everything you always wanted to know about ghosts but were afraid to ask)

Jaime T. Licauco

Everything You Always Wanted to Know About Ghosts (but were afraid to ask)
By Jaime T. Licauco

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This is dedicated to my eldest granddaughter, Elan Alyssandra Licauco, who has shown great interest in ghosts since she was 12 years old.

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Jaime T. Licauco

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#### Introduction

Ghosts—just the mere mention of this word is enough to cause one goosebumps. At some time or another you must have felt chills running up and down your spine, or hair standing on end on your forearms and the back of your neck for no apparent reason. But if you were observant about the whole experience, you would have realized that these sensations were triggered upon entering a creepy house or walking into a dark corridor.

Is it fear of the unknown? Or does this inexplicable feeling mean that you are not alone even if there is no other human being in the room? Or is there?

Stepping into the world of the unknown can be frightening, indeed. More so, if one is ill-equipped with the necessary information on the subject. Let's take for example an accidental encounter (although nothing really happens by accident) with a disembodied spirit, more commonly known as a ghost. A neophyte, when confronted with a ghostly experience, has a choice—the first is to instinctively flee in fear, and the other is to face the phenomenon with courage. Now this is where Jaime Licauco's book comes in handy and timely. Not only does it serve as a primer of sorts to believers and enthusiasts alike but also it serves as a lighthouse to natural mediums and clairvoyants.

Moreover, the true-to-life stories contained in the book can easily open the door to skeptics and non-believers.

It is a primer simply because the most basic of questions are answered with candor and realism. Easily digestible truths and facts can be extracted from his down-to-earth yet authoritative style.

This book is a lighthouse because it serves as a beacon of understanding to those who are totally in the dark about the afterlife and supernatural phenomenon.

Personally, I speak with great relief about the arrival of Jimmy's book. Finally, to sensitives like myself, it serves as a crucial guide book in order to better translate the meaning of my ghostly encounters since the age of twelve. Admittedly, before Jimmy and I forged a bond of friendship, my response to these

other-worldly visitations has ranged from borderline panic to frustration. With his book by my side, I am now ready to face future encounters with understanding and acceptance. From now on, there is no more succumbing to a sense of helplessness and ignorance when face to face with the spirit of the dead, for the veil of mystery has been lifted from my eyes.

For these reasons, I welcome Jimmy's book. And from now on, after reading it, even you will not run away in fear but face your ghostly visitor with open arms. And if you cannot muster the courage to do that, then at the very least with open eyes.

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Thank you, Jimmy.

Cory Quirino
Beauty & Wellness Guru
Newspaper Columnist
Author of several bestselling books

#### PREFACE

Throughout my two decades of studying, writing and lecturing about spiritual or supernatural things, as well as about psychic powers and paranormal phenomena, I have been asked many questions about ghosts and why they appear to the living.

This book is about ghosts or spirits of the dead that manifest themselves to the living and what to do when we encounter one. But this is not only about spirits of the dead, which is the common understanding of what ghosts are, but also different spirits that inhabit the spiritual world which may not be spirits of the dead. For there are indeed many types of spirits, each one requiring a different treatment.

What I have tried to do in the first half of this book is to answer the most frequently asked questions about ghosts that people ask. In the second part of the book, I have gathered interesting and dramatic stories of real encounters with ghosts by people of various backgrounds which have been either corroborated or confirmed by others.

Although many urban- and Western-educated Filipinos still do not believe in the existence of ghosts and mainstream science and orthodox religions continue to deny their existence, the countless testimonies of millions of people throughout man's recorded history who have encountered or seen them, make it rationally difficult to simply ignore them.

The reason mainstream Western Science cannot accept the existence of ghosts or spirits is because it has confined the world of reality only to things which can be observed by our physical senses of sight, sound, smell, touch and taste. If something cannot be observed or verified by our senses or scientific instruments, it does not exist. It is considered merely a product of one's fertile imagination.

Orthodox Christian religions on the other hand, although they believe in the existence of spirits, deny the existence of spirits of the dead coming back to earth and haunting the living. The reason behind this is the Christian doctrine which states that when a person dies, his spirit goes to either heaven or hell and therefore can no longer be seen by the living. Those that appear to them are considered the "devil" or "demons," but not the spirits of the dead themselves.

And so we have here a situation where a great deal of evidence exists for the reality of ghosts which are not accepted by either science or religion. And any report of seeing one is regarded as mere hallucination or flight of fantasy.

It is not the intention of this book to convince the reader that ghosts exist. It only wants to respond to the many questions that our people have constantly been asking, for which there seems to be no authoritative or definite answers given by those who are expected to provide them.

The reader is therefore advised to judge for himself the ideas given here, using his God-given intellect or rational faculties. Nothing is imposed on him or her either to believe them or not.

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Jaime T. Licauco

### Part I

### Frequently Asked Questions About Ghosts

# EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT GHOSTS (But Were Afraid To Ask)

### 1. Why do some ghosts refuse to leave a familiar place? Do they appear because they want to tell you something?



Earthbound spirits get attached either to places, favorite objects or even to individuals. If the attachment is to a place familiar to them, they will stay there and won't be able to get away from it until they elevate their consciousness and free themselves from such attachments. Some spirits do not realize that they are already dead and therefore they

continue to do exactly the same thing they used to do in a place, like reading a newspaper, lighting a cigarette or simply walking about the room.

Still others have unfinished business with the living. They want to exact revenge, desire for justice, communicate an important message to loved ones, say goodbye to loved ones, console the living, or provide specific information useful to the living.

### 2. Is it possible for a ghost to make a phone call? Can his voice be taped?

Yes, to the first question. I've heard of two cases of the dead calling on the phone. Another one appeared on a television screen. I do not know of a Philippine case where a phone call of a ghost was taped. However, there are numerous cases of taped voices of the dead recorded by researchers from Europe and the U.S. They call the process Electronic Voice Phenomena (EVP). In the Philippines, I've heard of an eerie voice of the dead asking for help that appeared between lines of a woman singing. The woman was alone when she taped her song.

#### 3. Do ghosts have human emotions?

Yes, if they are earthbound. That's why they sometimes haunt the living. A person does not automatically become an angel or saint after death. However, once the dead have elevated their consciousness, they are no longer subject to human attachments or emotions.

#### 4. Can ghosts make love or have sex with a living person?

Yes. A male ghost who makes love to a woman, or has sexual intercourse with her, is called an Incubus, while a female ghost who makes love to a man is called a Succubus. There are many cases of such incidents especially during the Middle Ages, but it also happens in the modern world. I have encountered at least three or four cases of women who have had such scary experiences with incubi. One Italian lady, however, enjoyed the experience so much that she consulted me to ask how she could call her spirit lover back. That was the first time I ever got such a request.



#### 5. Can babies see ghosts?

Yes. In fact, babies and small children are more aware of ghosts or spirits of the dead than adults are. Maybe because babies have no preconceived notions of what can and cannot be seen yet. Their minds are still open and unbiased.

#### 6. Do ghosts choose who to appear to?

Yes and no. For a spirit to manifest on the physical plane he must somehow be able to slow down his vibrations, and for a human being to see a ghost, he must somehow raise his vibrations. Actually, one sees ghosts not with his physical eyes but with his third eye or clairvoyant vision. Closing our eyes does not mean we won't see a ghost. I have seen a ghost approach me from behind with my eyes closed! I was fully awake at that time and was meditating facing the wall.

The person to whom ghosts appear must somehow be open as a channel or medium. His vibrations must be in harmony with the ghost, otherwise it cannot manifest himself to him, even if the ghost wants to.

#### 7. Can thunder affect the appearance of ghosts?

I don't see the connection. However, during thunderstorms people tend to be afraid and they may imagine seeing ghosts when there are none present. According to Allan Kardec, who is an authority on spiritism, ghosts may appear at any time of the day.

### 8. If a person dies a violent and sudden death, how must one cope with his ghost's apparition?

Immediately after death, the spirit may not be aware that he or she is already dead. So the spirit may appear to loved ones and try to talk to them the way they did when alive.

The living should address the ghost with respect and tell him or her that he or she is no longer alive; that he or she now belongs to the spirit world and should focus his or her attention on that world.

Sometimes this is enough to make the spirit realize his present state. If not, you may need the help of an exorcist or a good psychic to elevate the spirit's consciousness to move on to the higher planes in the spirit world.

### 9. Can poltergeists harm people? Can a ghost kill you while you are asleep?

There have been cases reported of poltergeists throwing stones, glasses, or plates at a person and hurting him. But a ghost killing a person while asleep is something else. I've not heard of such a thing. Maybe a person can die of a heart



attack upon seeing a ghost, but the ghost itself cannot physically kill a person while he is asleep because we all have our spirit guides who protect us while we sleep. 10. Can the spirit of a dead person know the situation of the living?

Yes, if the dead person's consciousness is still focused on the earth or physical plane. Once the spirit of the dead ascends to a higher plane, as I said before, there will be complete detachment from earthly concerns.

11. How true is the belief that the spirit of the dead stays up to forty days on earth before it goes to another destination in the spirit world?

This belief, which was adopted by the Christians, originated in ancient Egypt. Egyptians believed it took the soul forty days to travel in the underworld and cross the River Styx to the other side.

Actually the soul's stay on earth varies from one day to even 100 years, depending on the soul's level of awareness or consciousness. It is, therefore, not a fixed period.

12. Why do relatives and friends of the dead still feel his or her presence (like in the scent of candles, flowers, perfumes)?

Because he or she is still around and would like them to know he or she is not dead. Sometimes the departed just wants to say goodbye to friends and relatives.

There are still many things we don't know about the spirit world. Unfortunately, religion has chosen to discourage explorations into the spirit world, rather than understand it more deeply. In time, however, the veil will be lifted and we will know more about the spirit world than we do now.

13. Do spirits, ghosts, fairies, orbs, and other beings in the other dimensions interact with each other?

There are levels or hierarchies in the spirit world (or other dimensions) just as we have here on the physical plane. Those which are in the same level can and do indeed interact with each other but not with those in other levels. There are different



degrees of vibrations or frequencies corresponding to these different levels.

We know this from the reports of those who have gone to the other dimensions and also from channeled information from higher beings and guides.

Some say that those in the higher levels can communicate with those in the lower ones but not vice versa.

14. Are ghosts affected by time? Every time I dream of my sister and other dead relatives, they look younger compared to the age when they died. Why is this so?

Spirits are not affected by time, as we know it in the physical world, because time does not exist in the spiritual plane. But we know that spirits of the dead also undergo some transformation while physical time on earth passes. For example, immediately after death, the spirit may look exactly the way he died. And this is what has been depicted in many horror movies. But later on, as the consciousness of the spirit grows and is no longer earthbound or attached to his or her body, he or she will appear to the living in the prime of his or her life. So, the old folks will look young again and remain that way throughout his or her stay in the spirit world. They don't grow old as we do on earth.

The dead will manifest in their ideal age after they have stayed for a while in the spirit world. The old will appear in their prime age when they are most handsome or beautiful. Your sister probably feels much happier at a younger age and therefore shows herself at that age.

15. Do spirits know where they are? If so, does that mean that they can also be where they want to be? If they can do that, can they also think and learn and become wiser?

After some time in the spirit world, the spirits become aware of other spirits around them. Where they can go is limited by their consciousness. But they can be in places they may want to be. A spirit of the dead told us that the spirit world is just like what

we have on the physical plane but it does not have physicality. In the spirit world, the spirits learn that they truly create their own reality.

Spirits can think and also learn. Consciousness or awareness is not dependent on the brain. The brain is a physical matter, which dies, but consciousness is of the soul and cannot die. It is said that we don't stop learning when in the spirit world. There are many things that spirits do. Some make preparations for coming back to earth. Others may prefer to remain there to learn new lessons from their guides and higher beings on that plane.

#### 16. What good is it to be wiser when one is already dead?

I think you are forgetting that there is such a thing or process called "reincarnation" or multiple rebirth on the earth plane. You grow in each incarnation as your spirit grows.

### 17. Do spirits also experience something similar to death like we do?



Yes, when the spirit decides to go back to the physical world in another body, or reincarnates. Remember: Death on the physical plane means to become alive in the spirit world. And when we "die" in the spirit world, we become alive on the physical plane. Does this make sense now?

#### 18. What is the spirit world and what can be seen there?

The spirit world is another dimension or plane of existence outside the physical realm. When we die, we leave our physical body but our spirits live on in the spirit world. What we see there are the same as here in the physical world but they do not have physicality. We also appear solid to other spirits because we vibrate with them in the same frequency.

### 19. Where do spirits reside? Are there dimensions in the spirit world?

Spirits belong to another plane of existence or dimension. They are not elsewhere but also here in another frequency or plane of existence. When a person dies, he does not go anywhere, he is still around. There are many levels in the spirit world. Christ said that, "in my Father's house are many mansions and I come to prepare a place for you." Some esoteric schools of thought claim that there are seven planes and each plane has in turn seven sub-planes. Of course, it is difficult to prove this, but neither can it be disproved.

### 20. How are we affected by the entities belonging to other planes of existence? How do we call or consult them?

Entities from other planes of existence are numerous and they are in constant touch with us. Some, like the nature spirits, help make flowers bloom and trees bear fruit. Others help in healing people. Still others protect us from physical harm. There are the "guardian angels" of the Christian religion, for instance. There are also highly-evolved beings that give creative inspiration to human beings, suggest useful inventions, and give out spiritual messages.

We can consult these entities through various means. Some methods are harmful, but others are safe. The safe methods are through dreams, meditation, and, to a certain extent, automatic writing. The harmful methods are through the Ouija board, or spirit of the glass, because usually, lower forms of spirits and negative ones communicate through these means.



## 21. Can we call upon or contact the spirits of our departed relatives through automatic writing?

Under certain conditions, yes. But I don't advise it. You can't always be sure about the identity of the entity whom you've contacted. And there are lower spirits who pretend to be somebody else. Unless done under expert guldance, better leave this practice alone.

### 22. What other entities can manifest and claim to be such?

As in the physical world, there are also many pranksters in the spirit world. Furthermore, there are many spirits, good and bad, who are eager to communicate with the living. They are usually the disturbed or earthbound spirits of the dead who have difficulty transcending their earthly concerns. Also, there are negative elementals that you may inadvertently attract.

# 23. The Japanese perform ancestral worship. Do you believe that spirits of departed relatives can help us in our daily lives? Can they intercede with God on our behalf?

Based on the messages from evolved beings in other dimensions, it would seem that there is constant communication between the spirit world and those living on earth. Often, ideas we think are coming from our minds are actually promptings from the spirit world and spirit helpers. Some departed souls of relatives graduate to become spirit helpers for those left behind on earth.

There are documented cases in which the dead: 1) helped to solve his own murder, 2) returned a camera taken by a taxi driver, 3) healed a son of painful shoulder, and 4) reconciled his wife with his family.

## 24. Do spirits of the departed return, especially if they have unfinished tasks or missions? Can they do us harm?

There is sufficient evidence that they do return. They are the "familiar spirits" mentioned in the Bible. They are called ghosts by most people. Usually they're quite harmless, but they can occasionally cause some harm because they scare people, thus leading to accidents. It is seldom that they inflict direct harm on the living.

### 25. How many stages of learning do we have from this plane of existence?

I do not know if I understand the question correctly. As far as I am concerned, the stages of learning correspond to stages of one's soul evolution, and one attracts forces (be they people, knowledge or events) depending on his or her stage of soul evolution or consciousness.



## 26. Did people who drowned in the ship Titanic have spirit guides? Did they in turn also become spirit guides after they died?

Each of us has at least one spirit guide. But a spirit guide cannot always prevent accidents or tragedies from happening to us. They cannot interfere with our free will, for example. A lot of factors are probably involved in determining in what manner they can influence or intervene in human affairs. Sometimes they are able to prevent accidents or harmful things from happening to us, but not all the time. Karma is most definitely a determinant in this, as well as God's will.

People who die do not automatically become spirit guides. Some may choose to become one, depending on the agreement in the spirit world between the person and the would-be spirit guide. Nothing is ever forced upon us because we have free will.

### 27. How do we protect ourselves from the devil?

I do not know what you mean by the devil, but if this refers to the evil or negative spirits that sometimes interfere in human affairs, then the best way to protect one's self from them is not to be within their vibratory sphere. If one is always anchored to his God and keeps a positive frame of mind, no evil force can penetrate him. In some esoteric schools, a form of psychic protection is taught, the easiest of which is to imagine one's self to be surrounded by a white light. In my advanced ESP class, I teach a stronger and more effective psychic shield or self-defense.

#### 28. How would you describe a haunted house or haunting?

Almost every house is inhabited by spirits of various types. Most of the time, they are quite invisible and harmless. For example, spirits of departed relatives often visit the house they used to live in, or where they died. They do not necessarily manifest themselves. Spirit guides and angelic creatures are also present in houses. So are nature spirits or elementals.

It is only when they manifest themselves in some way that people say a house is haunted. Actually, there are always spirits around us. Because of our fear of spirits, we get scared when they appear even if they don't mean any harm.

#### 29. What are the signs a place is haunted?



There are many different signs. Most manifestations are very mild and need not be a cause for worry. For example, you may smell sweet scents of flowers or perfume. That's not so bad. A deceased relative, friend or lover may just be saying hello. Or you may see a bright-colored moth or butterfly inside the house, although windows and doors

are closed. Sometimes, you may hear someone calling you or you may see mists or white shadows quickly passing by in the periphery of your eyes. There is nothing to be scared of when these happen.

When should you worry? When the manifestations start to disturb the occupants of the house. For example: objects falling on the floor, dogs barking for no reason, lights turning on or off (but not caused by Meralco), unusual loud noises or sounds of moaning or cries, etc. These indicate the presence of an earthbound or disturbed spirit.

### 30. Why do mostly women and children experience hauntings? Is it because ghosts perceive women and children to be weak?

No, not at all. It is women and children who experience these things most of the time not because they are weak, but because they are more sensitive to such things than men. Women and children are generally right brain dominant, whereas men are generally left brain dominant. The right brain is responsible for non-verbal thinking, creativity, intuition and ESP. The left brain is responsible for verbal and analytical thinking. If one is too analytical or logical, it is more difficult to go down to the alpha level of the brain waves where the two hemispheres of the brain become synchronized. This does not mean men cannot experience hauntings or communicate with spirits. Many of them can, but in general, men have difficulty with this.

### 31. How should we deal with ghosts or spirits? What can we do to protect ourselves from evil ones?

First of all, we should find out what type of spirit is manifesting in a place. There are many types, such as elementals (dwarves, engkantos, kapres, etc.), angelic creatures, spirit guides, spirits of dead relatives, close friends, intimate relations, thought forms, or astral shells of departed people. Even extraterrestrials, of late, have been manifesting to people. Each type of spirit may require a different treatment, that's why correct diagnosis is important.

- 32. A reader, who works in a hospital, has several thoughtprovoking questions about medical students who see ghosts all the time. He is one of those who feel his hair standing and sense being watched while at work.
- a) Does this mean that hospitals are gathering places of ghosts? Or does it just mean that dead people stay where they died?

Most ghosts visit the place they died in. Some cannot even get out of them. They are stuck and haunt the place. Since a number of seriously ill patients have died in hospitals, it is not surprising to have ghosts there.

#### b) What is the effect of this type of energy on patients?

The effect of the energy of the dead is certainly bad for convalescing patients, especially those who are sensitive to such energies or vibrations. Ghosts suck the energy of living people around them in order to manifest to them. If a patient has a bad heart and suddenly sees a ghost, he may have a heart attack and die.

c) What can be done? Is there a ritual that can be performed to cleanse the place of negative energies for the benefit of patients and staff of the hospital?

There are remedies that can be done to rid hospitals of negative entities or earth-bound spirits. One way is to get somebody who can see spirits to talk to them and help them elevate their souls. Another way is to ensure that doctors, nurses, and other staff members respect the body of dead patients and do not treat them shabbily or they may make the owners of these bodies angry. It is a good practice for doctors and nurses to pray for the souls of their patients who have died, whether or not they are religiously inclined.

d) If a doctor uses his psychic power to heal on sight and to see dead people and converse with them, will he be able to practice ethical medicine when he gains an insight into the morality of his patients via paranormal means?

The morality of the patient has no bearing on the practice of healing. The doctor is morally bound to heal patients whether sinner or saint.

e) More chilling, will he be able to face the spirits of those he failed to revive? A true accounting, as it were?

