

Life After Death and the Paranormal WorldBawa, Simmin¹¹Head of Department, Philosophy and Assistant Professor, Jai Hind College, MumbaiSukhani, Teesha², Shah, Krishna³, Rangnekar, Samruddhi⁴^{1,2,3,4}TYBA student Philosophy-Psychology, Jai Hind College, Mumbai**ABSTRACT**

This research paper explores the question of whether life after death and the paranormal world exists or if it is just a string of false beliefs. Life after death and paranormal activities have a wide area of discussion in India wherein, we focus on the existence of different realms, the interaction between these realms, the process of channeling, and various perspectives regarding the idea of “ghosts”, “spirits” and “entities”. We aim to logically deconstruct the phenomenon of paranormal activities and delve deeper into the concepts of soul, spirits, good and bad energies, and how they travel through this dimension to the other after death. The role of human beings in these occurrences is also substantially discussed in the context of the energies we emit and attract. These energies and actions that we give out in the world and perform throughout our lives also pave the way to the kind of vibrational frequency we would turn out to be in another dimension and also focus on the deeds and unfulfilled wishes of this lifetime which entraps our spirits in this world refraining it from starting a new life. This paper takes us through the experience and encounters of people who have become mediums to bridge the gap between different worlds, how these abilities can be of use, and what effects it has on them. It attempts to give an insight into all the inexplicable phenomena and the ravenous beliefs that surround the topic. It aims at unraveling the mystery around the question of whether the paranormal world and life after death are concepts that can be logically accepted or are just a set of deep-seated fears that emerge in the form of beliefs and experiences.

Keywords: Mediums, Psychics, Channeling, Inexplicable Experiences, Different Dimensions, Past Life, Other Realms, Energies, Life After Death, Spirits, Paranormal World

INTRODUCTION:

The paranormal world is something that few of us explore. It's often known as a world covered completely in "darkness", fear, and the unknown. It has always captivated the human imagination. Even the mere mention of the words "ghost" or "spirit" can give some people the jitters, conjuring up visions of restless spirits, haunted homes, and strange occurrences. But, as much as it frightens us, it also intrigues us, compelling us to seek answers to the age-old question: What lies beyond? People prefer not to discuss these topics because they believe it will bring them bad luck or for something dark to happen that they are not prepared for. In reality, the paranormal world is an unknown universe that provokes many questions in our minds while also containing a great deal of mystery and mysticism. Any event that has some kind of energy associated with it, some extraordinary force that is beyond human vision, is considered paranormal activity. These vibrational frequencies do not exist physically in our world, yet they can be sensed by humans. Some spirits are present, attempting to converse or convey a message. These spirits may be stuck on a plane in between the different worlds/realms due to

unfulfilled desires. These souls spend a longer time on the astral plane. However, not everyone believes this is true. They define paranormal events as faulty brain activity. There may be a neurological impairment in one of the hemispheres as a result of seizures, epilepsy, or brain injury. This is also believed to be a type of optical illusion that produces eerie effects. According to psychologists, when someone close to you dies, loses a job, or experiences any other terrible event, the brain seeks to find explanations in such a chaotic world. Psychologists like Ray Hyman, Susan Blackmore and James Alcock have expressed skepticism towards the scientific validity of parapsychological phenomena.

In the Indian setting, many other religions come into play when we open the doors to other worlds and talk about spirits, energies, ghosts, and divine forces. There are different religions that exist in India and every religion has different perspectives on it. In Buddhism, there are ten worldly realms and they are: (1) the world of hell, (2) the world of hungry spirits, (3) the world of animals, (4) the world of *asuras*, (5) the world of human beings, (6) the world of heavenly beings, (7) the world of voice-hearers, (8) the world of cause-

awakened ones, (9) the world of *bodhisattvas*, and (10) the world of Buddhas. Jainism, one of the most ancient Asian religious cultures, holds that three realms exist – an upper or celestial world, the middle or mortal world and the lower, infernal world. The Bible teaches that our world is more than what we see with our natural eyes; there are two distinct realms—the spiritual and the natural. In this paper we would focus mainly on Hinduism. Hindu mythology defines fourteen realms which are called as '*Lokas*', so according to Hinduism there are seven higher *lokas* and seven lower. Hinduism talks about the cycle of birth, death, and rebirth, implying that souls go through countless incarnations. Certain rites and rituals are also done to guide departed souls and ensure their peaceful transfer to the next dimension. There are a few people who work in this profession and serve as a bridge between different realms. Who assists in channeling the energy of various spirits. They are also referred to as mediums and psychics. While bridging the gap between realms, these individuals in India may not only speak with spirits but also channel the energy of deities or ancestral spirits. They may connect with the souls of the departed ones who are

currently stuck in between different worlds and aren't able to pass through. But what exactly is the soul? This is yet unresolved. It is the incorporeal part of human beings if we would like to define it. We can't see it with our own eyes.

