

HOW TO STAY CLEAR AFTER A HAUNTING

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Haunting Experience: Staying Clear

DO NOT

- talk about or discuss the experience in the property
- listen to EVP's in the property
- take spirit photos in or around the property
- expect haunting to re-occur
- look for signs that you are still haunted

REASONS

Immediately after a haunting is cleared, including ghosts, demons or any other supernatural activity, the physical environment is still in transition.

Many times, the drama and excitement associated with the experience is all that is needed to re-attract another similar experience either with the same entities or with others.

WHAT TO DO

If you would like to discuss the experience with friends or family, do this at another location and at a later date.

It may be okay to share photos and EVP's a few weeks or months after the experience after the physical environment has settled down.

You make the difference between a property staying clear or being recontaminated.

It is actually best to accept the healing and to know that your home or location is clear and neutral while focusing on the new peaceful energy you feel there.

HELPFUL TIPS

Begin using Frankincense Oil (orally and in your environment), Take Sea Salt Baths, Play Uplifting Music, Bring in Fresh Flowers, Keep your Vibration High (in a state of gratitude, peace and joy). Move on from this experience.