A doctor who is clairvoyant and is mediumistic can see and talk to the spirits of his patients. That is an advantage he has over his less psychically-endowed colleagues. He can at least explain to the spirit of the dead what went wrong and appease his soul. This is an important responsibility and if he is a real clairvoyant or psychic, he should know this.

f) Will it not cause a schism inside the man due to hard science's lukewarm attitude toward the unknown? Will he have the appropriate framework to reconcile these two views? A faith healer relies on acceptance or faith, whereas a doctor relies on proof and repeatability.

It is true that at the beginning psychic gifts can cause a problem for a medical practitioner, but in time he will be able to work it out. He cannot ignore information derived from psychic or paranormal means forever.

Although his more conventional colleagues may laugh at him at first, he must not let this distract him from his true mission of ministering to the sick. Sometimes, death or letting go is a form of healing, as the Greek philosopher Socrates indicated just before drinking the poison hemlock inside his prison cell 2,450 years ago.

g) I believe your article has opened up a Pandora's Box of thoughts within me. Could a paradigm shift in conventional medicine happen in the future, if cases like this are discussed and dissected?

For your information, medical science has been undergoing a steady but definite paradigm shift during the last two decades. And the trend has been accelerating with the explosion of information brought about by the Internet and expansion of man's consciousness.

Alternative or complementary medical concepts are gaining ground throughout the Western world and the Philippines is not lagging behind. More and more medical scientists are expanding their knowledge to include the paranormal and the spiritual in their practice. Integrative or holistic medicine is here to stay.

33. Isn't it that it is the *kaluluwa* (soul) of a person that manifests to the living? But when a person dies, his soul goes with him, and his spirit goes back to God. Then why do some souls still make their presence felt by those left behind?



The soul does not die with the person. It still lives just as his spirit does. The soul is the principle of life. What makes you

the particular or specific person that you are is your soul. The spirit is the divine spark that is really what makes us part of God. What manifests is the consciousness or *kaluluwa* (soul) of the individual which is an aspect of the soul. This may be a bit difficult to grasp, but don't bother yourself about these minute distinctions. Even philosophers don't agree on this.

34. Why is it that my sister manifests herself strongly to us (brother and sister) but never to our parents, not even in dreams?

Spirits manifest themselves to those who are sensitive or psychically tuned to them or else gifted. People whose chakras are open, or whose Third Eye is open, can sense spirits, but not those whose chakras are inactive or blocked. Not all persons are sensitive to psychic or spiritual forces. Your parents are probably too left brained (i.e., critical or analytical) that they cannot perceive the subtle signals of spirits of the dead.

35. Does too much attachment to one who has died affect the dead? How can that be since they are no longer in the same dimension?

Yes, there is an effect. Too much attachment or the inability of the living to let go of the dead relative, and too much mourning or calling them, makes it more difficult for the dead to ascend to a higher spiritual realm. They are always pulled back. This is not good. The living should let go after a short while.

Remember, we, the living, are still partly spirit and partly physical. It is the spirit in us that is in touch with spirits of the dead. Communication between the living and the dead still goes on but on a telepathic or mental level alone. So if the living cannot let go of the dead, the latter is also affected if he is still earthbound.

36. Ghosts are commonly defined as the souls of people who have died. Is this true? Are there ghosts that do not come from human existence?

As indicated above, not all ghosts are spirits of human beings. Some ghostly apparitions are the works of elementals or nature spirits such as dwarves, fairies, and other enchanted beings, who are not human at all.

Other so-called ghosts are really "thought forms" of other people. They sometimes manifest physically if they are emotionally charged.

Still other ghosts are not really spirits of the dead but only their astral shells which are discarded at death. These astral shells can be activated by the thoughts of others and sometimes appear as ghosts.

Other spirit manifestations are those of angelic beings and spirit guides who may not have been human before.

You see, there are many types of spirits in the spirit world and when any of these are seen by humans, they are mistaken to be spirits of the dead.

37. If we see a ghost, what should we do? Should we be afraid of ghosts? Why or why not?

It depends on the type of ghost or spirit that you encounter. As mentioned above, not all ghosts are spirits of the dead. There are many types of spirits in the spiritual world which are mistaken to be spirits of the dead. That's why discernment or correct diagnosis is important. In general, if you are talking about spirits of the dead, most of them



are harmless. They do not mean to hurt any living being. They may manifest themselves only to convey an important message to their loved ones. If it's the spirit of a newly departed relative or close friend of yours and it did not do anything except to show itself once, that spirit could simply be saying goodbye to you. You should not worry about it. Just say a prayer for the eternal repose of his soul.

After the message has been received, the manifestations cease. If they are elementals or nature spirits, they are almost

always present in gardens or old trees. Again most of them are harmless, although some are mischievous.

In general, we should not be afraid of ghosts because most ghosts do not mean harm to us. Most ghosts are in fact like Casper, the friendly ghost, the famous comic strip character.

When you see a ghost, it means you have clairvoyant vision. You should be glad about this. Many people would like to have this ability and even pay large sums of money to develop this ability.

A ghost manifests to a person who is open to the spirit world. When you see one, ask the ghost what it wants. Ask for its identity and how you can help it. If that is a real ghost and not a thought form or astral shell, it will respond.

You have to be receptive and sensitive to the answer. Usually this is done telepathically, not verbally. And then you should comply with the request of the ghost if you can. Otherwise, something may happen to you if you said yes to it and you didn't follow through with the ghost's request.

If the spirit did something more than merely show itself, for example, if it wakes you up from your sleep, or makes a noise, like a knock on your door, or shakes your bed or calls or texts you on the cell phone, then it may want to convey to you an important message. Sometimes an earthbound spirit like that may even possess a person to deliver a message to a loved one. This usually happens in case the person died suddenly because of heart attack, accident, or murder.

In such a case, you have to talk to the spirit to get its message or it will not find peace. If you are afraid to do this (which you shouldn't be) then find a psychic, clairvoyant, or competent exorcist to do this. You should ask for professional help if the spirit is harming or deliberately scaring people, or touching, pushing, or doing something that is disturbing you or everybody in the household. These are signs you have encountered a highly negative and low spirit.

If it is a nature spirit or elemental that you encountered and it did not do anything scary but merely showed itself, there's no need to do anything if it happens only once or twice. Remember that not all spirits people encounter are bad or malevolent.

### 38. How did you learn all this? What is the source of your knowledge about ghosts and the spirit world?

Some of the knowledge I have about the spirit world come from actual research and reading books and articles about the subject, specially the writings of Allan Kardec, probably the world's greatest authority on spirits and mediumship.

Others come from my own actual experiences and personal encounters with spirits and ghosts.

Still others come from messages given by the spirits themselves.

After dealing with this subject for so long, one sort of gets used to it and the world the ghosts live in, and one gains a lot of insight about the spirit world. There's really nothing extraordinary or strange about all this. Spirit contact is part of human life on earth.

#### 39. What is a poltergeist?

"Poltergeist" literally means a "noisy ghost." It refers to noisy or physical manifestations exhibited by certain ghosts, like knocking on doors, or opening and closing them. Sometimes poltergeist activity can be violent, like throwing plates and glasses on people in the house.

Some researchers have expressed the theory that poltergeist activities are not caused by spirits of the dead but by the repressed emotions of adolescents. It has been observed that on many occasions poltergeist manifestations take place only when a teenage member of a family is present and they completely cease when he or she is not there.

But this theory is not supported by all the facts. There have been verified reports of poltergeist activity in a house without the presence of any adolescent. Therefore, I believe that such manifestations can also be caused by ghosts or spirits of the dead.

### 40. In what ways have spirits manifested themselves to, or communicated with, the living?

There are a great variety of ways. The classic ones are by showing themselves like transparent shadows but sometimes as solid as when they were alive.

Some manifest themselves by their most distinctive characteristic or personality. For instance, a woman may let her favorite cologne or perfume be smelled by a loved one. A smoker will manifest a smell of cigarettes to the living.

In recent times, ghosts have attempted contact with the living by calling on the telephone, having their voices recorded on cell phones, and even appear in photographs.

There was the case of a murder victim who called his wife through his cell phone in which the sim card had been removed. The call happened more than once.

Then there was the case of an earthbound spirit who faxed four messages to a cousin in his office.

Another ghost wrote a message on a mirror in his mother's room.

Sometimes the spirit may use small insects and animals, like butterflies and even birds, to greet a loved one, or show that they are not dead but alive in the spirit world.

Others have given messages through automatic writing. Usually this is done through a medium or a channel that the spirit uses to communicate with the living.

The scarier manifestation is when a spirit possesses or superimposes itself on a sensitive person to communicate. The spirit may use the sensitive as a medium to speak to the living. Usually a relative will recognize the voice or mannerism of the dead person speaking secret things only he and the relative knew about. In other words, very personal and private matters may be revealed to a loved one to prove the spirit's identity.

We do not know what other ways ghosts will use in the future to manifest themselves.

### 41. What does the afterlife look like? Is there really heaven and hell?

Those who believe in heaven will see a heaven-like environment, whatever their consciousness believes heaven to look like. And those who believe in hell will also see or experience what to them is hell, with everlasting fire. Although I don't see how fire can affect the spirit.

Therefore, the spirit's state of consciousness will determine what he or she will experience in the afterlife.



There are spirit guides and masters, close family members and relatives, who will meet us there and help us through the transition from the physical to the spiritual world.

There are many things a spirit does in the spirit world. He may want to come back soon to earth or stay there for a while to learn more lessons.

### 42. Do spirits of the dead come back to live again on earth? In other words, is reincarnation or multiple rebirths true?

If you ask a Christian priest this question, his answer will definitely be "no," and he will most likely cite some passages in the Christian Bible to "prove" his point.

But if you ask a Buddhist or Hindu monk, his answer will definitely be "yes," an individual will live over and over again on earth in order to work out his karma and attain perfection.

If you ask my own opinion, my answer will also be yes, because of personal experience and the fully documented, authenticated and numerous cases of reincarnation around the world.

Citing the Bible to prove or disprove reincarnation is not really very convincing because, as the American psychic and prophet Edgar Cayce pointed out, "one can read reincarnation into the Bible and another can read it out again."

When asked his opinion about reincarnation or multiple rebirths, the influential 18th century French philosopher, Voltaire,

was quoted to have replied: "It is no more incredible to be born twice, as it is to be born once."

The controversy over whether reincarnation is true or not will not stop until science proves it. And more and more Western Christian scientists, especially psychologists and psychiatrists, are beginning to accept reincarnation as a fact of human existence. It is still, however, not acceptable to the majority of scientists and Christians.

I leave it up to the reader to examine the evidence and the reasoning behind the reincarnation theory and draw his own conclusion.

#### 43. Is there scientific proof that ghosts exist?

If you are referring to Science as a "systematic body of proven knowledge" with its methodology to prove or disprove them, we must say that there is no scientific proof yet of ghosts, for how can you prove something spiritual using tools meant to investigate only material things?

Given the currently narrow and limited view of Science as adopted by the Western world, it is not possible to prove scientifically what is essentially spiritual and, therefore, nonphysical reality.

To prove the existence of ghosts and other non-physical phenomena, we must perhaps adopt the five (5) criteria proposed by Voltaire for testing whether a testimony is to be believed or not.

"A testimony," according to Voltaire, "is sufficient when it rests on: First, a great number of very sensible witnesses who agree in having seen well; second, who are sane bodily and mentally; third, who are impartial and disinterested; fourth, who unanimously agree, and fifth, who solemnly certify to the fact."

44. In 1994, a friend of my brother was murdered. He was stabbed many times by a notorious drug addict and street toughie for no apparent reason. We spent several nights at his wake. Four days after the wake, I was cleaning the glass of our kitchen cupboard when I saw a figure reflected on the cupboard's glass. When I turned to look

at our dinner table, there he was, seated casually, crosslegged and wearing his street clothes. There was a bluish grey aura about him. When my sister-in-law, Baby, came to the kitchen she also saw him.

So my questions are: Do ghosts and other spirits show themselves only if they want to or only to certain individuals of their choice? Why can't we see them when we want to? Why do they often make surprise appearances?

First we must distinguish the different "entities" or "forces" in the non-material plane that manifest themselves to living beings as so-called "ghosts." Not all of them are spirits of the dead. We have pointed this out before.

There are, for example, elementals or nature spirits called elves or fairies or enchanted beings. Their presence or activities are often mistaken for ghosts.

Then there are astral shells or just the energies of the spirits of the dead which they had left behind. They appear mechanically or at certain fixed periods and they act as though they do not see anybody. They also do not respond to communications because the spirits are no longer there. These are also mistakenly called ghosts.

Then there are thought-forms or astral bodies projected to a particular place or house by living human beings, often unconsciously. They are not aware of the fact that they are manifesting themselves to others. These are mistaken to be ghosts of the persons concerned. Then there are the earthbound or disturbed spirits of newly departed beings.

These are some of the different types of forces or entities that may inhabit the ethereal plane of a place. When they manifest themselves to the living, they are called "ghosts" in general.

Do they manifest themselves only to those of their choice? The spirits of the dead, yes. They get attracted to open channels or to those who are sensitive to them and not to others.

Spirit entities are always around us and manifest themselves when one tunes in to them, either consciously or unconsciously. They appear usually when we are relaxed or when we least expect them because that's when our right intuitive brain dominates. When we are deliberately focusing on them or want to really see them, we often cannot do so because we are using our rational, analytical left brain. To see a ghost, one has to be mentally and physically relaxed, passive or receptive and non-analytical.

There are very highly sensitive or psychic individuals who can see a ghost or spirit without really trying. These are people with clairvoyant vision. They see "ghosts" and other creatures of the astral world all the time with great clarity. They can even carry on a conversation with them. These gifted individuals have often been able to help the police find murder victims' bodies and solve crimes.

### 45. Can a person who died in the Philippines manifest himself in another country?

"My friend, Mary Ann's dead husband, appeared to her sister in Israel.

"He appeared to her face-to-face and told her, 'Please take care of my wife and children. There's nothing more I can do for them now.' Why show himself to his sister-in-law and not to his wife?"

To your first question, the answer is yes, a spirit can manifest itself to another person in another country. Spirits are not hampered or hindered by space. What matters is the psychic sensitivity of the person to whom a spirit appears.

He appeared to the sister-in-law and not to his wife or immediate family, perhaps because she is the one who has the capacity or sensitivity to receive the message. In other words, she is an open channel, whereas the wife or immediate members of the family may not be that sensitive and therefore incapable of receiving a message, no matter how much they may want to.

Spirit communication is a matter of similarity of frequency or vibrations. It does not mean the husband does not want to talk to his wife. It's more likely that she's incapable of receiving the message.

### 46 How can you differentiate residual energies left by ghosts from the ghosts themselves?

What some psychic investigators call "residual energies" are similar to the "astral shell" which the spirit leaves behind and has no life of its own, except what has been infused into it by the emotions or feelings of the living.

A residual energy of a spirit acts in a mechanical way. You can't talk to it or drive it away through exorcism. You can cleanse the place through incense, special sounds and the like. Residual energies or astral shells are not necessarily harmful, although they can be scary to people who are not aware of such things. They are easily mistaken for ghosts or spirits of the dead.

The astral shell left by the dead may be animated by the thoughts or feelings of the living and therefore, may appear as a ghost to people capable of seeing them. But they have no life of their own, as said earlier. They are also similar to thought forms left behind by people in the house.

## 47. If my husband dies at the age of 35 and I die at age of 70, will we still recognize each other in the afterlife?

Yes, if you are in the same level or frequency or same dimension in the afterlife. People who die go to different dimensions or levels. It is said that those in the higher dimensions can see those below them, but those below cannot see those who are above.

But if you are in the same dimension you will definitely recognize each other because the person who is old when he or she dies will manifest to the other at the prime of his or her life, not at the age in which he or she had died.

## 48. Do you know of cases where a ghost or spirit of the dead left some visible or physical proof of their presence?

Yes, plenty. But let me just cite a few examples:

a) A dead man wrote the following message on the mirror in his mother's room: "Help, Pls!" The man died suddenly while his

wife, who was a nurse, was abroad. Subsequently, through automatic writing done by a female cousin in the handwriting of the deceased person, he revealed the entire message to his wife and mother who didn't get along well. The two were reconciled after this.

- b) An executive of an advertising firm died of leukemia in the hospital after a long confinement. Several advertising companies donated funds for his hospital expenses before his death. A secretary of one large company was sent to his hospital in the afternoon, not knowing that he died that morning. When she knocked on the door of his hospital room, somebody answered, so she came in. She saw a man sitting on the bed and asked if he was the executive that was confined there. He said yes. The secretary said she had a check for him from the company and asked that he sign the voucher proving he had received the check. The man signed the voucher and she left. Back in the office, the secretary was told the man she saw died that morning. The secretary fainted.
- c) A man who suddenly died while on official assignment in Davao sent at least three fax messages to his home office in Manila, including some very personal information which nobody knew about until it was investigated. He asked that a message be forwarded to his wife when everybody knew he was a bachelor. Subsequently, it was verified to be true.
- d) A young man died when the MV San Jose sank in one of the biggest sea tragedies in the country. Shortly afterward, he went home. His younger brother opened the door for him and saw him completely wet. The young boy asked what happened to him but he did not reply. He went straight to his room, presumably to change clothes. He never came out again. Nobody was found in the room, but the path he stepped on was all wet, from the front door to his room.

Here's an interesting letter from a reader from San Fernando, Pampanga who saw a "ghost" at close range

### two years ago and wants certain disturbing questions answered.

"I was sleeping in bed with my back toward the door. I was awakened by the sound of my door closing. (My door cannot be closed silently even with the slightest motion.) I turned my head to see who had entered. (I forgot to lock the door before going to bed.)

"I saw a man (or what I thought was a man) standing at the corner of the room. I then called out the names of my househelps. I got no answer. So I thought this must be a burglar. I thought of reaching for my firearm on the left bedside table.

"Remember, all this time I had not moved from my position, laying on my left side with my head toward the door.

"Suddenly, I realized I could see through the guy. My door was painted in deep contrast to my wall. I could actually see the outline of my dark door in contrast with the white background.

"Then all I could do was to murmur, 'S...t! Hindi tao ito!' (S...t! This is not human!) The figure stayed there for a few seconds, then turned a little to his right, floated or walked (I can't tell whether he floated or walked) toward the foot of my bed, then stopped at my feet and turned toward me.

"To be honest, I was not a bit scared. I turned to lie down on my back with my hands supporting my head and just stared at him. I actually couldn't believe I stayed as calm as I did.

"Now I could see the Venetian blinds on my window through him. He is around 5'10", broad shoulders, flat top (or curly hair, the top of his head seemed flat to me), his arms on his sides. Unfortunately, I can't give you details of his face because I can see through him and all I can make out is his outline.

"After a few seconds, I called out the name of my departed uncle, no reply. I also called my Dad's best friend who stayed with us until his death, still no reply. With no more relatives to call, I asked the figure what he wanted, but he just stayed there for a few more seconds.

"Then he walked toward me as if there was no bed. Still coming nearer, he reached my feet but continued to come closer until he reached my knees and thighs. (This time I was getting scared.) Then he vanished just a few inches before he got to my navel.

"I became scared because I remember having read somewhere that possession takes place either at the feet, head or navel.

"Right after that I turned to my right and prayed. I rushed out of my room. Just then my uncle came out of his room, and noticing that I was sweating profusely, asked me what happened, so I told him.

"I was glad he was there to prove to myself that I wasn't dreaming. I didn't even have a drink that night and drugs are a big No-No for me. Although I was scared back then, I was hoping he would show up again but he never did.

Now, here are my questions:

49. Why did the figure I encountered make a noise with the door? Was it to wake me up and see him?



Some earthbound spirits are able to affect physical objects as if they were still on the physical plane. This is why poltergeist phenomena happen. Other spirits on the other hand cannot affect or touch the physical world. They can only watch. I don't believe he intentionally made a noise to wake you up.

50. If he were a ghost why did he turn and walk toward the foot of the bed like any other living person? Why did he not simply float where he was (at the door) sideways toward the bed? Or why not just walk or float directly toward me or toward my navel (to be exact) than go over my feet, knees and thighs before dispersing literally before my very eyes?

I don't have a definite answer to this question. All I know is that most ghosts that are seen in a room before a sleeping person appear at the foot of the bed, seldom at the side. Yes, I've heard of the belief that ghosts usually enter through either the head, the navel, or the feet of a person and there seems to be a basis for it.

There are several possibilities: one, it could be a passing earthbound spirit who was attracted to you. Two, it could be an astral body or a thought form of somebody you know, and third, it could be your own astral body that you unconsciously and involuntarily projected out of your physical body and was already returning. Did he resemble you physically?

