping schedule is important.

Medications can also be administered as a cure for sleep paralysis in severe cases, and sometimes simple routines can minimize the effects of Sleep Paralysis.

To minimize the number of episodes, patients are advised to do the following:

- Get enough sleep
 - Reduce stress
 - Exercise regularly, but not before bedtime
 - Sleep at a regular schedule
 - Don't drink/eat caffeine type products before bedtime
 - Take a hot bath before bed, it will relax you.
- People who take medicines and drugs for anti-anxiety such as "Xanax" or "Valium" will have a greater chance of suffering from Sleep Paralysis. For others, the problem is often tied to sleep deprivation, a consequence of being overtired.

All people with sleep paralysis need medical attention and treatment. Patients with sleep paralysis need to be assured that they do not have a mental illness or serious medical illness.

It's a very terrifying experience and leaves the sufferer feeling helpless about how to stop it from occurring again. The best treatment is knowledge. By knowing what causes this disorder, we can reduce our fear.

References:

Image: "Nightmare" by Steven Stahlberg, from http://www.fantasygallery.net/stahlberg/art_3_nightmare.html

Information adapted from www.sleepdisordersguide.com/sleep-paralysis.html and paranormal.about.com/od/humanenigmas/a/Old-Hag-Syndrome.htm



Heidi Meissl Animal Communicator



Heidi Meissl was born in Austria and migrated with her family to Australia in 1999, where she lives in SE Queensland. Raised a Roman Catholic it wasn't until her late teens that she could finally embrace her Pagan life. An ability she was born with is to communicate with animals, which she uses now to help and heal animals. Heidi has developed a range of crystal elixirs to aid in this quest as well. Her other passion is writing, which resulted in several articles for various magazines, a non-fiction self-help book for European migrants in Australia, two children's books and a young adult novel, which are published in German.

Being born with a gift is not always as obvious as one might expect. Especially growing up in a strict, catholic household with every move carefully watched. No wonder it took me until my twenties to finally piece it together. My affection for animals was way more than just that.

Even though my ability should have been very obvious, at least to myself, it is amazing how a religion, I personally could never identify with, kept it suppressed and hidden from my consciousness. It took quite an intervention to get me on my way. After almost drowning, my life

finally started to make sense. In retrospect I can see why my mother panicked and certain comments were made – she must have been well aware of what was going on with me and animals.

I wouldn't have been much older than 4 years old when I brought home a neighbour's pet. We lived in a typical apartment block with lots of green around and said neighbour kept his 20 or more guinea pigs outside, with a little fence just high enough to keep them in – but not me out. The particular guinea pig was as lonely as I was and we would have made great friends. That at least was my point of view, which needless to say, neither my mother nor the neighbour shared.

Maybe if I had been allowed a pet my quest would have been slowed down. But in the traditional way the evil had to be kept far away, so no pets. The next animal I carried home was a rat. No, not from a pet store. I wrangled it off the nursery's cat, under a lot of screaming and yelling from the other kids. I felt the rat's fear and just plain had to help. I carried it home, happy to now have a companion. Our friendship was very short lived though, because wild ratty was not allowed to stay. During my childhood I had many more encounters with wild animals, which had no problem with me touching them.

Incidents like this happened on a regular basis but it was one particular that had me realise something profound. Walking home from the girls scouts I felt an animal was in trouble. Following the lead I found an injured dove. Cradling it into my jacket I carried it home when I was stopped by an old man. Very sympathetically he wanted to know what I was carrying and I proudly showed him the bird. His face immediately changed to disgust and a triad of rude words showered both the bird and myself. It was then that I realised most people put a worth on other living beings and this felt very, very wrong. Well, this time I put my foot down and kept the dove on our balcony until it was healed. And to my amazement it kept coming back for a couple of years after. I was the only one it allowed to touch and we had conversations without words. But as I said, it took a near death experience to finally realise that.

Like the dove, injured animals I found got better quickly – with a little love, as I figured. While love really was the main ingredient in their recovery there was something else. After having been attuned to Reiki in my adult life I recognised the flow of energy again and with a bit of fine tuning I noticed I did something else all along. If something comes naturally you usually don't wander around confirming it with other people.

You simply think everyone is doing it. When I come across a distraught or injured animal I know where in the body something is wrong. For example I once had a dog brought to me who hadn't eaten in a day, which worried the owner. She seemed fine on the outside but I felt there was something poisonous in her blood stream and sent them to the vet straight away. And just in time, as it turned out. If I see an animal like on x-ray I know it won't live longer than two weeks. When a sick animal needs help I open a channel between the two of us and give it permission to draw healing whenever it needs it. Needless to say I prefer working with animals to people as one could never do this with another human being. We are just too greedy! Helping pets usually involves their owners too. No surprise, but in my experience 99% of their suffering comes directly from the owner. So when I tune in and see what's happening, the pets are always very talkative and tell me what's going on in their owner's lives. From that point, I work my way back, giving the human at the end of the leash a healing hand too. I could go into very lengthy examples but I wanted to just give you a glimpse of what it can be like to communicate with animals.

