

Dealing with a Troublesome Spirit **(Cause and Effect)**

I'm writing this analogy to help explain how simple dealing with paranormal issues can be. We make it so hard, so complex, so ambiguous that we tend to think that we cannot handle our own situations: that we absolutely must rely on some "expert" to come in and take control of the dark forces that plague our lives. Firstly, how can you be an "expert" in the unseen? Each of us, as we live through and learn from our own paranormal experiences become expert in understanding them if we are open to understanding. It is well to consult more experienced people and to gain from their knowledge and expertise. It is wise to solicit advice in dealing with any situation that is beyond one's own understanding. However, each paranormal experience is uniquely colored by the individual circumstances and life energy of those involved and the atmosphere of the location. So, no matter how many opinions one solicits, the ultimate best person to evaluate the experience is the calm, logical, open-minded individual who is present.

So, the first thing one should know about determining what to do in an unpleasant paranormal experience is that he or she should do what it takes to become that calm, logical, rational, open-minded individual who can properly assess the situation.

Of course, when one is in the midst of a highly stressful unpleasant paranormal experience, it is not easy to turn to this thought and become this clear-thinking person. But it is not as difficult as you might think. I was an EMT (Emergency Medical Technician) for a brief period in my life. You cannot be an effective productive EMT if you panic when you step off the ambulance because what you are seeing and experiencing is horrific, frightening, and unsettling. Yet EMTs walk into this kind of situation every day and do very well. This is because they are prepared for chaos, fear, and danger. They know that when they step into this unpredictable situation that they will do well to follow their training, remain calm, take charge, and be responsible. It is not so different living with paranormal experiences. If a person has recurring unpleasant paranormal experiences in life, then it is wise for him or her to choose to rely on training that will help them to be prepared, remain calm, take charge, and act responsibly. When you know that you are that person, you can easily step into your training mode when the unexpected happens so that you don't fall prey to panic. Even if you panic at first (as any EMT can tell you), you can take a moment to gather your wits, take a few deep breaths, get into "the zone," and complete the assignment or period of events with confidence.

Now, you may say that this will work for a single episode; but your life is just one horrific episode after another, and you can't stay in "the zone" forever. Even if you are experiencing a chain of paranormal crises, it is possible to break the chain.

One thing EMTs look for in an accident is Mechanism of Injury. The mechanism of injury is the exchange of forces that result in injury. For example, if you find a person complaining of shoulder pain after a fall in which they did not hit their shoulder, you know that the dirt or scrape on the palm of the hand is your indicator to the mechanism of injury. Even though the patient may say, "It all happened so fast that I don't know what happened," you know that it is instinct to break your fall by putting your hands forward; so the force of the body onto the arm with the hand on the ground is going to cause injury at the other end of the bones in the arm. Mechanism of injury tells you to look for breaks in the bones of the arm and dislocation in the joints. I'll explain how this relates to the paranormal.

We live in fear when we experience negative paranormal phenomena because we don't understand how all this works. We have ideas that we have obtained from watching television and movies, from reading books and listening to audio messages, from surfing the net, from talking with friends and acquaintances, and from studying with religious and spiritual guides and counselors; but what absolute pure knowledge do we have? The paranormal is not a science. There is no singular school of study with standardized curriculum that we can graduate from to know that we are now equipped to deal with whatever befalls us. So are we doomed to forever wonder and live in fear? Absolutely not! Forget all the "Hollywood" versions of the paranormal. Don't lean on emotional hype that tends to keep your adrenalin going. Avoid the temptation to blindly follow someone's teachings just because they have a great vocabulary and sound authoritative. The more complex the strategy, the less truth there is in it. You can test that for yourself. I wouldn't have believed it initially; but many, many years of personal experience have taught me that the more complicated a plan of action is, the more likely it is that I am being led away from safety, security, confidence, and peace of mind. Anything that leads me away from these things is not in my best interest. Period. That may sound harsh; but I could not say it strongly enough. I've wasted years at great emotional cost and loss of precious peaceful time with loved ones because I didn't understand that simple fact. Truth is ALWAYS simple. It is. It just is. Knowing this fact alone will help you immensely as you seek to find your peace of mind in dealing with unpleasant paranormal experiences. This is the first, and most important, aspect of your training to bring you to the level of confidence that you can rely on as you step off your safe ride and into the crisis at hand (as the EMT stepping out of the ambulance and into the emergency.)

Now, remember mechanism of injury? Here is the analogy. It is simply cause and effect. Dealing with all (yes, ALL) paranormal experiences boils down to learning to recognize cause and effect. As the EMT observing the mechanism of injury to know how to address a problem, you can observe the mechanism of crisis in the paranormal event to know how to address the situation. This valuable bit of information can be your guide to dealing with any paranormal situation you find yourself in, and it can give you the confidence to be that calm, certain, determined, level-headed individual and to step out of panic mode and into "the zone."

