

This is not a book of ghost stories. It defines the differences between Souls, Ghosts and Discarnate Spirits, and dispassionately reports how these phenomena can unknowingly impact upon our lives. It includes exercises in Telepathy and Out Of Body Viewing.

### **A Problem With Ghosts?**

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## **A Problem With Ghosts?**

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## FOREWORD

When visiting Newstead Abbey in England, the former home of the poet, Lord Byron, I was wandering through the library where I came upon a young woman dressed in a long, black gown. She had a pure white collar that she said was freshly 'staunched.' I didn't know the word and assumed she meant that it was starched. She said her name was Lucy and she was the keeper of the house. Then she disappeared.

I immediately went to find a Guide and asked if she knew about a girl called Lucy, dressed in a long, black gown of the early eighteen hundreds. The Guide was most surprised. After she recovered, she told me there had been a young woman named Lucy who had been the poet's favourite before he'd left for Italy and Greece.

As we spoke, Lucy returned with a child who had a likeness of Byron. When I asked the Guide if Byron and the girl had had a child, she wanted to know how I knew. I was uncertain just how much I should say, or even how much the Guide might believe, but I persevered and described the child.

The Guide said it had just been hearsay that Byron and the girl had had a child. He'd had many serving girls with whom he'd amused himself.

While we were speaking about these things, a man appeared beside us. He wore his greying hair like William Shakespeare--bald on the pate and bushing out around the back and sides. His leather jerkin was roughly sewn, and his trousers of coarse stuff, were crisscrossed with leather thongs up to his knees. It was just as if he was strutting the stage of some nineteenth-century drama.

When the man claimed to be the Steward of the House, I could feel a prickly tension between Lucy and him. I asked the Guide about the Steward. She paled, composed herself then told me that Lucy and the Steward had fallen out, each asserting that Byron had left them and not the other in charge.

*Christopher Hardwick*

A letter had been sent to Byron for a ruling on this matter but a reply had never been received. Lord Byron had died in Greece, but, one-hundred-and-eighty years later on; Lucy was still waiting for her lover and master to return.

## **Chapter One**

### **THE PROBLEM?**

What kind of problems, in my experience, have Ghosts and Spirits caused?

1. My daughter is a bright and intelligent young woman. But, in her late teens, she seemed to be over-emotional. No matter what interesting things happened to her, she met them with doubt. Easily upset, she seemed unable to enjoy life like a fun-filled teenager should. She seemed always to be tired. Preoccupied with dying, and irrationally fearful that someone might poison her, she habitually wore black clothes. Despite living in a loving, happy family, being fed with wholesome food, having no money problems, and doing well at university, life seemed to be a trial for her. One day she said she thought she was possessed. She told me that she had taken part in an Ouija Board session three years before when my wife and I had been away.

An Ouija Board is a board marked with letters of the alphabet in a circle. Spirits are 'contacted' by various means. When participants put their fingers on an upturned glass in the centre of the circle, the Spirits appear to move the glass around the board in order to spell out messages. In my experience, the participants do not make this movement. I have seen people literally dragged around the table with considerable force, being really scared and quite unable to release their grip on the glass.

In my daughter's Ouija Board session, she said that the Spirit of a young woman had been contacted. The problem arose when this Spirit didn't return to wherever it had come from. It hung around my daughter and impressed itself upon her to the extent that she was aware of it and bothered by its presence.

When she went to university by train, she felt it on her lap. In the Hall of Residence where she lived, it hovered behind her as she worked.

We contacted the Spirit and started a discussion. This was the Spirit of a young woman who had lived close by our home a couple of hundred years before. Having been poisoned and assaulted she was in considerable distress and was expressing her trauma through my daughter. When she was freed, my daughter's demeanour quickly changed. She became bright and outgoing once again, and physically much more active. She discarded her black clothes and began to dress in colours and even went to the university prom in white. Now she is very successful in everything she does.

One might say that this problem was only in my Daughter's mind. This might be true since it appears that Spirits, in particular, work through the 'mind field' of those they haunt. For me, the only important thing is that my daughter changed and became a happier person after the Spirit was set free. The Spirit was much happier too and progressed to another stage of its existence. Freeing a Spirit is just as important as freeing the person it haunts.