Some claim that the soul is nothing more than the energy centers or seven *chakras* in our body, which are thought to influence our physiological, emotional, and spiritual well-being. Due to a lack of words and evidence to understand them, paranormal activities and life after death remain some of the most challenging themes, and no scientific methods have been created to confirm this. Many questions emerge, such as, "What happens after we die?" Is there life after death? Is our awareness restricted to our physical bodies? And, perhaps most significantly, can science ever fully investigate and explain the unknown? In this paper, we broaden our thinking and seek solutions to issues that may be beyond one's ability for thought. By fusing scientific investigation with spiritual understanding, we seek to discover logical answers involving other realms, beyond explanation, and life after death. It is important to establish

a balance between skepticism and open-mindedness.

LITERATURE REVIEW:

Our study of life after death and the paranormal world looks at the psychic powers and the existence of the paranormal world. Certain realities are not visible to the naked eye of humans. The study which we have conducted is not explored much and this can give some insight for further research. This study helps us to better understand different worlds that exist and don't have proper scientific evidence to prove. There is an ongoing debate on whether there exists some other world. These various literary sources give an insight on the topic.

Dr. Brian Weiss's "Many Lives, Many Masters" is a transforming book that delves into the realms of past-life regression therapy and spiritual investigation. Some of his other books like "Only Love is Real", "Messages from Masters", "Same Soul Many Bodies", "Miracles Happen" and many others are based on past lifetimes. Dr. Weiss, a well-known psychiatrist, in his book, describes his interactions with a patient named Catherine during their therapeutic journey. Catherine's hypnosis treatments cause her to recall vivid

details of past lifetimes and provide significant insights into the essence of human existence. The author takes us on his path from skeptic to believer in the afterlife, reincarnation, and spirits. He was an extremely rational psychiatrist. One who used to view the world logically. He has written about the incident that drastically transformed his life. He met a patient named Catherine who transformed his entire perspective on life and the world. Both of them had not paid much attention to the phenomenon of the afterlife or reincarnation, but the scenes that occurred startled them both. Hypnotherapy is well-known for addressing the underlying causes of the majority of problems that people confront today. To learn about the terrible experiences, they had as children. Catherine transcended beyond her early recollections and into another existence while under hypnosis. She sensed what she saw in her prior life and experienced the visions. It was as genuine and clear as it could be. She kept going into numerous lifetimes by continuing the hypnosis. Brian gradually realized she could channel other transcendental creatures, who told him about the higher purpose of existence and how we are guided by spirits.

Many of the books he read mentioned near-death experiences. Catherine's dreams began to contain flashes of her previous life. The hypnosis gave her a vivid picture of where her traumas began. How some traumatic experiences from her past life have left their imprints on her present life. Brian discovered from the books he read and his experiences with Catherine that a group of souls reincarnate together or that we pass through the same people multiple lifetimes because we share *karmic* links with them. Catherine's in-between state, when she exits her past life and returns to this one, allows her to channel messages from the masters.

Dr Brian also states that spirits do not feel any pain. When the souls are renewed, they get into a physical body that can feel pain. As we grow here similarly, we grow in our spiritual plane as well; like the renewal stage and relearning stage. A person is born again only when he has nothing more to give back to others. It is a *karmic* cycle, unless and until all deeds are repaid you can travel through other realms. You cannot move to the next realm until you've learned what should be learned. There are seven planes in the spiritual world and every soul has to pass through all stages. One travels through past

life by being hypnotized. Hypnotizing is a powerful tool that takes one to a part of the subconscious mind that is not easy to reach. People recall some experiences from a previous life or can get a message from their masters but they do not tell others because they fear they will be labeled as odd. There are some signs given to individuals through masters which may help them to resolve conflicts they might be going through. One can also find their likings to be relatable as same as their previous lives. Everyone doesn't know previous lives or masters that are present around us because if we know that we have many other previous lives our fear of death will dissolve. We won't understand concepts like emotions or being attached because we have that in our subconscious mind that we will eventually meet the deceased ones who were very dear.

