

The Spirit Guide

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The Official Newsletter of The Spirit Seekers, Inc.

The Monte Ne' Portal

Once a thriving mecca, the abandoned structure has a magical draw that brings people from all over Arkansas and adjoining states.

By Alan Lowe

There is a small 'hole in the wall' sort of place outside of Rogers, Arkansas. The locals still call the place Monte Ne'. Monte Ne' was once a beautiful mountain resort but is now a derelict three story building. The concrete structure, standing on the shoreline of Beaver Lake, is all that is left of a luxurious hotel called Oklahoma Row. The rest has either been destroyed or is at the bottom of the man made lake. Owned and operated by William Hope Harvey, a financial theorist and one time U.S. Presidential nominee, the world class resort in the foothills of the Ozark Mountains was his dream. From 1901 until the mid 1930s the area was a health resort and ambitiously planned community. Once a thriving mecca, the abandoned structure has a magical draw that brings people from all over Arkansas and adjoining states. The area is owned and managed by the United States Army Corps of Engineers and serves mainly as a boat ramp.

This case came to my attention via the late night news. The area surrounding Rogers had been having an unusually hot and dry summer. The lake had retreated from its normal boundaries and revealed structures that had long since been forgotten. Things revealed by the receding waters were hotel rooms, an amphitheater and of course the three story Tower Building. This building screamed to me, "I am haunted! Come check me out." But to just go and check a structure for paranormal activity is sometimes not so easy. To avoid legal entanglements I always seek permission from the owner. First of course the owner must be found and once found, asked permission to

enter the building for the purpose of conducting a paranormal investigation. I then explain what the owner should expect from our group. In this case, I had federal red tape to cut through. I was bounced from person to person and from department to department before finding the right person to ask for permission. At last, the person was found and permission granted. During the time that I was obtaining permission to go in the building, *Spirit Seekers'* research team was looking for historical data and stories of ghostly encounters that may have been reported at the old building.

The stories were plentiful and easy to find. One was told by Susan, who lived close to the old building and visited it on a regular basis. The nightly visits made her feel relaxed and was her way of relieving stress. She told her friends about the old building and how much fun she had going there. One evening she took a group of friends to her secret hideaway and they began to experiment with séance and Ouija boards. According to Susan, her friends tried to open a door to the spirit world. They made light of her pleas to stop, and she believed maybe everything would be alright because nothing appeared to happen. The friends quit coming to the building but she continued her nightly visits. Now, during her visits she didn't feel so comfortable. Susan felt like someone was watching her or following her. She knew things had changed at her peaceful hideaway. Susan eventually quit going to her retreat and finally moved away. The uneasy feelings vanished as soon as she moved. She had forgotten all about her encounter with the paranormal until she read about our visit to Monte Ne'

*Continued in the next issue
of The Spirit Guide*

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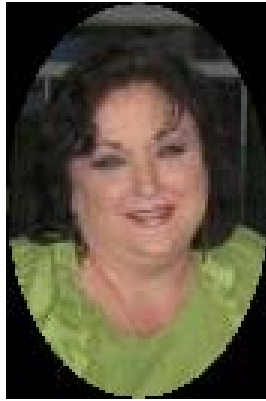
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SPECIAL POINTS OF INTEREST

- [Find Out What Tech Tools You May Be Missing!](#)
- [Develop Your Psychic Abilities!](#)
- [Mark Your Calendar for a Paranormal Rendezvous!](#)

Meet The Team



Angela Lowe
Co-Founder

Work: Goddess & Bohemian Artist / Retired Associate Executive Director for the Arkansas Society of CPAs

Birth Place: Little Rock, AR

Alma Mater: University of Arkansas at Little Rock

Marital Status/Children/Pets: Married to Alan; 1 daughter, Violet; 1 stepdaughter, Nancy; 1 stepson, Matt; 2 Pomeranians, Dusky & Thor; 1 Blue Heeler, Star; 2 goats, Lily & Rose; 1 cat, Hootie

Favorite Author: Dr. Wayne Dyer

Last Book Read: The Bone Garden

"I have a wicked sense of humor & I never get embarrassed."

Favorite Television Show:
A Haunting, of course!

Dream Vacation:
Cruise Around the World

Best Advice I Ever Received:

"Don't get married when you find someone you can live with. Get married when you find someone you can't live without."

