

The Spirit Guide

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The Official Newsletter of The Spirit Seekers, Inc.

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The Spirits Have Found Their Voice

Life Gets in the Way ...

A few years ago we set about putting together a monthly newsletter that would serve to let our followers, members, and anyone with an interest in the paranormal in the State of Arkansas read a publication catered to their interests.

In September of 2007 we launched "*The Spirit Guide*", the official newsletter of The Spirit Seekers Paranormal Investigation Research & Intervention Team. We delivered fresh content to our readers on a monthly basis. Then, as it so often happens, life got in the way.

In order to keep you abreast of the latest goings on in our world we switched to a quarterly format, a style we thought was better suited to our hectic schedules. With full-time jobs, investigations, meetings, extra-curricular activities and family life ... life eventually got in the way again and "*The Spirit Guide*" slowly faded from existence.

But, as with ghost hunting, if you are patient and persistent, something will eventually appear.

It is with great pleasure we announce that, after a year of silence, the spirits have found their voice once more.

A First for Me

By Alan Lowe

After all these years of ghost hunting, I thought I had seen it all - or at least most everything the spirit world had to offer. But recently, while at a house north of Conway, I had one of those first-time occurrences that happen when you least expect them.

I had taken a small group of investigators

It is a fresh new voice with edge and backed by some of the best writing talent in the group. This newsletter is a portal into our existence. You will learn all about the members of *The Spirit Seekers*, our beliefs, our favorite investigations and more.

We commit to providing you a professional newsletter with robust content that spans not only the supernatural world but the "Natural State" as well. We will focus on the community, review our favorite restaurants, local musicians, and visit with local authors.

It's not all new, we have returning columns from the founders Alan and Angela Lowe, including the popular "Ask Angie" column, a fan favorite.

"*The Spirit Guide*" will be published quarterly and we promise the best, boldest, freshest and most professional content...starting now.

Thank you for joining us as we re-launch our beloved newsletter. If you are unfamiliar with our organization, please visit us on the web at www.thespiritseekers.org. For our fans, fellow members and supporters, welcome home!

to this house and we were doing our usual hunting exercises, and attempting to record EVP in each room of the house. The owners were gone, so it was primetime. We all gathered in the upstairs bedrooms and sat quietly. After we left the daughter's room to go downstairs, I returned to take pictures of the dark empty rooms. I also wanted to

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Spotlight On: Christina South

By Tony Harrington

Who are we? Why are we here? Okay, okay...I won't get all existential on you. The question should actually be, "Who are you and why are you here?" as that is what my subjects usually ask as I invade their personal space and pry into their innermost thoughts.

In this issue, the spotlight is on Christina South: a wife, mother, and paranormal investigator.



Let's get right to the good stuff. I am going to get all journalistic on her...

Interview with Christina South

Q) I guess the first thing I should ask is, do you believe in ghosts?

A) *Yes, I do. I have had too many personal experiences over the years.*

Q) How did you hear about the Spirit Seekers? What made you join?

A) *I found the Spirit Seekers online. I was looking for a paranormal group to join, and they were the first group that appeared in my search. I checked out the website and felt really good about the group. I started attending meetings, and after my first investigation I was hooked. I have been a member now for three years. The main reason I joined is to try to understand all the ghostly encounters I have had since I was a child.*

Q) You are one of the team's resident psychics. When did you realize that you could pick up on things others can't? How did you reconcile this ability? Did you block it out? Pretend it didn't exist? Seek out others who were like you? EXPLAIN YOURSELF LADY!!!

A) *I have been psychic since I was a child. In fact, at one point a friend of mine in elementary school nicknamed me "ESP". Honestly being psychic was not "acceptable" so I did not talk about it or even acknowledge it for a long time. After the birth of my daughter in 2005 my intuition exploded. Then I had an angelic encounter in my own home (this one is still hard for me to believe sometimes), so I could no longer ignore it. I began to embrace it and now it's just a normal part of my daily life. Thankfully, I found great teachers who really helped me develop and trust my intuition.*

Q) What does it mean to you to be a ghost hunter?

A) *Really being a Ghost Hunter is about attempting to get scientific proof that ghosts exist. We can use our psychic abilities all day, but in the end if there is no scientific proof, then it is all just a matter of opinion. Even though I am psychic, I want proof too. I want validation*

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Mark Your Calendar!