It is not only sick animals I can communicate with. They can be enormously helpful when it comes to making important decisions. Not surprisingly animals have a different point of view to us and decide accordingly. Making a choice between two different jobs, they will for example always guide us towards the benefit of our soul purpose, not the monetary gain. If we, in the course of a reading, stumble upon a problem the pet can't relate to, something extremely interesting happens. The animal links itself into a realm, where all animals are interconnected, and sends the question out. Animals who dealt with something of the sort before report back, and the animal I am communicating with at that time will filter all that info and tailor it for its owner's needs. I connect most easily to this web of info with an animal. That's why I call it animal readings. I connect most easily to this web of info with an animal. That's why I call it animal readings. Once in that link I can ask and receive information about pretty much anything. When I go looking for a lost animal or there is no physical item that allows me to establish a link to an animal, I step into this stream to make sure I connect with the right one.

Even without this web, information I receive through animals is astounding. If I had not been a believer in reincarnation beforehand I would have been convinced after consciously working with animals on a regular basis. Especially cats, possibly because they can more easily escape than let's say dogs, can show up in a person's life

SOuL Searchers eMagazine – Issue 1

when a companion is needed most and disappear again after the crisis. I did notice a pattern, where it would not be feasible to incarnate into a full human life to assist a loved one in need, so the quick option of assisting as a pet is chosen. It is certainly debatable whether or not we as evolved human beings can 'revert backwards' to be an animal, so I can only speak from my personal experience where I have seen it happening countless times, for various reasons. Some to assist during a particular time, some to learn important traits they have forgotten being human for too long, some to fulfil a promise given thousands of years ago. So it won't probably surprise you either to hear that some people even choose to be a plant for a while, but this is getting us too far away from my initial subject.

Communicating with animals is never dull, and interesting viewpoints are a daily given if we care to ask. But it is no coincidence why a pet is our pet or an animal appears in our life. I was able to establish four reasons why they join us. As my space here is limited I will tell you more about this in the next issue.



**SPACE CLEARING & PSYCHIC PROTECTION
WORKSHOP**
Saturday 9th July 2011

At this workshop you will learn the basic techniques to conduct a space clearing on your home or business. You will learn how to clear negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and from previous occupants. You will also learn how to remove unwanted entities that may be attached to your home and to protect yourself from psychic attack.

Janine Donnellan from Spheres of Light & SOuL Searchers will be the facilitator of this workshop. SOuL Searchers is a paranormal investigation organisation that regularly assists individuals who are experiencing paranormal phenomena in their homes. SOuL Searchers has been featured in the Daily Telegraph, Mania Magazine, The Sun and the St George & Sutherland Leader.

Where: Lotus Health & Wellbeing Centre
246 Crown Street, Wollongong NSW 2500
When: Saturday 9th July 2011
Time: 1:00pm - 3:00pm
Cost: \$45
Bookings: 02 4226 4740 or
email info@lotuswellbeing.com.au

Book Review

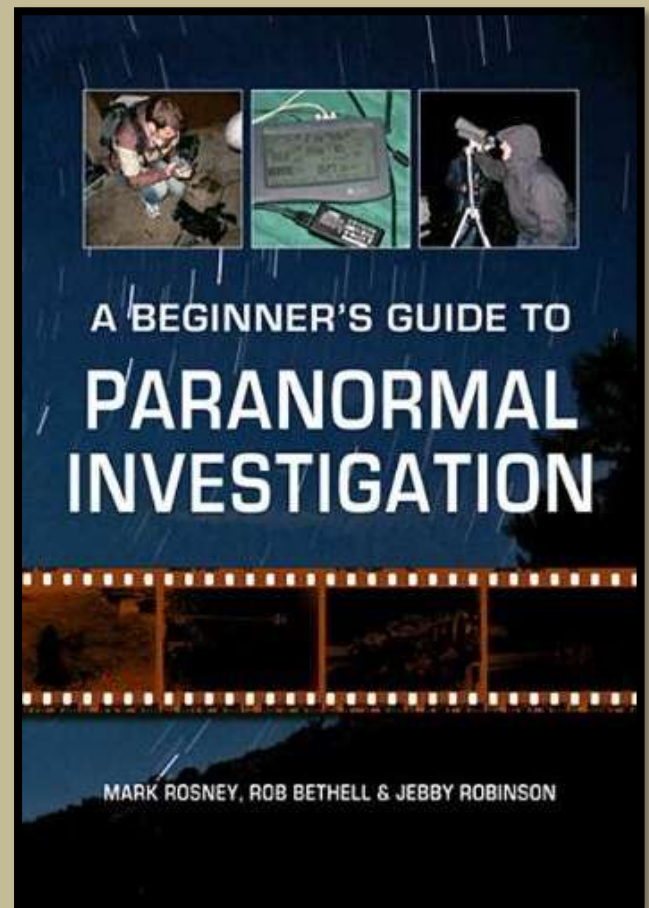
A Beginner's Guide to Paranormal Investigation **By Mark Rosney, Rob Bethell and Jebby Robinson** **ISBN: 9781848682344**

