

PARANORMAL UNDERGROUND®

Volume 16, Issue 8

August 2023

Cornerstone Supernatural
Ghosts, UFOs & Beyond

THE CASE OF THE
MOUNTAIN LION DEMON

THE WENDIGO!

THE MYSTIC'S
PATH

HIGH STRANGENESS AT
Monks Mound

STAR PEOPLE:
ARE YOU ONE?

ALSO INSIDE:

THE OREGON UFO INCIDENT

'THE UNBINDING' DOCUMENTS THE CATSKILLS CRONE STATUE

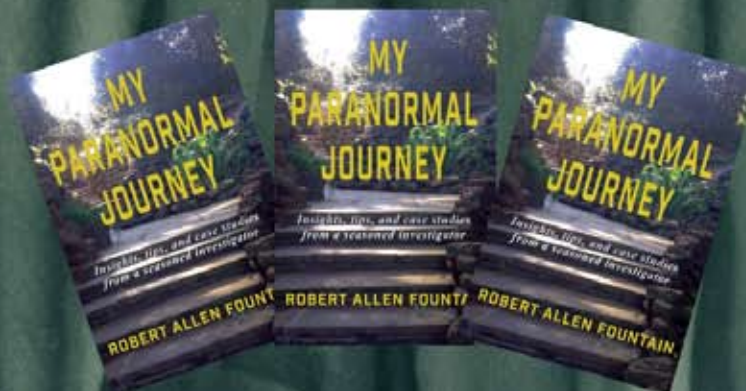
A TIME PORTAL & FALLING TREASURES

HOUSE OVERSIGHT PANEL DELVES INTO UAPs

MY PARANORMAL JOURNEY

INSIGHTS, TIPS, AND CASE STUDIES FROM A SEASONED INVESTIGATOR

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Cheryl is a psychic medium, remote viewer, freelance journalist, and member of Project Psi, a team of psychic and forensic remote viewers responsible for rescuing missing children, assisting with shutting down human-trafficking rings, and closing cold case murders. To date, they have rescued 502 children, closed 18 cold cases, and assisted in shutting down 12 human-trafficking rings.



Having her first paranormal experience at a young age built the foundation for her becoming an explorer of high strangeness and a researcher. Her passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's Haunted Earth Para Documentary *A Haunting at Bachelors Grove*, which is one of the most haunted cemeteries in the Midwest.

She is a member of MUFON, CE-5, and an experimenter. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. She is an international author of several books, including *Dimensions: Mysterious Triangles of the U.S.* and coauthor of *Digging Into Skinwalker Ranch* and *Skinwalker Ranch: The Basin Files*.

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Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.



Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Mindful Mystics* podcast, and producer of *Paranor-*

mal Underground Radio. She has more than 30 years of experience as a professional writer and editor and has written articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

paranormalunderground.net



LISA LAMONICA

Lisa LaMonica is the author of *Haunted Catskills* and *Witches and Warlocks of New York*. She has also written for *Chronogram Magazine*, *Haunted History Trail of New York*, *Hudson Art & History Magazine*, *Hudson Valley Parent Magazine*, and PBS/WMHT. She lives in upstate New York.

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MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.



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Athena is the founder and CEO of *SageGoddess.com*, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and mate-



rial offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

sagegoddess.com

RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experimenter herself, dealing with paranormal phenomenon since childhood.



The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.



Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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T STOKES

TStokes is a holistic palmist and the author of the book *50 Case Studies in Modern Palmistry*. He trained with mediums Doris Collins and Doris Stokes and psychiatrists Henri Rey and Joyce McDougall. He was the first U.K. lecturer on paraspiritual studies, metaphysics, and eschatology. He is now retired and is an occasional consultant.



tstokes.co.uk

MARIA ANNA VAN DRIEL

Maria Anna is an investigative journalist, radio host, author, and theoretical physicist. Her

interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.



As the founder and publisher of *The Next Truth* and *Young People Science* magazines, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

magcloud.com/browse/magazine/1512517

CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

paranormalunderground.net ♦

Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.



We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc.

Your submission can be anonymous!

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FEATURED EVENT:

THE SPIRITS OF DEADWOOD SEPTEMBER 29-30

Don't miss this non-profit paranormal event in Deadwood, South Dakota: The Spirits of Deadwood, from September 29-30.

The event will be hosted by the Sacred Mountain Retreat Center, a 501C3 organization that helps active military, veterans, first responders, and Gold Star Family members who are suffering from PTSD, anxiety, trauma, etc.

The paranormal event features packages that include investigations at three locations, a gallery reading, private tour, and much more!

Featured presenters include KD Stafford, Miranda Young, MaryLynn Best, Rex Nielson, and Josh Purvis.

For more information about the event and available packages, visit: sacredmtnretreat.org/fundraising-events/paranormal-event.

September 6-9

Phenomecon
Vernal, UT
phenomecon.net

September 14-17

Alien Event
Las Vegas, NV
alienevent.com

September 16-17

Mothman Festival
Main Street
Point Pleasant, WV
mothmanfestival.com

September 22-23

Michigan UFO Contact
Houghton Lake, MI
miufocon.com

September 22-24

Ufology World Congress
Barcelona, Spain
theufologyworldcongress.com

September 29-October 1

Sage Paracon
King George, VA
sageparanormal.co.uk/paranormal-events

September 30

WPA Cryptid and Supernatural Expo

Johnstown, PA
eventbrite.com/e/wpa-cryptid-and-supernatural-expo-2023-tickets-632103758357

September 29-October 1

Shag Harbour UFO Xpo
Yarmouth, Nova Scotia
shagharbourufoexpo.com

October 6-7

Honobia Bigfoot Festival
Honobia, OK
honobiabigfoot.com

October 6-8

OC Paracon
Anaheim, CA
ocparacon.com

October 21

Parafest Maine
Vassalboro, Maine
facebook.com/parafestmaine or
Ticket Leap

October 28-29

Arkansas Paranormal Expo
Little Rock, AR
littlerock.com/events/arkansas-paranormal-expo

E-mail your paranormal event to paranormalunderground@live.com.



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ROAD PHANTOM, INJURED BIGFOOT & UFO REVELATIONS

BY MORGAN LINEBERRY

ARIZONA ROAD PHANTOM

Truckers get to see many exciting things during their time on the road. But according to Lindsey Ragas of *Fox 10 News*, one trucker saw something he never would have expected.

William Church was on SR 87 passing through Arizona at 2:30 A.M. on March 11 “when he passed by a transparent figure standing on the side of the road.” The ghostly figure was captured on his dashcam as well — chilling evidence that Church was not just seeing mist or some other natural phenomenon.

This road has seen many fatal car crashes, so it’s not surprising that there may be some paranormal activity. Watch the video [here](#).



his chest” that oozed blood. Using his/her survival skills and what little first aide equipment was available, the hiker cleaned and patched the creature. “He looked human yet he didn’t,” according to the hiker. “He looked like he could kill me single-handedly, but I had an overwhelming urge to help him.”

She ran away, though, when she heard gunshots in the distance.

The hiker did run into a ranger, telling him about the illegal grow site and making up a white lie about a wounded bear. She led the ranger back to the area, but the creature was gone. Hopefully, it’s life was saved that day.

HIKER HELPS INJURED BIGFOOT IN CA

An anonymous female hiker reported an astonishing Bigfoot story to *Phantoms and Monsters*. Although the individual did not give a name or dates, the unique story begs to be included in this column. The hiker had accidentally stumbled upon an illegal marijuana grow site while hiking in the Lassen National Forest in California. And in her/his rush to get away, she bumped into a wounded Bigfoot.

The hiker described the creature as “a massive man covered in dirty blonde hair and very tan skin,” who had a gash in one foot and “two holes in the far right side of



CLAIMS OF ‘NON-HUMAN’ REMAINS REVEALED DURING U.S. GOVERNMENT HEARING

The July 26 U.S. House Oversight subcommittee hearing on Unidentified Anomalous Phenomena (UAPs), commonly known as UFOs, has shed light on two crucial aspects: national security concerns and the call for greater transparency from the government. Testimonies from retired military veterans underscore the potential risk UAPs pose, emphasizing that these phenomena could either be foreign drones or something more inexplicable, thus necessitating an urgent need for further investigation.

David Grusch, a former Air Force intelligence officer, even claimed that the government has in its possession not just UAPs, but also the remains of allegedly “non-human” pilots, although this was based on hearsay rather than firsthand information.

Read our full article on this groundbreaking hearing in this month’s “Are We Alone” column.



GHOST PHOTOGRAPHED AFTER OUIJA BOARD SESSION

I am not a huge fan of Ouija boards, but according to the *Daily Star*, bank manager Alison Dunn had to learn the hard way that these boards aren't to be taken lightly. She recently used one at the abandoned Park Hotel in Morecambe, Lancashire in England.



The result? Dunn now says "she's no longer able to sleep," because after using the Ouija board, she believes she captured a photo of a deceased murderer who was hanged for his crimes. The ominous image seems to clearly show a shadowy figure of "someone leaning against the wall." It is obviously human shaped and does not seem concerned by Dunn's presence. That casualness almost seems more unnerving than anything.

CREEPY GOOGLE EARTH IMAGE

The *U.S. Sun* bring us the disturbing side of TikTok from user "Hidden on Google Earth." A recent reel from Google Earth seems to show a ghostly face peeking out from under a bridge.



The apparition was caught un-

der the Cayuga Waterfront Trail, a highway bridge in New York. This has people wondering what this thing could be. Some TikTok users are saying that the face looks like a clown. Others believe it is just the result of a prank. Some said they'll stay away from the bridge just in case.

Could this be some sort of demonic apparition caught on camera, or is it really just a prank? I am not volunteering to find out!