- **13—Spirit Seekers**
Monthly Meeting & Training
- **27—Open Investigation**
TB



- **10—Spirit Seekers**
Monthly Meeting & Training



- **8—Spirit Seekers**
Monthly Meeting & Training

Note:

- Closed Investigations are for **Spirit Seekers Members By Invitation Only**
- Open Investigations are for **All Spirit Seekers Members**

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

Fitness, Frights and Fun: *Android App Brings Ghost Hunting to Your Cell Phone*

There are ghosts all around us and they want to help you exercise! It's true, just ask Spektrekking.com, the developers behind the smash hit app for cell phones powered by Google's Android operating system such as the Motorola Droid and the HTC Droid Eris.

The game is a simulated ghost hunt that uses the phone's built in GPS technology and camera to send you on an augmented reality scavenger hunt. Instead of hidden treasure so popular with geocaching A.R. games, the user gets to track down ghosts.

Here is how it works. The program recognizes your location using the GPS chipset in your phone. Then based upon which game you chose, 15 minutes, 1 hour or 2 hour treks, the system hides ghosts within certain distances from you.

The game's built in directional guidance system points you in the right direction as you walk around looking for the ghosts, holding your phone in front of you. When you get within range hold your phone up so the camera can see what is around you. With luck it just may capture the image of a ghost.

The game offers points, awards, titles and other bragging rights as you catch more and more ghosts.



A First for Me

place the video camera in the bedroom, to be my eyes and ears while we were downstairs. The video camera was in the stairway to the bedrooms; and since there was no other way up to the bedrooms, it was kind of in the way.

When I turned back to go upstairs the bedroom light was on. It had been off only seconds before. I checked the switch and it was not broken or loose. The only explanation I could come up with is that the spirit switched it on to show me it was in the house. Too bad I did not have any cameras

Of course you sacrifice some dignity as you walk around holding your phone in front of you so passersby can silently judge you as a lunatic.

But, it is a fun way to get out and do some walking and with a small group of friends it is a blast. I was amazed at how into the game I got and how proud I was to capture my first ghostie!

There are two versions available, the full version is about 2 bucks. The lite version is free but ad supported. Spend the 2 dollars for the full version, it runs better and the lack of scrolling ads is worth it.

If you are on an Android powered phone go to the marketplace and search for SpecTrek and begin the hunt that may help you lose some weight and capture the spirit world that is ever present around you.

pointed at it when it happened. That was a first for me. I had never seen a light switch on or off without human help. By the way, I had not interviewed the owners at that point. When they came home later and I told them about the light, they told me that it had happened in that very room, once before.

Just when I think I have seen it all, I am surprised once again.

Hmmmm...

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Historical Haunts: *The Peculiar Case of Doris Bither*

Being a “Paranormal Investigator” one often hopes for that miracle case that will, beyond a doubt, prove the existence of ghosts and the paranormal world.

From the Lutz’s astronomical, though proven false, accounts of their “High Hopes” house in Amityville, NY to the alleged “Haunting in Connecticut” anyone in the field of “ghost hunting” would give an appendage to partake in such a profound and career defining case such as these.

The most fascinating cases though, as previously stated, often prove to be false or greatly over exaggerated.

Speculation about the Lutz’s claims became apparent after inconsistent stories between the husband and wife’s claims surfaced. Doubled with the fact that no occupant since has experienced anything paranormal and the author of the novel “The Amityville Horror”, Jay Anson, was told to make up something fantastic by the less-than-scrupulous investigative team.

The same team who propelled that case to mainstream would later go on to do the same with the “Haunting in CT” and the stories are almost parallel. Home has a sordid past, (The Defeo family slaughtered by their eldest son Ronald in NY, and in CT the home was a funeral parlor and possibly séances were conducted there in the past). Both homes were a bargain price-wise. The basement of each home held a dark secret. The father of the haunted families struggled with alcoholism and alleged drug abuse and both families fled in the middle of the night after only a short time in each home.

Because both stories were publicized heavily with book deals, television shows, and movies, they also became the target of skepticism and both cases, to date, are used as the benchmark for debunking any claim of the paranormal.