The book is divided up into separate sections. The first one covers general equipment requirements and provides suggestions for a range of useful bits of gear suitable for every pocket. After equipment is covered, then the book is separated into sections covering the five main areas of the paranormal, ghosts, electronic voice phenomena (EVP), cryptozoology, unidentified flying objects (UFO), and photographic anomalies.

Each section gives some fascinating historical information about the phenomena, and then talks you through how to set up a serious scientific (and that doesn't mean expensive) investigation so that if anything strange happens then your evidence will stand up to scrutiny. There is some excellent advice on how to sensitively interview witnesses, and most importantly, this book guides you on how to formulate 'open' questions rather than questions that would tend to influence the witnesses memory of the event and maybe even provide answers that the investigator wanted to hear - rather than the truth of what happened.

The section on photographic anomalies covers things like 'making your own orb' photos, misidentifications of things like fast-moving birds, hair, breath, and even fingers & camera straps. It also looks at ways of distinguishing between fake and reality. There's enough information for you to spend a pleasant afternoon or two playing at making 'paranormal' photos and in the process learn a lot about how your camera works. Invaluable if you want to be able to spot common errors and interpretations in photos presented to you for analysis.

The book makes it clear that most investigations produce no evidence and that



a lot of witnesses misinterpret the ordinary for the extraordinary. Nevertheless, the authors gently lead you through all of that and leave you, the reader, in no doubt that the exploration of the 95% of everyday events perceived incorrectly as paranormal, is in itself a fascinating journey into the workings of the human mind. It is also the very necessary training ground that lets you know, on an intuitive level almost, when something really odd is taking place and well worth a thorough investigation. Paranormal investigation is not the glamorous activity that some TV shows might suggest it to be. It is something that requires a dedication that the authors clearly possess and the strongest sense that I got from the words of this book was that they wanted to make it very easy for me to do what they love doing. Their passion is clear, and I love being taught by those passionate about their subject.

If you have a hankering to explore the world of the paranormal, this book needs to be on your bookshelf. And if you take the advice on equipment, it will probably save you far more than the cover price on your first few pieces of kit.

Review by M. Hadfield on Amazon
<http://www.amazon.co.uk/Beginners-Guide-Paranormal-Investigation/dp/1848682344>

Electronic Voice Phenomena

By Steve Millard

I have always been fascinated by the paranormal. Ever since dad would wake me up late at night to watch the regular Saturday night horror or ghost film on television. I have however, been somewhat of a sceptic regarding the existence of an afterlife and shunned all things remotely religious or spiritual.

This began to change when I began taking a serious interest in Electronic Voice Phenomena (EVP) and Instrumental Trans-Communication (ITC). The EVP'S I have collected first hand have changed my outlook in a profound way.

For those who do not know or who have not experienced EVP's in the past they are the alleged disembodied voices of the departed. They are generally not heard at the time but are discovered later when reviewing audio tapes. This type of research has become very popular in recent years due to television shows like Ghost Hunters and Ghost Adventures.

In the 1890's Thomas Edison thought that science could prove the existence of an afterlife and stated " If our personality does indeed truly survive after death, then it is strictly logical or scientific to assume that it retains memory, intellect, other faculties and knowledge that we have acquired during our time on earth. Therefore, if we can evolve an instrument so delicate as to be affected by our personality as it survives in the next life, such an instrument, when made available, ought to record something".

In 1949 Marcello Bacci recorded the first unexplained voices on a vacuum-tube radio and attracted people from all over the world who were keen to experience his claims first hand. Below is a later picture of Marcello with the radio's he used.



Today digital recorders can be easily obtained and the technology is available for everyone to use. Most serious investigation teams will now conduct EVP sessions in the hope of catching unexplained sounds and voices.

The sceptical opinion must be taken into account and certainly alternative explanations must be explored. Because Marcello Bacci was using radio then a sceptic may say that stray radio waves were responsible or that it was deliberately faked. This must be considered although responses to direct questions are always a little harder to dismiss.

Deliberately faking data seriously undermines the work of legitimate investigation teams and makes validating the data a lot harder.

The work of NASA speech researcher Alexander Macrae is discussed by Rosney, Bethell and Robinson (2009). In 2006, Macrae managed to obtain voices on a recording device in the laboratory setting in an environment that was completely insulated against radio and sound waves. This would certainly suggest that there is more to EVP's than meets the eye. The sceptics however suggest that most of the alleged voices captured are as a result of Apophenia, which is the ability of the human mind to hear what is perceived to be a human voice but is actually the result of stimuli and does not actually exist.