Another insight into death is provided by Sadhguru Jaggi Vasudev in his book 'Death; An Inside Story'. Through this book, Sadhguru explains the need to understand and accept death as a fundamental truth and not ignore it. He then goes on to delve into the questions of energies, ghosts, possessions, and life after death. He propounds the fact that when we die, the life

energy does not leave our body all at once; rather it recedes in stages just like we are not born in a day, we are not dead instantaneously. The body just leaves its physical and embodied form and shifts into a different dimension in a disembodied form but the energies of that person still exist as there is no geographical shift that takes place to the popularly described places of heaven or hell. If you were in close contact with a person who has died, a certain memory imprint would be left on your body, mind, and energies as well. The concept of '*Runanubandha*' comes into play here which says that the body has its memory which is picked up through the course of life in many ways and the most common of it is through physical contact as the body remembers any kind of intimacy you have with a physical substance. Energy and memory coexist in a person to the extent that one cannot survive without the other and will die. However, if your energy runs out and memory is still there then you will continue to exist as what is called a ghost. Such beings are left behind if they have an impending *Prabadha karma* and are in a disembodied form with no awareness. These are the energies that we are most likely to come in contact with and they can be

classified into three types, namely, intense, mild, and meek. The intense form of energies are the ones that can be felt the most and subsequently with mild and meek the effect is reduced though still can be felt especially if you are highly vulnerable. These energies don't have any intentions and see humans not as physical beings but rather as a form of energy. They seek out not harm but their genetic memory as they are void of intentions and work just on tendencies and that is why mostly such energies are found to inhabit a place to which they have a close connection. However, such energies are attracted to people with the same *karmic* tendencies and also can possess others through just appearing in distorted forms which inflicts fear in the person and affects them psychologically to such an extent that it can even cause death. For this very reason, rituals are performed after death so that ties of the departed person's all five *pranas*, especially *vyana vayu*, are severed and liberation can be attained. The importance of being aware of the body and death, like the *yogis* generally are, is hence emphasized as well so that the constant connections that these energies seek out to the material world and the people, they left behind can be halted. Involvement with

such energies should not be practiced unless one has complete control over one's mind and body and even then, one should be very careful in such matters.

“Talking to Heaven: A Medium's Message of life after death” by James Van Praagh is an interesting book that delves into the writer's very own excursion of finding and improving his clairvoyant skills. In this charming read, Van Praagh describes his experiences with the soul world and how he eventually embraced his natural gifts.

One of the key subjects investigated in this book is the presence of numerous domains past our actual world. Van Praagh attests that our spirits navigate through different aspects, and it is feasible as far as we're concerned to speak with the people who have died. He mentions that spirits frequently contact us through signs, images, and, surprisingly, clairvoyant trades, underscoring the significance of this correspondence for recuperating, conclusion, and settling irritating issues.

All through the pages, Van Praagh underlines that our withdrawn friends and family keep on looking after us from a higher place, directing us on our natural process. This idea offers comfort to those wrestling with

distress, giving a feeling of solace and consolation that their friends and family are as yet present in their lives.

While recognizing that his convictions may not be generally acknowledged, Van Praagh declares that recognizing the truth of an afterlife is essential. By investigating the idea of awareness and the reason for different domains, he urges perusers to believe their natural sentiments and look for mending and replies from the people who have died.

Fundamentally, “Conversing with Paradise” offers a special point of view on melancholy goals and the force of correspondence with the soul world. Van Praagh's message to perusers is clear: by embracing our natural capacities and looking for comfort from left friends and family, we can conquer melancholy and track down recuperating in our excursion of eternal life.

“The Spirit” by Allan Kardec is a comprehensive guide that delves into spiritism and makes a convincing case for the existence of spirits and the possibility of communicating with them. His other books include: “Heaven and Hell”, “What is Spiritism”, “The Gospel According to Spiritism” are based on the relationship between two worlds. In his book, *The Spirit*,

Kardec investigates the moral and essential qualities that spirits have, revealing insight into their inclination and reason. The author asserts that spirits are actual entities that coexist with us and that every individual goes through a spiritual evolution throughout their lifetime. Kardec emphasizes that spirits are distinct from the material body and are not bound by physical form. He places the presence of spirits and states that there are different domains past our natural plane that all people go through. The creator additionally puts extraordinary significance on the presence of God, portraying Him as the incomparable being who administers our heavenly otherworldly plans, the laws of nature, and the ethical rules that guide us. In addition, Kardec suggests that the decisions we make in this life will have repercussions in the afterlife. Because these virtues contribute to our spiritual advancement, he encourages readers to practice love, justice, and charity. The book investigates the idea of rebirth, making sense of the fact that our spirits go through a progression of natural presences to develop ethically and mentally. In addition to discussing the nature of the afterlife and the existence of spirits, Kardec offers suggestions for communicating with

these spiritual beings. He accentuates the significance of unadulterated aims and beats any type of avarice or childishness in looking for such correspondence down. The book likewise dives into the different planes of presence past the actual body, revealing insight into the excursion of existence in the wake of death and what unfolds in these various domains. To conclude, Allan Kardec's *The Soul* is a significant investigation of otherworldly peculiarities, offering direction on the most proficient method to speak with various domains and giving a complete comprehension of the presence and nature of spirits.