UFO CRASH IN LAS VEGAS: WITNESS CALLS 911

This story went viral in May/June, but for those of you who missed it, here is what happened, according to the *LA Times*: "At around 11:50 p.m. on April 30, body camera footage from an officer with the Las Vegas Metropolitan Police captured a bright, glowing object cutting through the sky."



LVMPD was dispatched shortly after, because a related call came in. A local resident and his family saw something fall to the ground, then called 911 "to report that something '100% not human' was staring at him from his backyard."

The called described multiple "people" in his backyard, stating that they were abnormally large and tall with big, shiny eyes. He was terrified and stated that they looked like aliens. Was this just a prank inspired by the sight of space debris or a truly Roswell-like incident? ♦



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'The Unbinding' Documents The Catskills Crone Statue

By Lisa LaMonica

A new documentary by Dana Matthews and Greg Newkirk, called *The Unbinding*, documents the strange and scary story about a seemingly haunted object, known as The Catskills Crone.

The film, which releases on September 8, focuses on an occurrence in the Catskill Mountains in upstate New York, where two hikers removed a mysterious artifact from a cave. By removing this object, a spooky set of occurrences befell them, requiring intervention.

Greg Newkirk, co-writer and star of *The Unbinding*, manages a website called *Week in Weird*. In 2016, he wrote about an interesting artifact and a strange carving found in a cave believed to be fashioned from the "Old Meg" hermit queen who once lived in the woods of Sullivan County, according to local lore.

"Several months ago, I received an email from a frightened New York man who believed he had come into possession of a cursed object causing terrifying poltergeist manifestations in his friend's home," he said. "The artifact was a crude, hand-carved effigy of a woman, with a stained noose hung around its neck and rusty nails hammered into its eyes. He and a friend had discovered the figure hidden in a cave while hiking in the Catskill Mountains, and despite his objections, his hiking partner decided to bring it home. After the frightening manifestation of an old woman, soaking wet, appeared crouched in the dark shadows of the living room, they knew they needed to seek help."

The man who had disturbed the statue and brought it into his home then called his hiker friend and told him

that the object kept moving to different places in his house. On one occasion, it moved from his desk into his living room. And he was noticing strange smells not encountered before.

The first week that the object was in his home, the disturbances included banging and loud knocks that would wake him from a sound sleep. And each time upon being woken up, he experienced the strong smell of pond water.

"Last night, someone knocked on his door at three in the morning, but when he went to open it there was no one there. His motion lights weren't on, and there weren't any cars in his driveway," Newkirk recounted from testimony of the man's concerned friend. Note: We know from folklore that 3 a.m. is considered the witching hour.

The hiker had started to discuss the situation with various people who told him he should have never disturbed the object or taken it to his home — and that he should find a way to take it back to where he found it.

As the strange happenings intensified, agitating also his dog, both he and his dog wound up staying at his hiker friend's house — both men trying to find a solution and an end to what they had apparently unleashed. Through the Internet, they reached out for help, and their pleas were picked up by Newkirk, who advised them to return the object to exactly where they had found it.

Returning the Haunted Object

Both men and the dog returned to the house to retrieve the object in hopes of returning it to the Catskill cave:





In *The Unbinding*, Dana and Greg Newkirk document a strange statue's paranormal properties and what might be causing the phenomena. (Photos by Traveling Museum of the Paranormal & Occult)

"Today we went back to my friend's house to get the statue and return it. When we got there, I saw the muddy footprints he was talking about, and the whole place smelled like a dog that had just rolled around in the dirt," the man wrote. "His dog wouldn't even come in the house. When we were standing in the hallway talking to this thing, his dog started barking like crazy outside. And when we went to see what was going on, we both thought we saw a woman standing in the dark corner hunched over near his shelves."

Since what they experienced was terrifying to them, and they also did not wish to encounter whoever may have originally placed the object in the cave, they now did not even want to return the object to the cave. They instead sent it to Greg and Dana Newkirk to be included in their Traveling Museum of the Paranormal & Occult. The Newkirks have stated that of the many haunted objects sent to them by people from all over, most seem harmless. However, a small percentage of their haunted objects do change how they look at haunted objects, which are not to be taken lightly.

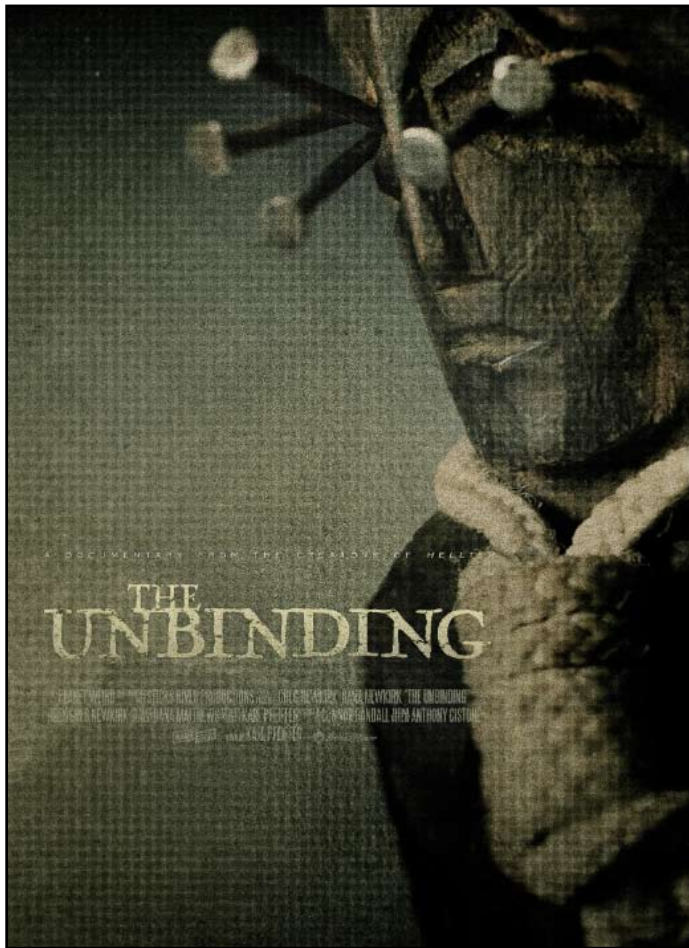
"It's easy to see that someone focused a lot of time, energy, and intent into the creation of The Crone. It was carved by hand, probably with a very specific purpose in

mind. Every rusty nail received a mental command as it was hammered into the figure's wooden eye sockets. The noose around its neck was tied with a hidden desire in mind," Newkirk wrote about the object.

After receiving The Catskills Crone statue, the Newkirks heard commotion on some occasions in the room where they kept the object and discovered some objects moved. A camera placed in the room captured subtle movement of the object, moving on its own. They also experienced the pungent smell of pond water and found water spots on some of their furniture without explanation.

Was this object actually based on the "Old Meg" lore of Sullivan County — she was believed to be an eighteenth-century witch, over six feet tall, and had the ability to tell fortunes? Her tale had been retold in the 1940 book *New York: A Guide to the Empire State*. When Meg seemed to have disappeared from the county, allegedly a hunter found her body impaled on a splintered tree stump.

Legend has it that this hunter brought 200 people together to hold a wake for Old Meg, subsequently burning down her cabin for closure. Samantha Misa and the Delaware County Historical Association are credited for



"After finding a strange statue in the Catskills, hikers become the target of chilling paranormal phenomena. As the activity escalates, occult researchers Greg and Dana Newkirk are called to uncover the truth behind the haunted artifact."

documenting witchcraft stories in very remote parts of upstate New York, some going back to the 1700s.

Why Was the Crone Statue Created?

The Catskill Crone became visible to many across the country while touring with the Newkirks' traveling museum and other haunted artifacts. Visitors experienced negative side effects from viewing the object, almost as if it was cursed.

The object is not allowed to be touched, and its purpose is still a mystery.

"My own personal belief is that The Crone was created as an attempt to summon the spirit of a local witch for purposes unknown," Newkirk said. "The location of its discovery, coupled with the specifics of the carving's creation, leads me to believe that someone was aiming to commune with — and contain — a particular spirit."

Maybe, someday, we can acquire more knowledge of "Old Meg" and the object known as The Catskill Crone.

In the meantime, this story is another example of the caution that people should exercise when finding and handling objects that may have been used for ritual purposes.

Upstate New York friend and colleague Reverend Vanessa Hanks is an independent spiritualist minister, pagan practitioner, and folk witch. Also, the owner of a magic and metaphysical shop in West Bloomfield, New York, called "The Spell Jar," Vanessa is working on completing her first book, called *The Rainbow Bridge Method: Healing Ghosts & Land Through Psychopompery*.

Reverend Hanks offers this viewpoint on the object's intended creation:

"While we cannot truly know the intent behind the creation of The Crone, there are hints in how it was created. The Crone has nails in her eyes. In certain European cultures, iron has long been a protection against evil spirits, witches, and faeries. Steel has a similar folklore since it is made up in part of iron.

"In the case of the Crone, the nails were hammered into her eyes — removing the ability to see and therefore act. Nailing may also have been used to "nail" a spirit to the statue, thereby attaching a spirit to the Crone. While in the Kongo nails were driven into wooden effigies to awaken spirits to enact a person's will, I believe that the symbols of disempowerment on the Crone hint at a different purpose.

"The noose around the neck is another clue that the Crone was created to disempower, constrict, banish, or end a spirit that someone believed was harmful. Based on the many stories of paranormal activity in connection with the statue, the creator succeeded in attaching a spirit to it.

"There is clearly a strong, restless spirit connected to the Crone. She manifests as an earthbound spirit who may have drowned or been drowned. In my opinion, as a psychopomp and soul rescuer (healer of ghosts), many times the fear of restless spirits leads to not helping earthbound souls. While we do not know the history of the female spirit, we know that she has not been at peace for a long time. With an offer of healing and help, many earthbound spirits — even those who seem aggressive or unready — go into the Light. I'd love to see the Crone finally find peace.