#### 51. Was I right to try to talk to him?

Yes, whenever you become aware of a presence around you, try to communicate with it either with closed eyes or mentally. Ask it its purpose for showing itself to you and if there is anything you can do for it. Most "ghosts" are harmless, so don't be scared.

52. Could that being be me or one of my friends?

Yes, as indicated above.

53. My dogs suddenly howled when I started writing this letter. Might it be coincidence. But is there a connection?



Possibly, yes. When you started recalling the incident, there was an instant psychic connection between you and your ethereal visitor. He was there again, although this time you were not aware of it. Your dogs, which are more sensitive to these things, sensed his presence and they howled.

54. Why did he disappear just before my navel? Was he trying to take over me or what?

This is because by that time, you were already wide awake and no longer in the same brain wavelength as he. You went back to your physical (beta wave) consciousness and therefore the connection between you and that spirit was gone. You see, one can only see a ghost through clairvoyant vision and not with one's physical eyes. This happens at the lower brain wave levels: alpha, theta or delta. Yes, it is possible he was trying to take over but you were strong. Another theory is it could also be your own astral body that you unconsciously and involuntarily projected out of your physical body and was already returning. Your astral body remains connected to your body by a band of energy called the "silver cord" and it goes through the navel.

For further information on Astral Projection, please read my book Exploring The Powers of Your Inner Mind.

55. I've heard some people project themselves and see their bodies in the physical world. If I did, where did I go? I don't have a memory of it.

This is true, but as indicated above, some astral projections are unconscious and therefore you will have no conscious memory of what you did and where you went.

56. I've heard of ghosts appearing before somebody, but what bothers me is that the figure somehow crossed my physical being. Are there any other cases similar to mine?

Yes, plenty. Most ghosts appear only as outlines or white shadows or mists with a human figure. They can pass through doors, walls and other physical objects, including human beings. There is nothing so unusual about that. Usually, when a ghost comes too near a person, his hair stands or he feels goose bumps.

57. If a man dies at age of 80, then he is very old already. If he goes to heaven, what will he look like? (from my granddaughter Elan at age 12).

The spirit of the newly dead will appear like he was on earth at the time that he died. But as he gets used to staying in the spirit world, he will gradually appear at the prime of his life, maybe at age 25 or 30. He will appear at the happiest age he was while on earth.

58. Would ghosts know if people can see them or not? – Another question from Elan when she was already 17 years old.



If the spirit is still earthbound and his awareness is tuned to the earth plane, yes, he will know if people can see him or not. But if he is already long in the spirit world and has ascended to higher levels, he will no longer be aware of people and they will not see him anymore.

59. You said there are ghosts (called Incubi) who have sex with women. So, can they also make women pregnant?

No, they cannot. For a woman to become pregnant there must be a union of sperm and egg.

60. Why is it that despite the voluminous evidence all over the world for the existence of ghosts or spirits of the dead, modern science still cannot or will not accept there are such things?

Because modern science excludes the study of spirits and has limited itself to material objects. For modern science, the only reality it recognizes is physical reality—it must be capable of being seen, weighed, felt, measured, tasted, smelled and touched either by our senses or by scientific instruments.

Since spirits cannot be seen except by a very few individuals, science does not and cannot believe they exist. All evidence to the contrary are considered to be merely anecdotal, if not products of one's imagination.

But this hard line attitude of modern science is slowly changing now with the discoveries of modern quantum physics and neuroscience.

### Part II

True Stories of Close Encounters with Ghosts

## WHY THE DEAD MANIFEST THEMSELVES



Stories of personal encounters with spirits of the dead are numerous, despite frantic denials of their existence by fundamentalist Christian religions and materialist scientists who have never investigated the matter in depth. Spirit manifestation is a universal phenomenon and is not peculiar to any one country.

But some countries in Asia seem to have more of it than others.

Why do ghosts appear? To communicate an important or urgent message to the living is one reason. For example, a grandfather who suddenly died appeared to his grandson in a dream to reveal a hidden land title the family needed to ease their financial burden. That piece of property was unknown to any living family member. In the dream the grandfather pointed to one of the legs of his bed which had a secret compartment. When opened, they found the title and sold the property, which saved them from bankruptcy. The grandson to whom the grandfather appeared is a well-known anthropologist at the University of the Philippines.

Another interesting case is that of a young Filipino businessman who suddenly died of a heart attack. His wife was a nurse in Saudi Arabia when he died. After his burial, the wife

decided to transfer their children away from her in-laws' house where they were staying. Apparently they did not get along very well. The next day, a handwritten message suddenly appeared on the mirror of the mother's dresser saying, "Help, please." It was in the handwriting of the dead man. A séance was subsequently conducted using a cousin of the dead man as the medium. Through automatic writing he revealed several important messages to his family, especially to his wife. He did not want her to take the children out of the family compound. Eventually, the ill-feelings or conflicts among them were resolved.

Murder victims usually appear as ghosts to ensure that justice is done. We can recall the celebrated cases of the Vizconde massacre and the murder of the navy ensign Pestano whose spirits came back to seek justice. However, the court later ruled that Pestano committed suicide because there was "not enough evidence" that he was murdered.

The great majority of ghosts are harmless and should not be a cause of alarm. Many of them don't even know they are already dead or refuse to accept their death. Some only wish to be prayed for and to be elevated to a higher plane. They respond positively to sincere acts of prayer and spiritual assistance from the living.

Spirits who are attached to the living become earthbound. They cannot let go of their attachment to the material plane and may sometimes try to possess and harm living beings. Such types of ghosts are rare and they need to be exorcized.

The spiritualist movement in the West was born precisely because a ghost chose to manifest itself to the Fox family in 1848 in Hydesville, New York through table rappings and knocks on the walls.

As related by Roy Stemman in the book Spirit and the Spirit World:

"The Fox family devised a simple method of communicating with the unseen presence. They asked it questions that could be answered simply by 'yes' (one rap) or 'no' (two raps). Using the code, the presence identified itself as the spirit of a murdered peddler whose body had been buried beneath the Fox cottage. News of the rappings spread rapidly in the small town and soon

the Foxes invited their neighbors to hear conversations with the dead peddler's spirit." The spiritualist movement soon spread to England and other parts of the world.

Although one of the Fox sisters, Margareth, eventually confessed the rappings to have been faked by them, the spiritualist movement continued to grow and even attracted such famous personalities as U.S. President Abraham Lincoln, British writer Sir Arthur Conan Doyle, and world renowned scientists Carl Jung, Sir William Crookes and Thomas Edison.

Why do spirits of the dead return to earth? Because they never left in the first place!



white lady in the yard. She panicked and fell to the ground in fear. The apparition appeared only once."

After that, the people in the household began telling about their experiences, which they had completely ignored before. The maids said they would sometimes hear voices talking when nobody was around. Since these did not happen often, such stories were soon forgotten until three months later. At that time Laila's brother and a maid cut an old *ipil-ipil* and an *aratiles* tree in the yard. They noticed that when the *ipil-ipil* tree was cut, blood-like liquid oozed out of it instead of a sap, as if it were human.

After that, strange things really began to happen in the house. Their child began to fret and be disturbed in his sleep. He would wake up at one or two in the morning, and cry for no reason at all. During day time, this child would act strangely, as if he was not himself.

"One early morning," Ramon said, "about 2 a.m., I woke up because my son started to cry suddenly. Then as I looked at him it was if somebody picked him up and threw him down the bed, rolling fast and almost hitting the wall. Nothing happened to him, but I got afraid."

Then strange writings and figures began appearing on the walls and on cabinets in their room and in the bathroom. It was like somebody had etched or scratched the paint with a sharp object revealing the writings. Laila described them thus: "one looked like a heart with thorns around it; another looked like a skeleton of a fish."

They consulted a local healer. He performed a diagnostic method called *tawas* which revealed that a *lamang lupa* (gnome) or *duwende* (dwarf) was responsible for the manifestation and took a fancy on the child. Afraid for the safety of their son, Ramon and Laila decided to leave their house and transferred to her parents' house nearby. Everything seemed fine for a while. Then similar writings began to appear in the mother's house, too. Although not as clear or numerous as the writings in their previous house, that made them fear that the entity might be following them or their child. What made them more afraid was the statement of the healer that the *duwendes* wanted to take their child to their kingdom.

## STRANGE SPIRIT WRITINGS ON THE WALL



Ramon and Laila Fernandez (not their real names) are a young married couple living in a middle class subdivision in Las Piñas. They have a one-and-a-half year old child named Ramon Jr. The elder Ramon works as branch manager of a bank in Makati and Laila used to work as a teller in another bank also in Makati.

They are intelligent, highly educated professionals who do not easily believe in superstitious beliefs and stories involving the unseen world. But a series of strange events that actually happened in their own house made them decide to finally seek expert advice.

Here's their story: After their marriage, they rented an old house near Laila's parents in the same subdivision. The house was built in 1970. Although they were the seventh tenants of that house, they never heard of any story of strange events happening there before. According to the owner, no one had died in that house, nor complained about it.

Some time in June 1993, a series of unusual and eerie events began.

"My sister-in-law, Rina, who was six months pregnant," related Laila, "stayed with us for a while. One night, she saw a

"Could they really do that?" Ramon asked me. I've heard of stories like that before, I told him, but I have not yet found a strong evidence that it really happens. I told him not to worry too much about their son suddenly disappearing into the duwende world.

I gave them the powerful medal of St. Benedict which the Catholic Church has specially recognized to protect the wearers from the devil and other evil spirits. It was blessed by a Benedictine monk of the Monastery of the Transfiguration in Malaybalay, Bukidnon, according to the prescribed ritual to make it work. I asked them to let the child wear it constantly and pray for divine protection. As of this writing, I have not heard any feedback from them.



### My Own Personal Encounters with Ghosts



Do you believe in ghosts?

Most educated and scientificallyminded Filipinos will answer "No." For them, ghosts are mere figments of one's imagination, a product of ignorance and superstition.

Obviously, those who refuse to believe in ghosts may not have encountered

one, that's why their stand is quite understandable. I was a non-believer myself until I encountered several of them.

#### The Night My Grandma Appeared to Me

My first brush with a spirit of the dead happened a long time ago and it was a very brief one, indeed! I was maybe 8 or 10 years of age then. My grandmother, we called her Lola Candeng, had just died. I felt sad about that because I was her favorite grandson, or so I was told by my parents. It was my Lola Candeng who helped deliver me at our ancestral home in San Juan, Rizal at 7:10 a.m.

In the evening after she was buried, I was sitting on my bed when I saw an almost glowing figure floating outside my window approaching me. Then I recognized it was my grandmother, smiling and waving at me. I jumped up from my bed in joy, shouting, "Lola! Lola!" as I rushed toward the window. She didn't say anything. She slowly floated away and disappeared from my sight. I felt so sad afterward—but also happy that she had visited me. I was the only one who saw her. I never mentioned this to anybody because I thought I must have only dreamt about her, that she wasn't really there, because she was already dead.

I had completely forgotten that incident as I grew up. And I believed what the Catholic priests in our school had taught us, that there was no such thing as a ghost, because the dead could not come back. They either go to heaven, purgatory, or hell. That was that. No arguments about it.

When I graduated from college in the early '60s and started working I was convinced that there was no such thing as a ghost. Then in the mid-'60s, I met a well-known couple who befriended me. I didn't know they were "esperitistas," or members of a spiritist organization called Union Esperitista Christiana de Filipinas (or Union of Christian Spiritists of the Philippines). One time they invited me to join a session of the spiritists. Out of curiosity, I went with them, although I didn't believe in spirits of the dead coming back to talk to the living.

As soon as we entered the congregation, a woman medium, who was probably in a trance, announced that there was somebody in their midst who was a non-believer. Since we were the only ones who came in, I knew she was referring to me. And I wondered, "How did she know that?" But I kept quiet.

During the session, or what is known as a "service," where mediums get messages from the spirit world, the wife of my friend who had invited me went into a trance amidst the singing and chanting of the other members. I was standing a little further away from her. She suddenly ran toward me, her eyes blank, and started unbuttoning my shirt. I thought she was going to rape me! The others stopped singing or chanting and simply watched what she was doing, including her husband. I froze in fear!

After unbuttoning my shirt, she placed one of her hands on my chest for a couple of minutes without saying a word. After this she released her hand and walked back to where she was and then snapped out of the trance. The head of the spiritist circle asked me, "Do you have any chest pain or heart problem?" I replied in the negative. I asked why he asked. He said, "Because she has just healed you."

"Oh, is that it?" I asked incredulously. "Yes," her husband replied. "Well, tell her thank you!" I said softly, still quite dazed at what just happened. After a long message from the head of that spiritist circle, the service was over and we went out. My friend later asked me what I thought of the whole thing. I said, "Interesting. I never experienced or witnessed anything like that before." I never went back with them though.

#### The Pair of Black Human Feet

My second encounter with a ghost or a spirit of the dead occurred maybe in the early '80s. I had by this time done a great deal of research on mind power, psychic phenomena and faith healing. I had in fact written two books about the subject, namely, *Understanding the Psychic Powers of Man*, and *The Truth Behind Faith Healing in the Philippines*. I had also written some articles in newspapers and magazines about the faith healers and psychic surgeons.

One afternoon, while browsing through some books at the "occult" section of National Book Store, a young woman approached me and asked, "Are you interested in those subjects?" pointing to the book I was holding. I said, "Yes. Why?"

"Would you be interested in joining me in our session later today?" I asked what session and where. "In Quezon City," she replied. "I am a member of a Japanese esoteric school where we chant and listen to the messages of the spirits. I will take you there." Because I am a hopelessly curious person and she seemed like a nice lady, I said yes. I went with her.

When we reached the place, she introduced me to their head who welcomed me. There were about 30 men and women and they were about to begin the session which consisted of continuous Japanese chanting.

We were all asked to sit facing the walls of the room. As there were too many of us, we had to sit almost touching each other's

shoulders. The woman who invited me sat on my left side. We were then told to close our eyes. Shortly after the monotonous and hypnotic chanting had began, I noticed myself becoming very relaxed, passive, and at ease.

Then, while still facing the wall with eyes closed, I began to be aware of what was behind me. The center of the room was empty, because we were all gathered around the wall. I could see everything behind me at about waist level. I could see the head of the group chanting at the farthest end of the room watching us intently.

Then I became aware of two black and bare human feet at the center of the room. I wondered how come I could see them when my eyes were closed. Then slowly, the two dark-colored feet (I couldn't see any legs, or body of a person, just the feet) walked toward my back. I waited in silence for what it was going to do, but I was not afraid. Then the two feet stopped right at my back as if watching me. Then they went to my right side and walked between me and the person on my right side. Now my logical mind began wandering: "How can he stand between the two of us when there was hardly any space there?" We were seated almost touching each other's shoulders. Then it occurred to me that this must be a spirit. It was not a living person at all. Still, I felt no fear.

After a short while, the two bare feet turned around, walked toward the center of the room where they had come from and then disappeared!

After that ceremony, we all turned around and sat facing the leader of the group. Then he asked us, "Is there anyone here who would like to share what they have experienced?" I raised my hand and then asked, "Do you have invisible company here?"

The leader simply smiled at me and then replied, "Yes, did you see anything?"

I said, "I saw two bare human feet, they were dark-skinned." And the two feet walked toward my back and between me and the other person beside me. What was that?"

He said, "That's one of our guides. I saw him approach you. Were you afraid?"

I said "No. I wasn't afraid."

"That's good!" He smiled.

"What did he want from me?" I asked.

"Oh, he just greeted you," he replied, "because this was the first time you've joined us."

"Oh, I see," I said.

Then after some socializing and small talk, I left the group and never came back. I had forgotten the incident completely.

#### Did a Famous Canadian Ghost visit me in Jaffrey?

My third visual encounter with a spirit of the dead happened in 2005 in Jaffrey, Canada.

I was invited by French-Canadian Mr. Couto to stay for a week at the IDEAL Ranch (Institute for the Development of Education, Arts, and Leisure) in Jaffrey, British Columbia, about one and a half hours plane ride from Vancouver. It is a spiritual community of about sixty-five people who were followers or disciples of the Bulgarian Mystic Omraam Mikhael Aivanhov. The IDEAL Ranch community was headed by a Russian-American named Natasha Kolesar, Ph.D. The community was run just like the Findhorn Community founded by Eileen and Peter Caddy in Northern Ireland in the '70s. The people at the IDEAL Ranch come from various countries like France, Switzerland, Canada, England, U.S.A., and some Eastern European countries. The language used in the lectures was French. Each person is assigned to do various tasks like cooking, carpentry or repair work, farming, cleaning the place, painting, music, etc., according to their talents or interests. They lived like one family. Lectures based on the teachings of Aivanhov were given daily. They began each day with an early morning ritual, greeting the first sunrise facing the Rocky Mountains.

I joined the first time they did this ritual, which was at 5 a.m. Being from a tropical country, I found the weather too cold for me. Everybody waited in silence, either sitting on the grass or on a chair. When the first ray of sunlight appeared on top of the mountain, everyone stood up and raised our right hand in salute to the sun. I found myself having a déjà vu feeling. "I

had done this before," I said to myself, "as a monk in ancient Egypt." It was an eerie feeling of having traveled back in time to a previous life. I related this later to Mr. Couto and the others in the group. Since everybody there believed in reincarnation, nobody was surprised at my experience. They just listened to me in fascination.

I was assigned to stay in a cottage where three other women were staying. A woman named Christina LaForrest moved to a bigger room when I arrived because she was with a child. I occupied their vacated room.

Early morning of the third day of my stay at the ranch, I was quietly lying on my bed facing the wall when I noticed a man enter my room. I thought it was Mr. Couto who came to fetch me for the morning ritual of greeting the sun. My back was turned toward him because I was lying facing the wall. But I could see him very clearly. I waited for him to say a word or to wake me up but all he did was stare at me. He leaned forward a little bit to take a good look at me. He was wearing a light brown, almost golden-colored leather jacket. He didn't say a word and therefore I pretended to be asleep because I didn't want to join the early morning ritual. I couldn't stand the cold. Then the man turned toward the closed door and I saw him pass through it without opening the door. That's when I realized that he must have been a ghost or a spirit of the dead, not Mr. Couto. But I still wasn't sure.

When I joined the group for breakfast in another building much farther from my cottage, I asked Mr. Couto if he had come to my room earlier to fetch me. He said, no, he did not. He asked why. I told him and the others that I saw somebody enter my room, looked at me as if curious who I was and then left. He was wearing a light brown leather jacket and he was a bit taller and thinner than Mr. Couto.

"Oh, my God!" cried Christina LaForrest. "That must be my husband Yves! Did he say anything to you?"

"No," I replied. "He just looked at me and then left, passing through the closed door." She seemed disappointed that I had received no message for her.

I learned later on that the same room I stayed in was occupied

before by Mr. Yves LaForrest and his wife Christina. Mr. LaForrest was very famous because he was the first Canadian to climb Mt. Everest successfully. But several months after that, he died in a freak boat accident. There were four people in the boat. When it capsized, three drowned and only one survived. They were all members of the IDEAL Ranch Community. His wife was pregnant at the time and Mr. LaForrest never saw his child who was born after he had met an untimely death.

The next day, Christina asked me if her husband had visited me again and I said no, I never saw him again. Maybe, I told her, he was just curious to know who this strange Asian man was sleeping on his bed!

"Anyway, just in case you see him again, tell me if he has a message," said Christina.

I said I would, but I never saw him again until I left the IDEAL Ranch a week later.

That was the second time I had "seen" a ghost with my eyes closed, which proves that ghosts are seen by our spiritual eye, known commonly as the Third Eye, and not by our physical eyes.

#### Three Ghosts Accompanied me in the elevator

The fourth close encounter I had with spirits of the dead took place inside the elevator of a relatively new commercial building in Makati City sometime in 2006.

I had just finished a meeting with an insurance company located on the 9th floor. After the meeting, the company's Human Resources Manager, Ed, accompanied me to the elevator. There were, I think, four elevators there. Ed pressed the "down" button nearest to us. I noticed a woman in white dress busy texting in front of the farther elevator.

When the elevator doors opened, Ed shook my hand and said goodbye. When I entered the elevator, I saw three men in gray overall clothing inside. The one in the middle who was taller than the others even nodded to me as I entered and I nodded back. "They must be construction workers," I thought.

