

## GHOST HUNTING

Ask any personal counselor to enumerate the challenges particular to psychological or psychiatric healing and he or she will ultimately tell you that until a counselor can see a client's problem as if through the client's own eyes, there can be no healing.

I have already described the way I use the out-of-body to project my consciousness into a living client's past in order to augment regression or trace a self-destructive pattern back to its roots. But how does one go about counseling those whose compulsive or troublesome behavior continue to manifest beyond death? The answer is healing occurs in the same way, whether such personal counseling takes place before or after the demise of the physical body.

Confession is always good for the soul, especially for those spirits who feel a desperate need to tell their poignant personal stories. The timelessness of the out-of-body enables me to see where such troubled spirits are coming from and frees me to be where they are. The Dandy expedition was one such unforgettable case in point.

The Dandy estate was located in a quiet little upstate New York town. Over the years this sedate homestead had become the meeting place of choice for some rather disquieting spirits. The presence of at least one poltergeist had already been confirmed some five years prior to my arrival. My goal and that of my partner, Father Alphonsus Trabold of St. Bonaventure University,

was to investigate these restless spirits and, if possible, to rid the house of them once and for all.

"The disturbances began as noise without action," explained the homeowner. "(The sound of) a window slamming when no window could possibly have slammed...things falling when they really didn't fall.

"Then we had action without noise," he continued. "A lamp breaking and we didn't hear anything. Finally some kind of creature jumped on Beth (a young girl who lived in the house). I think that's what frightened me most."

Soon after I entered the century old house I felt spirits there. Father Trabold and I made our way through the rooms with a tape recorder ready. As I acquainted myself with my surroundings, I became more and more absorbed in the house's history until finally its tumultuous past began to speak through me.

"Birds quiet," my recorded statement began. "A girl lying in bed, calling for help, getting no response from her mother and father who are arguing. I am now a very dead cold. The chill is getting even stronger..The birds will remain quiet as I leave and draw the energy from the room.

"There are other energies in the room which are also affecting me..The vibrations are those of a very elderly woman in her nineties. The energies are of certain things that have disquieted her over the years..."

"The other energy is that of a girl--oh, I would say twelve or thirteen--who was raped and killed. The young girl was raped

by a man who was a bachelor...

"Again, the chills are hitting me... I'm picking up a young man, eighteen or nineteen who was killed in an accident. For some reason, all these energies are converging here.

"There's also been the death of a man in this room, a death which was a drastic death of agony--not a murder or suicide. What I am going to do now is pick up all of this energy...

"Alright, the energy has now been picked up. As you see, the lights go out. The energy is forcing me to say that it does not want to leave. The energy is here but...her fiance had a very tragic death. The energies are sorrow energies. Tragic. The person--the man--drowned and the woman has never gotten over it. The woman locked herself in this room from time to time and would not come out at all..."

At this point I began conversing directly with the spirits or energies involved, directing them to release their sorrows and in so doing to release their consciousnesses from the confines of the house.

"You must, you must, you must...time has gone, a child cannot be born. I am going to force you, force you. You must leave. The answer is no, you cannot stay. You can't stay. (Heavy breathing, gasping, is now audible on the tape.) Alright, alright, let's go. Let's go. Alright."

Now the energy reaches out to make physical contact with me.

"The burn is there. I know you burned me. I realize it. But I'm going to take you with me, no matter what happens. I'm holding on to you. Go ahead. No, you're not. You're not going

to take over. I'm going to have you. Alright, ging? Let's go. Let's go. I want to break you, break you (Gasping)."

Later, Father Trabold described what I had been through, from his point of view.

"At first, you were speaking in a very calm way, sort of commenting on the different vibrations you got. Then, all at once, you stopped for a moment, and suddenly you were completely unaware of us. You started talking to the entity that was there, a young blind girl. It was obvious that the spirit didn't want to leave. You were saying with more force each time that it should leave and then parts of your body began to contort, especially your face, and your hands.

"You began to sway and sort of fall backward and I put my arms around you and began to hold you. The weight was almost more than I could hold. The force was putting up a tremendous battle but you didn't give up.

After my attempt to direct the spirits away from the Dandy house, Father Trabold performed an exorcism. Evidently, our combined efforts worked. The poltergeist activity ceased forever.