2. While at university, my daughter had a boyfriend--Robert. He was a kind and loving young man, intelligent and able. But he was depressed and suicidal, and had the impulse to hang himself. When I investigated, I found that he was living in a college Hall of Residence close to where a young woman had hanged herself a couple of years before. That particular room was kept locked. The Hall was a dismal and run-down place with dowdy paint, and dirty bathrooms with showers that didn't work. Students living along Robert's corridor were always arguing. Visitors shuddered on entering, for no apparent reason. An apparition drifting along the passage, dressed in a long, black gown, had been seen by several students.

I did a survey of the place and found that a man had been hanged in the roof space of a medieval building that had



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existed on the site. When the Hall had been built in recent times, the problem corridor contained that hanging space. The Spirit of the hanged man seemed to have induced an impulse on at least two young people to hang them selves as well. When that Spirit was freed, Robert became better balanced and started to enjoy his life. Within weeks of the Resolution of the problem, the authorities (who knew nothing of the haunting or the freeing of the Spirit), had the corridor painted and the bathrooms repaired. The quarrelling stopped and the Hall became a brighter and happier place.

This is an example of how people can be affected by a Spirit influence without being aware that they are affected. The depression that this Spirit had caused seemed to percolate right down to the management of the college, causing neglect of the building until the condition was changed.

3. The second part of the foregoing story is, that while doing the survey of the Hall, I scanned the energetic history of the place. I found that a chapel had been built in the seventh century on that site. Invading Danes had later killed the monks who'd lived there. A Victorian chapel had subsequently been erected on the site, covering the original building, but in the crypt of that chapel, remnants of the seventh century church could still be seen.

4. When I bought a derelict area in a town with history reaching back to the sixth century, I found people to be moody and unfriendly. A woman had recently murdered her husband in a nearby house, and it was said that other houses were haunted. Right at the heart of the area that I had bought was a derelict abattoir that had existed for over two hundred years. The local people had become inured to the presence of this building. Generations of children had grown up watching animals being slaughtered. People from out of town, who knew nothing of this past, shuddered when they entered the place. Black shadows seemed to flit about just outside my vision. When I turned my head to look, there was nothing to be seen.

*Christopher Hardwick*

It was there that I built a healing centre. We removed the S from Slaughter and turned it into Laughter.

Psychically, the area had seemed to be dense black. It was as if energy from the killings had spread like oil across the town. When this blackness was Resolved, the mood of the area changed. Twelve houses within a hundred metres changed hands within a year. The people who bought the houses were much brighter. They were friendlier than the grumpy ones who had formerly 'haunted' the place. The incoming people rebuilt the homes and the area began to prosper. The street market was revived and new life flowed into the town. And now, when visitors enter the place where the slaughterhouse once stood, many remark on how uplifting the area seems to be.

There are many variations on the foregoing themes. The factors involved might seem at first to be complex. But, as I have already said, complexities are only simplicities thrust together. To resolve complexities one has to observe and separate the simplicities. Ghosts and Spirits are found to be relatively simple things. They exist within definable parameters. To that extent, the problems some Ghosts create are predictable and can be Resolved.

## Chapter Two

### INTRODUCING GHOSTS AND SPIRITS

#### Definitions Of Terms

The terms that are generally used to describe the phenomena of Ghosts and Discarnate Spirits are many and diverse: Ghost, Spirit, Soul, Demon, Poltergeist, Imp, Presence, Guide, Shade and so on. Are these the same thing or are they different? Should we regard each of them as diverse species of a wider phenomenon?

According to reports from people who are troubled, there does seem to be a difference between those things. Ghosts are generally experienced as apparitions. Spirits may not be seen but can be sensed. Poltergeists move things around. Guides whisper in one's ear, giving 'advice'. The word Imp conjures up a picture of a mischief-maker. Shades flit like dark shadows, indistinct in form. Demons, whose effects are described in many religious works, are considered to be evil.