When the elevator doors closed, we went up, instead of down. I was surprised but kept quiet. It stopped on the 11th floor and the three construction workers stepped out. Then the elevator doors closed again. This time it went down, then it stopped again on the 9th floor where I boarded the elevator. I peeped outside the door and saw the woman in white still busy texting with her cell phone. So I was sure that was where I came from. I was puzzled why the elevator went up when Ed had pressed the down button. Anyway, when I told this story to somebody, she said maybe Ed made a mistake, but that couldn't be, because I saw him press the down button very clearly.

After this incident, I couldn't keep my mind off the seemingly strange incident. So I asked Ed, "When I entered the elevator, did you see the three men who were inside, wearing gray construction uniforms?"

"What men are you talking about?" he asked. "You were alone in that elevator when you went inside. I was right beside you and I saw nobody there."

"You mean you didn't see anybody standing inside the elevator when I entered it?"

"Nobody," Ed said emphatically. "You were all alone in that elevator."

"Wow!" I exclaimed. "This is something. Now, will you do something for me?" I asked Ed.

"What's that?" he asked.

"Just to satisfy my curiosity, will you try to ask if there was anybody who died in that building when it was being constructed?"

About a week afterward, Ed called me and excitedly told me, "You are right," he began, "I was told that when this building was being constructed, one floor collapsed and several construction workers died."

"Were they wearing gray construction overalls?" I asked.

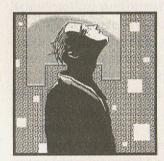
"Yes," said Ed.

"Was it the 11th floor that collapsed?" Ed didn't know. But it didn't matter to me anymore. It was enough proof for me that the three construction workers who were with me inside that elevator were ghosts. But they appeared alive and normal to me.

So I can now answer the question at the beginning of this article. "Yes, I believe in ghosts because I have actually seen them at close range."



## SPONTANEOUS MESSAGES I'VE RECEIVED FROM BEYOND



As a matter of personal policy, I am against the practice of contacting the dead merely for the purpose of finding out how they are out of curiosity, or even for more serious reasons, like who killed them.

I believe that we should not disturb the spirit of the dead, especially if

there are no manifestations or indications that they want to communicate with the living. If the dead show no signs at all that they are still around, they should be left alone, because they are already at peace. Even those who are victims of murder or injustice or those who suddenly die because of accidents may be at peace when they undergo the transition into the spirit world. So we should not bother them anymore.

The only time it is justified to communicate with spirits of the dead is when they themselves manifest to the living in no uncertain manner that they have something important to convey to the living, especially to close relatives.

And even the Bible forbids contacting the dead. But communicating with the dead is possible and even the Bible proves this to be true in the case of King Saul communicating with the spirit of the prophet Samuel as related in Book 1 of Samuel (28:3-19).

When the dead feel a strong need to communicate with the living and manifest themselves to them in one manner or another, it is not only justified but incumbent upon the living to find out what it is the dead want to communicate; otherwise their spirits will not be at rest.

I have actually received a number of communications or messages from spirits of the dead other than what I have related here but they were not properly confirmed or validated by persons to whom the messages were addressed or directed.

Only after recalling these various spirit messages that have come through me all these years have I realized I had actually channeled so many entities before, but I never gave them much attention because I could not verify the sources of these information, nor the significance of the messages to the people concerned.

The following actual case histories, however, are those latter types of communications that were confirmed by others. They were spontaneous communications the dead themselves channeled through me without my calling out to them or deliberately trying to contact them through séances or some other occult means.

#### Son of Latvian Researcher Assures His Father

One important incident I could recall happened around the mid-'80s in Baguio City. I met a Latvian researcher and healer named Arvidas Daskos with his American friend and companion, filmmaker Juliet Hanauer. He was involved in the study and validation of Kirlian photography and had photographed the aura of a number of internationally famous people. This group of subjects included Dr. Raymond Moody and Dr. Elizabeth Kubler Ross. I met Arvidas and Juliet in the clinic of Baguio healer Jun Labo.

The couple invited me to their hotel room to show me photos of well-known people whose aura Arvidas had captured through Kirlian photography. During the conversation, I somehow went into a trance. I cannot recall anymore what brought about my trance state. But during that trance state, Arvidas questioned me about almost everything under the sun, not only about the

Philippine healers but also about such topics as Atlantis, future events in the Philippines and the world, and many other subjects I could no longer recall. The only thing I could remember now is that Arvidas said he was very impressed with the answers I gave while in trance. He said he had witnessed mediums in his own and other western countries but they could only answer questions about one or two subjects. In my case, he said he asked so many varied questions and I (or whoever the entity who spoke through me) answered them all with ease and without hesitation. My trance state lasted for more than an hour. And because I got hungry after that, we decided to eat out first before we returned to their room.

When we went back to their room, Juliet Hanauer started handing me photos of famous people whose Kirlian photographs Arvidas had taken. I was looking at them one at a time as Juliet handed each picture to me. Many of them were famous men and women that I recognized.

Then she handed me a photo of a young man whom I could not recognize. I asked who he was but they gave me no answer. As I stared at the picture of the young man, I felt something the person wanted to convey to Arvidas. He told me mentally, "Tell him not to be worried about me. I'm okay. I am in a happy place."

After I repeated the message, I noticed Arvidas teary-eyed, so I asked who this young man was. He said that it was his 18-year-old son who died only six months before and he really wanted to know how he was on the other side. I did not know his picture would be given to me but Juliet did that experiment to see if I could pick up anything from the picture. I was a bit irritated with Juliet because I felt somehow she had deceived me. They were really supposed to show me pictures of only famous people. But that was an unexpected demonstration of my unknown ability to get messages from the spirit world even only through pictures without going into trance.

#### , Ancient Egyptian Scribe Reveals Secrets of the Book of the Dead

During one of the weekly meditation sessions held in the house of Helen Mirasol in Makati in the '90s, an ancient Egyptian scribe suddenly came through me. Present during that meeting were Helen Mirasol, Mimi Tan, her husband Andy, Jo Bilasano, Noel Resella and a psychic businessman named Dick Quitoriano.

Again I can't recall what brought about my trance state and why this ancient Egyptian scribe came through me. Dick Quitoriano revealed it was he who was invoking those who wrote the *Book of the Dead* because he wanted to ask specific questions about it.

So when the entity said that he was one of the keepers of secret knowledge involved in the writing of the Book of the Dead, Dick quickly asked if the Book of the Dead concerned only topics about death and dying, and the reply came that it was not only about that. "Did it involve topics about warfare and military strategy?" The answer was "yes." "Did it involve revealing secret treasures and where these are hidden?" The answer was again "yes."

Then the group asked his name but he ignored the question. After several more questions were asked and answers were given, Dick and Andy again insisted in asking the entity's name. Out of what sounded like irritation, the entity shouted "Amenhotep!" Suddenly the light flickered and the air conditioning malfunctioned for a split second. We were all stunned! When I came out of the trance, I could remember what had transpired. But I told them I didn't believe it because Amenhotep was the name of a pharaoh and not a mere scribe in ancient Egypt. We discussed the contents of the message for a few minutes and then adjourned for the night.

I had already forgotten that session, when about a week later, I decided to pull out of my office library a book about Egypt entitled *The Ancient Wisdom of Egypt* by Murry Hope. When I opened it at random, the first paragraph on page 20 shocked me. It said:

"The oldest copy of the *Book of the Dead* now known to exist on papyrus is that written for Nu, the son of the overseer of the house of the overseer of the seal, Amen-hetep, and the lady of the house, Senseneb."

So there was such a person named Amenhotep or Amenhetep and he was not a pharaoh. He was one of the keepers of

the secret knowledge given only to the priests and the initiates.

I at once called up some of the people in the meditation group and told them Amenhotep actually existed and he was involved in the writing of the *Book of the Dead*. It was an incredible confirmation of the trance message I received probably more than 2,000 years after he lived in ancient Egypt, which proved what I had been teaching all along was true, that time exists only on the physical plane and not on the mental and spiritual planes. Life continues even in the afterlife.

What I also I find remarkable about this trance message is that not only the name of the spirit giving the message was confirmed but also his profession as keeper of the secrets and his involvement in the writing of the *Book of the Dead*.

The other thing I find very fascinating about this message is the fact that according to Ms. Murry Hope in *The Ancient Wisdom of Egypt*, the *Book of the Dead* was not concerned solely with the dead and the afterlife but also about other mundane topics. In fact, according to her, the literal translation of the title of this book was *Chapters of the Coming Forth by Day*.

"Only fragments of this work, in the form that it has come down to us today," according to Ms. Hope, "are actually concerned with magical ritual. The book was about what to do when a person passed on to the other side." Further, "the real meaning behind some of its teachings had become so obscured by mists of antiquity that they have no relationship or terms of reference to life in the later years." Therefore it is perfectly reasonable to assume that what the Egyptian scribe said could be true, that the Book of the Dead also contained information about military strategy and tactics and about hidden treasures and their locations.

#### President Marcos Gives Baguio Healer Political Advice

Even the late President Marcos gave an unsolicited and spontaneous political advice to a well-known Baguio spiritual healer and psychic surgeon, Ramon "Jun" Labo, Jr., after the former had died.

This happened sometime in the early '90s when healer Jun Labo was planning to run for Mayor of Baguio City, which he won.

After his healing session with a group of foreigners, Jun Labo invited us to meditate before his altar in the living room of his house. Present during this occasion were Jun's former Japanese wife, Yuko, Australian chiropractor Donald McDowall and his Filipino wife Annie and Yuko's Japanese brother. On one side of the altar was a picture of President Marcos whom the healer had treated before.

During meditation, I fell into a trance state and started talking in Tagalog. It seemed the entity was addressing Jun Labo, but I doubted it because he called him "Anak" (which is a Tagalog word for child). I could not remember anymore the exact message but it had something to do with political and personal advice.

When the brief message was finished and I opened my eyes, I was surprised to see Jun Labo teary eyed kneeling before me. I asked him what happened. He said that President Marcos gave him advice which he had been praying for. I asked him, "How could you be so sure that it was President Marcos speaking through me?"

"Because," Jun replied, "you called me by the word that President Marcos calls me, which you could not have known. He calls me *anak*." Jun also said that my voice changed and I spoke like Marcos did.

I couldn't believe what Jun was telling me, but the others who were present there confirmed everything Jun had said.

That was not the first time President Marcos came through to me. The second time happened in the late '90s or early 2000's, during our Thursday meditation group in Helen Mirasol's house in Makati. He asked me to go to Ilocos Norte where his body still lay in a clear glass enclosure under controlled temperature. Imelda Marcos wanted him buried at the Heroes' Cemetery but was denied by the succeeding presidents. Marcos wanted me to bring his wife, Imelda, along when I visit him on his birthday September 11. But I didn't do it because I did not think she would believe me that Marcos had instructed me to do that. I would have looked ridiculous. At that time, I had not yet met Imelda Marcos. I had absolutely no proof President Marcos spoke through me. So I just forgot the whole idea while the date passed with no further messages being received from him.

## My Brother-in-Law Sends a Message to His Wife

In December, 1997, my wife's brother, Fernando "Nanding" Campos, died of a heart attack. On the day that he died, he was not only seen by one of his co-employees in the insurance company he used to work for, but he even talked to her. Nanding asked her to take care of his wife, Aline, who was a cancer survivor.

On the same day, another colleague of his in the company, Ms. Sylvia Amansec, told me that she saw Nanding driving his car at the South Luzon Expressway going toward Makati. She said she recognized the car of Nanding because of the plate number and a sticker on the side of his car. She said she tried to catch his attention by asking the taxi driver to come close to him but Nanding seemed to be focused on the road and did not see her. Then the car disappeared.

I was in Cebu on a speaking engagement the day he died. When I arrived his body lay at the Alabang Chapel for the wake. My wife fetched me at the airport and we proceeded immediately to the funeral chapel.

But when we entered the chapel, I felt Nanding's very strong presence and was nauseated and became weak. I also had difficulty breathing. I immediately rushed out of the chapel and sat down outside the door. My wife followed me and asked what happened to me. I told her that her brother was still around and I felt his presence. "I can't go back there, I want to go home," I said.

"But we just got here!" she protested, "and he is my brother."

"I know, but I can't stand being here," I replied. "I feel sick and nauseated. Why don't you just take me home and come back here?"

Seeing the condition I was in, she reluctantly obeyed my request and got the car while I waited outside the door of the chapel.

When she arrived with the car, I got in right away and dropped down the seat feeling very strange and weak. As my wife drove the car away from the chapel, I could feel myself going into a trance. I felt as though somebody else was in the car trying to tell me something.

Then I began to speak in a soft voice. The voice, which apparently

was Nanding's speaking through me, said, "Tell Aline that there's a very important document in the cabinet under my clothes."

Yoly asked, "What document?"

But there was no answer anymore. And I got out of trance. We then proceeded to our house in Parañaque, not too far from Alabang.

When Yoly returned to the wake, she told Aline the message we had received from Nanding, but being a member of a conservative protestant Church, she could not believe such things as spirit communication. Nevertheless, when she reached home, she looked under the clothes of Nanding inside his cabinet and she found a check representing his commission on a real estate transaction, and the check was postdated to the day that Nanding died!

Because of this, Aline asked if I had received other messages from Nanding and I said, "No, that was all." He never appeared or communicated to me anymore. His soul was in peace at last because the message he wanted to convey to his wife had been delivered.

## Taoist Temple Head Repeats a Message to Wife

The latest incident of the dead sending a message through me occurred only last December 2009. On that month, Bishop Fermin Eucariza, a popular and respected Filipino–Chinese head of the Taoist Temple in Malate, Manila, died from complications of diabetes.

Bishop Eucariza and I had become friends since I guested him on my radio program many times during Chinese New Year to make predictions on auspicious and inauspicious days for those born under the different Chinese zodiac signs. And I had often joined the yearly celebration in his Taoist Temple which were usually attended by many prominent people in government, Chinese business community and Manila's high society, as well as the common folks.

During his wake, my wife, Yoly, and I sat at the front row facing the coffin. About half an hour later, I felt Eucariza's presence and told my wife about it. Then I sensed that he

wanted to say something, but I was not in any sort of trance. I was fully conscious and had complete control over my physical body which is not the case when I am in a trance.

I felt he was dictating a message, but I was not paying too much attention to it, thinking it could only be a product of my imagination. Nevertheless, I mechanically got a one-fourth sheet of paper from my small diary which I always carried and started writing down the following message:

"I will continue to guide the temple from the other side. Don't worry. I am in a peaceful and happy state. I hope you continue to support Nelson the way you have given support to me. I am with you always."

I showed the message to Yoly saying I wasn't sure if it really came from Fermin Eucariza, because I was not in a trance and the writing was certainly mine and not somebody else's handwriting. So I was hesitant to show it to anybody. Nevertheless, she suggested for me to show it to Eucariza's wife, Olivia, who sat beside us shortly after I had finished writing the above message.

I passed on the paper to her and after reading it, she calmly said, "This is exactly what he said to me before he died."

"Are you sure?" I asked her incredulously.

"Yes," she assured me. "He said it to me several times."

I thought I merely imagined it. Nelson is Fermin's eldest son. I did not know I could receive a message from the spirit world without going into trance. But it is more difficult to distinguish which ideas are coming from my own mind and which ones from the dead while fully awake, unlike when I am in a trance and have no control over my physical body. To me, it was a welcome development and a relief, because going into trance, especially in a public place, can be very embarrassing.



# "Invisible" Creature In Photo Not A Ghost



It is said that we Filipinos in general are a superstitious people. We readily believe stories of supernatural encounters without verifying their veracity or authenticity.

This is due, according to neuroscientists and sociologists, to the fact that the average Filipino is rightbrain dominant in his thinking. This

means he is more mystical and intuitive rather than analytical and critical, whereas western people, in general, are left-brain dominant, meaning they are more critical, logical and technical in their thinking.

This explanation has its roots or origin in the theory of neurobiologist Dr. Roger Sperry who discovered that people's thinking and therefore interpretation of the world around them is based on which hemisphere of his brain is dominant, the left hemisphere of the neocortex, which is logical, critical and serial, or the right hemisphere, which is intuitive, creative and non-critical.

This tendency of the average Filipino to be right-brain dominant or uncritical has led many times to erroneous conclusions. I will cite only two examples where this tendency to believe something without verification or validation have led to unwarranted conclusions and fears.

### "Invisible" Creature Appears in Photo

The first case happened in Dumaguete sometime in 1993. A female Feng Shui specialist friend (who is now deceased) brought to my office a resident of Dumaguete who showed me an unusual picture which she believed was a ghost.

She said that when the picture was taken along the shore of Tambobo Beach, a small infrequently visited resort in Negros Oriental, quite far from Dumaguete City, there was only a couple then standing in front of an empty bamboo table. But when the film was developed, according to her, a very fat, half-naked male creature that looked like a Japanese sumo wrestler, appeared sitting on the bamboo table behind the couple and several other people.

When the owner of the photos saw the developed pictures, she got very scared. She left the photos at the film shop. Somehow, another Dumaguete resident, named Zenaida, who was a manager of a rural bank, got hold of the pictures and showed them to this Feng Shui expert who accompanied her to meet me to get my opinion of them.

So, I showed one of the pictures to a highly educated psychic friend of mine who said it was a picture of an elemental or nature spirit. "He is a guardian of the forest and the beach," according to him. "He is normally harmless but when you cross his path, he can be very mean."

This psychic said those creatures are not *kapres* (tall and hairy creature) or *dwendes* (dwarfs). They are very primitive creatures which belong to a different species in the elemental kingdom.

When I asked, "How come the creature appeared very solid in the picture?" he replied, "Because he materialized himself."

"Then, how come nobody else saw him at that time?" I asked further. "Because their senses were not focused on him and did not expect anybody else when the picture was taken."

"How come even the photographer who took the picture apparently didn't see the creature?" I again asked. "Because his eyes were not prepared to see a creature like that, and therefore, for him, there was nothing solid," he replied. But his answer did not satisfy me.

I showed it to an American lady visitor who could see spirits and she told me it was a creature "not of the earth." Therefore an E.T.? I then showed it to my TV co-host, whom I knew to be a sensitive person and she said it was definitely not human. Two days later, she told me the creature even followed her to her house in Ayala Alabang and pinched her, leaving a small mark on her arm.

Shortly afterward, during Holy Week, I had a chance to visit Dumaguete because of a documentary film we were doing on Siquijor Island. I was accompanied by my wife and a cameraman. In Dumaguete City I discovered that almost everybody knew about the strange creature which appeared in the photo taken in Tambobo Beach. The only person I spoke to who was convinced the photo was a complete hoax was the then Governor of Negros Oriental.

My wife, who at that time, worked with National Power Corporation, had to see the Governor to give him a check. He said, "The fact that NAPOCOR is giving me a P56 million franchise tax payment is more incredible than this picture."

After our work on Siquijor Island interviewing the various healers and sorcerers there, we left for Dumaguete City at 5 a.m. in a small pump boat carrying pigs and cattle to have enough time to go to Tambobo Beach and still come back to catch the noon-time flight to Manila. We almost didn't make it.

Although the highway leading to the beach was very good, the road leading to the beach was sheer torture for us and the van we hired. At one point we thought of turning back.

When we inquired from the residents of Tambobo Beach about the pictures with the mysterious creature in it, we were told the story was simply not true. Somebody said it was just a joke.

We obtained the real story behind the controversial pictures from the housekeeper of a German resident of Tambobo.

"Last December," she began, "my boss had several visitors from Germany. They brought with them some photos taken in Indonesia. In the pictures were people from Papua New Guinea who posed with the Indonesians on a beach. Some of the Filipinos requested copies of the photos because they found them strange and funny. So the Germans left the negatives with

them. Somebody had the film developed in Dumaguete City and got scared at the appearance of the half-naked Papuans. The word spread about the strange creatures in the pictures. That's how the story started."

The picture itself that was shown to me therefore was not a fake. It was real. But the creature was not a ghost, didn't come from outer space, nor was it an elemental or nature spirit.

All the people I had consulted, except the governor, were completely mistaken in their interpretation. After I wrote an article revealing the true nature of the photos somebody from Dumaguete City later thanked me for putting a stop to the rumors and unwarranted fears generated by them.

## Headless Man turned out to be Something Else!

The second case of erroneous conclusion happened in Iloilo sometime in 2005 or 2006. A reader e-mailed me a photo of what he believed to be a headless, pot-bellied ghost that appeared on a school auditorium stage while the students were rehearsing for a presentation.

The students panicked at the sight of the "headless man" appearing with them on stage. When I looked at the picture of the supposed ghost, I couldn't feel the presence of a spirit, especially a negative one. The vibrations of spirits can easily be felt by someone sensitive to the spirit world.