The burn that I spoke of on the tape? It was real alright. When I unbuttoned my shirt, I found a raw red patch on my side about the size and shape of a fifty-cent piece.

#### FIGHTING CRIME

Since the consultation of psychics and astral travelers is considered by most criminal investigators, well beyond the realm of standard police work, it surprised me somewhat when the Akron,

Ohio police department asked Dr. Wilbur Franklin to bring me over.

It was 1976 and they were looking for information in the murder of one of their own--an officer who was killed while working part time as a security guard. The policeman who had been murdered was a careful, well-trained professional--a man who seemed unlikely to fall victim to a killer. Not only had he met his death outside the facility where he worked, but he had been killed with his own gun. That fact--and the time of his death--were the only details given to me by the Akron police.

Since there was no evidence and no apparent motive, I knew of only one way to gather the pertinent information. I decided to relive the crime, step by step, through the out of body.

The first bits of insight I gathered from that fateful night appeared rather mundane, even insignificant, at first glance. The policeman, I announced, parked his car some distance away from the facility he was guarding. On the night of the crime he left behind a half a sandwich and an open thermos of coffee, as if his evening meal had been disturbed by the incident that ultimately caused his death.

Although these impressions were hardly earthshattering, they were to prove to be important. The investigators who had been on the scene immediately corroborated these facts for me, and I went on with my visit to the policeman's past.

"I see a knife on the ground," I announced, somewhat baffled by the introduction of this weapon into the fatal scenario. I knew the policeman had been shot and certainly the

existence of a knife had never been mentioned to me by the investigators. In the out-of-body I experienced the bullet entering the policeman's body--at a peculiar angle--and the entire scenario became clear to me.

Hearing some strange noises, the policeman abandoned his midnight snack to investigate. He came upon several men who were attempting to rob the place. Although the element of surprise was on the policeman's side, one of the burglars was able to sneak up behind him--knife in hand--and snatch the guard's revolver from his holster. A struggle ensued. The gun went off, fatally injuring the policeman.

I then went on to describe in detail three of the burglars involved in the crime.

"But where can we find them?" asked the investigators.

"You won't have to," I told them. "One of them will come forward with information of his own volition>"

A few days later, one of the men came forth. The information he gave to the police led to several arrests and completely corroborated my impressions of the scene that took place that fateful night.

Since then, I have been called in by police or concerned family members on many murder cases including the notorious "Son of Sam" case. I am often asked to provide information in the types of investigations for which no hard evidence exists.

#### LOCATING MISSING PERSONS

Not all of my perceptions have come with so tragic a context. Because the out of body spans past, present and future

constructs of time, this altered state frees me to investigate a situation both in terms of real or current time and at the time of the event's occurrence. Moreover, because the astral traveler encounters none of the delays or cancellations that thwart the grounded wanderer, I can cover huge expanses of territory, often within seconds. Although I consider these abilities primarily as routes to spiritual enlightenment, they have proven to be an invaluable aid in investigatory work, especially in the location of missing people, property and even pets.

One missing persons case in my file concerned the grandmother of a missing teenaged girl. The investigation of her granddaughter's disappearance had dragged on for weeks and there was still no sign of the girl. No one knew whether she was still alive--it was that question which weighed most heavily upon her family. When the girl's grandmother came to me, I was able to offer her hope. My astral perceptions told me the teenager was alive and well, safely in another place, and about to look for work.

"Go to the police and have a tracer put on your granddaughter's social security number," I instructed her. "This is the way to find her."

The woman followed my advice and, though the search took several weeks, it did result in the discovery of the teenager's whereabouts. The girl had not found full-time employment (and therefore could not be traced). However, her social security number had been distributed to the employment agencies in the surrounding metropolitan areas. When the girl submitted her



application to one such agency a sharp-eyed agency manager took note of the match. She called home later that day of her own volition.

I can hear the skeptics among you now. "Well of course your suggestion worked. Checking social security numbers is basic police work, not astral sleuthing." Perhaps. But how would you explain this case, related by the victim himself?

"I had the unfortunate experience of having my car stolen. I asked Dr. Tanous if he could help me locate it. Without ever having seen my car, Dr. Tanous described it in detail, including its color, red. He told me my car would be found, not that week but soon after. Police would locate it, he said, on or near a tree-studded road. It would be stripped a bit but undamaged.