Sylvia Browne's book *"Life on the Other Side"* walks us through the centuries of psychic abilities that her family has and that she possesses. Some of her other books include *"Past Lives, Future Healing"*, *"Adventure of Psychic"*, *"Psychic: My Life in two worlds"*, which are based on past lives. Her book *"Life on the Other Side"*, guides us through the idea of a hereafter. She discusses the three hundred plus generations of her family's varied experiences with former lives, other lifetimes, and psychic abilities. When she studied psychology in college, she began to doubt everything her grandma told her

about her superpowers. Sylvia believed that something was wrong with her and that she was insane. She began self-diagnosing after reading up on the symptoms of schizophrenia, believing she might be suffering from a psychological issue. The depiction of the spirit guide while studying abnormal psychology such as dementia and schizophrenia presents an interesting perspective on the connection between mental well-being and psychic abilities. The main idea of this work is the inheritance of psychokinetic abilities. Numerous accounts of the family's interactions with spirits and other realms are shared in the book. Sylvia talks uninhibitedly about her psychic visions and how, even as a young girl, she could see beyond what the human eye could detect. She could see other people's internal organs, which eventually started to bother her too much. She learned how to manage her gifts with her grandmother's assistance. The spirits that visit Sylvia and her grandmother lend an air of spirituality and ethereality to the story. When Sylvia, who was seven years old at the time, sees a white light, symbolizing a connection to the spiritual realm, it is one of the story's pivotal events. Other revelations about the earthly existence, the covenant with

God, and the state of transition between this life and the next are made possible by this occurrence. A complex view of life after death is provided by the study of suicide and its effects on the journey of spirits. The afterlife story gains a distinctive element from Browne's portrayal of an empty room as a transitional area between the holy region and the dark side. (heaven and hell). The idea of death is portrayed as a fresh start illustrated by lights that blink and are recognized by spirits highlighting the idea that life continues beyond death. The concept of soulmates—people who are born with masculine characteristics and live lives in both genders—challenges romantic notions of romantic fates. It emphasizes the more extensive spiritual path that related souls take. Sylvia Browne's "Life on the Other Side" creates a rich tapestry of psychic experiences, abilities passed down through generations, and thoughts about the afterlife. The book asks readers to reflect on the intricacies of the spiritual world, the continuity of life, and the profound connections that cut beyond time and gender through the protagonist's transformative journey.

Gary E. Schwartz explores the nexus between science and spirituality in his book "The Afterlife Experiments: Breakthrough Scientific Evidence of Life After Death," which presents an in-depth analysis of innovative studies that are said to offer proof of life beyond death. He provides readers with an understanding of the realm of paranormal phenomena utilizing a lens that blends scientific precision with philosophical investigation. The book opens by examining the author's training and experience, establishing his authority as a scientist who engages in paranormal affairs. Professor Schwartz challenges conventional scientific boundaries in his multidisciplinary approach to the study of life after death. He holds positions in psychology, medicine, neurology, psychiatry, and surgery. To explore different facets of the afterlife, Schwartz presents readers with a series of painstakingly planned experiments. These experiments involve the use of scientific methods to explore spiritual connections, near-death experiences, and mediums that communicate with the deceased. The author emphasizes the scientific rigor used to validate the conclusions while going into great depth about the methodology, data

gathering, and analytic procedures. A large amount of the literature delves into the idea of mediums and their supposed capacity for communication with the afterlife. Schwartz highlights situations in which mediums appeared to convey knowledge that went beyond accepted theories through case studies and empirical data from controlled trials. The case for an afterlife is strengthened by the verifiable details and correct information included in these letters.