Best Advice I Ever Gave Was: Do what makes you happy.

What Would Surprise People About Me:

I have a wicked sense of humor & I never get embarrassed.

Future Goal: Live Happily Ever After!

My Heroes Are:

My daughter, Maya Angelo,
My late friend, Pris Price

Scariest Place I Have Ever Been:

My own mind; and Booneville Sanitorium

My Fantasy Ghost Hunt: An Ancient Castle in Europe

Funniest Moment at a Ghost Hunt:

Finding a Dead Rat (Funny to everyone else, anyway!)

I Am Most Afraid Of: Losing the people I love.

Mark Your Calendar!

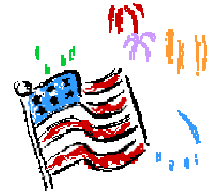


June

- 14—*Spirit Seekers* Monthly Meeting & Training
- 21—Paranormal Rendezvous at Pinnacle Mountain State Park
- 27—Mike's Birthday
- 28—*Spirit Seekers* at Twisters game Alltel Arena

July

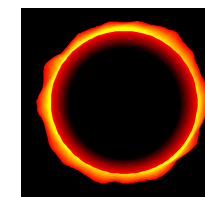
- 12—*Spirit Seekers* Monthly Meeting & Training
- 20—David's Birthday & Ramon's Birthday
- 28—Teri's Birthday
- 30—Angela & Alan's Anniversary



August



- 9—*Spirit Seekers* Monthly Meeting & Training
- 22—May & Warren's Anniversary



Did you know ...
Orbs were known to the Egyptians as 'sun boats' and referred to in the Bible as 'merkabah'?

September

- 13—*Spirit Seekers* Monthly Meeting & Training
- 20—Lorie's Birthday

* **Note:** Closed Investigations are By Invitation Only

For more information on Upcoming Events,
Or to add Events to the *Spirit Seekers* Calendar,
Email seeker@thespiritseekers.org.

Wireless Weather Station With Heat Index & Dew Point



A good piece of equipment that every ghost hunting team should have in their arsenal of tools is the La Crosse WS-9033TDC wireless weather station. This is one of only two basic weather stations that can calculate and display both heat index and dew point.

This small (9inch x 5 inch x 1 inch) handheld unit can display the hour, date, day of the week, moon phase weather conditions, current temperature inside and out, humidity, barometric pressure and the moon phase. All of these readings can be recorded and held in the unit until retrieved. It comes with three wireless sensors with a open range of 330 feet. The power for this weather station comes from a battery with a 12 month life.

All of the information obtained from this portable weather station can be of great value to the ghost hunter. It sells for about \$80.00 and is endorsed by the Discovery Channel.

Moultrie 4.0MP Game Watcher Digital Game Camera

Here is another good tool to have if you can afford it, although not very expensive at around \$100.00. It might be obtained for even less on eBay. We have seen this tool / camera in action at Booneville Sanitorium.

The camera can be set to shoot three pictures consecutively or just one at a time. The flash charges quickly but the pictures are about a second apart. The trigger time is the only real problem with this camera, once it detects a motion it can take up to 10 seconds to take a picture. In ghost hunting a person often needs to be a lot quicker than that to get a picture of a quick-moving ghost. All in all it is a good tool and has proven to be a valuable asset. To see how these cameras work, some pictures can be seen at our web site under the current Booneville Investigation.



K2 EMF Meter



This little meter is a must for the EVP hunter. The price has changed since the T.A.P.S. boys started using it on their investigations. Only a year ago a person could get one for \$15 to \$20, but now they can run as high as \$75.

The K2 EMF meter is a standard EMF detector, much like it's competitors. Most EMF detectors use a needle that will move up and down when indicating electromagnetic energy. As there is an increase in the energy, the needle will move to the right, indicating the higher levels. The K2 meter uses lights to indicate the energy instead of a needle, flashing and then finally staying lit at the level found with the meter.

When the K2 meter is on, you can ask a question of the spirits, asking them to respond with 'flash once for no, twice for yes', or a similar method. If you get a response when setting up this method and it works, then continue on with further questions that can be answered in a yes or no form.

Extreme caution: This way of communicating is much like the dousing rods and Ouija board. You can never be sure what kind of spirit you are talking too.