I showed the picture to my secretary who was a clairvoyant and she also could not feel any spirit in the picture.

After analyzing the picture more closely, she exclaimed, "It's an electric fan turned toward the left so that it looked like a stout man in Barong Tagalog." The screen or grill of the fan indeed looked like the design of a Barong Tagalog.

When I looked at the picture again, I completely agreed with her. So I wrote the man who sent me the picture and told him that they should not be afraid, because it was not a ghost but merely a blurred picture of an electric fan. The students and faculty of the school gave a sigh of relief and thanked me for reassuring them that there's nothing to fear. The rehearsal continued without any incident.

Lesson: Verify very carefully any reported encounter with a supernatural creature or event. Do not believe anything without proof of its authenticity or validity. We should not assume a higher principle if a lower principle can explain it.



## NEGATIVE SPIRITS AFFECT BUSINESS AND EMPLOYEES



I he following is a case of a typical poltergeist ("noisy ghost") phenomenon occurring in a building in Quezon City as relayed by a former owner. The presence of the ghost has affected the owner's business very badly as well as the health of the workers.

"I assume you are a busy man, but I hope you can take time to go over my letter," according to Kate (not her real name).

"I am generally skeptical of any report about the supernatural. Your column came out with an e-mail address and I thought of no better way of letting go of some of my mental cobwebs than to ask you.

"We used to own a 3-story building on a 1000 sq. m. lot in a subdivision in Quezon City. The building was finished in 1992 and we lived in it for seven years.

"Before we transferred to that place, our business was doing very well and we were the envy of people in the same trade. But since we moved to that building our finances went down and never quite took off. Finally, rather than have the bank repossess the property, we sold it at a loss in 1999.

"My workers had many tales of seeing strange things and

hearing sounds in the building, but I never paid any attention to them. We lived on the third floor while the first and second stories served as a warehouse.

"I myself have had strange experiences in that building which I just dismissed then as products of my imagination. For example, I heard sounds of bottles being shuffled on the table. But this was a normal sound one would hear when workers poured empty bottles of gin on the table to be filled up. This happened around 4 a.m.

"The lights at the working area were still on, and therefore I wasn't completely surprised, because some of my workers would go on overtime to earn extra money.

"But something was wrong with the sound I was hearing. It was the sound of the wrong bottle being worked on. I had instructed them to work on the bigger 750 ml bottles. But the sounds I could hear were those of the smaller bottles.

"So I shouted over the window and told whoever was working at that time to stop using the smaller gin bottles. I shouted a number of times. It stopped. Then it started again. It was very dark at 4 a.m. and, embarrassed that the neighbors might hear me shouting at the top of my voice that early, I gave up and resolved to check it out first thing in the morning.

"As soon as the sun came out, I came down immediately. That was about 5:30 or 6 a.m. I used to come down at 7 a.m.

"What I saw gave me the cold feet. The floor and table were completely dry and there was no sign of any gin bottle anywhere on the workplace! A few weeks later, the same thing happened again. But this time, I completely ignored the incident.

"I never told anyone about this until we sold the property a couple of years later. Neither did I question any of the workers until recently when I heard somebody mention the incidents inadvertently.

"By the way, when we were still in that place, my workers often got sick. Seldom did a month go by when nobody was sick. Even new workers always got sick. At that time I attributed it to a change in diet. I thought the workers were simply not used to city food.

"One of my workers got so sick to the point of near death.

For some unexplained reason, he developed high fever and couldn't eat food. Back in his home province he consulted an *albulario* who told him an unseen spirit took a liking for him. After treatment by the *albulario*, he immediately recovered.

#### My questions are:

- 1. Were the sounds of bottles I heard a figment of my imagination?
- 2. Or was it an echo that stays in the environment after work hours, a sort of resonance in physics?
- 3. If it was a spirit, how come our finances went from bad to worse?

"I want to understand the whole thing. I was told by a clairvoyant I had consulted that the place had many unseen spirits. She also said that were it not for the fact that I was *mabait* I would have been driven out of that building a long time ago. Although all this is now water under the bridge, I still want to seek your explanation of what happened. Thank you and more power."

A certain degree of skepticism is healthy and necessary in such a field as psychic and paranormal phenomena. But too much of it can prevent us from knowing the truth.

Let me tell you something that I have realized a long time ago. We are seldom completely alone in a place. Most houses or buildings, especially those that have remained unoccupied for a long period of time, are inhabited by spirits. Most of those spirits, however, are harmless and do not manifest themselves to the living. They could even be spirits of our dead relatives and ancestors. Their presence will not necessarily bring about a negative change in our fortunes.

However, a negative or an earthbound spirit can affect the living in such a negative way that one's business can go down, office and factory equipment will break down for no apparent reason, relationships among occupants can turn sour and even their health can be affected for unknown medical causes.

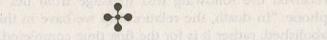
There are many documented cases of the above happening in the Philippines and in many other parts of the world. I myself know several cases I have witnessed personally. One was a cotton manufacturing company where new equipment kept breaking down for no known reasons; a haunted house where several members of the family suddenly developed tumors and even died soon after they transferred to the place, and a car battery manufacturing company whose healthy and relatively young employees began dying one after another shortly after the company cleared a warehouse of debris to give way for executive parking. The warehouse was inhabited by about 500 negative and violent elementals.

I know some people will just laugh at such explanations, preferring instead to look for natural and scientific explanations for the events. But what if you have already exhausted all possible rational explanations and could not find any? What do you do? Would you continue to ignore a possible paranormal explanation just because orthodox science cannot explain it? I don't think so.

In reply to your specific questions: No, the sound of the bottles was not your imagination. They were caused by poltergeists or noisy ghosts. These are usually earthbound spirits of the dead who cannot ascend or go to the next higher level. They are earthbound or are too attached to the mundane world. The sound you heard does not have a physical explanation.

Your finances were affected because this is all a question of energy. Not only that, the health of the people living there were also affected again because the negative vibrations of the spirits creates blockages or obstructions in the flow of the vital energy in man. You are lucky that the spirit molestations did not result in deaths, either in your family or in your workers. Had you stayed in that building for a longer period of time, you may not have lived long enough to tell the story.

Don't consider the sale of your building to be a loss. I would consider it a gain, no matter at what price you had sold it. I just pity the people who bought your property—unless they know how to deal with such problems.



## GEORGE SENDS TEXT MESSAGES FROM THE GRAVE



Reader Julie Hernandez (not her real name) wanted to know why she, her husband and the wife of a newly departed friend have been receiving text messages from the cell phone of the dead person, whom we shall call George. "Is this common or uncommon? Why doesn't George clarify his vague

messages to his wife via a clear dream? Is there a way we can communicate with him?" she asked.

Here's a summary of the extraordinary story Julie wrote us:

George, a computer and information technology freak, died in a motorcycle accident on December 25, 2004, exactly 24 hours after being admitted in the hospital. Before he was pronounced dead, his wife received a ready-made Christmas greeting from his cell phone at 12:24 p.m. of December 24.

#### Death does not abolish relationship

At 12:15 a.m., a few days after his burial, George's wife, Karen, received the following text message from her husband's cell phone: "In death, the relationship we have in this world is not abolished, rather it is for the first time completed."

On January 14, while texting her bereaved friend, Julie received at 10:30 p.m. another quote from George's cell phone. It read: "Worry is the misuse of imagination," without a period. She called Karen to find out if she was the one texting her using her husband's cell phone. Karen was crying and wondered what on earth her friend was talking about. Karen said, "I took out the sim card of George's phone, so our son can use the phone."

At 12:15 a.m., Julie received another message from George. It read: "When you keep the Lord in your heart, there is nothing to fear about in your life. Things will come as the Lord has planned."

Julie's husband, whom she woke up to tell what happened, believed it was all Karen's doing and went back to sleep. Julie immediately called Karen, who was awakened by her call. She asked her friend to call her husband's cell number. It was out of reach.

At 5:05 a.m. that day, Julie's husband also received the same message from George. Two other friends received the same message at past midnight from his cell phone. Karen texted her that she received another message from her husband's number about "sunrise," but her daughter inadvertently erased all incoming messages that morning.

When Julie went to Karen's house at 6 p.m. to pick up her daughter playing with Karen's kids, Julie received a cell phone message from Karen's cell phone while they were talking to each other. But Karen wasn't holding her cell phone! The message read: "George: Julie naghelp bala si Beth kay Gi2x." Beth is the name of Julie's daughter and Gigi is the nickname of George's 3rd child!

At that time the message was received from Karen's phone, it was lying beside the landline away from her while the two of them were talking. They texted back the number of Karen and their message was received by her cell phone. They also called the same number and Karen got it all right. So, who forwarded that message?

#### Why the dead communicate to the living

"Is there an explanation to all of these mysterious goings on?" Julie asked.

Yes. This is not the first time the newly departed has tried to reach his loved ones through cell phones or some other electronic communication device. I recall the case several years ago of a murder victim whose wife and two cousins received text messages from his cell phone although the police had already removed its sim card.

I cannot explain how spirits are able to dial or press keypads to make a call through cell phones. Of course they don't really do it physically (because they no longer have a body) but merely think of it and it becomes a reality on the physical plane, just like what happens in telekinesis. Mind over matter is more like it.

Why spirits do this is, of course, for many varied reasons. In this case, it was likely that George only wanted to show to those he has left behind that he was okay where he was and that he only wanted to greet them. In time, such manifestations would disappear, when the spirit had already adjusted to his new state in the spirit world.

At the time of sudden death, like in this case, the spirit was still in a state of shock. He was still not aware that he was dead and therefore would be seen in his favorite place and would perform things he used to do when still alive. George's loved ones should not be afraid. They could still communicate with him through a medium or through relatives to whom he often or mostly clearly appeared. The messages he sent were assurances to the living that he was quite all right and they should not worry about him. If such messages continued after several months, then something must be done to appease the spirit, otherwise, he could not rest in peace. He would continue to be earthbound and be unable to move on to the higher planes in the spirit world.



## FAX MESSAGE FROM THE DEAD REVEALS DEEP SECRET



I've heard stories of the dead reporting for work and punching their time cards, or signing a voucher for a check donation to him, or sending cell phone text messages to relatives, or leaving some legible writing on the wall or mirror in his house. But the dead sending not one but five fax messages to the living

is something new to me. Here's the entire incredible story as e-mailed to me by Renato Formoso, a telecom business executive who recently attended my seminar in Inner Mind Development. All names have been changed to protect their privacy.

Renato's second cousin Ramon was unemployed and spent his time mostly with his *barkada* (peers), drinking or just hanging around. "When my company needed to hire several technicians," related Renato in his letter to me, "I encouraged him to apply, though he had no technical training. He was reluctant to do so at first because of his lack of knowledge, but I told him I will have the other technicians help him. Since I was the Project Manager I was able to help him land the job. I also hired one of his fellow *barkada*, Rolando, to be my cousin's companion.

"The two did very well after a year, and completed several projects in the different regions in the Philippines. In fact they even did better than the more qualified technicians we had. My cousin's parents were very proud of him because of his perseverance and hard work. At that time, his father was jobless because he had just completed a contract in Saudi Arabia. So Ramon helped his family financially and became a very respectable person. He turned away from alcohol and barkada (peers)."

#### Sudden death

"It was in 1998, on the second year of his work in the company, that tragedy happened. My cousin Ramon, with his companion, Rolando, and other technicians, were assigned to do a project in Butuan City. It was a four-month project. As Project Manager, I visited them several times to check on the work progress. Everything seemed fine and the project was on schedule. I was back in Manila when I received a call at around 6:00 p.m. from one of Ramon's fellow technicians. Here is how the conversation went as I recall very vividly:

"Technician: 'Sir, si Ramon patay na!' ('Ramon is already dead.')
"Renato Formoso: 'Ano? Nagbibiro ka ba? Lakasan mo nga boses mo!' ('What? Are you kidding? Speak louder!')

"Technician: 'Patay na po siya. Kumain lang po kami sa karinderya, tapos umuwi siya sa barracks dahil nagtatae, kami naman nasa jobsite lahat.' ('He is already dead, sir. We just ate at the corner café, then he went home to the barracks due to loose bowel movement. The rest of us were in the jobsite.')

"Renato: 'Anong nangyari?' ('What happened?')

"Technician: 'Pag-uwi namin, naabutan namin nangingitim na mga kuko nya, pati labi, kaya sinugod namin sa ospital, pero dead on arrival.' ('When we came home, we saw him with dark nails and dark lips and we rushed him to the hospital but he was dead on arrival.')

"I put the phone down. I was shocked! I could not talk. I was thinking how it could possibly happen and what would be the reaction of his family if they heard this tragedy.

"I received another call from his brother in Manila asking me to confirm if it was really true. He said his companion, Rolando, called them. I told him (his brother) to calm down and I will verify first. I called the other technicians and they confirmed the same tragedy. I tried to talk to Rolando, but according to the other technicians he was in deep shock, speechless.

"I was very emotional, but I tried to stay calm and arranged all necessary flights and permits to bring his body back to Manila.

"When I got home, I talked to my mother and father about what happened to my cousin. I could also hear his father's hysterical cry in the background, because they were just living at the second level of our apartment. I went to his parents' house and explained everything. The parents were very emotional and, at some point, I was blamed for giving him this job. If not, their son would still be alive. I remained calm and let them express their emotions. Friends and other cousins came and told them that, together with his eldest brother, we would fly to Butuan at dawn to bring back the body of my cousin. It was a sleepless night; when I went to pick-up up his brother so we could proceed to the domestic airport, I saw most of my relatives also awake providing us moral support. I heard their sad voices, 'Ingat kayo, balik niyo si Ramon dito' ('Be careful, make sure Ramon comes back here').

"It was a very sad flight to Butuan. I remember my elder cousin (Ramon's brother) telling me that he always dreamt of flying in an airplane, but can't believe that his first time would be bringing back his brother's body. After landing, we went straight to the funeral parlor; it was a sight of grief. My elder cousin was crying and I tried to remain calm and suppressed my emotion. I told myself, 'Renato, (keep your) presence of mind, I must stay calm, must arrange everything.' We arranged everything to transport the body and carry the coffin to the airport. I couldn't believe that I was checking in my cousin's coffin, instead of the usual luggage during flights.

"When we reached the Manila Domestic Airport, the body was brought to the NBI for autopsy. I went straight home, very tired and sleepless. According to the NBI, nothing unusual, no foul play was found on the body. It was like his heart suddenly stopped. It was a mysterious death. No one could explain. Some old folks were saying maybe *nabulungan*, or somebody put poison in his food. When the body arrived in his house for

burial, heavy rains began. It was like nature was also mourning his death. After the one week wake, the body was buried."

#### Fax messages

"When I went back to work the following day (Monday), early in the morning our secretary handed me a fax paper but I could see terror in her face. I read the fax and recalled the following message:

"Renato, salamat sa tulong mo sa akin at sa pamilya ko, pakisabi kay Mommy at Daddy huwag sila mag-alala." ("Thank you for your help, for me and my family, please tell my mom and dad not to worry") – Ramon (name written)

"I checked the transmittal report at the top of the fax, but nothing was written/recorded where it came from. It was like it came from nowhere.

"At first, I was skeptical and still couldn't believe it, but I kept the first fax message.

"The following day, the secretary called me to check the fax, her face looked scared. Then I saw the second fax whose message I can remember. It read:

"Pakisabi kina kuya, bahala na sila kina Mommy at Daddy, sana huwag na kayo mag-aaway at magtulong-tulong nalang." ("Please tell my older brother to please take care of Mom and Dad, and wish you'd stop fighting and help each other instead.")

"Renato, salamat uli sa tulong mo." ("Thank you again for your help.") - Ramon

"This time it looked real, so I was surprised to realize that even dead people can communicate via fax. Unusual and hightech that time in 1998, because cell phone text was not yet popular that time, only pagers and analog mobiles were used.

"When I reached home, I decided to give the two fax messages to his parents. They kept the fax messages but still could not believe they came from their dead son."

#### A secret is revealed

"The third and fourth day, there was no fax from him, so I decided to go back and concentrate on my usual office work. On the fifth day, I received another fax with the following message:

"Naglalakad tuloy-tuloy, sinusundan ko maliwanag na ilaw, parang walang katapusan ang ilaw na nilalakaran ko, meron akong nakikitang ibang tao pero di ko kilala, hinahanap ko asawa ko at anak, di ko pa sila makita, mahabang ilaw parang walang katapusan." ("Walking nonstop, following a bright light as if the light I am walking in has no ending, I can see other people whom I am not familiar with nor know personally, I am looking for my wife and child but I can't find them, the light is so long as if there is no end.") – Ramon

"When I saw this fax message," continued Renato, "kinilabutan ako." ("It sent chills throughout my body.") I started wondering why he mentioned a wife and child, for the family knew that he was a bachelor. I also gave the fax to his parents and their reaction was still the same. I asked some of his close friends and cousins if Ramon had any secret wife and child before. Then one cousin told me that before he got a job, he had a young girlfriend who became pregnant and died during labor. I didn't know that and, I guess, neither did his family, except some close cousins and friends.

"I was in Mindanao the following week to visit another project. It was a Tuesday when my mobile phone rang and my secretary told me, 'Sir, me na receive na naman kaming fax galing sa pinsan mo, lahat kami sa office natatakot na.' ('Sir, we received another fax message from your cousin and all of us here in the office are terrified.') So when I went back to Manila around Thursday or Friday, the secretary handed over to me the fax message which said:

"Nakita ko na asawa at anak ko, nakita ko na si lola, sinalubong nila ako, masaya dito, napakasaya." ("I already saw my wife and child, I also saw grandma, they greeted me, it's very happy here, I am very happy.") – Ramon

"That was the last fax that I received from Ramon. All the faxes were typed in a very different text format, because that

time MS Word was just beginning to be popular and most of the offices were just using WordStar.

"All the faxes that I received from Ramon were handed over to his parents. Because it is in thermal paper, I'm sure the messages are already gone by this time. But I cannot forget them."

What Ramon related about his experiences in the afterlife is consistent with stories told by others from all over the world. They go to a place full of light where they see other beings.

What is interesting in this story is that the departed Ramon was apparently earthbound until he found his wife and child. After that, he was not heard from anymore. He has gone up to the higher realms, and is now at peace. He mentioned that his grandmother was also there and they were all very happy together in the spirit world.



## GRIEVING CHILDREN RECEIVE MESSAGE FROM DEAD FATHER



(Only first names were used to protect the privacy of those involved)

Kaye, who works in Makati, e-mailed me in May 2001 about certain strange experiences connected with the sudden death of her 48-year-old father, Melencio.

Her father showed himself to her brother Regie, who had just graduated from law school, and also to herself since his death in November 2000 or about seven months from her letter. She says he appears to them in human form but covered in sand. They couldn't understand why he appears to them in that manner. That was the first time I heard of a ghost appearing with sand around him. He has also appeared to their young sister Nina, but it is the brother to whom her father appeared to more often.

Kaye wanted to ask her father some personal questions, and also to find out why he was still showing himself to them. I felt intuitively that her brother was clairvoyant and could be made to talk to the father psychically. So we set up an appointment in my office for her brother, Regie, and Kaye to see me on June 1, 2001. She brought with them their young sister, Nina, too.

During our initial conversation, I confirmed my intuitive

reading that her brother was a more developed clairvoyant than Karen. Since he was a child, he could see spirits and predict the future. He also went out of his body. One time, he experienced being possessed by the spirit of Julie Vega, a deceased actress whom he didn't know personally. Being earthbound and looking for an open channel, she was able to go inside him. He couldn't move and felt another being was inside him. It took a long time to get rid of the possessing entity. That experience scared him.

When I told them that what I wanted to do was for Regie to contact his father through a trance state, he was reluctant to do so at first, because he didn't want to experience the same unpleasant psychic experience he had when a dead entity possessed him.

I explained to him that what we were going to do was not for the dead to enter or possess him, because that's negative. What we would do was simply for him to go into a relaxed state so that he could mentally tune in to his father and psychically communicate with him.

So he finally agreed to the experiment. I induced him into a very relaxed state until he reached the alpha or theta brain wave level. At that state, I asked him to focus on his father's image and call him. Rey said he could now see his father, but he couldn't talk to him. He was struggling to get away from the light. He still wanted to stay behind.

## Automatic writing

Then he said his father was touching his right hand. I knew the spirit wanted him to write instead of talk. I gave Regie a piece of paper and ball pen. He started writing, first in Tagalog and then in English.