"I believe that the creator of the Crone hoped to attach a restless spirit to it and leave it where others hopefully would not find it. Once the Crone was found and in the presence of the living again, the efforts to disempower her were reversed, as earthbound spirits feed off the energy of the living. While it's good that the public is not allowed to touch the object, this does not stop the spirit inside from feeding off the energy of those who visit it. The true cure for a haunted object is helping the spirit find peace." ♦

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GHOSTS, UFOS & BEYOND:

Cornerstone Supernatural Explores Vancouver's Paranormal Mysteries

By Cheryl Knight-Wilson

In the city of Vancouver, British Columbia, Canada, a group of paranormal investigators are pushing the boundaries of what's considered conventional knowledge. Known as Cornerstone Supernatural, this team of paranormal researchers is on a quest to explore the unexplained phenomena that lurk in the shadows of our world.

Whether it's conducting investigations in historical locations, theaters, studios, or businesses, the team leaves no stone unturned. In addition to examining haunted places, they delve into reports of other unusual activities, such as UFO sightings and cryptid encounters.

The team's main mission is to gather evidence and interact, discuss, and dissect the stories and situations that arise during investigations. They aim to determine if these phenomena can be explained within the framework of our current understanding of the world — or if they indeed defy explanation.

Paranormal Underground recently talked with Paul Busch, the team's co-founder (along with his wife Janine McCaw), about Cornerstone Supernatural's research methodologies, locations investigated, notable cases, and community engagement.

* * * * *

Q: How did the idea originate to found Cornerstone Supernatural?

Paul: We have always had an interest in the paranormal and supernatural, having had experiences ourselves.

In the beginning, we reached out to other like-minded individuals we knew from other groups and then added additional people based on their experience, talents, and interest. A cornerstone is a foundation block, which is why we chose it as a name.



Paul Busch (pictured) and the Cornerstone Supernatural team investigate all types of locations, including residential, commercial, and historical buildings.

Q: Tell us about your team.

Paul: We have a diverse team that includes psychics, mediums, audio engineers, cinematographers, and an Aboriginal liaison! Our team is like family, and we schedule our investigations, with the location of course, so that all of the team can take part — whenever possible. We never charge for what we do.

We cover all of BC with another of our lead investigators, Sharon Smith, who is located in Kamloops.

Q: What types of locations do you investigate? And what are some recent locations that your team has investigated?

Paul: Although we have investigated residential locations, we find that most of our investigations take us to historical sites or workplaces. Often, we are asked to come to office or industrial locations where the workforce has seen or heard something they can't explain.

We are a bit different in the fact that we welcome those people to join us in our investigations, as they have a first-hand experience of what we are doing and what we happen to achieve. If we don't find anything, they will see that. If we do find something, they will be a witness to it.



The team investigates the historic Haney House Museum in Maple Ridge, BC. Pictured (left to right) are team members Janine McCaw, Paul Busch, Cindy Mah, Paisley Town, Vanessa Zappala, and Gary Kroes.

Q: Are there any specific paranormal phenomena, such as ghosts, cryptids, or UFOs, that Cornerstone Supernatural focuses on more than others?

Paul: It would depend on the team member. We try to have a healthy balance. For example, some members go down the ghost lane, while others go down the interdimensional one.

Several are quite interested in the UFO/UAP vein. Another has Bigfoot casts where he works. We're definitely a mixed bag.

Q: What kind of research methodologies does your team use in the field of paranormal investigations?

Paul: We do attempt to find the history of the place we are investigating. Sometimes that is easy, other times not. We do have mediums on the team, and some like to go in blind.

Recently, one of our team members came up with a name that did not immediately appear in the location's records, but a deep dive into government records found this unusual name placeable at that site. Another member has

come up with a name that later came through as identifying to that name on an EVP, i.e., "I'm Ray."

Sometimes, the most illogical findings turn out to be the most concrete.

Q: How do you ensure the safety of your investigators while they are conducting their paranormal investigations?

Paul: We are not going to go to an area that is visibly unsafe, no matter how appealing that might be. On site, we work in teams of at least two.

We also have what we refer to as the Paranormal Miranda Rights. You might not need them, but we do them nonetheless. This includes an opening that outlines why we are there and what we intend to do, addressing any entity that may be there. We close it off in the same manner, outlining that we have respected the location and any entity needs to stay put.

If it has been particularly active, we will use sage. In addition, individual team members are encouraged to protect themselves with whatever way works for them.



The team investigates paranormal phenomena at Hell's Gate in British Columbia, including shadow figures, EVPs, and SLS captures. Pictured (left to right) are Roni Vesa Magnusson (former member) with team members Vanessa Zappala, Gary Kroes, Laura Weisgarber, Malcolm Dane, Linda Russell, and Paul Busch.

Q: What are a few of the most intriguing cases that Cornerstone Supernatural has been involved in so far?

Paul: We were asked to investigate a location that was a pub located in a castle-like building that once housed a jail. The staff felt there was activity in certain parts of the building and wanted to know if they had overactive imaginations. They didn't.

Over several investigations there, we had several EVPs, SLS activity, and a partial apparition.

Q: How does the team go about interpreting the data or evidence gathered during an investigation? Are there any scientific methods involved?

Paul: Scientific is a hard term to define. Are we in a controlled environment? No. We use the "three photo" rule whenever possible — to have a before and after picture available.

Any possible evidence is reviewed by the team to get their input on it. We have video, photo, and audio people on the team who help rule out natural phenomena that might be misconstrued.

Q: Do you give back to the community?

Paul: Yes, we do! Every year, we hold several fundraisers for those historical locations that allow us to do what we do. It gives back to them, and we love that. The fundraiser could be used for a new program, a coat of paint, or maybe help with staffing salaries. Regardless, we have been able to raise over \$50,000 over the past several years for various locations, and not just for these to be known as a "ghost location." But we can focus on the history as well. Makes us very happy!

We have also been involved with the City of Maple Ridge in their "Celebration of Lights" in October, where we are given a booth. With over 5,000 people attending annually, it is a great place for people to ask questions, tell their experiences, and for the kids to see themselves with various types of equipment.

Also, it helps that we are usually close to the face painting, so it gives the adults something to do as well!

* * * * *

For more information about Cornerstone Supernatural, visit cornerstonesupernatural.com and [facebook.com/groups/1180635758777612](https://www.facebook.com/groups/1180635758777612). ♦



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TUNE IN TODAY ON ITUNES, PODBEAN & MORE!

THE MYSTIC'S PATH:

A Journey Beyond the Physical Into the Divine Matrix

By Maria Anna van Driel

Mysticism is a complex and multi-faceted term that has been used in various contexts and traditions to describe a range of experiences and practices focused on the pursuit of achieving an intimate union with the Divine, the Absolute, or ultimate reality. Mysticism often involves a transformative experience of the sacred, characterized by subjective experiences of profound insight, ecstatic feelings, or a sense of oneness with the cosmos.

Mysticism was never meant to kick faith's butt! I see it more as opening a "window" for you to wander over a path that lies between accepted and noetic science and religion(s) ... a path that has the prospect of creating a unique insight in the human psyche. Paradoxes, multiverses, scary medieval rituals, the sacred Egyptian knowledge in autonomy and chemistry, and even advanced holographic technologies from the past, among others, is being opened to a world that is known as mysticism.

The Essence of Mysticism

Mysticism is the pursuit of a truth that lies beyond the physical world, as well as honoring mysteries that seem to come from a divine being or force. It speaks of a personal path, where a mystic is drawn to the development of his or her inner being and takes personal responsibility for his or her development. This is the difference between spirituality and religion.

For some mystics, religion is a center element of their path. Other mystics find that a religion does not fill the

need and they must seek their path outside of organized religion. So, let's get this first point cleared up right from the beginning, because it is a very common misconception. Mysticism is neither atheism nor a religion.

A mystic walks right along the line of two worlds, between the visible and the invisible, between the physical and the spiritual reality ... between the known and the unknown. Don't get me wrong, a mystic does not abandon the physical

world. He or she is fully encased in the physical world and fully understands that the visible world is a part of a partnership with the invisible world.

If you have read articles like this one, you are already a part of a long line of men and women who, since the dawn of time, have sought truth and wisdom, as well as honored a divine deity/force by valuing life and its creation. And with this wisdom of seeing beyond the physical, you have gained the ability to find your inner self ... your truth.

"God's creation" is one of those strange but powerful secrets that is hard to wrap our

minds around. With my humble knowledge in theology, I am of the opinion that the reason could be that we tend to view knowledge from one angle instead of opening our minds and seeing multiple possibilities.

Think of the biblical story of Adam and Eve, in which Adam was the first. When the word *atom* is pronounced in Hebrew for instance, it sounds like a noise or shuffling, which is translated in old writings as the roar of Humbaba,





son of Hanbi and the brother of the winged god Pazuzu. Nowadays, we know these ancient deities as Jesus, God and Satan. In English, the word *atom* means “the basic unit of a chemical element”; in Greek, it means “person” or “individual” and is pronounced as *atomo* and sounds similar to the name Adam.

The Mystic Within Us: Living at the Intersection of Multiple Realms

Mysticism lets you step through an invisible door and into realms where only you possess the key. A realm showing your personal truth, a “world” that was already known and fully understood by many medieval alchemists, as well as those philosophers, who lived thousands of years before we started to count the days. It is an ancient knowledge of combining religion with science and science with religion that, according to many, was in the possession of King Solomon and protected by the very first Knights Templar.

Mysticism is a secret knowledge of ancient times that has the power of explaining the connection between the physical and spiritual world. It has the power to wake you up from an illusion you thought of as reality, a reality that is based on incomplete information that leads to fearing and rejecting the unknown, invisible, and spiritual. Scary ... no, just not fully understood by many.