The book also explores near-death experiences (NDEs) and how they can affect our comprehension of life beyond death. A near-death experience (NDE) is a profound personal experience associated with death or impending death which researchers describe as having similar characteristics. When positive, which the great majority are, such experiences may encompass a variety of sensations including detachment from the body, feelings of levitation, total serenity, security, warmth, joy, the experience of absolute dissolution, review of major life events, the presence of a light, and seeing dead relatives. In his analysis of testimonies from people who have experienced death and come back with vivid memories, Schwartz makes the case that these encounters can

provide windows into spiritual realms that exist outside of our body. Schwartz does not hold back when confronted with doubt and refutations. He addresses the limitations of the studies and possible alternate explanations for the observed events, acknowledging the difficulties presented by critics and doubters within the scientific community. This introspective analysis strengthens the book's credibility and adds depth to its examination of life after death. Schwartz muses about how accepting the idea of an afterlife would fundamentally alter our perceptions of spirituality, consciousness, and the essence of human existence. Gary E. Schwartz's "The Afterlife Experiments" provides an insightful combination of scientific research and philosophical investigation. Using an exhaustively researched exploration of mediums, near-death experiences, and empirical data, Schwartz challenges readers to reevaluate prevailing perspectives on the afterlife. By dispelling myths and providing a strong case for the existence of an afterlife based on meticulous scientific research, the book advances the continuing conversation between science and spirituality.

In the book "Life after Death", the author Deepak Chopra puts forward the idea that there lie endless realities in the world and with each being there is a frequency attached which exists in this world and beyond yet we experience only what we see and since death takes away a person from our sense, we react to it with fear. He describes the Earth to be a dense spiritual world and that there must exist higher spiritual planes called *Lokas* or 'astral planes. These planes are also divided into two parts, higher and lower, and even the latter vibrates at a higher frequency than the material world. In India, it is believed that with a high level of consciousness one can hear the vibrations of these higher planes and that in the astral plane you can see your own body. Such practices are most commonly seen amongst the *yogis* who do intense meditation and reach an extremely high level of awareness. Elements like clairvoyance, telepathy, other refinements of the five senses along with ghosts, spirits who are "stuck" and disembodied souls can be found in the lower astral planes. The book describes the transformational process of a physical body to a soul in the different realm as just a change in the quality of our attention and not a movement to some other place or time and

this is supported by the claim that you can only see what you vibrate to. The author further goes on to explore the notion of ghosts and through the story of *Savitri* and *Ramanan* saying that with every passing moment, every loss of her old cells, thoughts, desires and fears one leaves behind a ghost of their own past self and in this way, death is always with them. To elaborate on the topic the concept of *karma* is talked about wherein if one dies a sudden, unnatural death and their *karma* is impending, they will be drawn to this denser plane until they fully process their attachments and obligations. Alongside the speculations surrounding death and ghosts, there is also the matter of where one would go in the afterlife and the answer to which is provided in only two options: that of heaven and hell. The author, through various examples, concludes that heaven and hell are places created by the human mind and they are trapped if they let themselves be so. The book mentions that in this series of evolution after death one can only progress and once reached the height, one can be free of their *karma* and subsequently this process of life and death.

Countless testimonies of people having near death experiences (NDEs) have been

recorded in the book “The Light Beyond” By Raymond Moody in which people recall their encounter with death and what passed during the time when they were clinically declared “dead”. The NDEs have recounted that when met with death they found themselves floating above their bodies and looking at it from a distance. Some said that they could go around the place where their body was and see what was happening in the environment but could not touch anything. Although this led some people in a state of confusion, a lot of them report being in a state of bliss and freedom. Such experiences are especially told by a person who was in acute pain during their time of death like a cancer patient or someone with a cardiac arrest as such an experience relieved them of their pain and this is one of the reasons why people didn't want to be revived but the feeling was short lived. Numerous people with near death experiences have recollected seeing a tunnel at the end of which was a bright light and while moving towards this light people had their whole life flash in front of their eyes. Various other descriptions of afterlife, through subjectivity, were also reported for instance, seeing stairs leading upwards (or in rare cases downwards) which seems to

indicate heaven and hell, seeing a relative or a friend who urges them to go back etc. People have their own descriptions of the glimpses of afterlife they had seen but in some cases in which a person refuses to give in to death, multiple revivals after such experiences have been reported. Strengthening in the belief of soul and afterlife is caused by it and people seem to transform in some ways after such experiences especially when cases of increased empathy in such states is recorded when the dead person reviews his life and feels how the other person felt at that moment. A lot of questions do arise in the plausibility of near-death experiences and various explanations have been sought out for it but still quite a few phenomena like out of body experiences could not be explained.

METHODOLOGY:

Interview: - is a method of collecting data for the research purpose to get a qualitative response. It is a structured questionnaire, where the interviewer asks questions about the topic of the interviewee. It helps us to get detailed insights on the topic.