Choosing your recording equipment for an investigation is purely a matter of personal choice. Some prefer the older style tape recording Dictaphone as some suggest the static background of the magnetic tape on playback can enhance EVP results.

Disadvantages of this method include the recording time on each tape meaning that tapes require changing more frequently. Not always convenient when working on site and in the dark.

The computer chip in the latest recording devices means that hours of recording time are at your disposal and they can usually be attached directly to a computer or onsite lap top for reviewing data.



For my money and personal choice I have opted for the DAS RT-EVP recorder. This is the first of its kind in being purpose built for

recording EVP's. It has twin processors which allow the user to listen for and then review potential phenomena simultaneously without interrupting the recording session. It can also pick up sounds from a much lower frequency than can be heard by the human ear or other standard recording devices. Many hours of data can be recorded and logged in separate files ready for download onto a pc.



While conducting an EVP session you need to nominate one person to ask questions. This avoids talking over another person and missing possible sounds as well as validating responses to questions asked. Being in as quiet an environment as possible is essential. Everything from planes, passing cars and wildlife can conspire to ruin your session. This is certainly true of my RT-EVP recorder which is so sensitive it can pick up sounds a long way away.

Since being a member of an investigation group my thoughts have changes in a big way. Taking into account all things that a sceptic can present to me I have difficulty rationalising some of the voices I have heard when I know in some cases I am the only person in an empty room.

I will finish off this article with a quote from Winston Churchill who himself was fascinated by the subject of EVP's and sums up for me what is the most fascinating phenomena of the paranormal world.

"The truth is incontrovertible,
Malice may attack it,
Ignorance may deride it,
But in the end. There it is! "
Winston Churchill.

Reference:

Bethell, R, Robinson, Rosney, M (2009) A beginners guide to Paranormal Investigation. Amberley.

Haunted Cemeteries

I have visited many cemeteries over the years, and would often wonder why any ghost would want to haunt a cemetery, but evidently some do. One can only speculate about the reasons for these types of haunting, most souls cross over on death and perhaps the souls hanging around the cemetery have a strong attachment to their physical body.

Most cemeteries are peaceful places but occasionally when you walk through a graveyard you might feel an uneasy energy which can become a potential hotspot for further investigation.

Cemeteries are a good common starting point for most people interested in the paranormal investigations and although day visits don't always deliver the results you desire, night visits without permission are illegal and most cemeteries have security cameras and security guard patrolling the area.

Some cemeteries organise daylight or twilight tours which usually provide some interesting information that can assist you with historical research for your investigation.

Haunted cemeteries in Sydney

There are many old and fascinating cemeteries in Sydney that have interesting histories and are worth a visit. Here are a few that are well known for paranormal activity.

Rockwood Necropolis - opened in 1867, is the largest cemetery in the Southern Hemisphere, and the world's largest 19th century cemetery. There have been many

different sightings of apparitions in Rookwood Cemetery, by both people who work there and members of the public and it has been at the centre of much paranormal speculation for decades.

St Bartholomew's Church (Ponds Rd, Prospect). The historic cemetery attached to the church contains the graves of many early settlers, including explorer William Lawson. There is reported to be one particular troublesome ghost at the site. Some people claim to have had a sensation of being unable to move when they've approached his tombstone, while others have complained of nausea.

St Stephen's Anglican Church is a landmark Newtown building. Its picturesque church grounds include a historic cemetery which is considered to be one of the most haunted cemeteries and contains a monument and burial site for the victims of one of Australia's worst maritime disasters – the shipwreck of the Dunbar on South Head in 1857.

Waverly Cemetery - is situated on dramatic coastline and has some amazing ocean views. Dominated largely by white marble headstones this graveyard is home to many famous Australians, such as Henry Lawson, Victor Trumper, Lawrence Hargrave, Henry Kendall and many more. Guided tours are conducted at various times.

References:

<http://www.onlysydney.com.au/sydney-nsw.php?id=13367>
<http://wall.alphacoders.com/big.php?i=94940>
<http://urbantwilight.net/displayimage.php?album=2&pos=165>

Central Railway ~ A Deathly Secret

Excavations outside Central Station.



Did you know that Central Railway Station hides a deathly secret? It actually stands on the site of the old Devonshire Street Cemetery. Established in 1820, the cemetery was the principal burial ground for Sydney until the 1860s. Bodies were exhumed in 1901 to make way for the railway.

The station was built over a number of interesting sites including the Devonshire Street Cemetery, a convent, a female refuge, a police barracks, a parsonage and a Benevolent Society. The remains exhumed from the cemetery were re-interred at a number of other Sydney cemeteries including Rookwood Cemetery and Waverley Cemetery.