The Oxford English Dictionary defines Ghost as: *The disembodied Spirit of a dead person, supposed to haunt the living*. That is an extremely limited definition for very diverse phenomena. If we were to use the term *Ghost* to describe all the above types, it would be akin to using the word *Animal* to describe all animals. We need more data.

The Oxford English Dictionary defines Spirit as: 1. *The force, that gives life to the body of living things*. 2. *A Ghostly Being, usually the Soul of a dead person*. 3. *The fundamental emotional and activating principle of a person*.

So--according to the above definitions--a Ghost can be the Spirit of a dead person and a Spirit can be a Ghostly Being--usually the Soul of a dead person. What, then, is the Soul?

The Oxford Dictionary defines Soul as: *The Spirit or immaterial part of Man regarded as the centre of human*

*personality, intellect, will and emotions, believed by many to survive the body after death.*

This is a circular definition. The Ghost is a Spirit and the Spirit is a Ghostly Being. The Spirit is the Soul of a dead person and the Soul is the Spirit of Man. This gets us nowhere.

Many people believe that they *have* a Soul. Do they mean this in the same way as they have a dog or a cat—as a possession? If we consider that the Soul survives the Body after death, which came first, the Soul or the Body of the person? Does the Body generate the Soul during its lifespan or does the Soul animate the Body into life? Do Humans have a Soul or does the Soul have them?

We may also hear people say that they're going to leave their body to medical science. Who is going to leave their body to science? Is it the Spirit or the Soul? According to the Dictionary definitions, the Body needs the motivation of the Spirit, but the Spirit or the Soul (the terms are used to mean the same thing), can exist and persist beyond the life of the Body.

The Dictionary does not elaborate more, because those who defined the terms did not have a really good grasp on the difference between a Ghost, a Spirit, or a Soul. This is nonsense, and, in order to resolve this conundrum, we must re-define these states. We must bring order into the subject if we are going to understand it. We need data and experience. Where can we get more data? Where can we get experience to clothe the data that we find?

### **Data Acquisition**

If we want to find data about animals so that we may classify them into species, we look in the jungle, on grasslands, on farms or in back yards. So, if we want to discover more about Ghosts, Spirits and Souls, we have to look at the places in which they seem to exist. Finding and defining different animals is easy. We use our physical senses. Finding non-physical phenomena is perhaps, at first consideration, not so easy to do. We have first to discover the ways in which people detect these

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things. Then we may use those means we discover, to record the data we need.

#### **Detection Of Ghosts And Spirits**

Gaining experience of these phenomena isn't hard. All we need to do is to sit in a graveyard at night. Some readers might recoil at this suggestion. Is this because they consider Ghosts and Spirits to be real? The scientist or researcher who's mission it is to *prove* that Ghosts do not exist, might say that they're only the product of a vivid imagination. Why then, should anyone shudder if nothing exists to be scared of?

Ghosts and Spirits generally attest. They feel them. They hear them. They get mental and visual impressions of them or from them, and they often feel scared. People sometimes smell Ghosts or sometimes register a change of temperature or atmosphere. So it seems that the phenomena impinge upon the Awareness of the person via the Body, Mind and Emotions. People I know who have experienced these things have given me the following reports:

'The atmosphere became oppressive.'

'There was a sudden chill down my side.'

'There was a strong smell of fish and I sensed an old man looking over my shoulder. He went away as quickly as he had come and the smell completely vanished.'

'I glimpsed a shadow in the corner of the room, but when I looked, there was nothing there.'

In my own case, when my father died, my sister's dog refused to go into his house where it had previously been happy. When she dragged it in, it cowered under the dining room table all night. Why was the dog suddenly afraid?

This type of report is common among those with Ghostly experience. But experiences of the phenomena are generally subjective, even though undoubtedly sincere. Ideally we need to be able to measure the presence or the effects of non-

physical phenomena and so move them from subjective to objective experience.

### **Instruments**

Various instruments have been made to detect the presence of Ghosts. Some of these detect temperature changes when Ghosts are about. Photographic methods and sound recordings have shown results too, although not consistently. But why bother with inventing new instruments, which may or may not detect Ghosts when we already have a very sophisticated one literally to hand?