But what of Doris Bither? A single mother of four living in a ramshackle home in Culver City, CA who claims for years she was attacked, bitten, beaten and even raped by four malevolent spirits.

Doris’ life was not part of the picturesque American landscape. She was unmarried, had a daughter and three sons. People familiar with Doris would say her relationship with her sons was tumultuous, angry and broken.

Doris herself grew up in a Midwest middle-class home with alcoholic parents. At the age of 10 the family

moved to California where in her teen years some major altercation with her family ultimately led to Doris being disowned by her parents and her Aunt and Uncle. With the passing of her parents., the inheritance was given to Doris’s brother, leaving Doris a single mother with no money.

Failed marriages and relationships abounded, and in the end, she had four children -,all from different fathers. She tried to carve out a life for herself in the small home but due to close quarters, a general sense of animosity and blame began manifesting within the home.

Shortly after moving into the home, Doris began experiencing an infestation period. Infestation periods are described as the time when a presence of unknown origin begins making itself known. Creaking noises, the sound of footsteps, disembodied voices and phantom smells.

Soon the activity escalated into full-on attacks. Doris reported walking into the spirits in the hall as if she was bumping into someone in a crowded store, then biting,



slapping, punching and eventual rape that led her to seek out help from a local paranormal investigation team.

For three months, the team of researchers visited the home, typically on Thursday’s, reviewing their evidence the rest of the week. Some of the team reported bruises appearing on Doris Bither’s thighs as if her legs were being forced apart, black eyes, bite marks, the strong smell of body odor coming from nowhere.

Doris reported three malevolent spirits and at time the

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Christina South

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that this is real. And hopefully that is what we are doing—collecting really good evidence to prove the existence of life after death.

Q) So you run into buildings that are allegedly haunted and roam around them in the dark. If that doesn't scare you...what does?

A) *I have only been truly scared once on an investigation. So what does scare me?...well...I'm more scared of getting lost in a strange part of town than to go into a haunted building.*

Q) When you aren't hunting ghosts, what are you doing? (Hobbies, daily life, work...)

A) *I am married and have four amazing kids. So you can usually find me hanging out with my family, practicing yoga, reading, and I love to cook. I also work as medical coder, and doing intuitive readings.*

Q) You are a wife and a mother. Your husband is part of the group as well. Have your kids expressed interest in what it is their parents do? How do you answer their questions about the spirit world?

A) *My kids are not really interested in ghost hunting. It's all very normal to them. This may change, as they get older. My kids do seem to be sensitive, though, to the spirit world, and they ask a lot of questions. Usually we answer the questions as honestly as we can, but we also get their opinions. One of my kids gave me a reading one day and was dead-on about a relative in our family that passed before they were born. So apparently it runs in the family.*

Q) Ghost hunting is not glamorous by any stretch of the imagination. Do you think shows, like 'Ghost Hunters', that glorify the industry hurt or harm the reputation of paranormal investigation?

A) *Ghost hunting shows have glamorized hunting a bit. The reality is Ghost Hunting can be a lot of work, with long hours, and sometimes uncomfortable conditions. In fact, sometimes ghost hunting can be downright boring. Rarely do "things" actually happen. Hauntings are not as common as they appear to be on TV. Do I believe that ghosts are always around...yes I do, but they rarely show up the way many of the ghost hunting shows portray.*

Q) Have you ever encountered something truly terrifying that you couldn't explain?

A) *Yes! A few months ago on an investigation I experienced something I could not explain. I am usually pretty level headed, but whatever this was really unnerved me. And Tony I believe you were a little freaked out yourself. (Interviewer Note: I do not openly*

admit to being freaked out, and I honestly resent that implication. Okay! Fine...it was freaky!) *Honestly, I would love to experience something like that again. I guess that is the thrill-seeker in me coming out, but as scary as it was it's those sorts of experiences ghost hunters seek.*

Q) Of course ghost hunting isn't completely serious all the time. What is the funniest thing you experienced during an investigation?

A) *Too many to mention. But if we could count the times that we were in the middle of an EVP session and the radio went off, and it scared us. We need to post some bloopers footage...I bet Alan has a ton.*

Q) Anything else you want to share about yourself or the paranormal?