"Dr. Tanous then described two of the thieves. He said three people had been involved in the theft but he was unable to describe the third. My car had been stolen on a Monday. It was recovered little more than a week later, near Salem Massachusetts, next to Route 93, a road lined with large, beautiful trees. The car was damaged exactly as Dr. Tanous predicted.

"Later, the police arrested three men in connection with the theft. Two of them exactly matched Dr. Tanous' description."

My help has proven to be a convenient aid to police departments throughout the country. I am a handy friend to have around when everyday objects disappear from their places.

Harry L. Efferson of Brooklyn, New York provided me with this affidavit of one such everyday experience.



"A friend of mine misplaced an envelope containing some money and rent receipts and spent the next few days looking for it without success. Later, at the ASPR, I asked Alexander Tanous if he could help locate the envelope. He sat down on the stairs and almost immediately said he saw a metal stand, a magazine rack and that the envelope was there among the magazines.

"There was such a magazine rack and the very next day, the envelope with the money was found exactly where Mr. Tanous said it was."

#### ANIMALS AND THE OBE

The out of body can be more than an opportunity to realize the uniqueness of one's own spirit; it can be a journey to a place where every living thing is mystically comingled in the unifying flow of energy. Make no mistake about it, this unforgettable experience is definitely not reserved for humankind alone. Other animals share this energy. Is it any wonder that our pets have such a wonderful sensitizing effect on us? Is it any wonder that when our pets are lost we mourn their disappearance just as we would the sudden loss of a close friend?

One New York couple I know scoured their neighborhood for days in search of their lost cat. It didn't take them long to discover that searching for a stray in Manhattan was like looking for a needle in a haystack. Having located many lost animals, I wasn't surprised when my friends turned to me for help.

They described the cat. Using the out of body for a quick take, I told them just where to find the cat. Though the tabby

had always been a housecat, never wandering far from its owners, it was now traveling in a northerly direction more than five blocks from their apartment house. My friends were skeptical. They insisted the distance was too far. Particularly since their cat was an easily frightened feline unaccustomed to life on the streets. Nevertheless, I convinced them to put up posters in the neighborhood I indicated. Several days later, their cat was returned safe and sound.

What does all of this say about what I perceive to be my purpose in this life? My gifts have led me in many diverse directions. My life experiences have been varied. Had I not had such a diverse background, I would not be able to give as I do through so many avenues of psychic insight. I have sought the best ways to express and share my unique role in the universe. I encourage you to do the same.

The inner voice which connects each of us to the source of infinite wisdom is fully operative whether we are listening in this body or out. In the past five decades it has guided me from boyhood to maturity. It has fostered my intellectual curiosity and given me a deep faith in the spiritual dimension of this world.

## KEEPING FAITH

What if you slept?

And what if in sleep you dreamed?

And what if in your dream you went to heaven  
and there plucked a strange and beautiful flower?

And what if, when you awoke, you had the  
flower in your hand?

Ah, what then?

Samuel Taylor Coleridge

Whether near-death or spontaneous, consciously induced through meditation, or the by-product of much needed sleep, the out-of-body experience is a powerful healer. OB is a wondrous journey through time and place where past, present and future flow together as naturally as drops of water caught up in a thundering river. The OBE cleanses and invigorates the spirit. It is an unforgettable flight beyond the mortality barrier into a universe held together not by gyrations of electrically charged atoms, but by the eternal power of grace and love. It is an event beyond words, a story too powerful almost for its own telling. Just as Coleridge says, it is an experience from which no one comes away empty handed.

The overwhelming importance of the astral journey may fill your senses like a fragrant, blooming flower but what you recover

is a seed, an embryonic speck of knowledge alive with infinite possibility which must be carefully nurtured and tended if it is to grow. How can this spiritual insight stand up to the harsh climate of day to day reality? How can you remain faithful to your knowledge while meeting practical challenges? After a spontaneous OBE one woman concluded, "I have never been much of a livingroom philosopher. If a tree fell in the woods and there was no one around to hear it, I couldn't be bothered wondering whether or not it made a sound. The questions of life were, for me, either as real as this table or they were nonexistent.

"You would think that for someone like me, a complete realist, the feeling that my spirit had left my body would be a fearful thing. In fact, the physical sensations were a little frightening. Still, as soon as I realized where I was, I felt safe, knowing I was still alive and well but beyond my physical self. What came next was the ultimate philosophical revelation. I realized the body on the bed I always thought of as Nancy was not the real Nancy at all. The real me was the essence or force floating near the ceiling.