So, is it possible that old, sacred writings speak of our evolution in a philosophical manner by describing one of life’s building blocks ... the atom? Is it plausible that many ancient civilizations possessed this spiritual knowledge that

we now know as STEM subjects — science, technology, engineering, and math — as accepted and noetic sciences? Are we just a biological vessel containing plural chemical reactions spawned from an electromagnetic collision, swirling on a Möbius strip that is hovering in our personal universe? Are we transforming into an ancient cosmic (plasma) energy as soon as our matter and anti-matter meet?

Do we have the ability, being in this state of divine energy, to create endothermic reactions (a.k.a. paranormal cold spots) and control magnetic fields, sound, and micro-waves that can be felt, heard, or seen as spiritual beings from another dimension by the living?

This might sound a little bit “out there,” but as a great mystic once said: “Behind all the secrets of nature there remains something subtle, entangled, and inexplicable.”

I know you’ve heard of the person who said this, but I’m pretty sure you would not think of him as a mystic. Instead, you probably have always thought of him as a scientist. It was ... Albert Einstein.

If you think this way or ask questions like this, you are a mystic ... a mystic who lives on the intersection of two, or even more, worlds. You understand that the visible and the invisible, the known and the unknown, the physical and the spiritual are connected and are constantly flowing back and forth into each other.

You have accepted the idea that the reasons behind the something may not be knowable. You have accepted, recognized, and are enjoying the mystery of it all. And having this said, I’d like to say to you what once was said to me: Welcome home! ♦

HIGH STRANGENESS AT MONKS MOUND

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS



The Cahokia Mounds are home to UFO and ghostly activity. (Photo: cahokiamounds.org)

When I was stationed at Fort Knox, Kentucky, I was told about an interesting site by a friend, Lieutenant Henderson. The site was Monks Mound in Collinsville, Illinois (located at the Cahokia Mounds). It sounded like a very strange place.

It was built by the early Natchez Indians of the Lower Mississippi Valley, and at one time, 20,000, people lived at Cahokia. When explorers came upon the mounds, the people that inhabited Cahokia had already vanished. Where did they go?

Explorers discovered 120 mounds, of which 68 are currently preserved. The Trappist monks farmed terraces along the mounds in the early 1800s. Some mounds became weathered and fell in ruin.

When the lieutenant related all of this information

to me, I knew I wanted to see these mounds. I wanted to know where these mysterious mound builders disappeared to.

UFO Sightings, Electric Sensations & a Woodhenge Unearthed

While the Egyptian pyramids were built with stone, these mounds were built with soil and clay. Lt. Henderson was from Shiloh, Illinois, which isn't too far from Collinsville. He had heard stories that UFOs were sometimes seen near the mounds.

One story the lieutenant told me was about a storekeeper, named Luke, from Shiloh. Luke said that he had seen a boomerang-shaped UFO hover over Monks Mound for a couple of minutes, before it shot straight up



Monks Mound emitted an electrical sensation that I will never forget. (Photo: cahokiamounds.org)

in the night sky. Luke said this happened in 1975 on a hot summer night.

When Lt. Henderson and I visited the mounds, I felt an electric sensation near Monks Mound. It lasted about five minutes.

A local historian told us that the mounds were built for the worshipping of the sun. The story goes that a bearded god in a flowing robe came and visited the mound builders. This god instructed the mound builders to live in peace and harmony and to build these earthen works for the gods.

The mound builders even built a “Woodhenge,” with 48 wooden posts that created a 410-foot diameter circle.

From Woodhenge to Ley Lines: The Global Mystery of Mounds and Their Energetic Significance

I was totally fascinated at what I was seeing at the Monks Mound. I pondered how there was Stonehenge in England and in Illinois there was something similar — Woodhenge. There must have been some kind of communication with the Stonehenge builders in England and the Woodhenge builders in America.

Then you have the mounds and pyramids that are found all over the world. Mounds in America, mounds in South America, mounds in China, mounds in Japan. What was the purpose of these mounds, and why were mounds created all around the world?

Because I felt an electrical sensation at Monks Mound, I believe that Cahokia is an energy source and a ley line convergence center. I believe that where each ley lines crosses over, there is an energy source for UFOs. These crossover areas became sacred sites for native people and a “gas station” for extraterrestrials to fuel up on energy.

Legend has it that when the bearded god left Cahokia, he told the mound builders to love each other. But when the god left and didn’t come back, the native people went back to human sacrifice and war.

A Personal Experience

Lt. Henderson told me that not only do UFOs frequent this area, but it’s also haunted by ghostly apparitions. Locals have seen shadow figures and apparitions of what look like Native Americans walking the land.

The first time the lieutenant visited the site with his parents, he was eight years old. As he broke away from his parents for a few minutes, he heard a disembodied male voice talking through his right ear. He was not able to make out the language, but it was enough to scare him.

Lt. Henderson says that with the human sacrifices and war, many people died on this land. Because of that, it would only be logical that the spirits of this land do not rest and continue to haunt Cahokia. ♦

Beyond Sci-Fi:

HOUSE OVERSIGHT PANEL DELVES INTO UAPs

By Chad Wilson

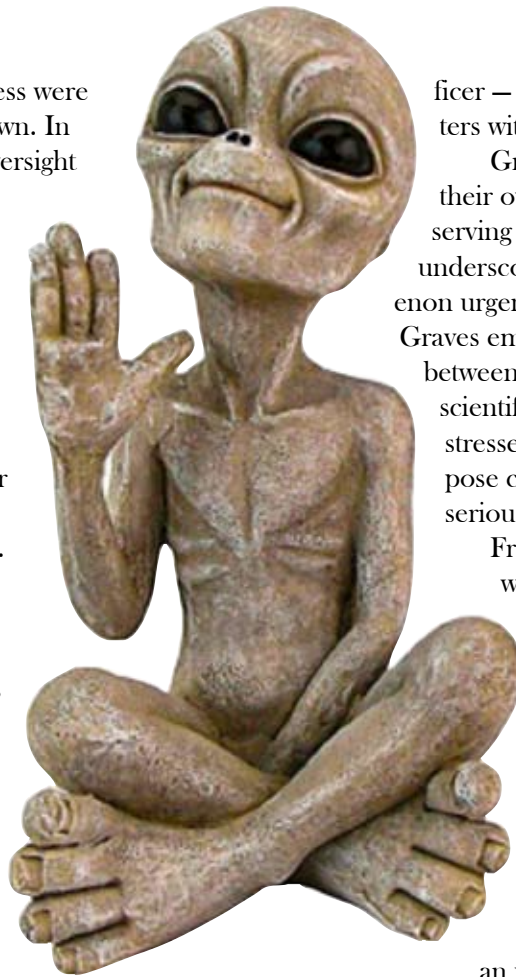
On July 26, the halls of Congress were abuzz with talk of the unknown. In a groundbreaking House Oversight subcommittee hearing, the spotlight turned to a topic that has captured imaginations for decades: Unidentified Aerial Phenomena (UAP), more commonly referred to as Unidentified Flying Objects (UFOs).

At the heart of this pivotal event were the testimonies of three retired military veterans, each recounting their personal encounters with these enigmatic phenomena during their service. Amidst calls for government transparency and the recognition of potential national security implications, this hearing provided a platform to discuss the pressing need for clear answers, collaboration, and an earnest pursuit of truth surrounding UAPs.

“Many Americans are deeply interested in this issue, and it shouldn’t take the potential of non-human origin to bring us together,” committee member and Florida representative Jared Moskowitz said.

Safeguarding National Security: A Call to Action

The core focus of the hearing was the increasing concern that UAPs could pose a significant threat to national security. The three veterans who testified — Ryan Graves, a former Navy pilot and founder of Americans for Safe Aerospace; David Fravor, a retired U.S. Navy commander; and David Grusch, a former Air Force intelligence of-



ficer — candidly shared their personal encounters with UAPs while serving in the military.

Graves and Fravor both testified about their own sightings of UAPs while they were serving in the military. These testimonials underscored the need to address the phenomenon urgently and transparently.

Graves emphasized the need to differentiate between potential foreign drone incursions and scientifically unexplained phenomena. He stressed that, regardless of their origin, UAPs pose concerns for flight safety and demand serious investigation.

Fravor recounted his 2004 encounter with a technologically superior object that defied known physics, highlighting the potential technological advancements at play. Grusch, on the other hand, made allegations that the government had engaged in a cover-up regarding its research on UAPs, claiming that he had reported information to the intelligence community inspector general.

“If UAP are foreign drones, it is an urgent national security problem. If it is something else, it is an issue for science. In either case, unidentified objects are a concern for flight safety,” Graves said.

One of the most stunning statements from the hearing was from Grusch, who said the U.S. government had retrieved “non-human” biological matter from the UFO pilots.

“That was the assessment of people with direct knowledge on the [UAP] program I talked to that are currently still on the program,” he said.



A Quest for Transparency and Answers

Lawmakers who had long advocated for the hearing echoed the sentiment that the UAP issue is rooted in government transparency. The lack of clear information sharing has led to speculation and sensationalism surrounding the topic. Representative Tim Burchett, a Tennessee Republican, framed the hearing as an endeavor to uncover the truth rather than entertain fantastical narratives. He emphasized that the aim was to reveal the facts, foster transparency, and initiate further hearings.

It's worth noting that despite the growing attention to UAPs, no government officials testified at this particular hearing. This absence underscored the call for greater transparency and cooperation between government agencies and the public.

"We're going to uncover the cover-up, and I hope this is just the beginning of many more hearings and many more people coming forward about this," Burchett said.

Lawmakers also stressed the importance of approaching the UAP issue in a bipartisan manner. Representatives Robert Garcia of California and Moskowitz highlighted the need for unity in pursuing government transparency. Moskowitz notably emphasized that the issue shouldn't necessitate the potential presence of extraterrestrial life to bring lawmakers together; the safety and security implications alone should warrant a united effort.