A) *I think sometimes we forget that ghost hunting although it may seem "cool" we actually help people. When you have a paranormal experience especially in your own home and have no one to turn to for help this is where we come in. For me I get more satisfaction knowing that we have helped families, and individuals feel safe and secure in their own homes than anything else. This is the side of hunting we don't talk about.*

Q) Thank you so much for your time today. I know my journalistic prowess was hard to tolerate and I know my hard-hitting question may have caused your eyes to well a bit. I hope you understand

"So what does scare me?... well...I'm more scared of getting lost in a strange part of town than to go into a haunted building."

it is just business.

One last thing. In the next issue this column will return with yet another in-depth and beautifully executed interview. Hold your applause until the end please. I want you to tag the next subject. Who do you want to see spotlighted in the next issue?

A) *Jason Hall*

Q) Ahem...I believe you should state their name then follow it up with the phrase..."TAG! You're it!" Then it will come as a complete shock to them when they read this.

A) *Jason Hall. Tag you're it!*

Beautiful. Thanks again Christina South for taking the time to be interviewed.

To our dear and wonderful readers, we will see you next quarter

You may applaud me now!

A Skeptic in a Haunted World

By Tony Harrington

I am intrigued by the paranormal.

There, I said it. Intrigued, yes...a believer?...eh, that is a different story all together.

Since man has been capable of higher thought they have been telling ghost stories. From the caveman around the fire to a bestselling author telling the tale of a haunted hotel, people have been fascinated by that which they do not understand.

Let's face it, we want to be scared. It is an adrenaline rush to be terrified. Nightmares creep the hell out of us when we have them, but we can't wait to tell anyone who will listen about the terrors we experienced during our slumber.

Knowing that we are addicted to fear and how to get our fix plays a lot into the ghost phenomenon. Blame the SyFy Channel and their smash hit "Ghost Hunters" and many of the knock-offs to have come about since for revitalizing the paranormal industry.

There are die hard enthusiasts, of course. People who believe in ghosts have undoubtedly experienced something in their past that they cannot explain and when all evidence has been weighed and measured they are left with the possibility that they have experienced something otherworldly.

Have I experienced something like that? Hard to say, so as a result I say I am a healthy skeptic. I am intrigued that something is out there and scientifically speaking it is a possibility. Considering our human bodies are a mass of energy, when a traumatic event (Murder, suicide, sudden death) occurs that energy has to go somewhere. Why not out in the open?

The belief in ghosts may also be a coping mechanism. For some, the idea that we can exist after our bodies have left the earth gives us a sense of peace that there is something after death. I won't call it life, but the possibility that we somehow go on and can interact with those we left behind provides a sense of calm to some.

The thing with a haunting and ghosts that is most frustrating, and a large part of the reason I am a skeptic, is the fact that it is hard to prove. You can go on pure faith and take claims at face value, but that is a naïve approach. And facts like photos and EVP (Electronic voice Phenomenon) is not a solid way to prove a haunting.

Photos can be doctored and EVP's are dodgy at best. We listen to a voice recording where an alleged disembodied voice is present and we want to hear a response to our questions from the other side. Any

ambient noise we hear then becomes suspect. A passing car, the air conditioning, a ceiling fan or a glitch in the electrical components of the very recorder being used can cause an anomaly that, when listened to repeatedly and closely scrutinized, can become in our minds a whispered phrase from the dead.

I am not saying there are no legitimate EVP's and that there are not ghosts speaking to us through this method, but my analytical mind compared to a more open mind of a believer does not allow me to accept that what I am hearing is indeed a voice. Most EVP's caught are heard only through the power of suggestion.

The same can be attributed to ghostly faces and images in photos. Camera straps and photographer fingers can be caught in a picture, as can breath in the cold air, and cigarette smoke. All these factors can result in photos containing paranormal evidence that when viewed with an optimistic eye can be seen as proof that ghosts exist.

Our human minds are designed to make sense out of chaos; we are also wired to recognize faces. Walk into a room filled with people and the first thing we do is scan faces, a defense and social mechanism as we scope out

people we are familiar with and make note of those with whom we aren't.