When a decision was made to demolish the hospital and cemetery to build Central Railway Station, newspaper advertisements were placed by Sydney City Council asking relatives of the deceased to come forward if they required their ancestors' remains to be moved, either to Botany Cemetery or Rookwood. This was done at no cost to the relatives. However if no relatives came forward, headstones were demolished and the graves were left undisturbed.

This could explain the supposed 'haunting' of Platforms 26 and 27, the 'ghost platforms'. Maybe the dead of Devonshire Street Cemetery were not happy at being disturbed. These platforms were built years ago but have no tracks and have never been used.

Trains, buses and beggars are what many travellers associate with Central Station as they walk through its labyrinth of tunnels and wait on the platforms. But beyond the yellow lines there's an intriguing place, hidden from the public.





Platforms 26 and 27 were finished in 1979 but have never been used. They are mirror images of platforms 24 and 25, directly below. Look closely through the cracks in the false ceiling above the escalators leaving 24 and 25 and you can see the shadows of the unused area. Once in the cool dark of Central's own "ghost", it is instantly recognisable as a CityRail platform. Even the stairs and escalator pits have been built. A layer of soot covers every surface.

At the end of the platform are the black holes of a typical train tunnel, but when the lights up one end of platform 26, it becomes apparent the digging went on for about 50 metres before it hit a cement wall.

Another of the station's hidden features is a narrow staircase that leads to the station's landmark: the 75-metre sandstone clock tower, built in 1921.

Tours are occasionally conducted to some of the railways hidden features so if you are interested direct your enquiries to:

02 9749 5280.

Mortuary Station

When the new 15-platform Central station opened on 4th August 1906 it incorporated the previously built Mortuary Station which was built in 1869 and was designed to transport funerals to Rookwood Cemetery.

Funeral trains left Mortuary Station for Rookwood Cemetery on a regular basis until the late 1930s. The special train would steam from here out to Rookwood, and dropped people at 5 different railway stations, either for a funeral, or a day out with the "passed on" relatives, within the cemetery itself. Victorian society had an entire etiquette around the subject of dealing with grief. It was a fairly common thing for people to spend time at the grave site, and part of popular culture was to be re-united with loved ones in death.



Mortuary Station – Central



Rookwood Mortuary Station

References:

<http://www.sydneymarchitecture.com/cbd/cbd7-003.htm>
<http://www.eidolonparanormal.net/apps/forums/topics/show/2898672-sydney-central-railway-station>
http://www.franceskeevilart.com.au/Jane_Bennett.htm

Introducing Access Paranormal

A banner for the Access Paranormal website. The top half has a black background with the text 'Access Paranormal' in a large, white, serif font. Below it, in a smaller white font, is 'Australia's chosen paranormal networking website'. The bottom half of the banner has a dark blue background with a white line graph. The graph shows a sharp peak on the left and a broader peak on the right. The text 'Access Paranormal is all about bringing the Australian paranormal community together by having one place for groups, companies, events and available jobs.' is written in white. Below that, 'If you're interested in becoming a paranormal investigator, looking at starting your own group, learning more about the paranormal, wanting to buying equipment or a medium looking at expanding your skills within a paranormal group, Access Paranormal is the place!' is written in white. At the bottom, 'Website: www.accessparanormal.com' and 'Email: accessparanormal@gmail.com' are written in white.

Access Paranormal
Australia's chosen paranormal networking website

Access Paranormal is all about bringing the Australian paranormal community together by having one place for groups, companies, events and available jobs.

If you're interested in becoming a paranormal investigator, looking at starting your own group, learning more about the paranormal, wanting to buying equipment or a medium looking at expanding your skills within a paranormal group, Access Paranormal is the place!

Website: www.accessparanormal.com
Email: accessparanormal@gmail.com

Beth - Creator and Manager

I've had a passion for the Paranormal for as long as I can remember with everything from ghost stories to personal experiences, and always curious of what I could not explain.

In 2007 I decided to move to the UK to work and travel for 2 years and found the paranormal industry to be much larger and more established (I was in heaven!). I then began to join investigations with a few paranormal groups based in London (notably the London Paranormal Society) and having the chance to investigate venues like the London Dungeons, Middleton Hall, Winston Churchill War Rooms, London Tombs, Eastbury Manor and (one of the most active I have come across) the Ragged School Museum.

When I came back to Australia in 2009 I was originally disappointed that I couldn't do the same here, nor could I find just one website or place of information that had paranormal groups I could contact or where could find official training or courses.

Luckily with more interest growing in Australia in the last 12 months (partially thanks to programs such as Most Haunted on pay TV) the paranormal industry has grown in Australia. I have since been able to attend investigations again, and even complete an investigator course!

After my experiences within a larger industry and knowledge gained from working within it, I decided to form Access Paranormal as the one focal point for Australian Paranormal industry.

So feel free to look around, submit any events, job adverts, and courses or submit your own paranormal group in the directory, as the vision of this website is to help build the paranormal industry in Australia, and get like-minded people talking!