The two sisters started crying as they read the message of their father. After the automatic writing, I told the two sisters to start asking any question they wanted to ask their father. Kaye told him she loved him and will pray for him. The father replied through Regie. He said they are asking him to go to the light but he refused to do so. He still wants to stay behind. They asked why. He said he died prematurely. He was not ready to die yet.

The father died of heart attack.

Kaye asked why she saw him covered with sand whenever he appeared to them. He said he had been digging on the sand since he went there. That's what he had been asked to do. "What are you digging?" He said he didn't know. Maybe, he said, as punishment for his sins.

He said he will always be with them, he will manifest his presence to them in some way. Kaye asked if he will be there during her birthday, which was on July 10, and he replied yes.

He said there is another brother of his who is going to die soon. When Kaye asked who, he refused to give the name. He said he cannot reveal that. No amount of persuasion would make him reveal the name. So they let go of it.

After some more social and reassurances and niceties of love, the father said he had to go. The brother said he could see his father saying goodbye to them as he walked away.

Then I woke up Regie and he said he could remember everything that happened while he was in the trance. I told them to give the message of their father to their mother. They said they would and thanked me for the experience they had.

### Second contact with the father

A week later I called up Kaye to follow up the case. I found out the children tried to contact their father again on their own through Regie. This time, their mother was present and she prepared specific questions to ask the father.

Regie first asked Kaye to try to be the channel, but she said she couldn't see anything. When Regie tried it by relaxing his body and becoming mentally receptive, the way I guided him before, he said he saw their father now in Barong Tagalog and told them he was ready to leave soon. He said he would say goodbye to his other relatives. The next day their uncle, who was the brother of their father, told them he dreamt of their father saying goodbye to him.

The channeling session was suddenly interrupted because Regie saw two or three more spirits trying to prevent their father from talking and wanting to enter Regie. His hair stood up and he became agitated. Surprised and shocked at what was happening, Kaye slapped her entranced brother on the head, which woke him up.

I told Kaye to tell Regie not to contact their father again without guidance or protection. I forgot to warn them of the dangers of spirit communication, that there are negative and lower spirits who are only waiting for an open channel to enter. They promised not to do it again without guidance.

### Ovarian cyst gone

Kaye was in high spirits when I talked to her on the phone. "I'm glad you called," she said, "I really wanted to talk to you to tell you the developments. You probably sensed it, didn't you?"

I said, "Yes, I sensed the need to contact you to find out what happened after our first session." She said there were many positive developments. They felt their father is now happy and at peace. Their mother one time was gardening when she felt something brush her cheek very gently. She felt it was their father and their mother said she felt good to learn he's still around. Kaye herself experienced somebody pressing her arm gently and she felt good about it rather than fear.

The best news, said Kaye enthusiastically, is that her ovarian cyst, which was already dangerously big, was completely gone as verified by medical examination. She believed her father healed her as he had promised. Her cyst on the breast, however, has not yet been checked, but she felt confident that it, too, would be gone soon.

I was very happy to have been instrumental in giving some solace to this family by enabling the children to actually communicate with their deceased father. As I have repeatedly said, the dead are always with us.



## CAN INANIMATE OBJECTS COME TO LIFE?



Celso Co, a highly creative electronics engineer who works as a supervisor in a large multinational microchip manufacturing company, told me a few years ago about something strange he had observed in the factory. "Every time I would get angry and scold my men about a job," he said, "the computers would

malfunction. They would only go back to normal functioning when I was no longer angry." He said he observed this behavior of the machines over a period of time, but never told anybody about it for fear that they might consider him crazy. Celso was a graduate of all my Inner Mind Development seminars and felt safe enough to tell me those strange incidents without being laughed at.

What Celso experienced with the computers was apparently not unique or isolated. A well-known biologist in England, Dr. Lyall Watson, had written a book precisely about inanimate objects that sometimes behaved as though they were alive. He called the book *The Secret Life of Inanimate Objects*, published originally by Hodder & Stoughton in England in 1990, and was reprinted in paperback by Destiny Books in the United States in 1992.

"I am a Biologist," says Dr. Watson in his Introduction, "and

as such was trained to distinguish the living from the non-living, to identify the perimeters of life and to confine my attention to organic systems of a certain complexity. The rest was geology or inorganic chemistry, taught in other buildings and by and large beyond my concern. But it is no longer possible to be so circumscribed. Life, it seems, is not so easily defined. And 'things,' even those that are totally inorganic and undeniably inanimate, sometimes behave as though they were alive, on occasion even sentient."

But machines becoming "alive" was the stuff that science fiction is made of, isn't it? It couldn't happen in reality, or could it? This latest book of Dr. Watson (who also wrote the best-selling books *Supernature* and *Gift of Unknown Things*) listed down numerous and fully documented cases that were difficult to ignore. Take the following case:

"In 1978, meter-maid Patty Jackson noticed that a car parked in Bloomington, Illinois, had its headlights on. She went to turn them off. But as soon as she touched the door handle the car started up of its own accord, leaped away from her, climbed over a concrete wheel-rest and charged across the parking lot. The ignition keys at that moment were in the hand of Zendra Zikus, who was just coming out of a beauty parlor across the way and watched dumbfounded as her driverless vehicle roared into Bloomington's Main Street. The runaway Chevrolet zigzagged in and out of traffic and back into the parking lot three times in the next frantic minutes until, with a police patrol car in hot pursuit, it seemed just to commit suicide, slamming straight into an oncoming truck. 'It was like something out of a weird Satan movie,' said Patrolman Edwin O'Farell, who finally turned the troublesome headlights off by disconnecting the battery. His sergeant, Michael Leary, impounded the car and, as a precaution, warned the towing company to make sure it did not escape before the investigators arrived. They never did find out what went wrong."

If Lyall Watson had come to the Philippines, he would have found a lot more things to write about, such as statues of the Blessed Virgin Mary that weep tears and shed blood (he in fact mentioned the statue in Baguio), of Sto. Niño statues

moving, growing taller and shedding oil, and of ordinary paper cut-out dolls dancing by themselves without any strings or anybody holding them. Filipino healers speak of "batong buhay" (stones that are alive) which reportedly grow bigger or "batokalog" (stones that sound when shaken) which warn owners of impending dangers.

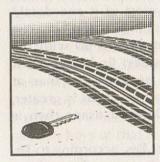
"Let's go back to computers, with which we started," says Lyall Watson. "Many companies using large numbers of computers find that a particular employee is far more successful than others at curing faults." Sometimes, even a mere mention of his name corrects the fault. Most computer buffs know at least one such magician, says Dr. Watson, but it is extremely difficult to get any of the computer manufacturers to discuss the matter.

"There is a fair amount of evidence, most of it anecdotal," concludes Dr. Watson, "to suggest that such interaction between human and machine systems has a great deal to do with the emotions of humans involved. Universities find that their computers crash more often during final examinations than at any other time not because the actual load on them is greater, but because the level of stress and the kind of usage then is very different."

Can such anecdotes be taken seriously? Yes, according to Dr. Watson. "I take the possibility of magic—in the sense of something which transcends the design parameters of machinery—very seriously indeed."



## American Patrolman who Chased Driverless Car Writes Back



You may not believe this, but I received an e-mail from American Patrolman Ed O'Farrell himself correcting a detail in the story I wrote in the *Philippine Daily Inquirer* about the driverless car in Illinois. Here's his letter in full.

Hi,

I am the Patrolman Ed O'Farrell you mentioned in your news story about the runaway car in Bloomington, Illinois in 1978. A point of correction, I did not turn off the headlights by 'disconnecting the battery cable,' I merely noted on the report that the vehicle lights were still on as it was towed away, despite the light switch being in the 'off' position. The story was originally picked up on a national publication, *Road and Track*, I believe. The *Bloomington Illinois Pantagraph* also printed a story and no doubt can provide you with a copy...

Ed O'Farrell Sacramento, CA In my reply, I told Ed O' Farrell that I was thrilled to receive his e-mail about that incredible incident which happened so long ago. I did not expect my article to reach him halfway around the globe, much less for him to take the trouble of writing me about it.

I thanked him for the correction but pointed out that I merely quoted that passage from the book written by biologist Dr. Lyall Watson entitled *The Secret Life of Inanimate Objects* published by Destiny Books in 1992.

Patrolman Ed O' Farrell's letter to me proved that the reported incident about that driverless runaway car in Bloomington, Illinois in 1978 actually happened.

Since I wrote that piece, I've come across similar stories of vehicles that had mysteriously moved by themselves.

In my letter to Mr. Ed O'Farrell, I asked him where he saw my article. I also took the opportunity to ask him the following questions which I had been itching to ask since I read about the incident in Dr. Lyall Watson's book:

"Did anybody advance any theory of how that 1978 incident with the Chevrolet car happened? What happened to that car? Did the owner sell it, or junk it? Is there any other information you can add to the story after the car was towed away? Has the owner ever experienced any paranormal or psychic thing before that incident? Or afterward?"

I told Mr. O'Farrell I hope he didn't mind those many questions because I just couldn't help asking them to find some rational explanation for incidents like this.

To my pleasant surprise, Mr. Ed O'Farrell wrote immediately back and gave some more details of that extraordinary event in Bloomington, Illinois thirty years before.

Mr. Licauco,

I stumbled on to the story and was surprised that it had been picked up.

The vehicle involved was, as I recall, a Volkswagen Jetta. The owner told me that it had been doing odd things for a few weeks, the radio turning on and off, the lights coming on even though the switch was off. She had parked it in the parking lot of a beauty salon and couldn't get the lights to turn off, so she simply went inside to get her hair done, figuring the battery wouldn't have time to run down.

The car, as you noted, started up and drove out of the parking lot. The wheels were angled such that the car drove onto Main Street (Highway 51), back into the parking lot and back out onto Main. It completed three laps in this fashion before colliding head on with a pickup truck coming up the street. And as I noted at the time, we couldn't get the lights to turn off either, so it was towed away. The vehicle was totaled by the crash. I don't recall hearing anything more about the car after that.

I spent thirteen years in law enforcement and that was the only time I ever heard of such a thing happening. I only recall that the owner was annoyed with the car as it had started having all these electrical quirks in the week or so before the accident. I never had any further contact with the woman, so I can't answer the other question. I assume it was totaled out and sold for scrap. The damage was pretty bad.

The power of the Internet is amazing, isn't it?

Ed O'Farrell

The details the owner gave Mr. O'Farrell that the car "had been doing odd things for a few weeks, the radio turning on and off, the lights coming on even though the switch was off," are typical of the presence of poltergeist (noisy ghost) or earthbound spirits in a place. Of course, if someone does not believe that spirits can do this, no rational explanation can be advanced for what happened to that car.

I agree with Mr. Ed O'Farrell. The Internet is amazing, and it has also made the whole world shrink to that of a small village.



## DID ELEMENTALS ANIMATE AND DRIVE THE VEHICLE?



How would you react if you saw your almost brand new vehicle suddenly jerk out of your garage by itself, hit your neighbor's wall, and then rush forward to hit your carport window grill?

This was exactly what happened to Jerry's (not his real name) Mitsubishi Pajero one Sunday afternoon in

July 2000, as he related the whole incredible incident to me on the phone:

"I asked my sister, Jean, to just use my Pajero because I wanted to use the other car. She had just driven that morning but parked the car too close to the wall of our carport."

Jerry and his wife, Cora, lived in a modern townhouse in an area in Quezon City which was notorious for the reported appearances of white ladies, elves, and other enchanted beings. I had, in fact, visited some of these houses in the past and, in the mid-'80s, we even did a documentary film on some poltergeist activities happening in one of these houses a couple of blocks from where Jerry lived.

"Almost immediately after my sister Jean started the Pajero, it suddenly dashed backward across the street and into my neighbor's carport, where it screeched to a stop. Then it rushed forward again so fast I thought it would hit my front door, which was where the carport, or garage, was. It stopped short of hitting anything and then it backed up again suddenly and hit the concrete dividing wall between my two neighbors' carports in front of my house. The impact heavily dented the steel bumper of my Pajero. Then it suddenly screeched forward again, jumping to the left, and hit the left side wall of the carport and the window grill in front of it. The impact of that crash caused the air bag to open.

"When I opened the door to see how my sister was, I found her almost unconscious, her hands on the wheel and the gear on 'park.'

After a short while, when I was able to talk to my sister, she said she didn't know what happened."

When I visited Jerry's house at his request, this was what Jean told me:

"All I remember was that I placed the gear in reverse. But before I could even step on the gas, the vehicle suddenly jerked backward, which shocked me. As the car dashed backward and forward, I couldn't move. My hands were on the wheel all the time, so I wondered who was driving the car. I must have lost consciousness because all I could remember was my brother pulling me out of the car."

### Elves test drive car

As we talked, I learned that both Jerry and his sister, who lived elsewhere, had experiences with elves or elemental creatures. I was told that Jerry also consulted a local healer or *espiritista*, who said elves must have taken over the car to try it. I completely agreed with this evaluation. Some naughty elemental creatures wanted the thrill of driving the Pajero and so they took over the car and drove it. But because they really didn't know how to drive, they messed up the whole thing.

When Jerry asked me if this was the first time I ever heard, of a vehicle moving by itself, I said no. I've read of a similar case reported by biologist Dr. Lyall Watson, in his fascinating book, The Secret Life of Inanimate Objects.

I told him the story related by Dr. Watson about the case of meter-maid Patty Jackson who noticed that a car parked in Bloomington, Illinois, had its headlights on and went to turn them off. But as soon as she touched the door handle the car started on its own, leaped away from her, climbed over a concrete wheel-rest and charged across the parking lot.

"The ignition keys at the moment were in the hand of Sandra Zikus who was just coming out of a beauty parlor across the way and watched dumbfounded as her driverless vehicle roared into Bloomington's Main Street." (see previous article in this book).

Although, in the recent case of the Pajero, Jerry's sister was at the wheel, she was obviously not in control, because the vehicle smashed twice, as if the driver didn't know how to drive. It also seemed to commit suicide like that car's case in Illinois.

When I told this story one evening to some friends over dinner, Elizabeth Sia, an interior designer and furniture maker, said she had heard of a similar story.

"My classmate told me," related Elizabeth, "that one day, she and her husband were looking for a house to buy. The row of houses they were looking at was on an uphill road. Her husband parked their car on the lowest part and they walked upward. As they moved up the road from one house to the other, the wife noticed their car parked outside the third house, which was on higher ground. She pointed it out to her husband, who dismissed it by saying it must be another car because he parked their car on the lowest part several houses farther down. But when the wife insisted on looking at the car closely, they got the shock of their lives when they saw it was their very own car. It followed them up the hill without anybody driving it up."

I quoted Dr. Lyall Watson in the previously article saying: "I am a biologist and, as such, was trained first to distinguish the living from the non-living, to identify the parameters of life, and to confine my attention to organic systems of a certain complexity. The rest was geology or inorganic chemistry, taught in other buildings and by and large beyond my concern.

"But it is no longer possible to be so circumscribed. Life, it seems, is not so easily defined. And 'things,' even those that are

totally inorganic and undeniably inanimate, sometimes behave as though they were alive, on occasion even sentient."

I have a theory which probably never entered Dr. Watson's scientific mind. When inanimate objects behave as though they were alive, it is usually because a spirit has entered and animated them. I can find no other plausible explanation for the phenomenon I have just been told, given the limited state of our scientific knowledge.



## PARANORMAL OCCURRENCES IN THE WORKPLACE



Most of the paranormal occurrences or psychic manifestations we hear or read about happen in the homes of people. But they can occur anywhere at all—in open spaces, churches, hotels, factories, business offices, schools, cars, ships, even inside an airplane. The following are true stories of paranormal

happenings in the workplace or commercial establishments.

## 1. Strange deaths in a car accessory manufacturing firm

In the mid-'80s, Bobby, the general manager of a well-known brand of a car accessory, located in Makati City called me because of certain strange happenings in their factory.

"Last October," Bobby began, "one of our employees died. We didn't see anything strange about that. Then in November another employee in the same department also died. Still nothing so unusual from our point of view. December, nobody died there. Then in January, a third employee in the same department also died. That's when I began to think something strange was going on, for which I could find no rational explanation. Do you think there is something supernatural going on?"

"I don't know," I replied. "Did you do anything different before the incidents began?"

"What do you mean?" he asked.

"Well, anything new that you did in the factory that you did not do before. Think of anything you did before October."

"There's nothing unusual I can think of except I had our old warehouse cleaned to give way to an executive parking area. That warehouse was no longer being used for a long time. And thought of making good use of the space."

"That's it!" I exclaimed. "That could explain the deaths of your employees."

"What do you mean?" asked Bobby. "What has that got to do with our employees dying?"

"Hard to explain to a very rational guy like you," I told Bobby, who was a graduate of the Asian Institute of Management, like me. I told him that since that warehouse was not used for a long time, it could have been inhabited by negative elemental creatures. And when they cleaned the place, they were dislocated and got angry. Bobby asked me if I could visit his factory and see if there's some explanation I could provide, especially on how to prevent future deaths of employees, if indeed there was some connection between the four events.

I decided to bring a well-known blind exorcist from Sampaloc who was known to contact bad spirits and get rid of them using a medium. The famous novelist and magazine editor Celso Al Carunungan also came along with me out of curiosity (both are deceased now).

The exorcist put his medium into a trance and asked the spirit to enter her. It was learned that there were hundreds of negative *engkantos* (enchanted beings) living inside the warehouse. When asked if it was they who killed the three employees, the spirit replied, "yes." When I asked why they were doing that, the spirit through the medium replied, "Because they were making too much noise at night."

I asked Bobby if that was true, and he said, yes, these employees worked near the warehouse and they usually worked overtime. To keep themselves awake they played the stereo very loud at night. That must have disturbed the *engkantos*.

And what added to their anger was that the company destroyed their habitat.

The exorcist asked them to leave the place but they refused to do so. And therefore a battle of wills took place which looked weird and surreal for us onlookers. The exorcist said he would melt each one of them if they refused to leave. How one could melt a spirit, I could not comprehend. But anyway, it took the whole afternoon before the exorcist finally succeeded in "destroying" all the so-called *engkantos* in the place.

Whether one believes this story or not, the fact remains that, after this exorcism, no more deaths occurred in that factory until it was transferred somewhere in Quezon City.

## 2. Dead tycoon wants favorite desk back

I used to work in a large, multinational company in Makati back in the late '80s. When the famous son of the company founder died, a museum containing the history and memorabilia of the things used by the family was established within the building. A company historian–curator was even hired to oversee the museum and update the records. The tycoon had three sons, all of whom were educated in the United States. Each of them headed several subsidiaries of the vast conglomerate. The youngest son one day noticed that the beautiful narra desk of his father was just displayed in the museum and decided to use it as his desk. He asked that it be transferred from the museum to his office.

Then I heard that after that there were several ghostly manifestations experienced by employees in the son's room. When nobody was around, typewriters would start typing, paperclips would fly from one desk to another and security guards would notice somebody go inside the private rest room of the son and then disappear.

The son didn't believe in ghosts and considered such reports of hauntings as merely the product of his employees' active imagination. When I was asked to take a look at the room, without the knowledge of the son, I noticed that the center of the ghostly visitation was the narra executive desk of the old man which the son appropriated for himself. I suggested that

it be returned to the museum as the old man did not want it to be used by anybody else. The son, I was told, merely laughed at the suggestion.

The manifestations continued for some time afterward until the son finally decided to return his father's favorite narra executive desk. When this was done, the manifestations in his room disappeared.

## 3. The elementals forced the company to vacate the premises.

A subsidiary of a large diversified company was engaged in agribusiness. Because of some reorganization in the mother company, it relocated the entire operation elsewhere. The subsidiary firm rented a big one-story house on a corner lot in Makati which was formerly rented by a foreign consulate. The property had a large garden space or yard at the back.

One early morning, the president of the company went to the empty board room to get something. The chairs were stacked upside down on the conference table. As he approached the table, one of the chairs suddenly levitated into the air and hurled itself toward the wall at the back of the room. The president, who witnessed the incredible incident, rushed out of the room and went straight to the office of the human resources, vice president, who was my former boss in the holding company of this subsidiary firm.

After telling the HR executive what he had seen, the latter told him that they had been experiencing things happening in the company since they transferred there two years before. For example, a Spanish-looking couple was seen walking around the offices, office machines would start working when nobody was around, the lights would turn on and off on their own, etc.

"Why didn't anybody tell me these things," he demanded to know.

"Well," said the HR executive, "we didn't think you would believe us if we did."