It is the same reason we see Jesus in Toast and Mary in water stains on a wall. That is how we are built, a

"I am fascinated by the possible existence and want to learn as much as I can and seek out that ever elusive hard evidence."

throwback to our animal lineage. So it is no wonder we see ghosts in shadows. Has any evidence of a ghost existed in broad daylight? Every movie, TV show and picture takes place at night or in poorly lit conditions where elongated shadows can morph into apparitions as our eyes send the warbled images to our brain to be processed. One minute we see a dark hallway and suddenly we see a shadow moving among the dark recesses.

These examples are broad, I understand, but I use them to defend my skepticism because they are a solid foundation. A moving glass across a countertop could be a moisture vacuum. It could also be a ghost, but Occam's razor theory dictates that when two conflicting pieces of evidence present themselves, the most logical answer is usually the correct one.

For a glass to move across the counter untouched we are presented with two possible evidences. 1) A ghost manifested itself, walked amongst us, placed an unseen hand on the glass and moved it or 2) moisture on the glass formed a vacuum against the table and the resulting reaction caused the glass to move.

Istanbul is a Turkish Delight

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If there is one thing I like more than Ghost Hunting it would be eating delicious food.

Over the past few years I have developed a rather sophisticated palate. I have come to like the exotic spices and flavors of international cuisine. From Indian, to Japanese to the old standby Chinese, any cultural fare was an acceptable risk. So, imagine my surprise when I discovered a local restaurant featuring Turkish and Mediterranean delights.

Having grown up in Baltimore, I would often take trips to New York where my senses were overcome by the scents of ethnic dishes pouring from the small eateries and street vendors. It was there, in New York where I first fell in love with Falafel. Who knew something so delicious could come from a vendor's cart on a busy street corner. I spent a long time trying to find something that could emulate that experience and have failed. Both back home in Baltimore, and here in Little Rock.

In the ever-changing store fronts of the Pleasant Ridge Shopping Center, a new restaurant opened about a year ago just a few doors down from the Cheeburger Cheeburger. Istanbul is a small establishment with only a few tables and booths cramped within the diminutive square footage. But, they are big on flavor and serve up said wonderful flavors by some of the nicest and most attentive wait staff I have encountered.

The casual eatery features a waterfall wall that greets you upon entry, use caution lest you walk directly into it. The décor is minimal and once seated it is only a matter of seconds before your drink order is taken. Standard beverage varieties from fountain drinks to fresh brewed iced tea to regular and robust Turkish coffee are available to quench your thirst.

Appetizers are in order during your visit and it would be a disservice to overlook the wonderfully flavored Roasted red Pepper Hummus. The creamed garbanzo beans mixed with lemon juice, olive oil and fragrant Turkish spices and served with warm soft pita bread triangles is the perfect start to a meal. The serving is plentiful enough for two to three people to enjoy.

Members of my dining party also ordered the Falafel appetizer which is also available as a meal in a wrap. We decided to forego the meal portion of the falafel so that we could partake in more exciting taste sensations. But the appetizer portion was perfect and reminiscent of the street vendor fare that I fell in love with in New York.

The Falafel was superb! Delicious garbanzo beans, grains and herbs and spices deep fried to a golden brown and served with a cool Cacik dipping sauce. (Don't ask me what's in it; I just know it is made from delicious!)

When it came time to place our entrée orders, we were all clueless and asked for recommendations. Our server pointed us to the Doner Platter portion of the menu. According to their menu: *"Doner is a blend of ground lamb and beef carefully mixed with select Turkish spices and then vertically slow-roasted to crispy, juicy perfection. This tantalizing Mediterranean favorite is served sliced and dipped in sweet cream butter and roasting juices."*

If there is truth in advertising, Istanbul proved it with this description. I have to say, as a self-professed hater of all things lamb, except for the animal itself which is so darn cute, the taste of the beast is something I never favored. However, the way the beef and lamb meld together to form Doner meat is a miraculous thing.

We all ordered from the Doner portion of the menu. We all ordered the same exact thing actually. The Iskender Kebab is delicious, succulent strips of Doner meat covered in a sweet and tangy tomato based sauce brimming with authentic Turkish spices. It served over a bed of soft pita squares and a side of cold plain yogurt that, when mixed with the sauce and meat, creates a heavenly contrast of hot and cold flavors that perfectly complement each other.

I had the tomato soup with my entree, which was creamy, subtle and delicious. My dining partners chose the lentil soup which they indicated, by guzzling it like animals, that it was delectable.

