

## How to check if your house (or business) is haunted?

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Have you had weird and unusual things happening at your home and you just cannot make heads nor tails of why? But before you jump to the paranormal, let's first consider some logical explanations for what is happening. Here is a list of a few:

- 1) Knocks and Bangs – All houses make noise that is a normal part of the settling and aging process. However, what if your house makes a lot of weird noises. There are a few things you can check: Are all outside shutters secured? Are all doors, windows, storm doors, storm windows, and screens secured? Are the pipes in your house secured? Are you on Central Air versus Radiator heat? If the answers to all of these questions are yes, then it's possible you have a haunting.
- 2) Hearing Voices – Are you hearing voices that you cannot find a source for? Well first check to make sure of a few things: Did someone leave a clock radio, stereo, TV, or computer on? Are you hearing your neighbors? Is a baby monitor on? Do you have a hearing aid? If these questions do not help you find the source then it's possible you have a haunting.
- 3) Lights go on and off by themselves – Before you jump to any conclusions on what that means you should first check a few things. Are the lights on a timer, if so have the times been adjusted? Is it a lamp, if so is it plugged in properly? Are the light bulbs screwed in properly? Are the light switches loose? If you check all of these things and you're still having a problem, then you might want to call an electrician. If the electrician cannot find anything wrong, then it's possible you have a haunting.
- 4) TV goes off and on by itself – A lot of TVs now days have timers, sleep timers, and other mechanisms that allow them to turn off and on by themselves. A few other things to consider are: Is your remote working properly? Or Does your cable box affect your TV? If after this information you still can't explain the activity, then it's possible you have a haunting.
- 5) Cold Spots – Are you noticing cold spots around your home? Basically locations colder than others. If so check to see if there are windows open, drafts coming in around windows or doors, someone adjusted the diffusers on air vents, or something causing an air vent to send air a certain way. If all of these questions don't help you resolve the cold spot, then it's possible you have a haunting.

- 6) Pets and Children – Pets and children can be great detectors of paranormal activity because they can sense, see, and hear things that adults can't (that is a whole other article in itself). If you start to notice your pets acting strangely, looking at something that is not there, barking at the corner, etc. Or if you children start telling you stories about an imaginary friend that is so detailed and/or so unique that there is no way they could make it up on their own, well maybe it's not an imaginary friend at all. If you notice these things, it could be that you have a haunting.
- 7) Electromagnetic Fields (EMF) – All houses have them, since an EMF is given off of all electronics, power lines, and any other electrical item. It is also a term used in the paranormal field, as there is the theory of spirit energy causing the field to spike if there is no other source. However, it is important to know there are causes of EMF spikes that have nothing to do with the paranormal and everything to do with electrical wires being improperly grounded, living very close to a power grid, or "dirty" electricity.  
"Dirty" electricity is not a scientific term but rather one used by electricians and utility workers to describe electricity that has been corrupted by transients (or surges) in electrical wiring. It can be caused by natural means (such as lightning) or man-made (such as faulty mechanisms in the utility company's system). "Dirty" electricity travels with the "clean" electricity that is daily being conducted through wires and into our homes. Many of our appliances run on AC (alternating currents; DC or direct currents originate from such things as batteries and cell towers) and these alternating currents create a magnetic field that generally stays at 50 60 Hz. However, when transients are present, it will spike, which has been thought to relate to many health problems and is known to affect the ability of appliances to run efficiently. We would recommend getting an experienced electrician if this is deemed to be the issue.
- 8) Undetermined sounds - Are you hearing noises from walls and floors? Many homes that are constructed primarily of wood have to have remodeling done at one time or another. This often means adding more wood to the structure. When new wood is added, it has different moisture content than the original structure. The newer wood attempts to achieve the same relative humidity as its environment. When the humidity goes up or down, it can cause stress on the newer parts of the structure. If there is enough stress, it can make a popping sound. Sound travels, so when something is heard it seems as though it is coming from somewhere else. This can also happen with plumbing if a pressure surge occurs (called a "water hammer"), which can make popping sounds that seem to have no source.
- 9) Effects of Neurotoxins - Our environment has become filled with chemicals that are produced from the factories we work at, the cleaning products and pesticides in our home, and the cars we drive. The Environmental Protection Agency has the job of tracking down all of these hazards and making sure that we are aware of all potential neurotoxins in our neighborhoods. One way to find out is to go to the Pollution Information website ( [.http://scorecard.goodguide.com/env-releases/us-map.tcl](http://scorecard.goodguide.com/env-releases/us-map.tcl) ) and type in your zip code where indicated and click "go". Then check if the chemicals listed are neurotoxins. A neurotoxin is one that specifically targets the neural tissues

of the central nervous system, including the brain. We often think of neurotoxins when it comes to the venom of poisonous spiders and snakes, however there are chemicals that are airborne which also have been deemed to have a serious effect on the central nervous system. These symptoms, especially over a period of time, can cause a person to feel paranoid, inexplicably nauseated, lightheaded, confused, and in some cases even hallucinate.

Some of the chemicals deemed to be neurotoxins are hexane (found in solvents and vegetable extraction factories), butadiene (found in plastic factories), acetone (found in over fifteen types of industries including electroplating, polystyrene manufacturing, and insecticides) ammonia (found in at least ten industries including laboratory chemicals, machinery manufacturing, and paper coatings), and many others that can be found on the scorecard website at

[http://scorecard.goodguide.com/health-effects/chemicals-2.tcl?short\\_hazard\\_name=neuro&all\\_p=](http://scorecard.goodguide.com/health-effects/chemicals-2.tcl?short_hazard_name=neuro&all_p=)

Again, this is not to say that every claim that includes these symptoms or events has an explanation. This is simply to say that when you are considering whether your home is haunted, there are many factors to take into consideration first--and good investigators will consider all data when trying to answer a client's questions. We understand that explainable or not, when a person is experiencing things that appear paranormal, it can feel very overwhelming. This is why claims should be taken seriously and serious answers should be sought before assuming there is no explanation. If after careful research it is found that a client's claims don't have a ready answer, we will help document and study what activity may be present.

So now what to do? If you feel your house is haunted do not panic. Only a rare percentage of haunting cases are dangerous. Most are just friendly spirits that for some reason are still here on earth. If you would like you could your house investigated by a reputable and professional paranormal team. You should look for a team that is professional, well organized, has a good website that looks professional, uses tools and techniques to conduct the investigation (that produces real physical evidence for you), and does all of this free of charge to you the client. You should never be charged to do a paranormal investigation of your home or business...period.

Another avenue to consider is to contact a religious advisor, of your choosing, and have the house blessed or cleared.

Whatever you decide to do, you must first and foremost know it is your home and you need to let the spirits know that it is your home and you are not leaving, so either they need to learn to live with you or leave. You need to OWN the situation.

To learn more about these topics go to:

<http://www.bioelectricshield.com/Electrosmog-Electropollution/biological-effects-of-exposure-to-dirty-electricity.html>

<http://www.paccrestinspections.com/Articles/strange%20sounds.pdf>

[http://www.ncpat.org/for\\_pat\\_professioals/documents/neurotoxin-brochure.pdf](http://www.ncpat.org/for_pat_professioals/documents/neurotoxin-brochure.pdf)