



Bumps in the Night!!!!

Paranormal "U"

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Demons

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When talking about Demons, people picture head spinning, pea soup colored vomit spewing across rooms, and malevolent spirits inhabiting people. For the people who investigate the paranormal, our experiences are different.

Different religions have different definitions of demons, but most share one simple aspect, none were once human. Simply put, demons are spirits that have never been human. The word demon comes from the ancient Greek word *daimōn* denotes a spirit or divine power.

Legitimate demon encounters are extremely rare. Investigators may never run across one in their lifetime. Some teams claim all spirits are demons based upon their interpretation of the Bible, and take it upon themselves to "exorcise" the spirits from a location. TV shows sometimes show these encounters weekly.

Demons have not always been seen as a negative influence or evil spirit. The Greek word *eudaimonia* literally means good spirit or happy spirit. In ancient times, pagans and Christians would see statues and hear of demons, and due in part to some of the fantastic shapes and appearances of the spirits, they were given a negative connotation.

The Vatican first issued official guidelines on exorcism in 1614, and revised them in 1999. According to the U.S. Conference of Catholic Bishops, signs of demonic possession include superhuman strength, aversion to holy water, and the ability to speak in unknown languages. Along with a handful of Vatican-sanctioned exorcists, there are hundreds of self-styled exorcists around the world. After attending 50 exorcisms during research for his book, Michael Cuneo for his book "American Exorcism: Expelling Demons in the Land of Plenty," states that he never saw anything supernatural or unexplainable: No levitation or spinning heads or demonic scratch marks suddenly appearing on anyone's faces, but many emotionally troubled people on both sides of the ritual.

Demons are not the same as a malevolent spirit. Malevolent spirit used to be human. Angry in life, angry in death. May act out against the living in a location to drive people out, or just out of malice. Modern demon tales say demons seek to break up families, break down individuals, inflict suffering, and ultimately death. Malevolent spirits might act out by creating noises to keep people awake, flickering lights, creating shadows to intimidate, up to even physical attacks like people being pushed or scratched.



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Demons will inhabit a person and work on corrupting the soul. The biggest difference between these two spirits are the intensity of the attacks.

On the rare occasion, you are faced with a genuine demonic case, your best course of action is to go no further on your own. Consult members of the clergy. Even if the client isn't Catholic, a Catholic priest might be able to advise a course of action. Keep in mind that the Catholic Church will spend weeks researching the afflicted. Studying the family, the surroundings, the diet, and especially the mental history and current mental state of the client, they will determine if an exorcism is needed. Most cases are written off as mental illness or some other cause.

If demons exist or not is up to each of us individually. If they do, knowing that they are not the creatures we see Hollywood represent is a comfort. Knowing they can be something much, much worse isn't.

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