"But it didn't stop there. Suddenly I understood that the force that was me was the same life-energy in everything around me, from the fern on my dresser to my husband tossing in his sleep eight feet below me. Suddenly it did matter whether a tree fell in the forest, whether or not anyone hear the sound." She shrugged her shoulders and smiled. "Anyway, I haven't been able to take life for granted ever since. And not just my life but any life."

Many of us can recall how, as children, we experienced the wonder of such natural phenomenon as a simple summer rainstorm. Our parents may have sent us out wellprotected by raincoats and boots but as soon as we were out of sight we shed that protective coating, first to delight in the pinprick feeling of each individual drop of warm rain, then to completely emerge ourselves in the experience.

What Nancy describes is like that childhood delight. Stripped of the physical body, we become acutely aware of each individual living thing with which we share our world. As we begin to immerse ourselves more deeply in the out-of-body experience, we are caught up in the flow of a great and powerful consciousness. Soon we no longer experience ourselves and each other as individual drops of energy, but as part of an ongoing stream that saturates our perspectives, emotions and perceptions. This doorway to light, energy and freedom makes us understand beyond sense or thought that we each of us have a unique place in the universe. Every other living thing is as precious and unique as we ourselves.

It is no wonder then that many spiritual travelers like Nancy are no longer so adept at taking life--any life-- for granted. The OBE offers us a glimpse of the infinite promise and delight of our world and transfers to us the responsibility for nurturing the feeling of liberation in the real world.

The transition isn't always easy. The OBE leaves us with certain abilities that can seem disturbing to others. Many people who have undergone near-death OBE's report it can take

months or even years to integrate their internal transformations into their external lives. The OBE is an experience of such intensity that it will illuminate the path whether you choose to walk it slowly or take it in leaps and bound.

#### OBE AND THE REAL WORLD

We all remember Dorothy in the Wizard of Oz transported into a very un-Kansaslike setting. But the Wizard of Oz is just a children's story, you may say. Frank Baum's masterwork was meant to entertain, yet on the symbolic level it is a true representation of the journey we must all take, a journey beginning with a life-changing experience and ending with illumination and growth. OBE offers the suggestion of life after death, to find the transformational power of love and gives us a way for the individual to meet the universe on its own terms, making all things not only imaginable but possible within the awesome energy of a higher power.

With such a rich and rewarding adventure before you like the map of some boundless unexplored new world, it is hard to fathom stopping the spiritual journey at this point. Often, plagued by fears, paralyzed by doubt, some travelers stop their journey in the middle of the road. But those who go on begin to put their creativity to work, not just for self-gratification but for all humanity. This doesn't mean cloistering oneself away in an abbey where one can ruminate in peace on a blade of grass unless, of course, this is your path. Nor does it preclude the benefits of gainful employment.

In the out-of-body I am particularly sensitive to psychic

information that can be helpful to those around me whether in healing disease, revealing the future, locating lost objects or missing people, solving criminal cases. These are the areas into which I channel my creativity. Others work in fields as varied as the physical sciences, healing the body and mind, or striving to protect the environment. Still others labor in the creative arts using their talents to clarify the conflicts of human life and urge people on to greater vision. No matter what your field or interest or talent, you can work creatively and spiritually to make the world a better place. An office surrounded by people is a great place to share your experiences. By virtue of your OBE you have come to understand the flow of love which exists between us all. Accept your colleagues as people who share your path. Think of the workplace as a setting where you can express practical ideas as well as your loftiest aspirations. Work together within the flow of energy and grace you share with all humanity and allow your love to manifest itself naturally in your relationships.

#### ILLUSION AND EGO

The visionary poet W.B. Yeats wrote in "The Second Coming" of a violent new era in which good is overcome by evil, reality masked by illusion and control gives way to aimlessness. Eras such as this are spawned by individuals rather than their times. The ability to accept direction and answer the call to greater good is often linked to an individual's pursuit of demands of his or her own ego.

The OBE, because it exists beyond any notion of past,



present or future, is often the conduit between each of us and psychic knowledge. Many of my students report flashes of clairvoyance, moments of telepathy and bits of wisdom that can seem nearly oracular. Most of these students come to see psychic abilities are not hidden or occult but a human heritage. With experience in the out of body they understand these powers are not special gifts but the birthright of humankind inherited by each of us.

