

## A Ghost Hunter's Guide to Effective Protection Practices By Patricia Davisson

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*From ghosties & ghoulies  
and long-legged beasties  
and things that go bump in the night,  
dear Lord, deliver us.*

I've been an active member of the Puget Sound Ghost Hunters for many years and have participated in a number of very exiting investigations during that time. One thing I have learned is that no ghost hunter should ever embark on a paranormal investigation without an established process for protecting herself and her team from the nastier aspects of contact with the spirit world.

As paranormal researchers we are very conscientious and professional about preparing for an investigation. We check and double-check our equipment. We make sure we have extra batteries and fresh audio tape. We study case files and research weather patterns. What often gets overlooked in our meticulous planning, however, is personal protection. We know how to prepare our equipment, but do we properly prepare ourselves for encounters with the spiritual realm?

Each time a team of investigators enters an allegedly haunted location, each time we attempt to communicate with a disincarnate spirit, we are stepping into an area that we, admittedly, know very little about. We may be in for a long and uneventful night or we may be placing ourselves in harm's way. No matter what the eventual outcome, it is vital that we know how to protect ourselves against any intrusive or dangerous spirit that may turn up.

### When Spirits Attack

Two specific areas of concern are spirit attacks and spirit attachments. Neither is all that common and I don't want to create undo anxiety regarding this. However, any PSGH investigator could tell you stories of being struck, tripped or pushed during an investigation. Such attack can be frightening but spirit attachments are even more insidious and can be much more difficult to deal with.

Attachment is defined as the invasion of one's body by a disincarnate entity or by negative energies. Earthbound spirits and dark energy forces are the most common types of entities involved in attachments.

Why would Spirits try to attach themselves to you? The prevailing theory is that these spirits are attracted to life energy. They attach themselves to living beings in order to feed off that energy, or in rarer cases, in an attempt to regain the earthly life they have lost. Such spirits exist in a state of confusion, anxiety, agitation and fear which blinds them to the reality of their situation, making it impossible for them to move on to the next phase of their existence. This is only theory, but it certainly fits many case studies.

Effects of spirit attachments range from mild energy loss to extreme personality changes. Some possible signs of spirit attachments are:

- Hearing voices
- Extreme behavior changes
- Extreme mood changes
- Unexplained depression
- Fears and phobias
- Serious illness of unknown cause
- Loss of energy
- Memory and concentration problems
- Migraine headaches
- Nightmares or insomnia
- Panic or anxiety attacks
- Apparent multiple personalities

The symptoms shown on this list may also be explained by ordinary medical causes. Always look for the most mundane explanation first. If you experience any of these symptoms, you should always contact a physician before attributing the cause to spirit attachment.

If, however, the symptoms continue and cannot be explained medically, you may be dealing with a nasty attachment, perhaps similar to the following encounter.

The clients had been experiencing very frightening and sometimes violent phenomena in their home. They asked an investigator to perform a clearing and the psychic attached to the group agreed to do so. She received impressions of a negative spirit that had been involved in a murder/suicide. Video taken during the investigation and during the clearing itself revealed unusual orb and shadow activity. Still, the procedure appeared to be successful and when the team packed up for the evening, there was no sign that there would be any repercussions.

The next day, however, the investigator woke to excruciating pain in her neck, back and shoulders. She was unable to move for three days and continued to feel pain for three months. Without medical explanation, she was forced to consider that what she was experiencing was spirit attachment. The spirit was eventually banished; however the investigator experienced residual pain for some time afterwards.

### Protection Methods

One of the best pieces of advice I can give a paranormal investigator is to “know yourself.” It sounds simple, but people in this day and age are not always given to self-examination. If you are able to recognize how you typically feel, think and react under normal circumstances, you will be better able to recognize those subtle shifts which may be indications of trouble.

Typically, an entity that seeks to attach itself to a living person is of a low vibrational energy and cannot gain entry to a person who maintains a healthy and positive energy himself. A person is most susceptible to attachment when in a

state of physical, mental or spiritual stress. Severe anxiety or exhaustion can leave a person open for attachment as can grief, uncontrolled anger or fear. Poor health, addictions, and emotional instability can also make a person vulnerable. The back of the neck is the most common area of assault, so be especially watchful of any discomfort or stress in this area.

Mystics and spiritual teachers have long believed that the universe is not the physical place we see but instead a matrix of energies vibrating at various levels. Physicists are finally coming around to the same conclusion. Everything in the Universe, animal, vegetable or mineral, has its own energy signature. High energy vibrations attract other high energy vibrations. Low energy vibrations attract other low energy vibrations. Most spirit attacks and attachment are made by earthbound spirits of a low energetic vibration. Therefore the best defense against such a spirit is to maintain your personal energy at a healthy level. The higher you maintain your own energetic vibration, the better protected you are against psychic attack from any source.

