

Holy.” (Guru Granth Sahib, p.1150)

“He is contained deep within each and every heart. He is always with you, as your Helper and Support.” (Guru Granth Sahib, p.48)

“In good times, many come and sit together, surrounding you on all four sides. But when hard times come, they all leave, and no one comes near you. ||1|| Your wife, whom you love so much, and who has remained ever attached to you, runs away crying, “Ghost! Ghost!”, as soon as the swan-soul leaves this body. ||2|| This is the way they act - those whom we love so much. At the very last moment, O Nanak, no one is any use at all, except the Dear Lord.” (Guru Granth Sahib, p.634)

The Guru is the most powerful transformational being after God. The Shri Guru Granth Sahib Ji teaches humanity that anyone or anything who approaches the Guru with humility will be emancipated. So always thank Guru and God for giving you this unusual opportunity for your spiritual evolution.

“Finding the True Guru, the perfect cleansing bath is obtained, which transforms even beasts and ghosts into gods.” (Guru Granth Sahib, p.1329)

As your spiritual practice develops you will begin to develop a consciousness which remembers God at all times including at work, while eating, on the way home from work, while studying etc.

“Twenty-four hours a day, they remain unconcerned, imbued with the Love of the One Lord.” (Guru Granth Sahib, p.146)

One of the reason why it is recommended to do the Keertan Sohila meditation before you go to sleep is so that you create a level of protection around you to prevent harmful vibrations coming near you.

THE JEWEL OF HUMAN LIFE

Human life is the only life form through which we have an opportunity at achieving mukti or liberation from the samsara cycle and merge back with God. This is why the Guru stresses the importance of seva (selfless service) and simran (meditation) to

ensure we do not waste this very rare and temporary opportunity of achieving eternal peace. The Shri Guru Granth Sahib Ji says:

“The Lord is found only through this human incarnation. This is the time to contemplate the Lord.” (Guru Granth Sahib, p.844)

“Through 8.4 million incarnations you have wandered, to obtain this rare and precious human life. O Nanak, remember the Naam, the Name of the Lord; the day of departure is drawing near!” (Guru Granth Sahib, p.50)

CONCLUSIONS TO REAL GHOSTS

Experiences with real ghosts and shadow people happen to many people from all walks of life and Sikhism teaches humanity that if we focus our consciousness on God then there is nothing that can cause us harm. In addition, we will have fulfilled our real purpose in life which is to become one with God through meditation and selfless service. Finally, as spiritual people we should offer a prayer for the ghosts and shadow people that have pushed us to develop a deeper spiritual practice so that they may also be at peace.

Real Ghosts

INTRODUCTION TO REAL GHOSTS

The knowledge of ghosts and shadow people goes back to the beginning of human civilization. Ancient cultures such as the Egyptians, who compiled the Egyptian Book of the Dead, show deceased people in the afterlife appearing much as they did before death, including the style of dress.

A ghost is defined as the apparition of a deceased person, frequently similar in appearance to that person, and encountered in places she or he frequented, or in association with the person's former belongings.

A shadow person is similar to a ghostly apparition with the difference being that a shadow person takes a non-human form.

This infobite has been compiled to provide other seekers of truth with an appreciation of the types of experiences which would identify real ghosts and shadow people, explanations of why these occur and what action you can take.

SCIENTIFIC EVIDENCE FOR GHOSTS

The evidence for ghosts has been captured in photographs and for the last few decades has also been recorded on tape and commonly known as Electronic Voice Phenomena (EVP). Critics suggest that these voices are stray radio signals, however this is not correct because there are numerous recordings where the people making the recording have asked specific questions and have received specific replies from unknown voices.

WHY DO GHOSTS OCCUR?

The word 'ghost' in the Sikh Holy Scripture, the Shri Guru Granth Sahib Ji (Guru Granth Sahib) is used in a number of different scenarios, but generally it refers to the spirit or soul of a person.

Sikhism teaches that upon our death our soul will either find eternal peace as it merges back with God or it will be assigned back to the samsara cycle of reincarnation, depending on our actions and our focus in life. The samsara cycle is designed to take us back to our true home of God, but Maya (illusion) keeps us bonded to this cycle. Maya includes our

minds being ruled by lust, anger, greed, attachment and pride.

Part of the samsara cycle can include living as a ghost/shadow person or soul on the earthly plane for hundreds of years before we are given the privilege of human life again. This is a form of karmic suffering. The Shri Guru Granth Sahib Ji says:

"He commits many millions of sins. Day and night, he does not get tired of them, and he never finds release. ||1||Pause|| He carries on his head a terrible, heavy load of sin and corruption. In an instant, he is exposed. The Messenger of Death seizes him by his hair. ||1|| He is consigned to countless forms of reincarnation, into beasts, ghosts, camels and donkeys. Vibrating and meditating on the Lord of the Universe in the Saadh Sangat, the Company of the Holy, O Nanak, you shall never be struck or harmed at all." (Guru Granth Sahib, p.1224)

"The ghost (soul), in the body-cage, suffers all sorts of afflictions. Those who are blind to spiritual wisdom, remain in hell (samsara cycle). The Righteous Judge of Dharma collects the balance due on the account, of those who forget the Name of the Lord. ||6||" (Guru Granth Sahib, p.1029)

CHARACTERISTICS OF GHOST EXPERIENCES

A large number of people have interactions or experiences with supernatural phenomena such as ghosts or shadow people. However many people will not speak about such experiences due to fear of ridicule.

Temporary Paralysis

The most common experience by far is when you may be sleeping and you become conscious of the fact that you are trying to wake up but you are unable to move and unable to speak. You are in a state of temporary paralysis and it can be scary, especially if we do not know what is happening. This is how experiences start and they can become progressively worse including forces pushing you down in your bed.

Mind Tricks

You may also start to see visible apparitions and become aware of mind tricks being played on you,

which are being done to test your character. Ghosts can be aware of what you are thinking because they are pure consciousness and so they can play games with you while you are in semi-conscious states and act on your thoughts. They can trick people into getting angry over the most trivial issues and this is sometimes why people moving into a new place can start having marked changes in attitude towards one another. In some of the worst cases these beings can reinforce a belief that their family or friends are trying to corrupt them or kill them which has in a minority of cases resulted in people being killed or people self harming themselves.

Times of Day

These experiences can happen at all times of the day or night whenever you are sleeping or falling asleep. However you may begin to find that the most violent or scary experiences occur around 3.00am to 6.00am and strangely this is considered the best time for meditation and remembrance of God.

"In the Amrit Vaylaa, the ambrosial hours before dawn, chant the True Name, and contemplate His Glorious Greatness." (Guru Granth Sahib, p.2)

DEVELOPING A SPIRITUAL PRACTICE

Many souls who become stuck in the earthly plane unfortunately choose to cause issues and problems for humans in this manner. In these situations no one is able to help you except the Guru and God, and the only solution to this problem is to ask God to come into our lives and help us. Meditate and pray to God and do the Jap Ji Sahib meditation. This is the start of a beautiful spiritual awakening.

"Meditating in remembrance on the Lord, the Eye of Death cannot see you. Meditating in remembrance on the Lord, demons and ghosts shall not touch you. Meditating in remembrance on the Lord, attachment and pride shall not bind you. Meditating in remembrance on the Lord, you shall not be consigned to the womb of reincarnation. ||2|| Any time is a good time to meditate in remembrance on the Lord. Among the masses, only a few meditate in remembrance on the Lord. Social class or no social class, anyone may meditate on the Lord. Whoever meditates on Him is emancipated. ||3|| Chant the Name of the Lord in the Saadh Sangat, the Company of the