But the unchecked ego does not share in that experience of life. The only infinity it can know is its own endless capacity for self-deception in setting itself so far above the falconer of the Yeats poem that it cannot hear direction, wisdom or truth. When our egos begin to cloud perception and our illusions about our powers become more important than the responsibility we take for those powers then, indeed, the centre cannot hold. We pass like the falcon from the illusion of power to complete alienation.

We have all heard claims of those who were "taken over by another entity" when they left their body, or "visited with occupants of UFOs" when out of body. It doesn't matter that fifteen years of study and a lifetime of experience hasn't brought me any closer to verifying either of these experiences. The speaker believes them. Instead of taking direction from within the flow of grace and energy that characterizes the true OBE, he has busied himself with the idea of becoming present to others.

Human beings are not perfect. Under the best of

circumstances it isn't easy to maintain an ego that is strong enough to sustain the spirit yet healthy enough to accept spiritual guidance. Suspended in timelessness, you find yourself the recipient of information that can make you feel self-important. This will only lead to alienation both from others and your own inner voice. Finally, it will alienate you from any authentic OBE experience. Put these guidelines to work and you will remain faithful to yourself and your spiritual quest.

1. If you receive information in the out of body, it is your responsibility to pass it on for the good of others without embellishment.
2. Never attempt to force knowledge. Externally programmed knowledge leads to illusion and self-aggrandizement
3. Accept any flashes of clairvoyance as they are given to you. Such moments of insight are fragmentary or cryptic but the truth will be made known to you in its own time.
4. Seek verification for the predictions of others. Be especially vigilant in matters concerning your own predictions.
5. Be scrupulously scientific about chronicling your OBE's. Insist on verification and stay clear of subjective judgements or self-programmed fantasies.
6. Ask yourself frequently how you are using your experience to benefit those around you. If you cannot cite concrete examples of how your spiritual gifts are being shared with others, that speaks for itself.
7. Use your well-being as a measure of your success. I do not

refer here only to monetary gain, although that may be a by-product of your development but to the ultimate success of the self.

If you find yourself angry, unhappy or despairing on a daily basis, if you are not challenged by your activities, if spiritual awareness begins to elude you (for example, your observations in the out of body are regularly unverifiable or you have difficulty attaining relaxation), your ego may be blocking the path to higher consciousness.

Take action to bring yourself within hearing distance of your inner voice. Are you being faithful to your essential self?

#### THE MYSTERY OF THE OBE

It is human nature to tend to deny the existence of life beyond the material world. The OBE by its very nature invites us to deny or categorize it as it suits our mood. Those who have experienced the OBE often cannot offer tangible descriptions or proof of their encounters. Modern day mystics and spiritual teachers are often at a loss to explain it within the exacting standards of science.

Even after a lifetime of experience as a psychic and more than fifteen years as a researcher, I have no all-inclusive explanation for the OBE> I am deeply satisfied with what I've learned. I have attempted to share my experience with you.

If the final chapter is ever written on the out of body, I may find all I have learned is obsolete yet educational much like the real-life learning experiences that contribute to yet are absorbed by the immortal energy residing in each one of us. If I

have discovered anything about the OBE it is that there is a great deal more to each of us than we can possibly discover in a lifetime. That which remains to be discovered, which remains untouched we call mystery. Just as each piece of an ancient treasure must be unearthed and carefully numbered before we can truly understand its value, each experience in the OB must be recorded with objectivity and responsibility so that we can one day glimpse its meaning.

For those who have never experienced the out of body it may be difficult to understand just how the spirit of the universe can reach beyond time and space to touch the essence of each individual soul. It may be difficult to comprehend how an experience encountered during relaxation or sleep can awaken us to the vast world of potential within. For those whose religious beliefs are strongly rooted, it may be curious to consider the possibility of bilocation. Even I, who have certainly been in two places at once have had to expand my theological perspective in order to probe that perplexing issue.

The search continues. The journey is not mine alone. No mentor, teacher or guide can hasten or guarantee your progress on this journey for that power is and always will be with you. As Jesus Christ stated, "These things I have done but greater things shall you do."

Every journey begins with the first step. Every first step is a leap of faith. The journey to completion is its own reason and destination.

Believe and go.