Following are some simple methods that can be used by ghost hunters for personal protection. Many of these techniques employ creative visualization. Just as ancient philosophers believed that all energy was essentially mental projection, we have found that visualization is one of the strongest tools we have for creating powerful and effective protection around us.

1. Self-Check

Before beginning any investigation perform a quick check of yourself

Check your emotions. Are you calm and cheerful? Or are you angry, anxious or depressed?

How do you feel physically? Are you feeling strong and healthy? Do you feel energized? Or do you feel like you're coming down with something? Are your allergies kicking up? Are you're having problems breathing?

If you're not feeling your best, consider staying home. Or at the very least, take extra precautions and continue to do self-checks during the investigation. Be aware of any shifts in your energy or changes in your mood. Ask yourself if this shift has an explainable cause or if it is coming out of no where.

2. Eat Something

This is the quickest and easiest way to raise your energy. Never go into an investigation on an empty stomach.

3. Take Time To Ground & Center Yourself

Grounding is defined as the dispelling of negative or excess energy generated during the day. You should then center yourself in the physical world in order to be balanced emotionally and energetically. There are a number of techniques for this but here's a very simple and common one.

- Whether you are standing or sitting, make sure that your legs are uncrossed and your feet are flat on the ground. This will allow the energy to flow properly.
- Close your eyes and begin regular deep breathing. This calms the body and stills the mind. Nothing can be achieved with a mind that is in disharmony.
- With every inhale visualize yourself breathing in clear white light. Each breath drives the light through every inch of your body, filling your body with light.
- Visualize the light breaking down all the negativity and toxins in your body. It might look like bits of soot and grit floating in the river of light that's now flowing through your body.
- As you exhale, visualize all that dirty blackness being flushed down your body, down your legs and out through your feet into the earth beneath you. There it will be recycled into clean positive energy again.
- Keep up this process until it's all gone. All the negative energy gone from your heart, from your head, from your blood stream, leaving only a clean, shiny, healthy feeling.
- When you are done, stand up and walk around for a while. Make solid contact with the Earth. This will complete the process by centering you firmly in the physical world.

#### 4. Develop And Use Your Own Form Of Personal Protection.

I recommend that each individual develop a personalized method of protection to be used at every investigation. Make it a habit and it will become stronger every time you use it. Some common methods include:

##### Prayer

Whatever your personal belief is, a simple prayer for protection is always the easiest and most effective defense you have against attack. The more powerful your belief, the stronger the protection.

##### Creating Shields

This is also achieved by visualization and there are many techniques available but the following is very simple and easy to perform.

- Begin as you did when grounding, with your eyes closed and your feet flat on the ground. Breathe deeply and steadily.
- In your mind's eye, see a golden light forming above you. See the light form into a sphere of pure gold, as warm and bright as a small sun.

- Visualize a single ray beaming down on you from the sphere. The light of this ray enters into you through the crown of your head and shoots down to fill your entire body with light. Every breath you take is like a bellows, making the light brighter and stronger. Feel your body hum with energy.
- Now see that light begin to expand. With each breath you take see the light pushing through the pores of your skin and out into the air around you until the light not only fills your body, but forms an energy field around your body. A shield of pure light. Keep expanding this shield until it surrounds you with about six inches of light on every side.
- Once the shield feels firmly in place, see the light begin to fade to transparency. Acknowledge in your mind that, although you can no longer see it, the shield remains firmly around you--that although you can see and hear everything around you, nothing can pass through the shield without your permission and that all harm and negativity directed at you will be deflected off the shield and back to the sender.
- When you are done, open your eyes, stand up and walk around for a while. This will ground out any excess energy that has built up inside you. But understand and accept that wherever you go, the shield moves with you.

### Open Your Chakras

The Chakra system is a complex structure but, simply put, it consists of seven energy centers in the body located at major branchings of the human nervous system. Each chakra is a spinning wheel of bio-energetic activity emanating from a major nerve ganglia branching forward from the spinal column. Each is a center of activity that receives, assimilates, and expresses life force energy

The reason so many psychics especially like to focus on chakra work is that, in addition being an excellent method for raising their energetic vibration, it's also wonderful way of increasing the psychic ability that's so useful in spirit communication.

To anyone interested in studying the subject, I would recommend any of the works of Anodea Judith. Dr. Judith is a recognized expert in the field of chakra healing.

### Use Talismans

The use of talismans has been an effective form of protection since ancient times. Anything from a religious symbol to a piece of quartz crystal can serve as a protection talisman. The most important factor in the use of talismans is the power you yourself put into it.