One recurring theme throughout the hearing was the stigma associated with reporting UAP incidents. Both commercial and military pilots fear the professional repercussions that might stem from discussing such encounters. Graves pointed out the need for a reporting system that allows pilots to share their experiences without fear of losing their jobs or facing other adverse consequences.

"UAPs, whatever they be, may pose a serious threat to our military and our civilian aircraft, and that must be understood," Representative Garcia said. "We should

encourage more reporting, not less on UAPs. The more we understand, the safer we will be."

Looking Forward

The hearing marked another step in a growing movement to address the mysteries surrounding UAPs. It echoed the sentiments of previous hearings and the ongoing efforts to bring the UAP issue to the forefront of national discourse.

While much remains to be explored, the testimonies of the retired veterans and the voices of the lawmakers indicate a shared commitment to transparency, national security, and a comprehensive understanding of these unidentified aerial phenomena. As technology advances and further data is collected, it is hoped that more insights will be gained, ultimately leading to a clearer picture of this captivating and complex phenomenon.

"I think what we experienced was, like I said, well beyond the material science and the capabilities that we had at the time, that we have currently or that we're going to have in the next 10 to 20 years," Fravor said.

How Far Away Are We From Total Disclosure?

While writing this article, I asked ChatGPT (an online AI chat tool) how far away the public is from full disclosure by the government about UAPs. The response was: "Considering the current pace of technological advancement, increasing public interest and pressure, and the recent move toward transparency from various governments, a ballpark estimate might be 10 to 50 years."

Given that ChatGPT's data is limited to September 2021 and earlier, that estimate may be too conservative, as significant UFO revelations have been uncovered during the past couple of years.

You can watch the full video of the hearing on [YouTube](#). ♦

THE WENDIGO:

A Terrifying Manifestation of Hunger & Greed

By Cheryl Knight-Wilson

The lore of the Wendigo, a monstrous entity, stretches across the forests of the Great Lakes region and along the Atlantic Coast. As a malevolent spirit or a transformed human, the Wendigo symbolizes insatiable hunger, unfathomable greed, and the stark terror of survival at the cost of one's humanity.

The Wendigo myth can be traced back to the Algonquian peoples, the most extensive and widespread Native American groups, including tribes like the Cree, Ojibwe, and Innu. The Wendigo is often depicted as an emaciated, gaunt figure — its skin stretched tight over its bones, its eyes sunken, and its lips tattered and bloody.

It's as if the creature is eternally famished, unable to satiate its hunger, no matter how much it eats. This haunting appearance is a gruesome reminder of its relentless quest for human flesh.

The Transformation

The terrifying aspect of the Wendigo myth is not merely its cannibalistic tendencies, but also its ability to transform humans into Wendigos. According to folklore, anyone who resorts to cannibalism, even out of desperation, risks becoming a Wendigo.

The transformation is said to begin mentally, manifesting as an insatiable greed and hunger that consumes the person's thoughts. Physically, the person begins to change, growing taller but also emaciated, as though their flesh cannot keep up with the stretching of their bones.

Scholars have delved into the Wendigo myth as a cautionary tale or a form of social enforcement. In communities reliant on close-knit cooperation for survival, the fear of transforming into a Wendigo served as a deterrent against greed and social taboos, such as cannibalism. The Wendigo also acts as a metaphorical representation of the destructive capabilities of greed and consumption in society, themes that are sadly timeless and universal.

The concept of the Wendigo has permeated main-



stream culture, from literature to video games and movies. One of the most famous renditions is in Stephen King's *Pet Semetary*, where the Wendigo's influence serves as a catalyst for the horrifying events that unfold. Similarly, the Wendigo has made appearances in popular TV shows such as *Supernatural*, serving as an embodiment of human frailties and dark desires.

Modern-Day Relevance

In today's context, the Wendigo can be seen as a representation of the darker aspects of human nature and the perils of excessive consumption — whether it's the exploitation of natural resources or the insatiable drive for more in a consumerist society.

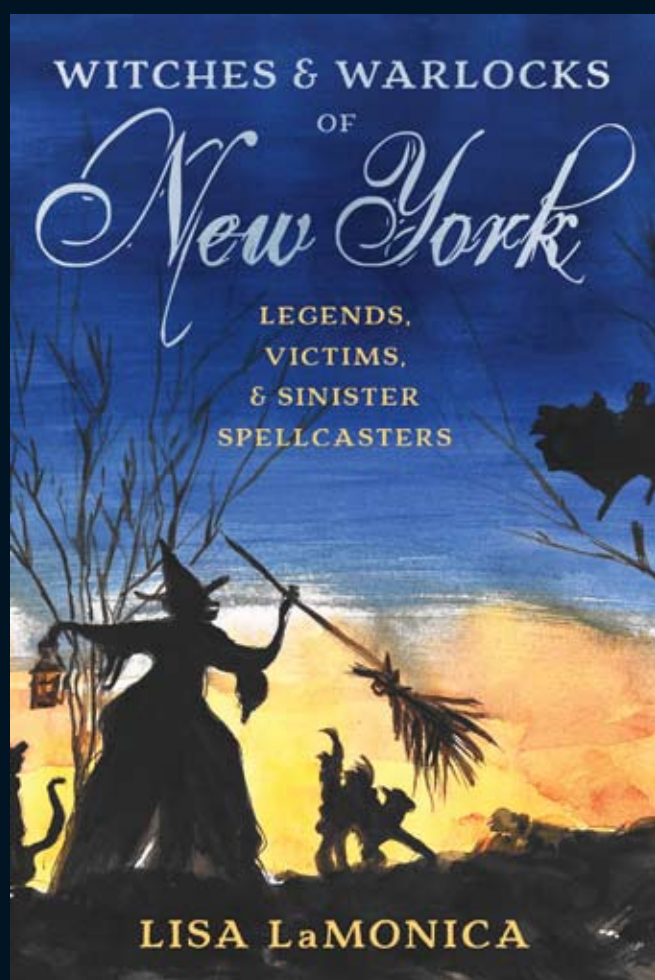
In this sense, the Wendigo remains as relevant today as it was in the tales told around fires hundreds of years ago. ♦



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New York has a surprisingly rich and lasting history of witches and witchcraft.

“Witches and Warlocks of New York” is a collection of legends and historical accounts about witches and warlocks from the Empire State.

Included are a history and origins of witchcraft in New York State and historical tales of “witches” across the state, including Hulda, the witch who was the origin behind a Brothers Grimm fairy tale and inspired parts of Washington Irving’s “Sleepy Hollow.” Plus, the East-hampton Witch Elizabeth Garlick, accused and tried 35 years before the Salem witch trials.

Available on Amazon

THE BOY IN THE BOX

By T Stokes

In the early 1980s, I was one of those on call for spiritual help at the London headquarters of the Spiritualist Association of Great Britain (SAGB). I was often the last call for help, as the Christian Church had been backing off from any spirit involvement by claiming to the public that help was only for regular church goers.

Exorcisms at that time were being downgraded by the church and began to be known as deliverance and part of spiritual healing. This muddied the waters a lot and brought a lot of people to Spiritualism. It meant that when you went to a building, you were not sure what you had and what lay in front of you.

Winston Churchill's favorite medium Joe Benjamin put it well when he said: "The world of spirit is a minefield with which the unwary traveler can find themselves in deep trouble."

A secret investigation by the church into child-abusing priests and nuns had shown that several Christian deliverance experts were not fit for deliverance work — all this meant a heavy workload for the SAGB.

I was called out to a location and was given the details of the haunted building. I read through the paperwork on the train journey home.

People often think they will not be believed and sometimes exaggerate any happenings or occurrences in haunted buildings. So, things are not always as dire as some they may seem.

I telephoned the people in the house, who were in basic agreement on the problem. So, I fasted, prayed and got ready for three days.

An Encounter With a Lost Spirit

Then it was time to visit the haunted location. I got off the train and walked to the old cottage, taking in the lay of the land. I walked around the old building, looking at the eyes and ears of the house — the doors and windows.

Inside, I was taken to see the little back room, where the supernatural activity was at its highest. It had a musty, old smell, which is attractive to certain types of low elemental spirits.

This back room had a makeshift floor and was obviously where animals were kept many years ago. Now it was being used for storing garden tools and junk, but it still carried old signs of spirit inhabitation from long ago.

I did not detect the sinister feelings the occupants did, just a deep feeling of sadness. So, I kicked off my shoes and sat down to see what emotional feelings I could pick up from the distant past.

In order to save time, I decided on some capnomancy — divination by examining smoke. The Christian Church would use incense and the smoke as a divinatory tool using a few handfuls of straw placed over what

was the center of the floor.

As the Rev. Christopher Neil-Smith the exorcist of the Church of England would do, with my eyes beginning to water as the smoke filled the room, I read out several *Bible* tracts. Elizabeth the lady of the house, who had been assisting me, then shouted to look in the smoke. There was what looked like a hazy vision of a small boy.

I granted the boy God's permission to go to his



As I sat there, I wondered why this boy's spirit was here?

I went into the main house for a cup of tea and to chat, but these were old country people. I had to be careful with what I said.

The grandfather stood and stared. Then he said his own grandfather had told him that in times of poverty, parents sometimes had to sell their only possession, their children. He had heard the boy was sold to a chimney sweep as a “climbing boy.” His job was to climb up inside chimneys and sweep down the soot.



The chimney sweep brought back the boy's body, and the parents could not afford a proper burial or coffin, so they put him in the wooden carcass of a grandfather clock.

