

## GLOSSARY OF PARANORMAL TERMS

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APPARITION - An apparition is the visual manifestation of a ghost or spirit. It can appear as a translucent or solid figure, resembling the deceased person or an ethereal form. Apparitions are often reported in haunted locations or by individuals who have encountered spirits.

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BANSHEE - A banshee is a supernatural creature from Irish folklore associated with death and mourning. It is said to wail or scream as a warning of an impending death. The banshee is often depicted as a female spirit with long hair and a pale, ghostly appearance.

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CHANGELING - A changeling is a creature believed to be left by fairies or spirits in place of a human child. It is thought to possess supernatural powers and may exhibit unusual behavior or physical characteristics. Changelings are often associated with legends and folklore.

COLD SPOT - A cold spot is an area within a haunted location where the temperature drops suddenly and noticeably compared to the surrounding environment. Cold spots are often associated with paranormal activity and are believed to be caused by the presence or movement of spirits or energy.

CRISIS APPARITION - A crisis apparition is the sudden appearance of the spirit or essence of a living person during a moment of extreme danger, trauma, or near-death experience. It is believed that these apparitions serve as a form of protection or warning to their loved ones.

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DEMONIC HAUNTING - A demonic haunting is a rare and highly controversial type of haunting. It involves the presence of malevolent entities believed to be demons or evil spirits. These entities are often associated with negative or harmful phenomena, such as physical attacks, oppressive energy, and attempts to possess individuals. Exorcism and spiritual intervention are often sought to address demonic hauntings.

DOPPELGÄNGER - A doppelgänger is a spectral double or replica of a living person. It is believed to be an omen of impending death or misfortune. Seeing one's own doppelgänger is considered a sign of an impending tragedy or a warning of danger.

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ELECTRONIC VOICE PHENOMENON (EVP) - EVP refers to the capture of unexplained voices or sounds on electronic recording devices, such as audio recorders or digital devices. It is believed that these voices or messages are communication attempts from spirits or entities in the paranormal realm. EVP recordings are analyzed for potential messages or responses.

ENTITY - In the context of hauntings and ghosts, an entity refers to a distinct being or presence that is believed to exist beyond the physical realm. Entities can range from human spirits to non-human entities, and they may exhibit various characteristics and behaviors during paranormal encounters.

ENVIRONMENTAL FACTORS THEORY - This theory focuses on environmental factors that may contribute to the perception of hauntings. It suggests that electromagnetic fields, infrasound, or other natural phenomena could influence human perception, leading to sensations commonly associated with hauntings. These environmental factors may affect brain activity or trigger psychological responses, creating a haunting-like experience.

ENVIRONMENTAL RESIDUE - EVPs could also be attributed to residual energy or environmental residue that becomes imprinted on the location or objects. This theory suggests that past events, emotions, or thoughts can leave behind energetic imprints, which are then picked up and recorded during investigations.

EVP (Electronic Voice Phenomenon) - EVP is the capture of unexplained voices or sounds on electronic recording devices, often during paranormal investigations. It is believed to be the communication of spirits or entities that are not audible to the human ear in real-time. EVP recordings are analyzed to decipher and interpret the messages or responses from the other side.

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GHOST - A ghost is commonly believed to be the spirit or soul of a deceased person that continues to exist after death. Ghosts are often associated with hauntings and are thought to manifest in various forms, including apparitions, orbs, or mist-like figures.

GHOST HUNTING - Ghost hunting refers to the practice of investigating and

researching haunted locations to gather evidence of paranormal phenomena. Ghost hunters utilize a variety of tools and techniques, such as EMF meters, thermal cameras, EVP recorders, and psychic abilities, to document and analyze potential hauntings.

GHOST LIGHTS - Ghost lights are unexplained, luminous phenomena often seen in specific locations. They appear as glowing orbs, floating lights, or strange illuminations and are believed to be the result of spiritual energy or residual energy imprints.

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HAUNTING - A haunting refers to the alleged presence of spirits or paranormal activity in a particular location. It often involves unexplained phenomena such as apparitions, disembodied voices, objects moving, or other disturbances that cannot be attributed to natural causes.

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INTELLIGENT HAUNTING - An intelligent haunting is a type of haunting where there is an active interaction between a conscious entity or spirit and the living. These spirits are believed to possess self-awareness, exhibit intention and can communicate with the living through various means, such as EVP, direct communication, or physical manifestations.

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PARANORMAL INVESTIGATION - Paranormal investigation involves the systematic study

and exploration of alleged haunted locations or phenomena. Investigators use various tools and techniques, including EMF (Electromagnetic Field) meters, thermal cameras, EVP recorders, and psychic abilities, to gather evidence and document paranormal activity.

PHANTASM - A phantasm is a spectral entity or apparition that appears briefly and vanishes, often leaving a sense of unease or mystery. Phantasms are considered to be elusive and enigmatic in nature, making them difficult to study or understand.

PHANTOM HITCHHIKER - A phantom hitchhiker is a ghostly figure that is often seen along roadways, hitchhiking or waiting for a ride. These apparitions usually vanish once they are picked up or reach their destination. The phantom hitchhiker is associated with urban legends and tales of encounters with supernatural entities.