Mission Statement:

To provide an informative and up to date paranormal website

For all queries, questions, feedback and information on anything on this website, please email:

accessparanormal@gmail.com

<http://www.accessparanormal.com/>

Workshops, Courses and Events

If you are conducting a workshop, course or an event on the paranormal and you would like them listed then send an email to: soulsearchers@spheresoflight.com.au and accessparanormal@gmail.com

WORKSHOPS

Space Clearing & Psychic Protection Workshop

Date: Saturday 9th July 2011

Time: 1:00pm - 3:00pm

Price: \$45.00

Venue: Lotus Health & Wellbeing Centre, 246 Crown Street, Wollongong NSW 2500

Bookings: Phone: 02 4226 4740 or email: info@lotuswellbeing.com.au

This is a 2 hour workshop to learn how to conduct a space clearing in your home or place of business and also learn psychic protection. Sometimes a house or office can feel uncomfortable, and there is no apparent reason to explain your uneasy feeling. There may be instances when you moved into a space and just felt like someone else was there, or the space just didn't feel right.

At this workshop you will learn the basic techniques to conduct a space clearing on your home or business. You will learn how to clear negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and from previous occupants. You will also learn how to remove unwanted entities that may be attached to your home and to protect yourself from psychic attack.

Janine Donnellan from Spheres of Light & SOuL Searchers will be the facilitator of this workshop. SOuL Searchers is a paranormal investigation organisation that regularly assists individuals who are experiencing paranormal phenomena in their homes. SOuL Searchers has been featured in the Daily Telegraph, The Sun, Mania Magazine and the St George & Sutherland Shire Leader.

COURSES

Validate Paranormal Investigators Course

Date: Saturday 24th September

Time: 8:30am

Price: Early Bird (by 31st August) \$140.00, Standard price: \$180.00. Discounts available on multiple bookings.

Venue: Camden Golf Club then Studley Park House
Want to be an investigator of the unexplained? Have you ever wondered what an investigator of the unexplained does? Maybe you've always dreamt of becoming one but didn't know where to start? These one-day workshops are designed to train and lead you towards a path of research and investigations with a

critical eye. This all day and night program will offer you a chance to network with researchers and enthusiasts from the field and an opportunity for you to conduct your own investigation with other participants from the course.

Validate member, Attila Kaldy, has run numerous courses on paranormal investigations and UFO research over the years. For over a decade he has led countless field investigations and expeditions as well as running public meetings and numerous conferences with national and international speakers. Regardless whether you're an already operational group or just starting out, you cannot afford to miss this event. Build your team to endure and succeed. Certificate of Attendance provided at the conclusion of the day by Validate. A full schedule of the day will be forwarded when your booking is confirmed.

http://www.paranormalnation.com.au/investigators_course.html

The School of Parapsychology - by Dr Ciaran O'Keeffe Foundations of Parapsychology

Date: Start 26th September

Via web with the guidance from Dr Ciaran O'Keeffe

Duration: 10 weeks

Price: Roughly around \$380.00 Australian

<http://www.theschoolofparapsychology.org/course.php>

This is a broadly focused course that introduces you to university-level study in Parapsychology across a range of subject areas including history (history of psychology and of science), psychology, magic, psychical research, spiritualism, critical thinking and other sciences. The course is presented in three themes that guide you through some of the basic concerns and interests of parapsychologists.

Intermediate Parapsychology

Date: Start 26th September

Time: Via web with the guidance from Dr Ciaran O'Keeffe

Duration: 10 weeks

Price: Roughly around \$380.00 Australian

<http://www.theschoolofparapsychology.org/course.php>

A more in-depth look at parapsychology and for those who have completed the Foundations of Parapsychology course.

EVENTS & GHOST TOURS

Australian College of Mediumship Ghost Tours & Investigations

Date: Saturday 27th August 2011

Time: 7:30pm

Price: \$52.00

<http://www.psychicmedium.com.au/categories/20110523> ACOM Ghost Tours offer something a little different.... Your tour guides are Mediums! You have access to the locations with some investigative equipment available for use. Private & Corporate Tours are welcome so come along & enjoy an interactive Ghost Tour experience. Discounts apply for ACOM Members & Members of the Southern Highlands Ambassador program.

Paranormal Investigator Tour

Date: Saturday 17th September 2011

Time: 7:30pm

Price: \$70.00

<http://www.psychicmedium.com.au/categories/20110523> This tour is designed for those who are a little more serious about their investigations. Experience being a paranormal investigator under the guidance of Kerrie and her team.

Newcastle Ghost Tours

East End Tours

Dates: Friday 9th September, Friday 2nd October, Friday 18th November and December date TBA.