By now, news had gone out, and half the tiny village had turned out wanting to give the little boy a proper burial. I managed to slip away and thought about the life of that poor boy.

in St. Mary's churchyard under a small stone marker engraved with: "The Boy in the Box." ♦



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THE CASE OF THE MOUNTAIN LION DEMON

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

In April, I received an early morning call from Diamond Springs, California. The family calling said they needed desperate help. They were being attacked by a ghostly Puma.

Because the family asked that they remain anonymous, I will be referring to the clients as Mr. and Mrs. J. Mrs. J explained to me that her 16-year-old son, who I'll call Mike, was very rebellious and into "dark things." He dressed in Goth clothing and had been caught playing with a butterfly knife. He'd been in trouble at school, yelled at his parents, and the list goes on and on. Mrs. J also caught him reading a "dark spell" book, which she later destroyed by placing it into the rock fire pit in the backyard.

The family had been going to counseling sessions, which seemed to be helping, as Mike was getting less rebellious of late. He was also listening to his parents more.

Another thing that had been happening that had caused Mike to change his ways ... he used one of his spells to summon a demon. And it seemed that the spelled worked. The demon that came into his family's life was reportedly a phantom mountain lion.

The "Mountain Lion Demon" actually looks like a puma and has the ability to walk through walls. The feline demon has scratched Mike and both of his parents. The scratches were deep and usually found on their legs and, sometimes, on their chest area.

Mr. and Mrs. J asked if me and our paranormal team's psychic medium, Deanna Jaxine Stinson, could come to their home and perform a full-submersion baptism on Mike and themselves. They also wanted a Roman Catholic house blessing.



Spotting an Elusive Demon

When we arrived at the home in Diamond Springs, Mrs. J came out crying. She desperately needed our help. Mrs. J showed me a series of digital photos of scratches on all members of the family. Some of the scratches were deep, and Mike had a scratch on his leg that required stitches.

During our investigation at the home, I did some EVP work but didn't get any EVPs. I was expecting to get an EVP of a cat growling, but I didn't. The most important thing that I needed to do while at the

home was baptize the three family members. I gave Mike and Mr. and Mrs. J a full-submersion baptism in their bathtub.

Deanna did see a glimpse of the ghostly mountain lion in the backyard. But, when it noticed Deanna looking at it, it ran off into the woods. The demon was being elusive, as is a common occurrence during investigations.

When I conducted the Roman Catholic house blessing, I made sure to also bless the entire property. Mr. & Mrs. J and Mike said that when I was performing the house blessing, Mrs. J briefly saw a halo over Mike's head.

Deanna left the family a care package of smudging wands, blessed candles, palo santo wood, etc.

Final Thoughts

After reviewing the photos of the scratches on the family, I do not believe that the scratches were self-produced. The family's story was consistent and detailed.

Deanna saw the demon outside. And even though I did not get any EVPs, I believe this family was tormented by a demon that shape-shifted into what looked like a puma.

I plan to keep in touch with the family to make sure that our blessings and baptisms were successful. ♦



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CREEPY CRATE
BY THE LINEUP

The Paranormal Switch:

How Connected Are We to the Paranormal?

By Rainbow Radaelli

For the past two years, I have found that my interaction with the paranormal has changed from a constant flowing river to a trickling brook, stagnant with daily life, brooding and unyielding.

The paranormal is like a cat, watching you looking for it, yet it never utters a word, enjoying the fact you can't find it.

It prefers to silently watch you searching for where it might linger, hide, or reside. Its game is imperceptible silence with no directions.

Tunnel Vision

To be honest here, I'm in control of how I perceive what flows and comes my way. I find it interesting when I sense I'm getting the cold shoulder from the macabre.

I feel a little betrayed but, realistically, it's me turning my back. I'm the one that became robotic with a tunnel vision indifference, so much so that I can't see or feel what's around me.

The paranormal has no choice but to come at me, pouncing just so it can get my attention. But nevertheless, weeks can go by and ... nothing.

The emotional wellbeing of empaths is vital to keeping an eye out for anything creeping and crawling in the dark. But I must say, life has a way of interjecting her chaotic daily routine in such a way that beguiles the human mind, making us forget what isn't easily forgotten. I find life is the nemesis to the paranormal.

Walking Picasso Painting

The paranormal is the twin sister of Ethereal, who is the more delicate and less insistent of the two, yet blatantly just as audacious. Her coddled desires can overwhelm the empath's ability to seize the moment of transcendent disclosure.

Falling into the labyrinth of either can cast the human mind into a tizzy. Neither will be ignored, even with the daily life of the living.



As a human, I feel I can get pulled in so many different directions that I find that I'm a walking Picasso painting.
(Photo: Vivien Skrupskis)

As a human, I feel I can get pulled in so many different directions that I find that I'm a walking Picasso painting, with eyeballs on the side of my head. Not a pretty sight but amusing nonetheless.

Sleepless in Oregon

One night, as I lay in my bed hoping to doze off, I realized that the room was eerily quiet — but not in the normal way that I usually experienced it. It was devoid of visitors, you know, the otherworldly kind, the ones that hover in the air or pull on the covers at the foot of the bed.

There weren't any knocks on the window or walls — it all ceased. That's when I knew something was different.



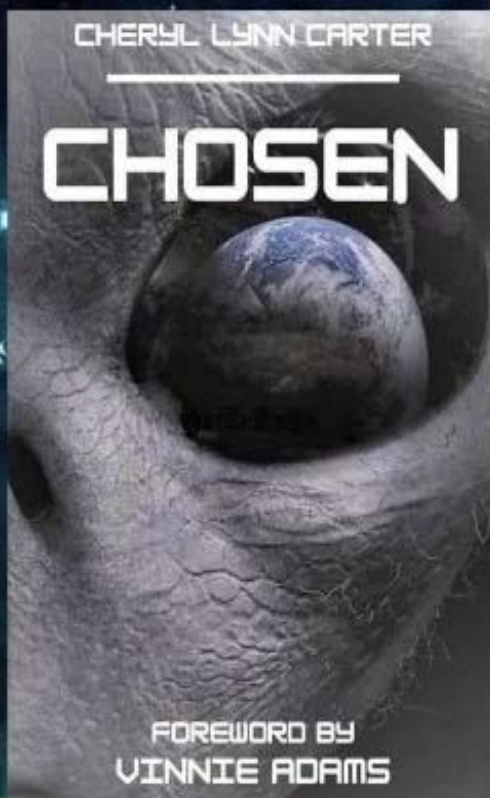
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Consciousness is described as perceptual awareness or higher-order thought. Further studies reveal the possibility of human interaction with non-human intelligence. Experiencers know this to be true. These glimpses of other realities leave one wondering:

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felt she had a definite message for him, as well as feeling a unique connection to her.

To be clear, it's the first time a deer has been in our yard the entire eight years we have lived here. In a way, I was a bit jealous. I wanted to see the deer too, but her message was only for him. When I came home, she was lying down by the house and I didn't want to disturb her. The following morning, she was gone.

I was alone, because I chose to close myself off to the wonders of Mother Nature, the ethereal realms, and to myself. It was never made clearer than when the deer came to see Michael. Deer are one of my animal totems, so the fact I missed her made it all the more painful.

In our courtship years, Michael and I had deer come around us all the time when we ventured to the mountains. We always knew we would see our four-legged friends hanging out with us, and we were never disappointed.

I didn't know how closed off to the paranormal I truly was. I went to work, came home, and did the same thing over and over again ... to the point that I was literally devoid of feeling or hearing anything from the other side of the veil. I closed the door and pulled down the blinds without realizing what I had done.

That kind of silence is felt beyond the soul, because in a way, we close off to everything that we are a part of. We close off to ourselves.

There are moments in our lives where we can feel so alone, and I truly believe that this happens because we alienate ourselves from the natural flow of the Universe. We become the rock in the middle of the river that wonders why life is passing us by, yet there we stand unyielding to the subtle gestures of just going with the flow.

Being a part of the mystical and magical realms that coexist within our existence is that innate part of ourselves that can't be ignored. And, if so, the price we pay far exceeds anything we ever can ever imagine.

Visiting Deer

A while back, my partner, Michael, had the most extraordinary experience when a deer came and hung out in our yard during the day and into the night. He

Eeyore Syndrome

So, what happened? I've been asking myself this for quite a while, and a few things have become clear to me. For one, I switched off the paranormal realm and tuned into a frequency that was below the higher frequency that I was used to.

I couldn't refresh my reservoirs of energy to do this, so I became a dry bed of my own dubious occluded mind set. I was Eeyore with a rain cloud over my head, choosing to be out in the rain.

Ingredients and Recipes

In realizing this, I had to laugh, and I think the paranormal laughed too! All I had to do was turn the switch back on and be myself. Nothing else was needed in the ingredients of my life. It was a simple recipe of enlightenment that I lost for a while.

So, now, even if I misplace my innumerable and equivocal recipes of life, the ingredients of me will always be remembered. It's as easy as turning on the light switch of my own convictions.