Questions:

1. Any inexplicable experience.
2. Do you remember the messages?
3. The mode through which they communicate.
4. Does this affect the person (you) in your day-to-day life?
5. Can one learn mediumship and channeling, if yes, how?
6. How did you discover your abilities
7. Can you be possessed by a divine energy
8. Have you had any insight on life after death or other realms
9. Can someone who indulges in substance abuse be open to the world of energy (or be able to attract positive energy)
10. Do you believe in life after death and multiple dimensions
11. How do ghosts exist if there's an entire journey of spirit and soul after death
12. What is the difference between a spirit and a soul
13. Do you think ghost sightings are real? Could it just be delusions?
14. Are ghost-hunting tools reliable? How can one feel their presence around them?
15. How can you differentiate between good and evil spirits?

16. Can spirits be manifested from the negative energy emitted from all the destruction in the world

Results and Discussion:

Discovering unique powers and venturing into the realms of spirituality and the unknown is a fascinating subject. All of us have intuition and can develop some kind of psychic ability. The initial phase of such an exploration is critical because it establishes a foundation for uncovering the unknown. Most of them claim to have been born with it, while others describe it as if they were born with a unique viewpoint or knowledge of things still to be acquired in this lifetime. This intense sense of familiarity gives people the impression that they were exposed to these realities in the distant past. To believe in a universe different from our own and attempt to understand the process that is much beyond our grasp, it requires space and a great deal of various instances occurring at different points in time. Many skeptics and critics have unexplainable experiences that have led them to embark on a journey in a subject they had never considered before. The quest for understanding therefore becomes a deep introspection into the

boundless possibilities of the soul, rather than just an exploration of exterior wonders.

When we examine the inexplicable experiences that people have, we find that they are typically nonphysical and something unseen. Non-physical sensations, emotions, or mental images are common manifestations of such experiences, rather than concrete, observable phenomena. They exist in the domain of the invisible, appearing as ephemeral glimpses or feelings, as if something were present even when it was not. These encounters might also be messages received in dreams or when meditating. For example, one had an experience of feeling something off in a monastery visited and got multiple different visions one of which was feeling like blood was dripping down the ceiling onto a wall, after confirming with the locals they discovered that the place was indeed haunted and there have been a lot of hauntings and cases which talk about it being haunted. If the messages received from the external energy or spirit are significant, they are remembered. They recall life-changing revelations or tarot readings that depict something obvious. Such signals can be received in a variety of ways. If we ask the universe for a sign and it appears

several times, it cannot be a coincidence. Some people practice automatic writing or automatic art, which depicts a message. Receiving instructions by hearing something or having visions while meditation are two other methods. When we talk about the idea of the journey of the soul after death the question arises whether there is a difference between a spirit and a soul. The soul and spirit are overlapping concepts but are still very much differentiable. The soul is a neutral part of us that defines us being humans whereas the spirit is our core and reflects who we are. Some kinds of spirits do not emerge from humans, they can be angelic, demonic, or godly spirits. The soul is connected to our body and earthly elements. One issue that arises when being open to the energy realm could be living a 'regular' life. These things do have an impact on certain people's daily lives; for example, if someone is an empath and feels another person's energy, pain, etc., they will pick up on it, which might cause problems in their daily lives. Others discuss how to manage one's energy and prevent oneself from being affected by other energies. To get better control over themselves, everyone in this field believes in cleansing themselves

regularly and meditating. It has been suggested that the potential for these intuitive or spiritual skills is innate in everyone and just needs to be activated and cultivated. These dormant powers can be awakened and polished with regular effort and the correct direction. One must be completely knowledgeable about what they are entering into. Professional guidance is often recommended, but one can guide themselves down this route. They must be completely aware of what they are putting themselves into. Books and scriptures might assist one in getting started in this area.

When we talk about being possessed by divine energies it may not exactly be called a possession. If we are possessed and something external enters our body without permission then it cannot be divine. Possession would not be the right term rather it's the vibrations or the sound waves that attract other energies. When a group of people chant together it creates a lot of positive energies altogether, it creates a vortex of energy. Energy circles form and create a point where there is a maximum powerful amount of energy. It could be defined as a cyclone of energy. This can also occur due to sound waves created by the

chanting. This energy is so powerful that humans cannot handle it. Humans are too delicate to grasp such a powerful abundant energy. When these energies are attracted by the body, they become unconscious, they blabber things, their body starts shaking, rotating, vibrating and they lose control over their mind. When the soul and mind are not in sync they react differently. *Mantras* are so dynamic and strong that they start dominating the body if they come in abundance. In Hinduism, it is believed that they put a *chandana* (sandalwood) *tilak* on the forehead that helps the mind to control the body again. There is also a practice of *tantras*, with the help of different tools, they connect with the other world, but it is only for the betterment of the souls. Now this practice has been misused. People don't stick to the ethics that were originally made. Nowadays, people also fake being "possessed" by divine energies. People ignore the psychic state of a person. It can be due to symptoms of dissociative identity or seizures. People are not open about psychological disorders, so they do not want to associate themselves or their relatives with something like that so they attach a religious perspective to it. Being possessed is more likely to have scientific