Ask Angela

Developing My Psychic Abilities

Dear Angela:

I saw the feature on you in the Discovery series, "Haunted" and it prompted me to seek your advice. I have had psychic perceptions on and off for many years and I keep feeling the need / push to strengthen these skills, but I really wanted to have assistance in the form of a mentor. My concern is with what to do when someone contacts me and how to face my fear of what I might encounter and how to deal with the information I receive. For example, how do I respond to spirits who contact me? What do I do when I view a crime that has happened in the past? And how do I cope with angry spirits? How do I learn to detect the difference between my thoughts and the thoughts of others so I don't respond to questions that haven't been asked out loud? I had a friend say that my spirit guide contacted her, but I've never heard from a spirit guide and would love to know if they exist and / or how to contact them. Do you have any advice?

Sincerely -
Alexandria

Dear Alexandria:

You've asked some very difficult questions, and those are issues with which Violet and I have both struggled.

We live many lives, and we travel through these lives with the same group of spirits, our "tribe". Our relationships may differ, for example, Violet was my mother in our last life, and she is my daughter in this one. Some of the spirits in our tribe may stay on the other side during some of our lives, in order to guide us. These are our spirit guides. We may have one or several, and they are not always with us throughout a lifetime. Violet was very much in touch with a spirit guide named Sarah, who was with her since she was born. When she was about 23, Sarah left her to prepare to be born again, and Stephen took over.

I have never known the names of my spirit guides, even though I can often tell other people how many spirit guides they have and what their names are. I am not someone who can sit down and do a "reading." Spirits contact me, and I try to be very open to whatever they are saying. I often receive messages for other people, and I try to relay these messages as much as I can.

I suggest you just listen when spirits contact you.

Angela is a Spirit Sensitive and Co-Founder of Spirit Seekers. Questions for "Ask Angela" may be emailed to spirit@thespiritseekers.org.



Try to understand their message. Then, it's up to you to decide how to handle it.

Your example of a crime that happened in the past is one we have had to deal with. It may just be that someone wants to tell what happened to them. You need to decide if there is really anything you can do to help. If a crime happened years ago, and whoever did it is dead; or you have no proof of the crime that would make a difference or lead to an arrest, just acknowledge the spirit's information, feel their pain, let them know you understand their situation, then let it go. You can drive yourself crazy trying to solve a crime when you have no concrete proof that law enforcement would act on. If you receive information you believe is substantial, you may want to talk to the police. In that case, I suggest you find one officer that you trust to share the information with. You must be prepared to be doubted or even to be considered suspect. Law enforcement agencies use psychics more and more, but they also receive tons of information from "crack pots" who want to mislead them or just want attention. Until you have proven your abilities to them, they can be very difficult to convince.

Another consideration is that the information is actually coming from a negative or evil spirit, whose purpose is to harm or mislead you. For this reason, I would strongly suggest that you not try to solve crimes on your own. You may receive information about a crime and "see" where a body is buried, for example. But, looking for that body can cause you a great deal of pain or even put you in danger. Beware of false information from a negative spirit who lies to you and wants to harm you.

"We live many lives, and we travel through these lives with the same group of spirits, our "tribe".

Angry spirits can be difficult, as can playful spirits who keep you awake, or lonely spirits who won't leave you alone once they know you are

listening. They can monopolize your time, confuse you, and cause you to be unable to sleep when they refuse to be quiet. You must always remain in control. Your number one responsibility is to yourself, not to the dead. If they are causing you problems or scaring you, tell them to leave. Tell them you will not help unless they calm down, give you clear messages, and leave when you ask. If they continue their bad behavior, quit listening – block them out. This can be difficult, but the more you learn to control your thoughts through meditation, the easier it will become. It's like closing the door.

Continued on Page 6

This Happened To Me ...

By Dennis Bennett

About 10 years ago, at the age of 36, I suddenly became a mental medium and saw spirits talking to me psychically. I worked in public service and whenever I got close to someone at work, their relatives who had passed on would communicate with me, wanting to talk to their loved one. This continued on a daily basis, so much so that I needed to take a week off work because I was scared at first to be talking to all these "dead people".