Time: 6:15pm for a 6:30pm start. You must be at Muster Point (in front of the Lock Up in Hunter Street next to the old Post Office top of mall). Allow approximately 2 and a half hours for this tour. Price: \$45.00

http://www.newcastleghosttours.com.au/?page_id=55
This tour includes entry into the old Newcastle "LOCK UP". Group bookings available! This tour is a walking tour – please be aware that you will be walking up hills and need sensible footwear. We will operate the tour in MOST weather conditions – if it is drizzling (slightly raining) then please be aware that the tour will be going ahead so bring an umbrella/ raincoat as these are not supplied. Bring a torch and camera – you may catch one of the poor souls that still haunt this end of town by surprise...or they might just follow us around for the night wanting to see what we get up to (it happens all the time). Afterwards, share a drink with us at the Great Northern! You will be standing on the very spot the first settlers got their rum at the first Inn in the settlement "The Ship Inn". The Great Northern has kindly offered us a half price drinks voucher for all tour participants to use on the night! *Tour charge includes entry into all heritage listed buildings, staff member payments (not employees of Newcastle Ghost Tours) and any council fees that are incurred

Weekly Tours

Date: Every Friday (available for small groups- Minimum of four people).

Time: 6:00pm to 8:00pm. Please allow 2 and half hours for this tour.

Venue: The Lock Up on Hunter street, Newcastle (Between Bolton street and Watt street).

Price: \$45.00 which includes admittance into Old Council Chambers (United Serviceman's Club)

http://www.newcastleghosttours.com.au/?page_id=64

Join us on our Friday night walking tour during the winter months of the historic and ghostly East End. Join our tour guide in a walk around the first streets of the settlement of Newcastle. Maybe you will encounter the ghost of James Hannell, publican and auctioneer on Hunter Street! We might also take you up to the site of Gaol where public hangings took place. We could walk past the site of the old Royal Hospital where the ghost of the matron can still be seen walking the old corridors. We will definitely be visiting the old Cathedral cemetery! You never know what old soul we shall encounter along the way. Have your camera ready! We also finish our weekly tours with a drink at the United Serviceman's Club on Watt street – this will give you an opportunity to look inside the old Council Chambers and also view the amazing collection of WW1 and WW2 artefacts as well as supporting the club. This site a real "gem" and we are sure you will find it totally amazing!

Minmi Cemetery Tour

Date: Saturday 9th July, Saturday 13th August, Saturday 10th September, Saturday 8th October.

Time: 6pm to 8.00pm (weather permitting), 6.00pm to 8.00pm, 6.30pm to 8.30pm and 7.00pm to 9.00pm.

Venue: Muster Point is in the Car Park area directly in front of the entrance gates to the Cemetery – Meeting time is 5.45pm (please be on time).

Price: \$35.00 (group bookings welcomed)

http://www.newcastleghosttours.com.au/?page_id=45

Join us in an investigation of this most haunted cemetery. Your tour guide will fill you in on the history of the site helping you to understand why this spot is such a valuable asset which should be looked after for future generations.

Watch out for the spectral form of the lady on the bridge and feel the touches from ghostly forms whose lives and contribution to the village been long forgotten. Have you heard the story about the headless horseman? Let us tell you more. On this tour, we strongly suggest covered in shoes. You are on cemetery grounds and as well as ghosties there could also be creepy crawlies... so let's stay safe! Please note that these tours are run during the colder months to avoid the mozzies which are ferocious during Dec/Jan believe us! Please also note that these tours are historic in content as well as a safe learning environment for those wishing to possibly experience a bit of the "paranormal". We only feature the oldest of grave sites (we do not encourage any visitation of newer sites) and expect the highest levels of respect and proper behaviour while on tour. A percentage of all of our tour charges go back to the community! We make donations to the Heritage Trust which then forwards the money on to help with the immense expense of keeping these historic sites in order and well maintained for our enjoyment and for that of future generations.

Civic Theatre – Newcastle

Date: Friday 16th September

Time: 7:30pm - 10:30pm

Venue: Civic Theatre, 375 Hunter Street, Newcastle, NSW

Price: \$65.00

http://www.newcastleghosttours.com.au/?page_id=87

This is a very special opportunity to see this amazing theatre in a totally new light! The tour will take us through the stalls, ladies room, below the stage and dressing room areas – our special guest guide is a veteran of the premises having worked there for over 30 years – he has some great ghostly stories to share! We will have the Theatre ALL TO OURSELVES!