Those people, who are scared by Spirits, already have a mechanism for registering them. This might be a subjective process, but the physiological changes they cause are not. So all we need to detect a Ghost or Spirit is an instrument that measures actual changes in the body of the person being haunted. When this is done, we can validate the person's claims by showing changes occurring in his body in real time. This isn't difficult to do. This way of measuring a Presence by the physiological changes it creates, can also demonstrate a change in the Hauntee's state when the Spirit is freed. Of course, some people will say that a person can imagine a Ghost and the heartbeat and blood pressure will rise. But experience shows that there is another parameter that is constant and only responds to actual contacts, not to imagined ones. More later.

### **Gate Crashing Ghosts**

One of the problems that Ghosts and Nuisance Spirits can cause is that they can impinge upon their *Hauntees* in an unacceptable way. Unlike those who play with Ouija Boards, most people do not generally seek to find such scary things. Most hauntings occur without an invitation. When people become afraid and emotionally disturbed, this is generally because the Spirits play emotions through the subjects that they haunt. More about this later in the book.

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Not everyone will want to seek out Spirits; but every subject has researchers. They investigate for us while we remain comfortably at home. Fortunately, the research is done. This working Hypothesis is the result. Success in resolving problems that the phenomena produce, demonstrates the validity of this.

#### **The Solution?**

The main body of this text deals with the fruits of my own research. It describes the phenomena at work, their organisation and the problems they create. It is written from direct personal experience in dealing with the subject and can be verified by those open-minded enough to address the topic without prior fixed ideas or prejudice.

#### **Mental Illness?**

One of the difficulties that the phenomena induce is the idea that a person claiming that a Spirit bothers them is said to be going mad. Let me assure those people that Ghosts and Nuisance Spirits are all too real. Hauntees might feel that they are mad but the madness is not theirs. More about madness later.

#### **Dogma**

There are many dogmatic ideas about this topic. The Oxford English Dictionary defines Dogma as: *A doctrine or system of doctrines proclaimed by authority as true. Dogmatic: A statement or opinion forcibly asserted as if unchallengeable.*

Ideas based upon dogma rather than on observation and naturally occurring experience can lead us into trouble. Of course, the counter-argument might be that the dogma was invented by wise men to stop ignorant people from getting into trouble. Such dogma might contain some truth but rarely all of it. The dogma could have been invented hundreds of years ago. Only modern-experience can decide how much of it is true for us today.

### **Belief Versus Experience?**

If any dogma goes against what one experiences to be true, then it may be considered to be detrimental to the degree that it invalidates one's sanity. Being told that something is false when one's experience clearly demonstrates that it is true can create a mentally and emotionally distressing effect. To preserve one's sanity it is essential to observe things for one's self, and to draw one's own conclusions.

If we want to resolve the problems that Ghosts and Nuisance Spirits cause, we should avoid fixed ideas, and must learn the laws of this subject based upon experience of our own. Then we will be better able to make up our own minds. Do not let anyone--including the author of this book--tell you what to believe. Allow you own experience to tell you what is true and what is not true for you.

### **It's Only Natural**

Historically, we see that, whatever Societies believed to be the natural laws of their time, may be considered by later groups to be alien. Each earlier Society believed its laws to be immutable and adhered to them, even under the threat of death. In Medieval times, there was no doubt in people's minds that Evil Spirits are real. But there seems to be a tendency in our time for people to believe what scientists say, instead of using their own experience as their guide. If a Ghost appears upon the stairs, or a Spirit starts throwing pots around the kitchen, should we believe a Scientist who tells us this can't happen?

### **Science?**

So we have a problem stemming from the topic of Ghosts and Nuisance Spirits, in that some Scientists say they can't exist. Their scientific 'rules' say that Ghosts and Spirits are impossible. If we constantly assert the non-existence of a naturally occurring phenomenon that many people experience, we can quickly get the apparency of madness. But which of the two is insane--the Hauntee or the Scientist? Should we believe them when they tell us that the vibration of an extractor fan



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caused the moaning noise? Or accept that the sudden coolness was the product of a draught moving through cavities in the house? When objects move around when the subject is being discussed, is this imagination?