It truly only takes a little practice to be able to recognize the mechanism of crisis. Always remember that truth is ALWAYS simple. The more complex your analysis becomes, the less confident you feel for good reason: you are straying off the simple truth. I'm not saying to never ever have complex thought. I'm not saying to never ever analyze complicated matters. Quite the opposite. I'm assuring you that even the most complex strategy, even the most complicated matter, even the most tangled mass of analytical web can be broken down into one single simple aspect after another. Each is simple. Each is easily understood. Each is as easily resolved. Focus. Have you ever untangled a ball of yarn after cat got through playing with it or a knot of thread or a long extension cord that somebody grabbed up and carelessly threw into the closet? If you look at that huge mass of tangled mess, it looks impossible and your first instinct is to say, "I cannot do it." You will want to just forget it and toss the mess into the trash rather than dealing with it. But, if you really need to untangle the mess, and you pick it up and examine it more closely, you can focus your mind, find your resolve, make a sigh, and begin to untangle one knot at a time. Is it complex? Sure. Is it simple? Absolutely! You only have to deal with one knot. Then you only have to deal with one knot. Then you only have to deal with one knot. Eventually you reach the end of the experience and discover that you have untangled the whole mess, one knot at a time. So, you deal with negative paranormal experiences in much the same way. If it seems like you are in a deluge of paranormal unpleasantness that is too complex to deal with, focus. Find your center, as they say. Resolve to focus on a single aspect of the situation, find your calm, and progress with confidence.

A negative paranormal event can be analyzed quite simply. Set aside all the terminology for a moment about whether it is a ghost or a spirit, a demon or a shadow person, etc. Regardless of what name you give to "it" just think of it for a moment as a negative experience, and analyze the negative experience. The negative experience has a cause and an effect. You know the effect. The effect is what has manifested. It is what you see, hear, feel, sense, or know. The temptation is to deal with the effect directly. This may produce satisfactory results because in dealing with the effect one alters the cause as well. It may produce no satisfactory results because the cause has not been dealt with. It may produce quite unsatisfactory results because the cause has been ignored and, thus the intensity has grown.

Knowing the cause of the effect is not so mystical or hard to understand that it is beyond your grasp. Again, set aside the terminology for a moment. Stop thinking in complex analytical ideas and feeling emotional turmoil based on "Hollywood" thinking of the paranormal. Simplify your thoughts and focus. Clear your mind of all the clutter and let yourself look inward instead of outward. This will help you to focus, center, balance, ground, etc. You don't have to understand any of that terminology to know that if you pause, as an athlete does, to focus the mind and get into "the zone" that great things are possible for you. As you get into "the zone" you can readily see a connection forming that leads you to the simple truth of the cause of the effect. Just a little practice makes this easy. For example, if the effect is that your scissors are moved again and again without anyone in the household moving them, you can look for the cause in your calm demeanor and find the answer that is most likely true for the situation. The cause may be that someone is sleepwalking (always start with the simplest, most obvious answer, then walk through the possibilities, ruling one after another out until you have a single answer left.) What evidence could you gather to support this hypothesis? How do you feel about this as the cause after you've examined it? The cause could be that some living person inside the home or outside it is consciously or unconsciously moving the scissors by the power of the mind. The cause could be that an unseen force is moving the scissors. There are three possible answers to examine. Keep it simple. If you have another possible answer, fine; but try to keep it down to only a few, not trying to be more specific in the beginning. You can probably narrow it down to a single answer of those three without a lot of thought or effort. When you have the single answer, you are at the cause of the effect. Then it is simply a matter of understanding that cause. There's no hocus pocus. It's simple. Even if you rule out living human involvement and determine that an unseen force is moving the scissors, you simply apply the same simple logic to determine cause and effect. The answer you are looking for is obvious: "Why?" Sometimes just asking the question with the knowledge of where the cause is coming from will lead you promptly and directly to the answer. Other times you'll just follow the same pattern of thought. What is the purpose of moving the scissors? It could be to get your attention. If so, what do you need to be paying attention to that is related to scissors or what the scissors mean to you? It could be to warn you. If so, what relationship do the scissors have to something you would need to be warned about? It could be to threaten you. If so, what threat do the scissors pose to you or someone in the home? You are simply always looking for the cause of the effect, which is already known.

We need not and should not live in fear of the unknown every minute of our lives. The good news is that we can step outside of this fearful nature and into our own peace of mind. Peace of mind does not have to be elusive. Feeling safe and secure in our own homes and in the places where we must go should not be a difficult task. It should be as easy as taking a deep breath, letting it out, and finding our center.

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