Colonial Paranormal – Investigation

Date: Saturday 6th August

Time: 8:00pm - 3:00am

Venue: Girdlestone Street, Ararat, VIC

Price: \$50.00

www.colonialparanormal.com

Come join the team at Colonial Paranormal on an investigation of J Ward in Ararat about 200kms from Melbourne. Originally J Ward was the county gaol and later became part of the Lunacy Department. It was used to house the "criminally insane" and closed in 1991. Colonial Paranormal have made arrangements to go back to J Ward to see if we can debunk the results from the last visit. Supper and equipment is provided but participants are also welcomed to bring their own gear. Local hotels for overnight accommodation are also available on request. Visit the website or Facebook page too book. You can also email melissa@colonialparanormal.com

W.S.P.R - Western Sydney Paranormal Research

The Bridge, The Rocks and The Hill

Date: Thursday 4th August

Time: 7:30pm

Price: TBA (Members only)

Venue: Sydney, NSW

http://www.eventbrite.com/event/1823579375/?ref=invitefor&utm_source=eb_email&utm_medium=email&utm_campaign=invitefor&utm_term=readmore

Have you ever wondered if the iconic "Sydney Harbour Bridge" is haunted? Well... You're about to find out! - Join W.S.P.R - West Sydney Paranormal Research on a journey back through time. Back to a time when Sydney & Australia were in its infancy. We hope to take you back over 80 years, to a time where young men battled to build an engineering wonder. A structure that was to become the face of a nation. We will be joined by a Climb Leader from BridgeClimb, who will share with us her experience on the Bridge also. After our time investigating the Bridge, we will move up Lower Fort Street, as Team W.S.P.R shows you famous 'Haunted' locations along the way. We will finish the night at the very haunted, 'Observatory Hill', where again Team W.S.P.R will share the history of the location, and show YOU how to perform your very own 'Ghost Hunt' in a public location such as this. This

is a night not to be missed. This event is for Official W.S.P.R Members only. Places are limited! Please ensure that you are an Official Member before purchasing the ticket. Membership cards MUST be shown on the night! Membership is \$15 a year which can be purchased through the website www.westsydneyparanormal.org

Ghost Hunts at The Oaks

Date: TBA

Time: TBA

Price: TBA (Members only)

Venue: The Oaks, 54 Hyatts Road, Oakhurst (Plumpton), NSW

<http://www.westsydneyparanormal.org/ghost-tours.html>

W.S.P.R will soon be holding mini-investigations of 'The Oaks' Historic Homestead. The owner of the property is warmly opening his home to us and our members. The proceeds of the mini-investigations will go towards raising much needed funds in renovating and maintaining the old home.

You will be briefed by Team W.S.P.R Researchers on the history of the property. Lead Investigators will then go through the run of vigils and the equipment being used. Join one of Team W.S.P.R's Mediums on a walkthrough of the property, before being split up into smaller vigil groups. You, will then be the investigator, in search of paranormal activity within the walls of the homestead and outside in the property itself.

Enjoy investigating in a non-crowded, more personal environment, as there will be a maximum of 10 people only! Further details and prices will be listed here on the website and also via our Facebook page. W.S.P.R plan on starting the mini-investigations in July / August of this year. WSPR MEMBERS ONLY!!! And guess what. only costs \$15

The Rocks Ghost Tours

This month's Paranormal Location on The Rocks Ghost Tour is **"PARBURY RUINS"**

Sceptic Andrew sensed a strong presence in the corner next to the fireplace, gave him a bit of a CHILL.

A customer diagnosed the illness of Amelia the ghost who haunts the site. Max smelt a bad odour when standing near the washbasin and felt something touching his back.

BOOKINGS ESSESTIAL PHONE 02 9241 1283

Next Paranormal location "Australia's First Hospital"

THE ROCKS TOURS

Office Hours Mon-Fri 9.30am-4.30pm,
Sat-Sun 10am-5pm.

<http://www.ghosttours.com.au/>

<http://www.therockstours.com.au>

GHOST TOURS

The Rocks Australia



Bookings and Tour Information

Tel +61 (02) 9241 1283

Fax +61 (02) 9247 7910

e-mail spirit@ghosttours.com.au

website www.ghosttours.com.au

e-mail info@therockstours.com.au

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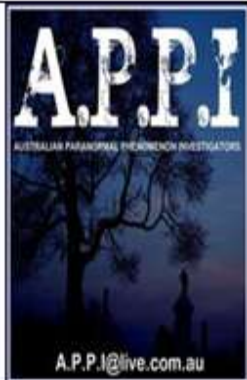
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In Search of the Truth!

W.S.P.R. is dedicated to assisting our clients in gaining a thorough understanding of their paranormal experience.

email: solutions@westsydneyparanormal.org
website: www.westsydneyparanormal.org



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SPACE CLEARING CONSULTATION

Sometimes your house or office can feel uncomfortable, and there is no real reason to explain your uneasy feeling. Other times, it's easy: someone has been there that was negative, ill or died. There may be instances when you moved into a space and just felt like someone else was there, or the space just didn't feel right.

Janine Donnellan from Spheres Of Light & SOuL Searchers can conduct a private space clearing in your home or business. Janine will clear negative or stagnant energetic 'imprints' built up over the years from the accumulation of day to day living and from previous occupants, replacing them with Love, Abundance, Prosperity, Good Health & Happiness.

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