When I got back to work, a lady I will call Judy came to me and said she heard I was a medium and could talk to those who had passed on. I said, "Yes, but I can't make them communicate with me, it just happens." She asked, if I would try to get in touch with her daughter Amy. I prayed about it and asked for Amy to speak to her mom and stated that she needed to hear from her. All of a sudden, I heard, "Tell Judy she has been given a moment." Then I saw a little girl that I described to Judy and I asked, "Is Amy Lynn your daughter that I am seeing here?" All she could do was say, "Oh my God! How did you know her middle name was Lynn and that she looked like that?" I told her Amy told me and I described a sapphire ring that Amy was wearing. Judy was in tears and could not stop crying. She had bought the ring for Amy two weeks before she died and buried her with it. Since we were at work, I told Judy to call me that night and we would try again.

"I was scared at first to be talking to all these 'dead people'"

One thing I have noticed is that spirits communicating with their loved ones constantly give proof that it really is them, and that is all Amy would do. For three days straight, Judy would call me and Amy would be there, excited to talk to her.

On the second evening, I was running low on energy, so Judy and I said goodbye on the phone. But Amy Lynn was still there with me. I told her, "Amy you have got to go now, you are making me tired and I can't keep up. But before you go, give me some kind of physical proof to give to your mommy that she can have to know this has been really you." She showed me a picture of a blue pony that had the words, "I love you Mommy" at the top of the picture, and at the bottom it was signed, "Amy". The next day, I called Judy and described the picture. Judy said all of Amy's belongings were in a box in the closet, where they had been for the last 20 years (Amy died at age 9). Judy did not remember what was in the box, so I asked her to look in the box and call me back.

Judy did just that, and when she called back she was in tears and kept saying, "Oh My God!" over and over, and she was out of breath. I instructed her to calm down, sit down, breathe slowly, and tell me what was wrong. I gave her a few minutes then she said, "I have the picture you described in my hands! It is just like you said it was!" That was the last I heard from Amy, and Judy was given her moment with her daughter. I was grateful to be a part of seeing this happen.

I am still an active medium and glad to bring closure to loved ones and their relatives who have passed on.

Poltergeists—Examining Mysteries of the Paranormal

A Book Review By May Duvall

Being a member of Spirit Seekers is not just about investigating claims of hauntings. It is about Research, Science, Past and Present, History, Knowledge, and Truth. After reading the first few chapters and examining the theories included in this book, you start to understand that ghosts and poltergeists are not the same. A few chapters include stories based true events, and the author offers his views at the end of each story.

I always look for easy to read books, and when I flipped through this book I knew it would be easy to

understand and easy to read. It begins with "Examining the Poltergeist Enigma" and discusses everything from things that go sneaking in the night to Eyewitnesses, Theories, and my favorite, Electrical Connection.

I recommend this book for those who have teenagers and have things going bump in the night, for a full understanding of what is truly happening in your world.

***** I give this book a 5 star rating, 5 being the best.

Michael Clarkson is a journalist and author of four books on fear management and stress. He has received national and international awards for his writing and research.

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*Where The Here and
The Hereafter Meet!*



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Paranormal Rendezvous

All Members and their guests are invited to meet at the Pinnacle Mountain State Park Big Maumelle Pavilion on June 21 at 4 p.m. This potluck gathering is an opportunity to meet your fellow Paranormal Investigators from around the State. Members are encouraged to wear *Spirit Seekers* Investigator shirts.

Ask Angela

(Continued from Page 4)

Meditation also helps in discerning between your thoughts and other's. One of the best pieces of advice I can offer is to mediate. People truly underestimate the importance of being quiet with yourself, of finding your inner voice. Spend time each day in meditation, even if it is just a few minutes at first. Quiet your mind, and be open to the messages sent your way. Meditation is like any other talent, the more you practice, the more you are able to control and use that talent.

Bottom line, take any information you receive from spirits and use prayer and meditation to discern for yourself if the information is valid. Is it helpful? Is it important? Is it necessary? Is it kind?

I consider any negative or hurtful information to be from negative spirits, and will not act on it.

Also, a very important tool for me is calling on my angels when I am afraid. You will often know when demons or negative spirits are around you. Always call on your angels to surround you and fill the room or house with the white light of their love and protection. It will help clear the space of negative spirits and give you peace.

The path to enlightenment begins with just one step.

Namaste' –
Angela