Religious symbols do little good to persons with no religious faith. Tourmaline is said to be a powerful protection crystal, but dropping a piece in your pocket and forgetting about it probably won't help much.

If you wish to use a talisman, I would advise you put together a little ritual of your own to charge the item with the task of protecting you from harm. Bless it in the name of your God or fill it with light in the same way described for creating the shield of light. Then your talisman is going to have some potency.

5. Use a Team Method of Protection

This can be complicated by the varied belief systems of the team members. One member may be Christian, another Buddhist, another may have no religious belief. For this reason, instead of a group, all-purpose prayer with little meaning, I would recommend something like the White Light shielding method described earlier. It usually works best if one person takes the lead and walks the others through the procedure. Doing it together also serves to link the team members energetically. This is especially helpful in making the team more aware if an individual member gets into trouble during the investigation.

If You Are Attacked During An Investigation:

If you or a team member is attacked during an investigation, it's important to know what to do. Like any kind of emergency preparedness; you don't want to wait until the emergency happens to start thinking about remedies.

1. Keep Calm & Assess the Situation

Not every bump or push requires banishment.

2. Immediately Reinforce Your Personal Protection

It's like securing your own mask on an airplane before doing the same for others. You can't help anyone else unless you yourself are secure.

Use visualization to pump up that white light around you or invoke your guardians. Prayer again is one of the simplest and most powerful methods of protection. Anytime you connect with the divine you fill yourself with light, raising your vibration to a point where no negative energy can touch you.

3. Reassure the Entity That You Mean No Harm

It's very possible that the entity is acting out of fear. Remember many earth-bound spirits exist in an atmosphere of confusion and anxiety. That's why they're earth-bound in the first place. Reassure it that you mean no harm. Encourage it to communicate with you.

4. Banish The Entity Only If You Feel You Have To

If you assess the situation to be dangerous to you or to your team members, you may need to drive the spirit away. This is not the same as an exorcism. This is purely a defensive measure.

- a. Compel the Spirit to Depart  
“The power of God compels you.” We’ve all seen it done in the movies. It may sound hokey but it works. Command the spirit to depart using the name of whatever God you worship.
- a. White Light  
Again, the same way you created your shield of light, draw that light into your body and this time push it out to illuminate the whole area. Drive the dark out by filling yourself with light. It should banish any negative spirit.
- b. Call Upon Your Guardians  
Call upon your guardian angel, your spirit guide or your protection totem to ward off the attack. The Archangel Michael is said to be a particularly powerful protector in these cases.

### After The Investigation

Many people who are very diligent about setting up protective measures prior to an investigation, neglect to follow through at the end. Here are a few suggestions for closing out an investigation.

1. “Please, Don’t Follow Me Home”  
Before you leave the site, make sure all spirits understand they are not welcome to follow you home. You may feel foolish as you are doing it, but do it anyway. Thank the spirits for their presence and then bid them farewell. Set boundaries and don’t leave any room for interpretation. Say it out loud: “To all spirits present, I ask that you do NOT follow me home.”
2. Remove Your Shield  
Once you get home, remove your shield. Leaving the shield in place won’t harm you; eventually it will break down on its own. But it’s a better practice to deal with excess energy immediately. You can combine it with your Grounding and Centering practice by drawing the energy back into yourself and flushing it down into Earth.
3. Grounding & Centering  
Even if you don’t have a shield to remove, take a few more minutes and ground again. Then eat something to rebalance yourself. Hunting ghosts can be a tense and anxious experience. If you ground off that excess energy and center yourself properly, you’ll sleep better and feel more refreshed the next day.

### In Conclusion

We ghost hunters don’t scare easily. Our aim is to make contact with ghosts, not to avoid them. But, like big game hunting, it’s foolish to go looking for spirits without taking proper precautions first. Here’s one last look at the DO’S and DON’TS of ghost hunting.

DO be willing to set boundaries  
DO ground and center before and after each investigation  
DO develop and use your own personal protection ritual  
DO know and be watchful for the signs of spirit attack or attachment  
DO listen to your gut instinct during an investigation  
DO be prepared to take immediate action against potentially harmful spirits  
DO have fun but STAY ON GUARD

DON'T take your safety or that of your team for granted  
DON'T go ghost hunting alone  
DON'T participate if you are feeling ill, over-tired, angry or stressed-out  
DON'T ever go hunting ghosts while under the influence of drugs or alcohol  
DON'T attempt to raise anything you don't know how to get rid of

Following these simple guidelines won't diminish anyone's chances of discovering and communicating with spirits. It will, however, ensure that nothing you're hunting will end up catching you.

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