

How to Protect Against Ghosts (and other spirit beings)

The presence of a ghost is often hard to detect. Ghosts are usually not visible to the naked eye (they seem to appear more often in the ultraviolet or infrared frequencies), and usually are not audible to the ear. The most common indicators of a ghostly presence are the manifestation of a cold spot (a spot whose temperature is significantly below the ambient temperature of the surrounding atmosphere), a rapid change in barometric pressure, or the manifestation of an unexplained high electromagnetic field zone. Cold spots can often be detected by your skin, without the need for an infrared detector; but barometric and EMF detection usually requires the use of special instruments.

Protectives for your HOME:

- 1) Place a convex mirror so it faces towards the outside of the house. When a ghost approaches your window from the outside, it supposedly sees its own distorted reflection and goes away. These mirrors are said to also be extremely effective at protecting portals against the negative vibrations of bad persons. In China, it is popular to use a Ba Gua Mirror (a mirror surrounded by IChing trigrams).
- 2) Salt, particularly Sea Salt crystals, will keep all ghosts and spirits at bay. Dark, dank, and musty areas are attractive to ghosts, so sprinkle or pile a small quantity of salt in the offending areas as a deterrent. "Holy water" is a mixture of salt and water that has been blessed, and until it evaporates, the liquid is considered an effective defensive agent against all sorts of bad beings.
- 3) Poltergeists are more likely to manifest themselves in the dwellings of older children and teens. They are particularly active in areas with a high concentration of Limestone and in areas located near bodies of water. For this reason it is best to avoid using Limestone as a building material or foundation.
- 4) Folklore suggests that spirits cannot pass over cold forged iron, and so burying an iron knife under your doorstep helps ensure that no spirits will enter that way. Placing an iron horseshoe (traditionally open side pointing upwards like a cup to catch "good luck") at the entrance to a building will deter a ghost; however nailing geometric patterns of iron nails into the entrance door is more effective.
- 5) Garlands of garlic hung above a doorway may deter spirits from entering. Garlands of garlic hung inside a house are said to also help in repelling bad beings and the effects of bad spells. As an alternative to garlic, garlands of hazelnuts have been used for protection since ancient times. If possible, use the whole hazelnut in its shell, rather than just the filberts, for the garland.

6) Every so often get the energy flowing in the home, in order to make the home a less attractive place for ghosts to visit. Randomly toss a handful of tiny pebbles, grains of sand, or some dried rice or peas on the kitchen floor at night. Next day sweep them up. Do this for several nights (it is unknown why this appears to work, the best theory is that they act like a dissicant for negative energy). Next, light a smudge stick of dried sage and smoke all rooms and closets, focusing especially on nooks and corners. It is suggested that you ring a Brass bell while saging, to increase the effectiveness. Finally, let in sunlight and fresh air if possible.

Protectives for YOURSELF:

A) If attacked by an evil being, cross over running water, such as a stream or even a running water hose. This will immediately break contact with the entity.

B) Carrying a piece of hematite will, according to legend, absorb evil energy. This won't get rid of a spirit, just mitigate the negative effects of one.

C) When a person dies in a home, all doors, windows and cupboards should be unlocked to allow the ghost free passage out of the house (and traditionally the corpse should always be carried out of a building feet first). All furniture in the house should then be rearranged, so that if the ghost returns soon after death, it will not recognize the place, and will hopefully decide to move on.