And you know what, I got a visitor last night, a little tug at my feet and I fell asleep smiling. It was good to be me again. ♦

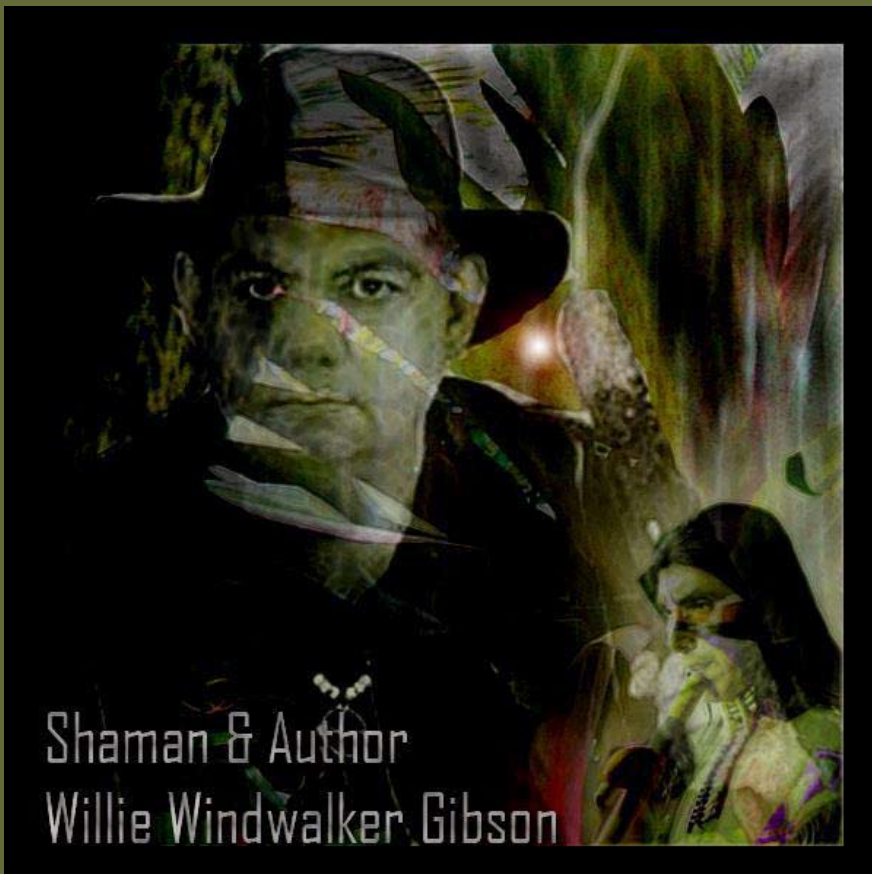
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The Oregon UFO Incident

By Cheryl Lynn Carter

At 4:30 p.m. PST on October 25, 2017, the Oakland Air Traffic Control, Sector 31 in California, detected an “intruder target” on radar.

Controllers referred to the target as “0027” and placed it at 37,000 feet, moving south at a high rate of speed over northern California from Mount Shasta, and heading along the eastern coast of California. Suddenly, it did an abrupt maneuver, continued into southern Oregon, past Crater Lake, and merged with regular air traffic.

Sector 31’s radar spans an area from Sacramento to Redding and then the northern edge near the Oregon border where Seattle Air Traffic Control Sector 36 begins. The intruder target continued until it reached the Oregon border where it was momentarily observed before disappearing from radar.

Here is the FAA transmission at 4:30 p.m. — Freedom of Information Act (FOIA)

Seattle Sector 36: “You know that target south of the boundary at 0027 code moving very fast at 37,000?”

Oakland Sector 31: “Oh, look at that thing.”

Seattle Sector 36: “Yeah, that’s crazy.”

Oakland Sector 31: “And you don’t have anything on him?”

Seattle Sector 36: “I got nothing. Air Defense is searching for the target on radar now too.”

Oakland Sector 31: “Well, we’ll look. Yes, I see him up there. I’ll report that.”

Multiple Pilots Report UFO

For some unknown reason, the target did not have a radar signature or a working transponder. Transponders are devices installed in an aircraft that respond to radar signals and specific codes that provide additional identification and location information. This is imperative in preventing mid-air collisions.

Was this aircraft secret military, foreign, or something



The Oregon UFO incident of 2017 confounded the aviation community, as well as pilots who witnessed the craft.

else? It’s quite thought-provoking that this unidentified aircraft originated near Mount Shasta, because the mountain itself is shrouded in mystery. It is said there is a UFO base deep within the mountain and there have been many sightings.

Concerned as to who or what it was, Portland International Airport, the Federal Aviation Administration (FAA), and North American Aerospace Defense Command (NORAD) were all now monitoring the target. NORAD is responsible for the aerospace defense of North America, including investigations of UAPs. If NORAD was monitoring this, it was not one of our secret military aircrafts, but an “unknown.”

It would be highly unusual for secret military aircraft to be flown in commercial airspace and especially



The Oregon National Guard launched two F-15C Eagles from Portland's 142th Fighter Wing in hopes to intercept the intruder.

without transponder or radar contact. Pilots were asked by FAA air traffic controllers to assist in tracking and possibly identifying the mysterious white aircraft, which was traveling between 35,000 and 40,000 feet based on their radar.

Several visual confirmations were made by three commercial pilots. Reports continued for about 30 minutes as pilots observed it traveling over Crater Lake, a volcanic crater lake, toward the Willamette Valley in Oregon.

Here are parts of the FAA transmissions between the three pilots (FOIA):

Seattle: "United 612, do you see anything around 35,000?"

United 612: "This is United 612. There's a white craft out there at our right side at about 3:00. It's approximately 5-10 miles away and north bound."

Seattle: "Okay, keep a visual please."

United 612: "Looks like a white stick. No identification marks."

Seattle: "Estimated altitude?"

United 612: "Approximately 4,000 feet above us."

Seattle: "Remain on this frequency."

United 612: "Copy."

Seattle: "What is the relative velocity to you and position?"

United 612: "Keeping up so same speed as us. Very slight vector to the east, 3,000 feet above us, and about 15 miles away."

Seattle: "Southwest 4712, do you see anything around 35,000?"

SW4712: "Yes, about 2:00. It's white, big like a jet and approximately 12-15 miles away."

Seattle: "Southwest 3748, do you see anything at your 2:00 position?"

SW3478: "There's something at 1:00. It's west of Crater Lake and heading north bound."

Seattle: "What's its type and altitude?"

SW3478: "It's white, but no tag and at 2:00 now."

"Should I file the incident as an aircraft ... or as something else?"

Confusion in the Air

Seattle continued to radio all flights in the area asking them to check their Traffic Collision Avoidance Systems (TCAS) for the aircraft. This system is designed to reduce mid-air collisions. During the radio transmission the controller indicated to "watch for the jets that have been launched." Alaska 435 that had been following Southwest 3478 said they had now also observed the white unmarked aircraft.

The jets the controller was referring to were when the Oregon National Guard launched two F-15C Eagles from Portland's 142th Fighter Wing in hopes to intercept the intruder. The F-15C has the most capable air-to-air radar set in the world (AN/APG-63V3) and Sniper Advanced Targeting Pods for long-range visual identification.





Origin of sighting near Mount Shasta.

The pilots were highly trained in the Homeland Air Defense Mission. However, despite the jet's powerful sensors and speed, they were unable to locate the craft, which had now dropped from the view of the three pilots that began descending into Portland.

Here are the FAA transmissions (FOIA after the incident):

Operations Manager: "What do you think about calling the pilots, I think there were three, and try to gather more information about what they saw concerning this aircraft or whatever it was? Would that be helpful?"

Security Controller: "That would be very helpful along with WHO requested or approved WADS to scramble to ROCK 01 and 02. Los Angeles said you requested."

Operations Manager: "No, WADS called me saying they wanted to talk to me. I gave them all the information. Bigfoot called me too. I never asked for assistance. Then they scrambled."

Federal Aviation Administration Seattle Controller: "Where this guy ended up, we don't know."

FAA Quality Assurance Official: "So we still don't know?"

FAA Seattle Center Controller: "No, the fighter scramble, they went out looking around a little bit, but we lost anybody having sight of the aircraft. And I have

no idea who authorized the F-15s. I have been in contact with three pilots that observed the white aircraft. They are going to email me a synopsis of what occurred. Should we send a report to WADS [Western Air Defense Sector – call sign Bigfoot]? Should we send a report to the DEN [Domestic Events Network with recorded calls used to bridge the FAA with Federal authorities]? How about AT-TIP [Advanced Aerospace Threat Identification Program studying UAPs]?"

FAA Quality Assurance Official: "You can send the reports to WADS."

FAA Seattle Center Controller: "Should I file the incident as an 'aircraft' operating at altitude speed of 450 knots, or should I file it as something else?"

FAA Quality Assurance Official: "Aircraft would be more appropriate. We don't have a set procedure, because it's not often we hear about an unknown at that altitude."

Final Thoughts

The "Oregon UFO Incident" continues to remain a mystery. How could a mysterious aircraft that was observed by both air traffic controllers and pilots manage to elude identification by the FAA, NORAD, and scrambled F-15C fighter jets?

Perhaps its origin was indeed associated with the enigma of Mount Shasta and otherworldly beings. ♦

Rick Hale

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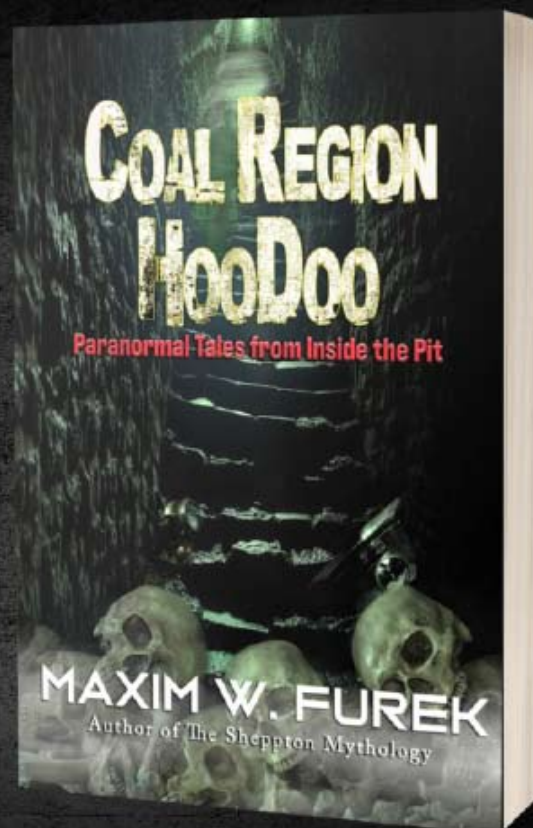
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REIKI: THE UNSEEN ENERGY OF HEALING AND WELLNESS

By Chad Wilson

Reiki is a form of alternative therapy that originated in Japan in the early 20th century. Rooted in ancient traditions yet modern in its global reach, this practice aims to facilitate healing and wellness by channeling life force energy.