reasons than holistic views. People who indulge in substance abuse cannot attract divine energies because when they use, they become unconscious and can attract any kind of energy, it can be either positive or negative energies. The person who drinks alcohol is already low on energy so they open up their energies for everyone. There are energy vampires, who can be anyone, who sucks others' energy. But some Gods are offered some substances. These substances help *Yogis* or Deities to attain the highest level of actualization. It helps them to concentrate on their meditation. It helps them to connect to the spiritual world. They depend on these substances to reach the highest level of meditation which makes them unattached to other materialistic things. There are multiple dimensions and after death, the soul goes through a whole other journey. Whatever a person does here has to be repaid. A soul who has done good deeds has different duties assigned and those who have bad *karmic* deeds go through some other difficult duties. It has also been mentioned in the *Garud Puran* that the soul has to go through different punishments based on their *karma*. The souls help each other in the other dimensions. After death, the soul stays on the

astral plane for some time. People offer food and other objects that are liked by the soul so that they can get detached from the astral plane and move ahead on their journey. Offering to the souls is kind of helping others in different dimensions. It is the souls' wish to be reborn and come to Earth again and to do this they need to pay for their past life *karmas*. If a soul is attached to the materialistic objects they stay on the astral plane for a significantly longer period. The time differs from the type of death, whether natural or unnatural, for staying on earth. The soul needs to move ahead on their journey so that they can go ahead and select their future. The soul has a spirit guide who helps it take it further, this can be anyone, our ancestors, friends, or distant relatives. There was one case when the person got images of their grandfather whenever she read about her father, and she came to terms that the spirit is the protector of her father. The soul's journey should not stop because the soul needs to get liberation to do other duties. That is why there are sayings that we should not get overly attached to anything to get liberated. So, when people intake certain kinds of substances to meditate, these substances also help them in the process of detachment. Souls

have their own energies as well. When you feel light, peaceful, and unburdened then that is positive energy. When the energy around you is heavy and dense it is likely to be a negative energy. When someone is brutally killed, tormented, or tortured their energy will be very heavy. You never know what a person has gone through during their death. When we offer to the deceased, it helps them to go ahead with their soul journey. When they stay here for more than the normal time, they try to send messages so that we can offer them what they want. When humans die their soul moves out of the body and cross over to the astral plane sometimes, there can be some unfulfilled wishes or unfinished business that can make them stuck in the astral plane and to move forward these energies try to communicate with us for fulfilling these desires and that is how they can be sensed, sometimes through dreams as well, and hence we lean into believing that we have seen a ghost. In the Hindu context, they believe in burning the body to not keep any attachments with the materialistic world so that the soul doesn't stay stuck between two realms and can continue their soul journey. As psychic mediums, they help souls to move on without stopping at any particular phase. We should

try to focus on balancing our *chakras* and getting into spirituality so that our soul doesn't suffer in their journey after physical death.

Moving forward this makes us ponder upon the incidents of ghost sightings that many people have shared. To closely analyze the issue of ghost sightings it has been substantially made clear that there is no such thing as a ghost, rather there exist certain energies that can weigh down upon us and make us feel dark and haunted. These are just different forms of matter that cannot be seen but only felt. But whether ghosts exist or not is a debate that can be dragged on for long but what is established is the fact that we can feel the presence of these energies. Certain ghost-hunting tools have been invented and utilized to discover them but their effectiveness is still not fully proven. Tools like Emf meters are said to be effective when there are electromagnetic waves that can travel through different dimensions which is more likely to happen on nights like the full moon or new moon when the walls between these dimensions get thin and the electromagnetic waves are easily carried through and these waves are caught by the emf meters. But this is one belief that the spirits can use the EMF

meters as a mode of communication whereas some others feel like there is a lack of scientific evidence behind it and their knowledge about its working is limited. The next tool is a popular one seen as a means of communication between the realms but is very dangerous, Ouija Boards. It is highly discouraged to use Ouija boards as one cannot be sure of what kind of spirits they are getting in contact with and have no knowledge about how to send them back. They can majorly interfere with one's energy and the consequences of using the board unsupervised can have horrific results and consequences. A few other tools like temperature guns are deemed to be reliable as there is believed to be a drop in the temperature around the presence of the otherworldly energies and these can be measured and experienced. Delving deeper into the distinction between good and evil spirits or energies, we can fairly conclude from the sources that the difference between them can be made. It is stated that positive energies feel light, have a calming effect on a person, and do not hinder any emotions whereas a negative energy can be sufficiently felt if there is a sudden fear emerging out of a person around the presence. To elaborate it

