

“Cleansing Suggestions”

If you believe you have a haunt in your home, MOPI wants you to know that you are not alone. Many people experience occurrences that may be paranormal. There are a few simple things you can do if you are experiencing a haunt. MOPI does not provide cleansing or ridding of haunts from a home. These suggestions that we provide are to be used at your own discretion and MOPI does not guarantee they will work.

The first suggestion is to try to find a natural explanation for the event(s). Older homes make noises and newer homes settle and make noises. Do some of your own “ghost hunting” to determine if there is a natural cause and eliminate those causes one at a time. We recommend you keep a journal of events as they happen. Please note the date, the time, who was present in the location, who all witnessed the experience, and what actually occurred during the event. Keep a tablet and a pen handy to make notes as the event occurs. Pay special attention to any smells, noises, and exactly where the event took place (bedroom, living room, etc.).

After determining that there is no natural cause for the events, the second suggestion is to ask the ghost to leave. This will generally work, especially when the time is taken to explain how and why having the ghost present bothers everyone and increases their stress. Take control and be firm but do not yell or scream. Speak calmly and clearly. If haunted, the ghost may be afraid to “move on.” Many ghosts do not know they are dead. An apparition, or ghost, may be in denial of death and may think they continue to have ownership of the house.

One thing to keep in mind is if the home has a residual haunt, that is, the haunting is imprinted in the atmosphere and plays over and over like a recording, is that the home may not be able to be cleansed and the haunt will have to fade over time.

Finally, the third suggestion may call for a more firm approach and may require “outside” assistance. Sometimes an apparition is stubborn and refuses to leave. In this case, a clergy member may need to be called upon to assist with the removal. Sometimes rituals of a religious nature are effective. This means blessing your home with holy water or smudging the house with smoldering sage. You can do this yourself or use a clergy member to perform the cleansing.

If you know a reliable, professional psychic, they can be used to assist in cleansing the location and moving the spirit out. It is best to do research and ask around for a reliable psychic who knows what they are doing.

*****As a reminder, MOPI does not conduct house cleansings but offers these suggestions for you to be used at your own discretion. MOPI holds no responsibility for any harm that may occur while using these suggestions. Use at your own risk.*****