A small salad also comes with the main platters and the fresh vegetables mixed with tangy and savory fresh tasting vinaigrette was a perfect pairing with the meal. The salad choices were Shepherd and Mediterranean with the former comprised of crisp cucumber, fresh tomato, and onion dressed in olive oil, lemon juice and spices while the latter is a fresh chopped salad

A Skeptic in a Haunted World

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The simplest answer is 2 and as a result we go with it. It also is a phenomenon that can be recreated and thus debunks the theory that cannot.

With all of this said though, there have been things I have witnessed that cannot be debunked, personal experiences that I have investigated to the Nth degree and have not been able to reproduce. So, does that mean it is paranormal? Possibly, or it means I am not scientific enough to understand what I saw and cannot recreate and explain away a very real reason

for the existence of the anomaly.

Do I believe in ghosts? I am not ready to say yes to this...but I am not sure enough to say no. I am fascinated by the possible existence and want to learn as much as I can and seek out that ever elusive hard evidence. In my lifetime, if I never find it, at least it will be an adrenaline pumping excursion into the fear of the unknown and I will have fun trying to figure it out.

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*Where The Here and
The Hereafter Meet!*



The Spirit Guide



Doris Bither

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crew reported seeing something try to manifest. There would allegedly be a green mist that swirled around and the upper torso and musculature of a man would begin to appear only to disappear into the mist before that, too, vanished in what is described as a vortex.

The crew supposedly witnessed the eldest son being thrown across the room as he tried to stop his mother from being attacked. The attack was described in detail from witnesses on the intervention team as Doris being thrashed about, handprints forming in her skin and her body being tossed around.

The family ended up moving from the home to a low-income neighborhood where the paranormal activity either slowed to almost non-existent or stopped completely depending on whose story you read.

Doris's middle son, Brian Harris, claims the activity continued sporadically. Until the move, the attacks became more prevalent after the investigation team meddled then left. He acknowledges the claims and to this day stands by his mother's story.

Pictures and video obtained in the home never produced anything to substantiate the claims of the investigation team other than one odd photo with a light arch and some orbs. The light arcs above the bed of Doris on which she is seated and does not bend at the corners on the wall in the background; indicating the mysterious light is free standing and not a reflection on the wall.

So all we have are unsubstantiated stories, some eye witness accounts and the confirmation of Doris's middle son, the only one who will speak openly about the events. To this day he seems angry and in the interview in question he curses, threatens and carries himself in a less than approachable manner.

Many professionals in the field of

Istanbul

withspices and feta cheese. Both salads were flavorful, cold and crisp.

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Lastly was a side item with your choice of perfectly steamed and fragrant Jasmine rice or

paranormal research claim that the activity was perhaps a manifestation of Doris's psychic abilities that she was unaware she had. From years of her own alcohol abuse, to abusive relationships and general feelings of burden, regret and loss she perhaps was projecting her anger and despair and created these forces as a way to deal with what she was keeping inside. Sort of a split-personality dissociative disorder where instead of manifesting alters in her body she was able to manifest them outside.

Is that possible? According to some psychiatrists yes. We give off magnetic energy. When we get angered or upset these energies can spike and some of us, perhaps in this room have experienced, that in these instances we experience mechanical failures. Cell phones stop working, the computer goes on the fritz, and electronics go crazy. If our magnetic pulses in such a short burst can affect our surroundings imagine what a sustained incident could affect. People and objects around us? Maybe.

Unfortunately, just like the Amityville case before it and the Connecticut haunting that would come decades later, the line between fact and fiction has become blurred and just like those events, subsequent occupants in the home have not reported any paranormal activity. As with an Entity haunting, the target appears to have been Doris and her family as they reported activity in their new home. Eventually though the family dropped off the face of the earth and lived their life in relative quiet.

Doris Bither moved to Texas then back to California where she eventually died of heart failure. What truly happened in the Bither home in Culver City, CA remains unclear. Was it a true intelligent haunting, poltergeist activity or demonic? Or was it simply a confused woman with a special gift that she didn't even know she possessed? Or, just like the famous cases

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the more American-centric fries. (Go for the rice, you won't regret it.)

I would love to review their desserts, but, by the time we were finished our meals we were well stuffed and too lethargic to contemplate