Historically, the science of many subjects has consistently been proved to be inaccurate or plain wrong when new discoveries have come along.

#### **There's No Point In This Argument**

Conversely to the opinion of some scientists, Quantum Physics predicts that there is a Field in which every living thing is immersed. Prior to the inception of Quantum Theory, it was conjectured that when matter was cooled to the temperature of Absolute Zero (-273 degrees on the Kelvin temperature scale), all energetic motion would stop--the Zero Point. The Theory asserts that Zero-point energy--or Ground Energy--is energy that remains when all other energy is removed from a system.

Quantum Physics predicts that, rather than being a vacuum as was previously thought, all of space must be filled with electromagnetic zero-point fluctuations--the Zero Point Field--creating a universal sea of energy. Because Zero Point Energy is the lowest possible energy a system can have, this energy cannot be removed from the system. This is a basic state that would remain when everything else had gone. All matter in the 'physical world' as we know it is dependent upon this Field for its existence. The Field appears to be the primal state--the potential that gives rise to matter.

#### **All Stop**

In Quantum Mechanics there is also a state described as the Stationary State. It is called stationary because the probability is that very little moves and that it has no 'time dependence'. A stationary state is not subject to change or decay into a lower energy state since it is already the lowest state of energy that exists. In practice, stationary states are never truly stationary for all time, but for our purposes we might regard them as

conditions that do not change much in the long term. The Zero Point Field would seem to be the only true stationary state.

The really important point here is that *no* dynamic energy can persist without the existence of this stationary state. That this state is the precursor to all energy that moves from pole to pole, and form charges and fields. Furthermore, if all the dynamic energy that our bodies and fields are composed of, would totally disappear, there would be nothing left but the Zero Point State. No Motion, no Matter, no Time.

### **New Science Strings Us Along**

However, there is more to the Zero Point State than absolutely nothing. Within this state are what Quantum Physics calls Strings. It is conjectured that strings of energetic particles encode and exchange information and that this information exists all the time in its entirety. It is only when we observe it or harmonise with it that it becomes real and, therefore, *experienceable*.

A crude analogy of Strings might be the magnetic particles on videotape. These are encoded information, holding the record of pictures and sound. Every particle is connected continuously to every other particle by the medium of the tape. They form an energetic continuum in which all the data of a film, for instance, exists simultaneously. They exist all the time, just being there. It is only when we connect the potential of the memory on the tape by running it through the video machine, that we are able to recover the pictures and sound that are stored there. By moving the tape, we turn its potential into moving pictures and sound. We bring the static universe into a dynamic state and bring the film to life.

As a state that is proposed to exist independently of matter, the Field seems to contain potential energy and templates from which matter is derived. If we could tap into this universe by using our own internal televideo imaging apparatus, we could easily become aware of what is stored there. In fact, many mystic philosophies speak of Akashic Records. They assert

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that everything that has ever occurred is recorded in that state. This ancient assertion seems to have pre-dated Quantum Theory.

#### **Potential**

Perhaps the Field is like the Voltage in a battery--it sits there as potential, just being there, holding information, and recording patterns of energy as experience. All living things on this planet are electrical charge interacting with this potential Voltage, of the Field. In a way, the Voltage of a battery exists at the Zero Point, just being there, ready to create current when circumstances are right for it to do so. It is only when we connect this potential to a terminal that current flows. Is this the current we call Life?

#### **SUMMARY**

Quantum Physics asserts that there is a Stationary State that is the Precursor to Matter, and that this State does not change. Because it does not change, there is an apparency of no Time. It exists as Potential from which Energy, and therefore Matter, can become dynamic, like the Voltage of a battery becomes Current. This State has the faculty of being able to record all that is immersed in it. There is a principle of observing things that are not seen to exist under normal circumstances until we harmonise with them. This gives us valuable data that will enable us to understand the phenomena of Ghosts, Spirits and Souls.

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