
Indian Beliefs and Urban Legends About the Existence of Ghosts

Do ghost exist is the question who believe in them is curious to know the answer but there are some questions whose answer is not easy to get and one such question is existence of ghost. Ghost existence is difficult to prove because their presence cannot be seen. It is possible to feel their presence like air. It is said that person die but spirit cannot. There will be some people who will say ghost do not exist but some people will say they do exist. In this research paper, it will be clear who are ghosts, what are signs of their presence, what are evidences of their existence, how to make spirits rest in peace and what is science point of view regarding them.

Ghosts are spirits of the dead people that appear in invisible form. It is believed that when someone dies and if his last wish is not fulfilled then spirit of that person tries to communicate with his family members and sometimes spirit try to harm family member as well there can be so many reason for it. In different religions, people practice different ways in order to rest spirit. For example: In Sikh and Hindu religion, dead body of the deceased is burned while in Muslim religion dead body of the deceased is buried in the ground. It has been said that ghosts and spirits cannot go into the next world once they have passed away on the earth. In spite, of the fact that ghosts and spirits have a reason to have the capacity to move in two distinct universes, life and afterlife. During 19th century, people used to laugh at the possibility of existence of ghosts because they used to believe that they cannot see spirits so they do not exist but with passage of time outlook of scientists and non- believer of ghost have changed this is due to incidence of paranormal activities.

It is said that where there is ghost room temperature is very low. For example: In India, there is one place in Rajasthan named Bhangarh Fort it is believed that place is most haunted place of India. According to local residents, in the night if someone planned to spend one night in that place that person will not see the next day. One Indian news channel Aaj Tak spent one night in Bhangarh Fort. According to them, when they were in the fort they observe room temperature of the fort was very low. Second sign they give is stopping of clocks. Sometimes, it happens that people will see same time again and again. This time can be 3:11 am or 11:11pm and so on but most of the people see 11:11 time which is quite common. For example: (Reader digest) this incidence was shared by Ahithya Sharma . Her father died at 11:11pm on 9th august 2016. She shared her experience with one of her colleague and told that after the death of her father whenever she goes to her father's room she observed that clock in her father's room clock stopped at 11:11pm. She changed the cell of the clock but again clock stopped at 11:11pm. Then she realized it's the time at which her father died. Third sign is feeling someone's presence when there is no on in the house. Many time it happen with people when they are alone in the house they feel someone's presence in the house. Most terrific experience is being touched by some unknown force. This thing points in the direction of ghosts. Some people get pushed, scratched or poked. Other feels that something is pulling on their attire, brushing their hair, or grabbing a hand. The feeling of being watched or contacted can regularly be an indication that somebody, or something, is trying to get attention. For example: (Reader digest) Shannon Taggarts shared her mother's experience with Reader Digest. She writes that her mother used to live in a haunted place. Few houses away from her mother's place lived a man and his family. One day his daughter died after her funeral father asked Shannon mothers to

check their pets on the basement. When mother headed towards the basement she saw a piano and she start playing it. When she was plying she felt something brush her ankles. She thought it must be cat and she kept on plying piano and she felt it again when she looked down there was nothing there. She told this incidence to her neighbour. He told her that when he played piano, her daughter crawl underneath and grab his ankles and that must be her spirit.

There are several possibilities that a person can become a ghost

The first reason can be that they have some unfinished business on earth. They need revenge, want that their story to be told or essentially an affirmation that they are dead. To get rid of the ghost one should communicate with them and make sense of its objective. In some cases, it happens that spirit does not know who murdered them. In such cases, the spirit will communicate with someone and will ask them to find out their murderer. For example, A person named Baba Harbhajan Singh was Indian Army officer. His primary aim was to serve India after the death and he is doing so far. Baba slipped and drowned into the glacier near the Nathu-La Pass in Eastern Sikkim while trying to send supplies to a remote post. It is said he himself helped the Indian armed force to find his body after three days after his demise. Baba alerts the soldier of an impending attack at least 3 days ahead of time. He is still guarding the global boundaries of the two nations. In this case, even after the death, Harbhajan was not able to rest in peace because his motive of life has not completed and that is to serve and protect India from enemies. Second reason can be betrayed by someone. Depending on intensity of betrayal spirit can find difficulty in travelling other world because spirit feels that she is being double crossed by the love one. For example: In Mexico, there was one girl named Maria who began to look all starry eyed at a Spaniard, and she had three kids, however, hold their relationship under wraps. Sometime later, the Spaniard wedded a well-off lady.

The indigenous lady got so furious she throws her three children in the river. After realizing what she had done she killed herself as well by throwing herself in the river. From that point onwards, her soul has been wandering close-by shouting out agonizingly. She was not able to rest in peace because she was guilty of what she has done. Even today, after 9 pm people are able to hear the crying voice of Maria. She is still searching for the dead bodies of her kids. Third reason can be the unfulfilled desire of the spirit. Sometimes unfulfilled desire can be the cause why spirit is not able to leave this world. This desire can be sitting on the favorite chair, having sex once in a lifetime and so on. For example, this case happened in England when a man named Thompson Busby was arrested for killing his father in law whom he sits on his favorite chair. When the police were taking him to jail he requested to eat food from his most favorite restaurant on his favorite chair. In the restaurant, he curses his chair that after his death whoever will sit on his chair will die and a similar thing occurs after that. Numerous individuals lose their lives after they sit on that chair. In one such incidence, one lady sat on his seat while she was mopping the floor of the restaurant and later on she died from brain tumor. For another situation, a man sat on the Thompson chair. After an hour, his truck got smashed and he died. After such incidences, the restaurant owner chose to give the chair to the museum with the goal that nobody will lose their lives. people who sat on his seat experienced paranormal activities like hearing of horrible sounds, composed cautioning on the mirror et cetera. For this situation, his wish of sitting on the chair does not enable him to rest in peace.

There are several ways to get rid of spirits . First way is to pray to god. Praying with the combination of smudging is a great way to cleanse the home before communicating with the

unwanted spirit. Calling upon God, angels, saints or other free spirits to assist this lost or trapped spirit into the light. Second way is casting a circle. In this method, group of people have to hold each other hands in a circle that will help to make scared space and will hold negative energy in it. Third way is to communicate with the spirit. In this method, Phrases such as "This is not your place; it is time for you to move on" typically will work. Some may add wish or blessings like "We wish you will in your new place." Another way can be taking help of an expert. Some spirits may need extra convincing to move on. Experienced spirit releasers may trick and would help to make spirit move in another world. In order to get rid of ghost , most important thing is to clean the house and make sure positive energy is present in the house for example portray of god etc.

Since the ages, people have claimed that they have been visited by ghosts, demons or spirits. Most of the people believed that paranormal activities occurred in the night time. But scientists believe they have a more rational explanation for this now, and theories that paranormal experiences are nothing to do with ghosts, but to do with one's sleep patterns. Professor of Psychology at Goldsmiths University, Alice Gregory, believes there are several ways in which sleep disruption can be confused with ghosts. One of the way is through sleep paralysis- when person reach a deep sleep and become paralyses as to not to act out of dream. Prof Gregory says in the article for conversation that When we fall asleep, the reticular formation of the brainstem (a part of our brain involved in consciousness) typically starts to inhibit our ability to move, see and hear things. "When we experience a 'bang' in our sleep this might be because of a delay in this process. Instead of the reticular formation shutting down the auditory neurons, they might fire at once.