

The
SUPERNATURAL
Guide to
**THE OTHER
SIDE**



akashic records

The vast psychic record of all thoughts and emotions, some human, some not, that is sometimes accessible to advanced souls.

amulet

A symbolic magical object imbued with energy, meant to protect its wearer from harm; usually a necklace, ring, or pendant.

angel

A nonhuman entity; a winged celestial being, usually benevolent and kind and possessed of powers and knowledge beyond human comprehension.

anomaly

An occurrence for which there is seemingly no normal explanation.

apparition

The projection or manifestation of a paranormal being.

astral plane

A dimensional plane at a higher vibration than the earthly plane, where entities both good and bad can be encountered during astral travel in the astral body.

aura

An energy field that surrounds the physical body and is a reflection of the astral body, which can be influenced by thought and emotion.

banishing

A ceremonial, magical ritual to cast out negative energy and influences; it can refer either to a spiritual cleansing of a person or property, or to the closing of a magical rite.

cleansing

A ritual in which negative energy and entities are banished through prayers that are spoken aloud and may be adapted to the user's needs.

clearing

Synonym for *cleansing*.

demon

An evil, nonhuman entity.

dowsing

A means of locating different substances and energies by the means of two rods, which cross when the energy field that is being searched for is encountered.

ectoplasm

An ethereal substance that is supposedly exuded by the bodies of mediums and can form into objects and entities.

ectoplasmic mist

A substance that forms out of thin air and looks like a thick fog.

electronic voice phenomenon (EVP)

An utterance not heard as it is being spoken but audible later when the recording is played back.

electromagnetic field (EMF)

Electrical charges, found in varying degrees in anything that uses electricity or generates a magnetic field.

elemental

A nature spirit that can be either good or evil.

entity

A classification for a disembodied being, which may be a ghost, a spirit, an elemental, or a demon.

exorcism

A ritual performed to drive a devil or demon from the body or the house it is occupying.

ghost

A spirit that may or may not have been a living human being or animal and that can sometimes appear to be semitransparent.

haunting

The repeated appearance of ghosts, spirits, or poltergeists.

hypnosis

A state of altered consciousness, self-induced or created by an external agent. Franz Anton Mesmer first popularized this practice, which he called mesmerism.

instrumental transcommunication (ITC)

Two-way, real-time communication with spiritual beings. The entities provide advanced technical information through radio, television, telephones, and computers.

intelligent haunting

An entity that is aware of the presence of humans and may be interactive.

levitation

A rare phenomenon in which objects or persons are lifted or sometimes hurled through the air. Encountered occasionally in cases of poltergeist activity.

materialization

The brief physical appearance of an entity, seen as it is happening.

medium

A person with the ability to communicate with the dead; sometimes called a sensitive.

metaphysics

The school of philosophical thought that seeks to understand the meaning of existence and the human soul.

necromancy

The art and practice of communicating with the dead to obtain knowledge of the future or other hidden events.

poltergeist

The famous noisy ghost. A rare form of haunting wherein random objects are moved and sounds and speech are produced by unseen entities, which seems to crave attention and recognition. Frequently a child or adolescent is at the center of the phenomena.

provoking

A technique used by some investigators to anger spirits into responding or reacting.

psychokinesis

A paranormal phenomenon in which objects are moved solely by the powers of the psychic's mind. See *telekinesis*.

reincarnation

The belief that a soul will move on to another body after death to work out its karmic debt.

residual haunting

A psychic recording of an event that is traumatic or violent. It is repeated over and over; the entity involved does not interact with onlookers.

saging

See *smudge sticks*.

séance

The attempt by a group to contact the spirit world. A medium is usually the channel for the energies to manifest through.

sigil

A magical charm that forms an energy barrier and protective shield. It can be visualized or drawn.

sleep paralysis

A state between waking and sleep in which one is paralyzed and experiences a dark presence and/or feeling of oppression or suffocation.

smudge sticks

A Native American tool made of sage used for purification, healing, and cleansing ceremonies. The smoke is thought to clear negative energies.

spirit

A ghost; an entity that once existed on the earthly plane but has passed on.

synchronicity

Uncanny coincidences that seem too convenient to be truly coincidental.

telekinesis

The psychic phenomenon where objects are moved solely by the powers of the mind.

voice box

A device designed to allow communication with spirits through radio waves.

vortex

A rip in the fabric of space-time that opens into the spirit world and lets entities from the other side in.

ward

A magical construct that guards a person or a place.

wraith

The semitransparent image of a person that appears shortly before or after his or her death; also sometimes used when talking about a ghost.