

# WHAT TO DO IF YOU SEE A GHOST

## ***What You Should do and How do you may protect yourself?***

Ghosts exist in energy body with lower vibrations than ours and normally would not be sufficiently strong to penetrate our energy field. Not many of us would have a chance to meet one because they exist in another dimension – the ether world. Most of us are not conscious enough to be aware of the ether world, except those who practice higher forms of meditation or are born with an ability to see with the 3rd eye.



Most of the time, ghosts could only be seen as a formless mass of dull color energy. Some claimed they were white, green or blue and some saw them in red. It is commonly said that the red ghosts are the more aggressive.

In case you do have the misfortune of being confronted by one, this is what you should do. Don't be afraid! Don't panic! It's only an entity from another plane of existence! Next, do not try to run away because they are composed of energy body and travel faster than you do. A

word of advice – when you do encounter ghosts, try to keep calm. When you are frightened, our energy field becomes defused and scattered; it opens us up to being seized by these discarnate beings.



What you could do to protect yourself is to point your index and middle fingers at the ghost, with your third and small fingers forming a loop with your thumb, and shout at the top of your voice “go away” or simply “boom” as you retreat yourself calmly from the haunted place.

Or, if your religious belief does not forbid you to do so, you could chant loudly and repeatedly the universal mantra of Om, or “Om Ah Hum” or even Om Mani Padme Hum. Or, say your prayers according to whichever your religious faith with a calm and authoritative voice. Or, you may visualize a laser jet of brilliant white light emitting from your two fingers and blasting away at the ghost. This may scare the ghost away rather than not doing anything and hovering in fear.



Whatever it is, ghost is often associated with negative energy. If you are so unfortunate to run into one, it is highly likely that your energy, physical health and your luck would be adversely affected.

It is also believed that the wearing of certain amulets or talismans would protect you against ghosts. Also, some feel that certain stones, especially quartz, can offer the same

protection. The other powerful stones include Tektite, Black Tourmaline, Jet, Black Obsidian and Onyx. Personally, I understand that stones have a varying degree of electromagnetic radiation. When they are worn on our body, they serve to strengthen our body energy vibration, sort of casting a protective shield over us.



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Amulets and talismans are similarly charged with strong vibrations by their makers – monks and priests alike. They serve the same purpose as the stones. At my level, I am able to magnetize stones and any objects to confer upon them stronger radiation by using my energisation method or by chanting of mantras.

Thank you for reading my article. I hope the guidelines are helpful to you as to how to react and protect yourself if you ever encounter a ghost.



Master Anthony Leong

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