Despite its spiritual underpinnings, Reiki has gained increasing acceptance even within some medical communities, highlighting its multifaceted appeal and benefits. Here is an in-depth look at this fascinating metaphysical practice.

What Is Reiki?

Reiki (pronounced “ray-key”) is a Japanese term that translates to “universal life energy.” The practice involves a practitioner placing their hands either lightly on or just above the recipient’s body, intending to direct energy to facilitate the healing process.

Reiki is built on the belief that an unseen life force energy flows through us, and it is this energy that keeps us alive and well. When the energy is low or obstructed, we are more susceptible to illness and stress; when it is abundant, we experience greater health and happiness.

The Five Principles of Reiki

Reiki is guided by five principles, also known as the Five Pillars of Reiki, which serve as a moral and ethical guide to living a fulfilling life. These are:

1. Just for today, I will not be angry.
2. Just for today, I will not worry.
3. Just for today, I will be grateful.
4. Just for today, I will do my work honestly.
5. Just for today, I will be kind to every living thing.

These principles aim to ground individuals in the present moment, encouraging them to engage with life in a mindful and compassionate manner.



Benefits of Reiki

Emotional Balance: One of the most immediate benefits of Reiki is emotional balance. Many people report feeling a deep sense of calm and relaxation during and after a Reiki session. This emotional stabilization can be especially beneficial for people suffering from stress, anxiety, or depression.

Pain Relief: Though not a substitute for medical treatment, Reiki has been used to complement conventional therapies in the treatment of chronic pain conditions like arthritis, fibromyalgia, and migraines. The process is believed to release tension and promote natural healing.

Improved Sleep: Many people find that Reiki helps in improving the quality of sleep. A balanced energy field can make it easier to fall asleep and stay asleep, providing the body with the rest it needs for self-healing.



Boosts Immunity: Although scientific evidence is limited, some studies suggest that Reiki may strengthen the immune system by reducing stress hormones and promoting relaxation, thereby creating an environment where the body can focus on healing itself.

Skepticism and Controversies

Reiki often faces skepticism due to the metaphysical nature of its principles, particularly the concept of “life force energy,” which is not easily quantifiable by scientific standards. Critics argue that any benefits experienced

are likely due to the placebo effect. However, even if the placebo effect accounts for some benefits, the emotional relief and relaxation experienced by many can’t be easily dismissed.

Reiki in Medical Settings

Surprisingly, Reiki has made its way into some mainstream medical settings. A number of hospitals and health-care facilities offer Reiki as a complementary therapy to conventional treatments, especially for cancer patients undergoing chemotherapy or people recovering from surgery.

While not used as a standalone treatment, its role in promoting relaxation and alleviating discomfort has garnered it some level of medical recognition.

Conclusion

Reiki remains a subject of intrigue, skepticism, and increasing interest. Its principles, while metaphysical, offer a framework for emotional balance, ethical living, and, for many, physical well-being. Whether or not one subscribes to the concept of life force energy, the empirical benefits, such as reduced stress and increased emotional equilibrium, make it a practice worth considering.

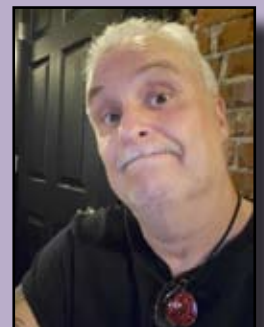
As the boundaries between conventional and alternative therapies continue to blur, Reiki stands as a testament to the enduring quest for holistic health and well-being. ♦



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STAR PEOPLE Are You One?

By Dr. Athena Perrakis, Sage Goddess

Sometimes we all feel a little out of place in this world. In those moments, everything appears unfamiliar, and a tinge of loneliness tries to settle in.

Yet, gazing up at the night sky, curiosity takes over. Thoughts of stars, planets, and distant galaxies spark wonder about your origins. You wonder if you are meant for this world and if your vivid dreams and memories of a different life have more reality than your waking life.

Suddenly, a light shines inward as you feel a comforting warmth in your soul. That feeling is a sense of remembering and, most importantly, belonging. Embracing this intuitive understanding as a star person can be challenging, given the sometimes-stark reality that threatens to dull the magic. But that light of wisdom shines just as brilliantly as your inner essence, urging you to break free and shine forth.

The Multifaceted Truth About Starseeds and the Limitless Potential of Our Universe

We're all multidimensional beings and, therefore, are all starseeds or star people. We've all had lifetimes in different places and different forms. Science has proven that we're made of stardust. We not only come from the stars — we are stars.

The interconnectedness of our universe extends through time and space. "Starseed" means one who has incarnated in star systems before Earth. We're sent here to help raise the vibration of the planet. To illuminate, assist, and help us understand the meaning of life.

To understand star people, or star children, we must first believe in extraterrestrials. We must believe in past lives, ancient civilizations, and reincarnation. I cannot imagine a universe where only a single planet is gifted with life. This would limit the wonder in our universe, which I believe to be limitless.

Mainstream media depicts star people as unattractive,



odd, and even menacing figures. They are presented as our enemies — other life forms that are more advanced and horrifyingly manipulative.

How would we see them otherwise when it's difficult for humans to accept one another as equals without fear? Similarly, how can we truly accept ourselves? It's a reflection on the complexity of acceptance in a world still navigating the depths of understanding.

The Quiet Struggle and Radiant Power of Starseeds

A star child knows from a young age that they don't quite belong. They often feel like old souls, lost and misunderstood, with a persistent sense of not fitting in anywhere. Starseeds are also drawn to astronomy, meta-



physics, and the paranormal. They have a strong sense of purpose, often questioning society's standards.

The courageous star person is over 1,000 years ahead of us, on a mission to aid humanity. While many may not recall it all, some never forget. Yet, this awareness can lead to profound depression as they adjust to human ways.

It's a struggle to fit in and act like humans, for they carry a deep understanding of their distinctiveness. This knowledge prevents them from truly feeling at home within their own bodies.

It is said that as children, star people remember everything until their memory of wonder starts to slip away. With age, their true origins slip from recall. Most tuck these thoughts away, leading to inner turmoil. But within that struggle, the radiant powers of love, healing, and creativity find a way to shine through.

Recognizing and Supporting the Starseeds Among Us

Many things can act as a wake-up call for starseeds. Profound spiritual and near-death experiences, journeys, dreams, and past-life regression are common triggers that help us remember where we've been and what we're here to do now.

The Soul Star chakra is our gateway to the stars and other dimensions.

The Soul Star chakra is our gateway to the stars and other dimensions. Activating and working with this energy center is a powerful way to connect with star beings and wisdom. For awakening starseeds, Soul Star gemstones like moldavite, scolecite, danburite, and rainbow moonstone can feel like an energetic family reunion.

Common traits among star people include:

- Their eyes look like crescent moons.
- They're empathetic, wise, and unique.
- They have a very old soul.
- They have had psychic experiences, most notably with vivid and prophetic dreams.
- They don't have a sense of "home" or "belonging."
- Animals are easily drawn to them.
- They are attracted to the study of metaphysics.
- They're spiritually advanced.
- Their auras are not solid, but instead have the radiance of a rainbow.

We must be able to recognize our star friends so that we can help and support them. Many left their homes, families, and loved ones behind to aid us. We must give back. If you are one, know that you're not alone. ♦

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PENNIES FROM HEAVEN

A Time Portal and Falling Treasures

By Willie Windwalker Gibson

I have worked many cases that have been really mind-boggling. Once particular case that comes to mind happened a few years ago.

I had received a call from a man who said he was experiencing weird things in his home. He asked me to come by and see if I could check it out for him.

The next day I drove to the man's home. As I approached the house, I didn't notice anything unusual, so I walked up and knocked on the front door. A woman answered, and I introduced myself and followed her into the house.

The home was beautiful and well kept. A man was sitting in a recliner; I'll call him Bob. He got up and shook my hand, letting me know he was the one who had called. I asked him to go into more detail about his problem, and he asked me to follow him to the kitchen.

As I walked into the kitchen, I could feel a strong electrical energy. Bob told me to walk to the center of the kitchen, so I did. Then he told me to just wait, and I would see why he called me. I stood there, and within a few minutes, a penny fell at my feet.

"That keeps happening," Bob told me.

Then, after a few more minutes, a dime fell at my feet!

I looked up, but there were no holes in the ceiling. Then another coin dropped — it was another penny, and the date read 1960. It wasn't new, so I looked at the date on the other coins. They all read 1960.

The coins had been "dropping from nowhere for days," according to Bob, who had collected over \$10 dollars in old coins. He asked me if I knew what was happening. I told him that I thought there was a portal that had opened, probably from another time in the past, and someone was trying to connect with this side.

Bob asked what could be done to keep something else from dropping through! He admitted that he was beginning to get frightened. I told him that I could take care of closing the portal.



He agreed, so I went to the car and grabbed my medicine bag. After I was back in the kitchen, I lit a sage stick and did a ceremony to close the portal. When I saged the kitchen, the electrical energy immediately ceased. I waited an hour, and the money stopped dropping.

Bob asked if I thought the money had stopped for good, and I told him I thought so. I also suggested that he check all the money that had come through the portal. He started to check the coins and found a few coins that had even older dates on them.

I suggested that he call a coin dealer to check out those old coins.

I left the house, and after a few days, Bob called. The coin dealer said the old coins were worth over \$1,000. I told him it was a gift from Heaven.

"As the old saying goes, 'pennies from Heaven.'" Bob laughed. ♦



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