



Poltergeists

Poltergeist is from a German word meaning noisy spirits. Reports of poltergeists date back to Ancient Roman times.

The activity that takes place will start off with knocks and bangs, furniture starting to move around by itself. Then, the activity will become more intense, manifesting itself through voices and even the appearance of full apparitions. Furniture may slide across the room and beds may shake. Many shows are based on this is a style of haunting because it tends to be the most terrifying and rarest type of haunting that occurs.

Most of the time, in the case of a poltergeist, the haunting circles around a female in her teen years. Some of these cases seem to be caused by the female unknowingly controlling the energy around herself. Some cases happen around people that are stable and in the right mind space.

This haunting is hard to classify due to certain situations. No two are ever really the same. Most of the time you will find that one person in the household seems to be more affected by the haunting than anyone else. It may seem that most of the activity doesn't happen unless that certain person is present. Usually, the activity appears to stop when that person leaves the home. The majority of the time poltergeists are experienced by several people, but again they seem to center around one certain person. This person may be highly stressed as of late or maybe this person has gone through some type of extreme emotional situation. If this is the case, see that the individual involved gets some medical care, and soon afterwards the poltergeist will subside.

When it is not the teenager that is manifesting activity there are usually several spirits in the area. The spirits appear to pool their energy together in order to become strong enough to move larger objects and make more noises. In order to remedy the situation, you need to find the root of their anger so that they can pass over and leave you in peace. On most poltergeist cases they will disappear with out any warning, just as they appeared. Certain times it may stop within a few days, other times it may take years. You may never know the reason that it happened. Most people are just happy to see it go and that's enough for them.

By understanding why it was there in the first place helps you to understand how to keep it from ever coming back again. Knowledge is the key in protecting yourself in this world.