"Have you talked to Jimmy Licauco about these things?"

"No, sir, I haven't."

"Call him right away," said the President.

That's how I got involved in this case. When the HR VP told me what happened I brought along a well-known clairvoyant to see what was causing the disturbance in the company premises. The clairvoyant confirmed the presence of several discarnate and other earthbound spirits. The description of the foreign couple that he saw was identical to what some employees reported they had been seeing there.

But that was not the most disturbing thing we discovered. The clairvoyant said that the backyard was an entry point of the elemental kingdom. There was a whole kingdom located there and there was no way they would leave the place. That's why they were causing a lot of trouble in the company.

Ever since the company moved to that place, business had gone down. The management did not attribute this to any supernatural cause because the economy of the country was not doing well at the time. But there were also other problems, like many employees getting sick or getting into accidents. There was also a lot of tension among the employees which was not seen before they transferred there. Labor disputes also arose at that time.

We recommended that the company relocate itself elsewhere because the elementals were angry and would do every thing to make their lives miserable. The comptroller of the company objected to the idea because the company still had several months in their lease contract and it was a very expensive property. I told them the decision was entirely up to them.

The next day, the comptroller called me and said, "You know, Jimmy, I studied in Ateneo for four years and the Jesuits could not convince me of such supernatural nonsense. You were here for only 30 minutes and you've convinced me that we have to go."

After the company transferred to another place shortly after our historic visit, I was told that sales went up, relationships between labor and management improved, and employees were happier and less tense in the new place.

### 4. Deaths in American Food Mfg. Co.

A large American food manufacturing company located south of Manila consulted me because of a series of employee deaths occurring only in its marketing department. Unknown to top management, there were also many other strange paranormal things that have been happening there for many years already. It was the personnel manager who first suspected that the death of the employees might have a supernatural cause.

When I went to this huge factory, I brought with me a clairvoyant and a Chinese Feng Shui expert. We all felt the presence of many highly negative and angry spirits, both human and elemental. The deaths of the employees were attributed to a disgruntled former employee who was dismissed by the company years ago and who had since died. He wanted to punish the company by killing his fellow marketing personnel whom he blamed for his being dismissed. He got the help of a horde of highly negative *engkantos* to do the dirty job for him.

When we toured the company premises, there were warehouses I could not enter because of the highly negative energy coming from them. Only the Feng Shui expert and the clairvoyant entered these sites while I stayed in the office of the personnel manager, talking to the company executives and explaining the situation to them.

While there I noticed an old *duhat* (black palm) tree full of fruits that had branches so low the fruits almost touched the ground. I had never seen a *duhat* tree whose branches were heavy with abundant fruits. I also noticed a bulldozer facing the tree. I was told the bulldozer had been there for several days. When they tried to bulldoze the tree to give way to the expansion of the building beside the tree, the bulldozer suddenly stopped working. Several mechanics tried to repair the bulldozer but they couldn't start it.

We told management that the tree was inhabited by many elementals and they did not want the tree destroyed. Something bad would happen to the people who tried to cut it down. We asked the company to move the bulldozer away from the trees. When this was done, they were able to start the bulldozer without a problem. The company decided to spare the life of the tree. Fortunately they listened to the advice and no more deaths occurred in the company after our visit.

### 5. Ghost in a 747 Airplane

When the late AIM Prof. Anton Estrada's father died in London, Anton went to bring his father's body back to the Philippines. His father was a diplomat assigned in London.

Flying home in a 747 plane, Anton's father appeared beside him on the plane. They were talking like they used to when he was still alive, Anton had forgotten his father was dead. The father even ordered a glass of wine from the flight attendant. Anton told me his father thanked him for arranging the return of his body. That was when he remembered his father was dead and then he disappeared. Shortly afterward, the flight attendant approached him, bringing the glass of wine ordered by the father.

"Where's the passenger who ordered two glasses of wine?" asked the flight attendant.

Anton replied that he just went to the rest room and gave her a very sweet smile as he got the glasses of wine from her.

Speaking of ghosts on an airplane, here's another story I recall.

I was coming back to the Philippines from California alone. I can't remember the date but it was in the mid-'90s. Some flight attendants recognized me and requested if I could go with them to their quarters at the upper deck of the plane. I asked why, but they just said they felt something there. They couldn't rest or sleep when they were there and they felt the presence of a spirit. They asked if a spirit could haunt an airplane and I said it was possible. I asked if anybody who worked in that plane had died and they said that one of their stewards died recently.

When I entered their quarters, I couldn't breath. My chest became heavy and I was gasping for air. I couldn't stay too long in the place; I had to get out. I told them the spirit of that steward was still there. I asked how he died. They told me he was asthmatic and he was having difficulty breathing. No wonder I felt all the symptoms he had before he died.

I suggested to them that they get a spiritist or psychic to exorcise the plane or at least help the spirit of the flight steward to ascend or elevate itself. Otherwise the crew would not be able to sleep in that place.

They thanked me as I returned to my seat and slept quietly until we landed in Manila. That was my first encounter with a ghost inside an airborne plane!



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# ABOUT SPIRITS THAT HAVE SEX WITH HUMANS



A freelance writer for a men's magazine doing research on sexual molestations by spirits sent me the following questions:

1. What is the nature of incubi and succubi? And what is the primary motivation for their activities?

Incubi is the plural form of the Latin word "incubus" which refers to a male spirit that forces himself sexually on a living female human being. Succubi, on the other hand, is the plural form of the word "succubus," which refers to a female spirit that forces herself sexually on a man.

Such sexual molestations can be subtle, with the victim not even aware that it is happening to him or her, or it can be violent and scary, with accompanying physical bruises and pain in the sexual regions of the victim.

The primary motivation of such malevolent and evil entities is sexual gratification and conquest. These creatures would like to experience once again sexual pleasure and adventure. Sometimes, the motivation is revenge.

## 2. Where do these entities come from? Were they once human?

There are many different types of entities or spirits in the spirit world. That's why it is of utmost importance to determine first the type of creatures doing the molestation and from what dimension they come.

Some of these malevolent entities were humans before. They are earthbound spirits who were probably rapists or criminals and would like to experience human sexual pleasures and sensations once again.

Other types of incubi and succubi come from the elemental and not from the human kingdom. In other words even dwarves and enchanted creatures sometimes attempt to rape or sexually molest humans. Other types of incubi and succubi come from the demonic world or dimension. These are the most dangerous and violent ones.

## 3. What does sexual intercourse or interaction with incubi and succubi feel like?

If the attack happens in the dream state, it may appear merely like a wet dream to the victim. But if it happens in the semi-waking state, the sexual interaction or sensation seems like the real thing. Several women have reported to me that they were really sexually aroused, got wet, and even experienced orgasm or sexual satisfaction and gratification. That is when the guilt usually comes in, the fact that they were enjoying a sexual act with the spirit. Usually, they can't help their reaction and they can't resist the sexual assault by the evil spirits.

## 4. Can you give an example of an actual incubus or succubus attack you have encountered, and what happened to the victim afterward?

There was the case of an incubus who was sexually forcing himself on a 40-year-old but still attractive woman almost every evening. When she entertained male guests in her house, the incubus would literally spit on their faces. The creature even followed the victim abroad. She would feel the physical presence of the creature and even the penetration of his organ into her sexual region. She would panic when that happened but she was powerless to ward off the attack until the act was consummated. What made her feel very bad and frightened was that she actually achieved orgasm whenever he had sex with her. I brought her to an exorcist who was able to get rid of the incubus.

The following is a case of a female spirit (succubus) sexually molesting a man. I got this story through e-mail.

"My friend's mother regularly wakes him up at 2 a.m., but early today, when she was about to do so, she saw a woman (a spirit entity) lying beside her son and embracing him. She did not know it was a spirit until she called her husband and they both noticed the strange woman's body was semi-transparent (tagos sa katawan nung friend ko). The female spirit then rose from the bed, sat down, stood up slowly, and pivoted toward their direction. In fear they rushed out and shut the door behind them.

"They immediately called a friend who knew something about paranormal stuff and he asked my friend if he had any thought or dream. Suddenly, my friend remembered having wet dreams. He dreamt of a tall woman inviting him to have intercourse with him and when they checked his underwear it was all wet. So he felt something really must have happened. Now, all he wants to know is how to deal with this situation. My friend is now afraid to sleep at home."

## 5. What advice do you give to such victims of incubus or succubus attacks?

This would depend on the type of entity doing the sexual molestation. Sometimes this is very subtle, as I said, and the victim does not even know he or she is being victimized. Such incidents usually happen during the dream state.

When it happens in the waking or semi-waking state and is persistent, then it may call for a drastic exorcism or spirit combat. I don't do this myself. I refer such cases to people who have the power and skill to deal with such creatures. In case of demonic possession, the St. Benedict's medal, properly blessed and empowered by a Benedictine Monk, is very effective in warding off the demonic attack.



## A Spirit Lover Visits Her Everyday



I received an interesting e-mail from a Filipina, now studying in Japan, who called herself Capri. While still in the Philippines she was visited by a male spirit who would kiss her and have sex with her, which she welcomed at first. When she went to Japan, he followed her and the same thing happened again.

Here are highlights of her letter:

"I was about to go to sleep one evening when I saw something like fog or smoke enveloping me. With my eyes closed I felt someone embrace me tightly.

"I was under stress that time—physically, emotionally and spiritually.

"Then this entity kissed me on the lips for a few seconds, then left.

"At first I couldn't breathe, but I let him kiss me anyway. After that mysterious kiss and tight embrace, I felt so calm and relaxed like I never felt before.

"A few weeks later, he came back just when I was about to fall asleep. This time he not only kissed me, he made love to me!

"I felt my soul or spirit lifted up and was reunited with him.

"One thing led to another, and so I would welcome his visits. But I noticed he would only visit me when I was tired, stressed and in need of calmness. Soon I could even communicate with him mentally.

## Spirit appears solid

"Later the amorphous fog or smoke began to take the shape and the solidity of a real man. I could now see his eyes and touch his body whenever I was in that very relaxed state you call the alpha level of the brain waves. We would make love or reunite with each other for a few seconds. I really like and enjoy those moments with my invisible lover. I figured he was my soulmate who's come to visit me.

"Then one time, when he visited me again, he held or touched my neck. This is one part of my body I am very sensitive about. I felt he was choking me. I told him to let go of me—and he did. But from that time on, his visits, which previously were pleasurable for me, became a threat. I saw the sadness in his eyes when he left. After that incident, he never visited me again.

"I went to Japan to study, without anymore incident. But then last week, something else happened. I was about to fall asleep when I felt someone crawling into my bed. At first I did not pay attention to it because I knew I was all alone in the room. Then I felt him lie down beside me. I felt him adjusting his position because my bed is only for one person. He then positioned himself on top of me! I felt his heavy weight and I could hardly breathe.

"He wanted to kiss me but I could not feel his kiss. I only saw a gray shapeless smoke without a face. He wouldn't get off from on top of me. I could not move my body. But I was still in control of my mind. I was on the verge of crying.

"Then I prayed the Lord's Prayer and he started to fade out until he was completely gone. That was the only time I could breathe and move my body again.

"Now I'm afraid this spirit might come back. When I tell my friends about these incidents, they either don't believe me or they question my mind. They think I'm only imagining things because I have no boyfriend for years now and they say I'm just hoping my soulmate will come along. Is he really my soulmate or just a spirit? Please enlighten me. I usually dream of places and events I am very familiar with in my dreams but not when I'm awake."

What a story! This can be used as a plot for a supernatural movie which can be very popular in Hollywood and in the Philippines.

#### Not just the lonely

At first, your story may indeed be regarded by other people as merely imaginary because of your longing for a boyfriend, lover or soulmate. But I have known perfectly happy married women who were also visited by or had sex with spirit lovers.

First, let me give you the meaning of an Incubus and a Succubus. A male spirit who sexually molests living women or who make love to them is called an Incubus. A female spirit who has sex with a living man is called a Succubus. During the Middle Ages, the Catholic church investigated and documented numerous cases of sexual molestations of living beings by invisible spirits in connection with the Inquisition or witch trials. It was believed then that witches made pacts with the devil and made love to them. This idea dies very hard, indeed. Many Catholics still believe that any form of sexual encounter with spirits is the work of the devil.

This is not always so. I know of the case of a very famous Filipina singer who confessed to me that her husband used to visit her and make love to her after he had died and she welcomed his amorous visits. She said she recognized him to be the spirit of her dead husband.

There are men and women who are prone to or susceptible to spirit contacts because they are psychically open or have mediumistic tendencies. Earthbound spirits approach them either to experience sexual pleasure again or to relay an important message to some living person through that medium or channel.

I do not think the spirit that visited you was bad, neither was

he the devil. He was probably just an earthbound spirit who saw you as a good channel or medium. He also probably saw you as needing some solace, comfort, or male companionship. He also sensed your desire for sexual satisfaction. This is a perfectly human and natural desire and you should not feel embarrassed about that.

I couldn't tell for sure whether the spirit who visited you in Japan was the same one who made love to you in the Philippines. Most likely it was. But what I am sure of is that he was not your soulmate. For a better understanding of soulmates, please read my book *Soul Mates, Karma and Reincarnation* which is available in all branches of National Book Store and Powerbooks in Metro Manila and some provinces. It is also available in Amazon.com. To protect you against demonic possession or molestations, wear a St. Benedict's medal that has been blessed, empowered or charged by a Benedictine priest in the official manner prescribed by the Church and the Order of St. Benedict.



## TEN YEARS OF JOYFUL SEX WITH AN INCUBUS



Not all encounters with an incubus are unpleasant, as the following letter from reader Becky (not her real name) proves.

"I was hooked on your column on spirits having sex with humans! I don't need to be convinced of the reality of the spirit world, for I have succumbed to

it long before my own encounters affirmed it to be a fact.

"I couldn't help but bite off a smile while reading your column, for you depict that humans who have had intercourse with spirits are victimized by them. Mine is quite the opposite.

"I am a full-grown woman now, very much aware of my sexuality, and I have had a decade-long sexual relationship with an incubus. I don't know what physical sex is like, for I have chosen celibacy, but I think I know what sexual orgasm is.

"My first encounter seems blurred to me now, but the sensations are not. I was at first apprehensive, for I was still an adolescent very much wet behind the ears, but already very curious what sex was like. But self-discipline had kept me from 'fornication,' as my Catholic upbringing would put it.

"So I was very surprised one night, so long ago when, lying in bed, I felt something very oppressive and making my

breathing hard. At first I thought I was having an illusion, but the sensations were unmistakable. The hard, hot force made me feel good all over. That night was followed with perhaps a thousand encounters, but with my first dozen experiences, I was still in doubt, but I could not deny it!

"What else would a girl think if she felt tingling sensations in her nipples and a hard, hot, moving thing was inserted between her legs and rocking her senses, and gave her a glimpse of heaven afterward? In the mornings, I would wake up with a dull pain in my sexual organ. That's when I stopped suspecting.

"Since I could attribute nothing consequential, grave or otherwise, to these Scorpio nights (I am not psychologically disturbed by it. In fact, it's a healthy sexual outlet for me who has no "body" to have sex with), I have stopped resisting the spirit's sexual advances, except when I am not in the mood for it. And when I am, I go to bed naked, do my share, and get satisfied with it.

"So I believe I am not a victim of it, for I have learned to embrace rather than resist it, unlike the ones who have given the testimonies in your column. But I wonder what kind of spirit or elemental my incubus lover is, and since no harm has yet been done, is it advisable to go on with this, or cut it to ward off any future perils it might bring? Could have there been any effect on me that I was not just conscious of, or is sexual encounter with a spirit just a fleeting and immaterial affair?

"Thank you for sparing a moment to this letter. More power!" – Becky.

You are quite correct, Becky. Not all sexual encounters with spirits are unpleasant ones. Aside from you, I have also met other women who really enjoyed and welcomed their nocturnal trysts with their spirit lovers. These are not our typical incubi who force, scare and intimidate their victims.

I remember a case of a married Italian woman who used to live in Makati. She was being visited regularly by a male spirit who often made love to her. She so enjoyed their sexual encounters that when he disappeared, she came to me to ask how to call him back!

There was also the case of a widow who was being visited

by her dead husband who made love to her the way he did when he was still alive. This woman would swear it was her late husband she made love with. And she always welcomed such sexual encounters. She resented it when somebody suggested it could be the devil she was having sex with. She said she could tell the difference, and I believed her.

Now to answer Becky's question. Is there anything wrong with having sex with spirits? At first, it may appear rather odd and unnatural that one makes love with a spirit when they are no longer in the same dimension. But we are still partly made of spirit and that's why such encounters are possible. I would invoke the legal dictum that between two consenting adults, and where no force, deception, or intimidation is used and, furthermore, when they are temporary, such sexual encounters are all right. But if they replace or become a substitute for a healthy and normal human relationship, then such can be objectionable. Ten years is a rather long time to carry on a love affair with a spirit, don't you think so?

## Spirit lover prevents her from getting married

Here's another letter from reader Wanda (not her real name), whose desire to settle down with her real life boyfriend is being prevented by her spirit lover.

"I have the same sexual experience with a spirit lover that started in my early teens. Now that I'm in my forties I still experience this weird feeling, though not as often as in my teens.

"In my teens, as soon as I closed my eyes to sleep, I could feel that someone would lie down beside me and start kissing me, which ended up in intercourse. At first, I felt it was just a dream, because, as soon as I closed my eyes I knew I was fast asleep.

"When I reached my early twenties, I became curious and tried to see for myself it this was really a dream. The next time I went to bed to sleep and could feel that someone was by my side kissing me, I slightly opened one of my eyes to take a peek, and there was no one on top or beside me, but I could still feel him kissing me and touching me. That's the time I became scared.

"From then on I always held a rosary before going to bed. It did stop for a few years, although once in a while I'd get these weird wet dreams. Just last month I dreamt I was being raped, and when I woke up I felt so tired and out of breath. I was really scared that these things were really happening. Just last week I dreamed I was impregnated by a person; I had no idea who, but whom I felt I didn't like.

"The reason I write to you now is that I have a boyfriend, but it seems that every time we decide to settle down, a problem occurs. We have been in a relationship for twelve years now. Do you think the spirit has the power to control this situation?

"Please don't mention my name. I haven't told anyone about this, not even to my family. They think I'm a little weird having colored dreams, but I do every time." – Wanda

Yes, there are several women I have met whose relationships with their real-life boyfriends became strained every time they thought of settling down or getting married. And these women are physically attractive, intelligent and have very pleasing personalities. There is absolutely no reason why they cannot find a man to marry them.

When we trace their life's history, they have had a series of encounters with spirit lovers who get jealous of their living boyfriends and prevent them from getting too close to the women. The spirit lovers only want these women for themselves. Sometimes they can be violent.

When this happens, drastic action may be called for. There might be a need for exorcism and even spirit combat. The negative spirit should be made to realize the harm it is doing to the woman and that it should be made to depart from her. There are very few exorcists who can do this. The thing to do is to look for a good medium or clairvoyant who can see and talk to the spirit and persuade him to leave the victim. If the woman has a strong will and really resists strongly the sexual advances of a spirit, pretty soon he gets tired of attempting to subjugate her will and leave.

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## More Encounters with Incubus



My column of October 8, 2002 regarding sexual encounters with spirits elicited more stories and questions from readers. Here are just two of them. All their names have been changed to protect their privacy.

## Hand slashed by a spirit

"I've always been afraid of things I don't understand. However, as I read your columns and acquired books about death, spirits and clairvoyance, my fears began to ease. I even began to appreciate them. Thank you for enlightening me.

"There are several strange events that happened to me, which I cannot understand yet. One of them happened two years ago in Tawi-Tawi where I was assigned for my first job. I rented a room in a four-story building. The other occupant was in the sala with her boyfriend. I stayed upstairs. Before I turned in for the night, I said my prayers. Then the moment I went to bed to sleep, the bed shook! I suddenly stood up and asked the other people if they felt it. Nobody did!

"I usually sleep alone. Again one night, as I was preparing to go to bed, I felt a presence in the room. The room suddenly felt damp, heavy and hot at the same time, although the electric fan was on! Then I heard a voice say, 'Get out of this room, now!' I did.

"Whenever I feel lonely I hear this voice which says, 'Everything will turn out okay.' Who is this voice? It never fails to comfort me of my anxieties and worries.