with an example we can say that the energies of saints who have lived their lives fully and in peace will have a lighter energy which will not induce any fear but on the other hand if the energy is of a terrorist, who through their lifetime has known great measures of violence and death, then their presence will harm you. The negative energy can also be identified if a person feels that something is feeding off their energy as these spirits leech off the energies of people they come in contact with. These negative energies can also be a manifestation of all the negativity in the world. The law of attraction comes into play here as when we are in the zone of negative feelings then what we attract are negative energies and that can create a vortex of energies around us. The spirits pick up on the energies that we emit into the world and the same energies revert and are attracted to us which can create a space for the negative energies that we feel in the world. Different realms exist and the nature of the soul differs from the type of life a person has lived and how they died.

CONCLUSION:

To sum it up, every soul has an afterlife journey. The soul travels through a variety of

stages where they are presented with their *Karmas*. The assigned duties in the afterlife can be for compensating their *karmas* and how they will move ahead with their next life. Although this topic is debatable, we can say that some things cannot be understood with the words we've learned throughout our lives. The signs we get mostly come through our senses. We get many vivid images or feel heavy when there is heavy energy around us. We are surrounded by many different energies, but we cannot define any heavy energy as a ghost. It is the nature of energy that is to be characterized rather than labeled terms such as ghosts. You can indeed feel the energy around you and also there are meters made to check the presence of energies around us. There are pieces of evidence provided to us that also state that when we offer to the souls still wandering around the astral plane, it helps them to move ahead. We are the ones who decide our destiny, but as soon as we start speaking those memories fade away.

Indian culture emphasizes religion over spirituality. They frequently invoke divine and godly energy in daily life. In today's society, where individuals attempt to invent things in the name of faith and religion, it can

be challenging to distinguish between what is real and what is fake. Mediums and psychics connect with various energies in various ways. Some various requirements and situations can demonstrate the presence of energy in the world.

So, when we talk about connecting with the spiritual world and the unknown, we should not delve into it without the guidance and help of professionals.

Our research delves into the intricate interplay between science and spirituality, uncovering the fascinating connection between the two. We have explored the diverse perspectives of psychics and mediums, gaining valuable insights into how they perceive different realms. Through in-depth interviews, we have gained a profound understanding of how their unique experiences and knowledge have shaped their chosen paths. One key revelation that emerged from our research is the notion that the energy we emit into the universe directly influences the vibrations we create. These vibrations can be categorized as good, bad, positive, or negative, labels we attach to the spirits and energies we encounter. However, it is essential to recognize that these classifications may simply be constructs that

we have created through our own thoughts and intentions. When delving into the scientific aspect of this phenomenon, we can draw parallels with the concept of vibrations in sound. It is plausible that vibrations could occur in other forms of energy. This cyclone of energy has the potential to accumulate in a particular location, resulting in the creation of a substantial amount of energy.

Interestingly, the impact of such concentrated energy could extend beyond its physical effects. It is conceivable that this powerful energy field might influence individuals, leading them to perceive a presence or some kind. The human mind is highly attuned to detecting and interpreting subtle cues in our surroundings, and when exposed to intense energy, it is not uncommon for people to experience unusual sensations. Through our research, we aim to shed light on this delicate relationship, bridging the gap between the empirical and the metaphysical.

Studying the paranormal world is a multidisciplinary approach to studying the unknown. We can examine the paranormal state, from understanding the role of spirits in different cultures to understanding investigative techniques and practices. Involving the subject of the paranormal

world is important because demonstrations and notions about psychic phenomena have often been shown to be false, contemporary knowledge has sought to use the scientific method to test their hypotheses with empirical evidence. Our society is dominated by the beliefs of paranormal world, by adding the scientific evidences it becomes more evident to trust in this phenomenon rather than blindly following the explanations given to us by our ancestors; and people will believe in other dimensions also because this generation agrees with the matters that are scientifically proven and not just based on assumptions and beliefs.

Further research and scientific understanding and deconstruction of the notion of the paranormal and the world beyond can lead us to be at peace with the fact that such energies do exist and we can live in harmony with them. Many ritualistic practices, such as *tantra*, which are frequently carried out by people who have no knowledge of any aspect of the paranormal world, as well as people who use dangerous methods to discover the world beyond, can be put on hold as having no knowledge of it and still pursuing this quest can have serious repercussions on people's mental state and daily life. In

addition to this, the notion of afterlife can also be provided with a basis so that any unrealistic expectations of people for the next life does not affect them negatively in this life.

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