PHANTOM OBJECT - A phantom object refers to an item or artifact that appears temporarily and inexplicably, only to vanish without a trace. These objects may be linked to past events or individuals and are often reported in haunted locations.

POLTERGEIST - A poltergeist is a type of ghost or spirit that is known for its mischievous or disruptive behavior. Poltergeists are often associated with object movement, loud noises, and other physical disturbances. They are believed to draw energy from the living and are commonly associated with emotional or psychological stress.

POLTERGEIST - The term "poltergeist" is derived from German, meaning "noisy spirit." It refers to a type of haunting characterized by physical disturbances such as objects moving or being thrown, unexplained noises, or electrical disturbances. Poltergeist activity is often associated with the presence of a living individual, typically an adolescent, who unknowingly generates the phenomena through psychokinetic energy.

PSYCHIC MEDIUM - A psychic medium is an individual who claims to have the ability to communicate with spirits or entities from the spiritual realm. They act as intermediaries between the living and the deceased, providing messages, insights, or connections to loved ones who have passed away.

PSYCHIC VAMPIRE (or Energy Vampire) - Is a creature in folklore said to feed off the 'life force' of other living creatures. The term can also be used to describe a person who gets increased energy around other people, but leaves those around them exhausted or drained of energy.

PSYCHICAL PROJECTION THEORY - This theory proposes that hauntings are a result of the psychical projection of living individuals. It suggests that under certain conditions, individuals can unknowingly project their thoughts, emotions, or energy, creating the illusion of a haunting. This theory is often associated with poltergeist activity, where the energy is believed to be generated by a living person, typically an adolescent.

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RESIDUAL ENERGY THEORY - According to this theory, hauntings are the result of residual energy imprints left behind by past events or emotions. It suggests that certain environments or objects can absorb and store energy, which can later be released, causing phenomena such as apparitions or sounds. The energy imprint is believed to replay the event or emotions, giving the impression of a haunting.

RESIDUAL HAUNTING - A residual haunting is a type of haunting characterized by the replaying of past events or energy imprints. It does not involve conscious entities or interactions with the living. The phenomena observed in a residual haunting are repetitive and may include sounds, footsteps, or apparitions that seem to replay a particular event or period in time.

RESIDUAL IMPRINT - A residual imprint refers to the lingering energetic residue left behind by past events or intense emotions. It is believed that these imprints can sometimes create paranormal phenomena that replay certain moments or sensations associated with the event.

RETROCOGNITION - Retrocognition is the psychic ability to perceive events or information from the past that is not accessible through conventional means. It is often associated with hauntings, as individuals with this ability may uncover hidden details or gain insights into the history of a haunted location.

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SHADOW BEING - A shadow being is a dark, shadowy figure that is often associated with feelings of dread, malevolence, or unease. They are believed to be non-human entities that exist in a realm parallel to our own and can occasionally manifest in our reality.

SHADOW PEOPLE - Shadow people are dark, shadowy figures that are often reported in hauntings. They are typically described as human-shaped silhouettes that move quickly and appear to be made of darkness. Shadow people are associated with feelings of dread, and some believe they are malevolent entities or spirits.

SPIRIT ATTACHMENT - Spirit attachment refers to the belief that spirits can attach themselves to individuals, objects, or locations. It suggests that a spirit or entity may connect energetically with a person, influencing their thoughts, emotions, or behaviors. Spirit attachments can be intentional or unintentional and are often addressed through spiritual practices or interventions.

SPIRIT BOARD - A spirit board, also known as a Ouija board, is a tool used to communicate with spirits or entities. It consists of a flat board with letters, numbers, and other symbols, and a planchette that moves across the board to spell out messages from the other side.

SPIRIT COMMUNICATION THEORY - This theory posits that hauntings occur when the spirits of deceased individuals attempt to communicate with the living. It suggests that these spirits may have unfinished business, unresolved emotions, or a desire to convey a message. The phenomena observed in hauntings, such as disembodied voices, apparitions, or objects moving, are seen as attempts by spirits to establish contact.

SPIRIT PHOTOGRAPHY - Spirit photography is the practice of capturing images that are believed to contain the apparitions or energy of spirits. This technique gained popularity during the Victorian era and was often associated with séances and spiritualism.

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THOUGHTFORM - A thoughtform is a manifestation created by the power of human thought and emotion. It is believed that intense focus and energy can give rise to these thoughtforms, which may appear as apparitions or generate paranormal phenomena.

TIME SLIP - A time slip refers to a phenomenon where individuals experience a sudden and unexplained shift in time, finding themselves temporarily transported to a different era or time period. It is believed to be a temporary overlap or interaction between different time dimensions.

TRANSDIMENSIONAL COMMUNICATION - Some researchers propose that EVPs originate from dimensions or realms beyond our own. They suggest that these voices could be a form of cross-dimensional communication, where entities from parallel dimensions or alternate realities intersect with our own, allowing their voices to be captured on recording devices.

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VORTEX - A vortex is a swirling energy or portal believed to connect different dimensions or realms. It is thought to be a focal point for paranormal activity, often associated with intense electromagnetic fields and high levels of spiritual energy.

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