

THE UNINVITED SPIRIT CHECKLIST

Some of the indications (this is not a conclusive list) that there may be a spirit presence in your home, office or property are:

Experience	Yes/No
You have the feeling of not being alone, that there is 'something' not quite right in your environment.	
You think you saw something out of the corner of your eye but when you looked there was nothing there.	
Temperature changes or a room or area that always seems to be cold.	
Unexplained draughts or chills	
Unusual or damp aromas.	
Electrical faults, light bulbs blowing out.	
Energy depletion, feeling tired even though you have had adequate sleep.	
Ongoing health issues.	
Difficulty sleeping, getting to sleep, insomnia, being disturbed by strong dreams.	
Headaches when in a particular place.	
An ill or queasy feeling when you are in a particular place.	
An animal or child is uneasy in a particular room.	
Unexplained anxiety or worry over small matters or even something you cannot identify.	
People living with earthbound spirits often think they hear someone saying their name, whispering in their ear or calling them from far away.	
Items are moved or go missing – car keys, rings etc	
Anger or frustration amongst occupants that is out of character.	

If you can answer *yes* to *three or more* things on the list above, and you don't have a reasonable explanation for them, chances are that you are living with an earthbound spirit or entity.

Whilst earthbound spirits and psychic energy imprints are quite common, that is not to say that they are pleasant to live with.

If you are unsure as to whether you have an uninvited visitor sharing your home or office, you may like to make an enquiry and put your mind to rest.