"The scariest experience with a spirit happened when my boyfriend at that time visited me. We went up to my room and started making out. Just as suddenly, I felt a stinging pain in my hand. I looked down and saw my hand bleeding! There were two slashes obviously made by a thin blade, yet I do not have any blades in my room, nor did I remember using a knife that day." – Lilia

It seems there is an earthbound spirit who follows you around, who is in love with you and gets jealous when you get intimate with a man. He has become both your protector and tormentor!

It is possible the same spirit who slashed your hand in a fit of jealousy is the same entity you first met in Tawi-Tawi. He followed you.

Such an earthbound entity has refused to accept his death and wishes to experience once again physical life and physical pleasures. He can make life either miserable or pleasant for you because of his attachment to you.

You must contact a person who can talk to spirits so that the entity's burdens and confusions can be relieved. Otherwise, you will suffer from his strong attachment to you. He will prevent you from having intimate relationships with the opposite sex and may even do harm to you and to whoever is your love interest. There are ways of protecting yourself from such entities.

## Raped by the spirit

The second letter comes from Vilma, who encountered an incubus who forced himself sexually on her.

"It happened seven years ago. I was raped by a spirit. When I consulted an Opus Dei priest about it, I was shocked when he asked me, 'Did you enjoy it?'

"Angrily, I told him I most definitely did not! I even showed him the black and blue hematoma on my thighs. But that insensitive Catholic priest even remarked I must just be making it up. So I just kept quiet and left him. I also left the Opus Dei of which I was a member.

"There's another strange experience I had. One night, as I was about to fall asleep, I felt somebody with me on my bed, but I could not see anything. The mattress was being pressed down as if somebody was lying down on it. I kept quiet and didn't move, just observing what was going to happen next.

"Then I felt cold. And when I opened my eyes, I saw my blanket floating on top of me. Yes, it was levitating by itself!

"On another occasion, October 31, to be exact, I saw a white smoky figure behind our electric fan. If it was mere smoke, it should have been absorbed by the fan. But no, the figure slowly floated up the ceiling and disappeared. I saw this smoky figure twice in my room. I told my Lola about it, but I'm not sure if she believed me. I told this to a friend and he said, all these things are evil and I should just ignore them. Should I?" – Vilma

You're another woman who is "lapitin ng espirito" (spirits often get attracted to). Spirits get attracted to you because you are an open channel, i.e., you are a natural medium and you are sensitive to spirit forces. The problem with open channels like you is that all types of spirits can use you, whether good, bad, high or low.

They show themselves to you and they make you witness paranormal spectacles like a blanket floating in defiance of gravity, etc. Like the case of Lilia, an earthbound spirit is attracted to you. But unlike her case, this spirit forces himself on you against your will. So this is a real incubus, which can really be scary.

I cannot understand why some Catholic priests still cannot believe that such sexual attacks by spirits can happen even when church history is full of documented stories of such things happening, especially during the Middle Ages. Not much has changed about spirit encounters with the living except our attitude

toward such incidents. Modern man tends to simply ignore these and dismiss them as figments of one's imagination.

Spirit encounters are real and can even be bloody at times, as one male letter writer who was always plagued by spirits reported. He woke up with a bloody nose after fighting a spirit in his sleep. He asked what can be done to deal with such entities.

The first thing to do is to know more about the spirit and psychic world. Second is to strengthen one's will against them and third, to develop a method to counteract them. At the risk of sounding commercial, I suggest that they read my books and columns, attend my seminars and listen to my Sunday weekly radio program for a better understanding of these phenomena.



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# ARE CLAIMS OF SEX WITH SPIRITS HALLUCINATIONS?



My two columns of March 18 and 25, 2003 about incubi and succubi (i.e., spirits who have sexual intercourse with humans) elicited a number of questions from readers who were intrigued by these stories.

One of them asked if it is possible that these women who claimed to have had sexual relations with male spirits could have just been

hallucinating due to some repressed sexual desires and not because these events really actually took place.

Of course this is possible. But as pointed out such incidents have also been reported by perfectly healthy individuals with sound minds and emotions and who have normal sexual relations with living human beings while awake.

The incidents do not happen only to sexually starved or deprived men and women. Many of those who experienced them were married and had normal sex lives.

Another reader said, "I thought when a person dies, he or she no longer has carnal desires?"

That is not necessarily true. The fact is, when a person dies, he remains the same character as when he was alive, at least immediately after his death. The only difference is that after death, he no longer has a physical body nor any physical sense perceptions. But he may for a certain period continue to desire or crave for physical and sensual pleasures in the afterlife.

The main reason why there is a lot of confusion and misunderstanding about the nature of the afterlife is that popular religious doctrines have conditioned the minds of our people to think in a particular way and to accept only a certain point of view.

Given the amount of information available to those sincerely seeking logical answers to their deepest questions, more people are now awakening to the fact that no single religion has a monopoly on truth.

Carnal desires may continue after death, therefore sexual activity does not necessarily cease after death. It may even be more openly experienced after death than when the person was still alive.



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## CORY QUIRINO REVEALS HER GHOSTLY ENCOUNTERS



"I am of the belief that 'sensitives' are born and not made. Based on my own paranormal experiences since early childhood, being sensitive to people and places have become a private part of who I am. As you read on, this private side of me will now become officially public."

Thus begins the revelations of Cory Quirino about her hither to unknown close encounters with the spirits of the dead.

## **Early Visitations**

"The memories linger. That, of a man dressed all in white whom I would see moving around the Novaliches vacation home of former Pres. Elpidio Quirino, my grandfather. Dad took me there again shortly after Lolo passed away.

"At that time, my perception of death and the boundaries between the living and the dead were not clearly marked. To a child, a person who dies still lives on. At least this was how I had perceived it to be.

"So, upon entering the house, I saw a man lying on his bed in his white suit. I told Dad that Lolo was there. 'Impossible, hija, he is in heaven now.' "But the vision was as clear and vivid to me then as it is now. For years after that I would 'see' Lolo Pediong step out of his portrait in sporadic visitations from our family home in Urdaneta Village. This was an occurrence my parents would ignore simply because they didn't believe in ghosts. And so, because I was raised to downplay these strange events, their existence did not seem significant to my growing up years until the paranormal intensity escalated as time passed.

### **Pre-Adolescent Imaginings?**

"As a student, I had the habit of studying late at night. Just before midnight after cramming for an exam, I had my ritual midnight shower. I was twelve years old. That night, after soaping myself, I heard a man's baritone like voice call out to me. 'Cory,' he barked, as though calling my attention in a stern manner. Seeing that nobody was physically present in the room, I then began to realize that there actually was another kind of presence alive and well, living in another dimension. In my stupidity I answered 'Yes?' after which a cold wind filled the room. This was about the time I truly understood the power of the Lord's Prayer. Since I could not run out of the bathroom naked, I quietly prayed as I finished showering. And the presence went away.

### Contact With The Dead

"My father, Mayor Tomas S. Qurino, was a former Philippine Consul at the consulate in New York. After his stint there, we returned to Manila and resided once again in the same house in Urdaneta Village. Mom had told me that while we were away, an American couple had rented the house. For a long stretch of time my 'ghostly' visitations stopped. But when I finally decided to join the corporate world and landed my first job, unexplainable events started happening.

"Early Monday morning, as Mom stood by the door to wish me a good day, I remember kissing her while rushing down the front porch. The voice was that of a child's, clear, and distinctly inviting; Coryyyyyyy, in a long and drawn out manner. "Looking back, I turned to Mom and asked her if she heard the child's voice. Perplexed, she answered, 'What child?' That evening, exhausted from work, I was hurrying to dress up for a date. Upon leaving my room, I remembered having left my lipstick behind, so I re-entered. The sound of water running made me inspect my bathroom. The faucets had been opened fully, water gushing out. I closed them quickly.

"Back from my dinner date at around midnight as I was brushing my teeth and looking at the mirror, I could clearly see my bed. At that moment my pillows, which were propped against the head rest, fell as though someone was playing with them. I inspected my pillows, half expecting them to move again, but it didn't happen. But as soon as I got into bed, I felt someone jumping into bed beside me! In my mind, I spoke to the presence 'Please let me sleep.' And I fell softly into a deep sleep, that is until 3 a.m.

"At that precise time my alarm clock, which I did not set, rang loudly. By this time, I was upset. Waking up my parents with my unbelievable story was met with a mixture of anger, fear and disbelief. Mom refused to enter my room. Dad, armed with a .45 caliber pistol and a glass of scotch, went to my room and threatened the spirit. Looking back, it was a hilarious moment, as if a bullet could kill a ghost. That early morning, before I grabbed my pillows to sleep with my parents, I admonished the spirit, 'If you don't behave, I will never sleep in my room again.' The next day, all the maids complained they could not sleep. Frantically, they explained that the sound of a young girl weeping kept them up after 3 a.m. until sunrise. The wailing had seemed to emanate from our living room.

"That weekend early Sunday evening my grandmother, Concepcion Castillo, barged into my room. In Spanish she asked, "Donde esta La nina?" (Where is the little girl?) She had seen a young girl aged five, with blond hair and blue eyes, enter my room. The hair on my forearms and back stood on end. I started to feel my unseen roommate again.

"This was the time I sat my mother down and asked her to be honest with me. Finally she admitted that while we were in the U.S., the former tenant's young daughter had died of leukemia, that she occupied my room and worst of all, the wake was held in the house with her coffin situated in our living room.

"It was at this point when I sought professional help. I had not known Jimmy Licauco at that time but an officemate had a relative who was a medium. My parents reluctantly agreed to a session. After a few hours, the message from the medium brought all the occurrences to light. The child missed her parents and was unable to find them. And she needed me to help her. Apparently her body was buried in Manila while the parents returned to the U.S. When I asked my mom for information on the whereabouts of the girl's parents, she said she had lost her records. It was my intention to write them so they could transfer her remains to the U.S. But we reached a dead-end (no pun intended) instead. We asked a priest to bless the house and recite the prayers for the dead. Since then, the house has remained quiet.

## **Argentinian Visitor**

"Again, a period of peace prevailed in my life until Buenos Aires. It was meant to be a vacation, or so I thought. But this encounter was the most frightening yet. Travelling with a group of friends for the first time to Argentina gave me the chance to explore new frontiers.

"A distinguished Argentinean acquaintance invited us to the countryside. I remember travelling for a good two hours into the outskirts of the city where we ended up in an ancestral mansion covered in ivy. I kept my thoughts to myself but a sense of apprehension seized me. Upon entering, the atmosphere was heavy. And the living room filled with life-sized statues of saints and other antiquities added to the mysterious air. Since it was a pool party, I was led to the Victorian style ladies' powder room filled with family pictures. I was about to pull up the strap of my bathing suit when I felt the overpowering presence of a male spirit. He, I sensed, was five feet away and was fast advancing toward me. Just as I had felt him directly in front of me, my heart raced with fear. For the first time in my life I needed someone to save me from what could have been a possession. While I could not see him, I certainly felt him and heard his heavy

breathing. Somehow, I was pushed against the sofa and then an overwhelming sense of grief and desperation came over me. My chest was heavy with pain. I tried to call out but no voice came out of me. "Help," I squeaked. My feelings of hopelessness transformed into sobs and waiting. Where was this emotional pain coming from? Finally after 5 minutes I got my voice back. My friends came to the rescue and held my limp body in a comforting embrace.

"Our host looked worried. I had a sense that he needed to talk to me. So, after dinner we had a session and soulful conversation. I told him that the man haunting this house was extremely sad and that he wanted to convey that sadness to him.

"Amazed and bothered by my message he explained that a few years back his father who suffered from severe depression had taken his own life in the very same house. This family was still recovering from the shock and pain. I advised him to have mass and prayers said and as a family to gather together once more and release their father with love and forgiveness.

"Since then, I have not heard from him. But I hope that I left them all with some form of closure.

"Upon arriving in Manila, I immediately enrolled in Jimmy Licauco's Inner Mind class. With his help I was able to understand this mediumistic gift.

"And everything fell into place when my mother admitted that my great grandmother, Dolores Lora, was a natural medium. Mom would be regaled by her stories about the spirits, nightly visits and how she would shoo them away from her bedside just before bedtime. For her, it was a matter of course, not fear.

#### Goodbye Daddy

"Watching an ailing father stricken with lung cancer is a painful experience. When Dad released his last breath, my hands cupping his head, a mixture of medicine and food came out of his mouth.

"This substance, I caught with my hands. That day, while in the car by the mortuary, this same powerful smell suddenly filled the air. 'Dad's here,' my brother Louie said in a calm voice. 'I know,' I answered. The morning before his funeral, just before sunrise, I was abruptly awakened from my sleep. I felt somebody embracing me as I sat up wide awake. Quietly I told Dad, 'I love you too Dad. It's time to say goodbye.'

"A few days after, I had a vivid dream of him. Dad was smiling, all dressed in white and looking younger than ever.

## Book Of The Dead

"Perhaps the most convincing piece of personal evidence that the dead communicate with the living was when my brother Louie passed away. Three days before he died he paid me a visit. While watching TV together he held my hand and said 'I will not stay long on this earth my loving sister but remember I love you very much.' It happened the morning after his burial. He appeared to me in a dream. Or was it? He was standing by a boat along a shimmering seashore at sunrise. Dressed in white, he explained, 'I love you sis, I cannot stay. You will find a reference to my boat in the Egyptian Book of the Dead.' I sat up from my bed and ran to my bookshelf. How had he known what to tell me if indeed this dream–apparition was not authentic? It was Louie's code for me! Flashback to a year ago. Louie entered my room and saw me leafing thru the very same book he mentioned which he borrowed but promised to return.

"I pulled out the book and looked under 'boat'—and there it was. The boat of Ra, the sun-god, symbol of the soul's journey and transformation from this life to the next. Clearly, Louie had communicated with me in a language I understood. And I was at peace knowing he had moved on.

## **Finding The Light**

"My gift has not abated. It grows deeper with acceptance and wisdom. While being a medium is also a choice, I choose not to be one—unless it comes spontaneously or is a matter of urgency.

"While it is truly a process, my understanding about the spirit world is unfolding with each new experience. And it is my firm belief that there are many more people like me out there who never knew the answers as to why these phenomenon was thrust upon them, and were only left with insurmountable questions. For this reason, I welcome Jimmy Licauco's timely and down-to-earth, honest book. I was guided in advance by this book.

"In my early youth, I could have been spared from all the helplessness and confusion that I had to deal with given my limited comprehension. And I would have been better prepared to interpret and manage my role as a chosen bridge of sorts to guide the spirits toward the light.

## From Gift To Responsibility

"A gift doesn't come for free. While it may be given to you freely, accepting it comes with a set of responsibilities.

"To have the gift of sensitivity affords one the ability to see life and situations with a new pan of years. And these eyes are attuned to the spirit in ways that transcend human understanding and religious mores. What is inherently expected in one thing alone, that this gift be used to heal with love, not only the living, but also, the dead."



## SEX AFTER DEATH



Sex after we die is discussed in *By Lust Possessed*, a book edited by Eric Lombard, with introduction by well-known psychic writer and researcher, Martin Ebon. In a chapter contributed by R. De Witt Miller, the answer he gave is a resounding, "Yes, sex does not disappear after we discard our physical bodies."

What were the author's bases for such a conclusion? These are:

- 1. "The testimony of those who have gone out of their bodies through astral projection. All testimonies said their astral bodies have the same sex in the afterlife as in their physical bodies. They also testify they still possess sex organs."
- 2. "The pattern of the astral body follows the pattern of the physical body."
- 3. "There's no ghost that appeared to humans who has a different sex when still alive."

4. "There is no record of any dead person declaring in a reliable spirit communication through any type of mediumship that death changed his or her sex."

De Witt further argued that if the dead person does not lose his or her sense of sight and hearing, why should he or she lose the sense of smell, touch and taste?

"How can you justify the continuance of two of the physical senses and not the other three?" asked Mr. De Witt. "If the basic sensory mechanism is in the second (or astral) body, then all of the senses must be beyond the reach of physical death. If the sensory mechanism is in the physical body, then why should the visual and auditory nerve patterns survive and not the tactile or the olfactory? No matter how you slice it, it still comes out nonsense."

Well, the answer may lie somewhere else. I've gone out of my physical body many times. The first time happened in 1975. I realized that out there in the astral or spirit world there is only pure consciousness or awareness. One does not hear with the ears or see with the eyes like in the physical world. There's only "knowingness."

We are aware of all sensations but these sensations do not come from the physical body, because we are separated from it, but from a certain consciousness or awareness. We could see, hear, and feel the people around us all at once. We could even become acutely aware of their thoughts.

During one astral projection, I experienced having astral sex with a living woman who was also out of her body. Although there was no physical or sexual contact between us, the sensation we felt was a lot more intense and total compared to mere physical sex. It was truly a union of two souls rather than just physical bodies.

Perhaps this is what happens in the afterlife. One can relate to another spirit of the opposite sex and unite with him or her soul to soul. Then only will we truly *know* another human being—by being literally united with him or her spiritually. With total soul union, there can be no secrets from either party, nor from anyone in the same spiritual state.

As the spirit, Julia, communicated through British journalist, W.T. Stead on October 11, 1908:

"There is no restriction on the liberty of love. If anyone arriving here is incapable of vibrating in sympathy with anyone but the spouse of earth life, they can remain as monogamous here as on earth. But we do not regard that selfishness of two as the highest stage. Yes, the sexes continue, but sex is deeper than the organs in which it finds its temporary expression on earth."



## **ABOUT THE AUTHOR**

Jaime T. Licauco obtained his Master in Business Management (MBM) degree as a scholar from the Asian Institute of Management (AIM) and his Bachelor of Arts (AB) degree, major in Philosophy and English (Magna Cum Laude) from San Beda College in Manila. During the 100th Anniversary of San Beda College's founding in October 2001, he was named one of the Bedans of the Century for Literature.

He is today considered the Philippines' foremost authority on inner mind development, creative and intuitive management, paranormal phenomena, and Philippine mysticism. He has written seventeen bestselling books and numerous articles on these subjects during the last twenty-five years. He is also coauthor of Intuition at Work, a book published in San Francisco, California. He has appeared as guest in numerous television and radio programs in the Philippines and even abroad.

He is a frequent resource person of the prestigious Young Presidents' Organization (YPO) based in Texas, and a member of the International Board of Advisers of the Global Intuition Network in San Francisco, California.

Mr. Licauco has had twenty-five years of middle and senior management experience in various firms in the Philippines, mainly in the areas of human resources, management consultancy, and management training and development. He has lectured extensively before top executives in the Philippines and in various parts of the world, such as in North America, South America, Asia, Europe and the Middle East.

He is one of the leading exponents of Holistic or Complementary Medicine and has also lectured extensively before such medical groups as the American Academy of Family Medicine, the Philippine Society of Family Medicine, the Monthly Medical Forum at Manila Doctors Hospital, the Philippine Neurological Society, Philippine Nurses Association, the Philippine College for the Advancement of Medicine, the Philippine College of Surgeons, Philippine Institute of Traditional and Alternative Health Care, etc.

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Mr. Licauco is president and founder of the Inner Mind Development Institute and currently writes a weekly column on Inner Awareness in the Philippine Daily Inquirer, anchors a weekly educational program over DZMM radio and is a part-time faculty member of the Asian Institute of Management and was Visiting Faculty of De La Salle University's Center for Indigenous Medicine in Dasmariñas, Cavite. He was a former Editor-in-Chief of MBS, The Magazine of Mind, Body and Spirit and was a consultant in a television series on paranormal phenomena on GMA-7.

He was born on July 25, 1940 in San Juan, Metro Manila, and is married to the former Yolanda Campos by whom he has three children. They live in Parañaque, a city south of Manila. Mr. Licauco is a direct blood descendant (great great-grandson) of the illustrious nineteenth-century Filipino painter, Damian Domingo.

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"Why do ghosts appear to the living?"

"Can babies see ghosts?"

"Can ghosts have sex with humans?"

"Why do some ghosts possess some people?"

"How do we protect ourselves from negative spirits?"

"What are the signs a place is haunted?"

"Is it true the spirit of the dead stays for forty days on earth before leaving?"

These and more questions about ghosts are answered in this long-awaited and highly informative book by Prof. Jaime T. Licauco, the Philippines' foremost authority on paranormal phenomena, Philippine mysticism and mind power.

And that's only for starters. The second part of this book contains actual incredible stories of people who have had close encounters or personal contacts with spirits of the dead and other creatures.

"The true-to-life stories in this book easily open the door to skeptics and unbelievers...

The most basic questions are answered with candor and realism.

Easily digestible truths and facts can be extracted from his down-to-earth yet authoritative style..."

From the Introduction by Cory Quirino



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