

What Dangers Can Free Spirits or Ghosts Have on Human Life?

The stories of ghosts and demonic entities have captivated mankind since ancient times. Men and women find themselves quite curious to know about supernatural things and paranormal events or the world.



Although there is no scientific evidence of the existence of ghosts and free spirits, many people at times encounter ghostly apparitions or meet with free spirits that they find scary. If you wonder, what dangerous physical and mental impact can have on human life, this blog will enlighten you on this topic.

You can read [The Armour of Light book](#) based on real events in a haunted house in Surrey that also depicts the physical and psychological impact a free spirit can have on a person.

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1. Fear and Anxiety

Living in a haunted house with your family can be a worst nightmare. You or your family member can witness any spooky figure at any corner of your house and be frightened letting you get many sleepless nights. Living under constant fear and anxiety can take a heavy toll on your mental health. The same happened with the author Andrew Webb and his family.

2. Distress and Trauma

Imagine encountering an otherworldly apparition or witnessing unexplained phenomena. It's no wonder that such experiences can have a profound psychological impact on individuals. Fear, anxiety, and even trauma may accompany these ghostly encounters, leaving lasting impressions on the human psyche. The mere idea of an intangible presence can evoke a sense of unease that is difficult to shake off. Reading [Surrey True Ghost Stories](#) like 'The Armour Of Light' will help you understand how distressful and traumatic it can be to live in a haunted house in constant fear and worries.

Andy Web

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3. The Haunting Phenomena

Haunted houses and eerie locations have long been associated with ghostly activity. Ghosts are believed to be the cause behind unexplained disturbances in these places. From objects mysteriously moving or disappearing to strange noises echoing through the halls, these phenomena contribute to an atmosphere of unease and fear.

While these disturbances might not pose direct physical harm, they can certainly impact your emotional well-being and sense of security. It is eloquently described in *The Armour of Light* Book by Andrew Webb.

4. The Polytergeist

Poltergeists, often depicted as mischievous or malevolent spirits, are notorious for their ability to cause physical disturbances. They are believed to throw objects, create loud noises, and, in extreme cases, even inflict harm upon individuals.

The idea of an invisible entity wreaking havoc in your surroundings is undeniably terrifying. However, it's important to remember that such occurrences, if they do happen, are extremely rare and mostly confined to the realm of folklore and fictional tales.

5. The Energy Drain

According to certain paranormal beliefs, ghosts or spirits are thought to draw energy from the living. This alleged energy drain may result in feelings of fatigue, weakness, or even illness for those near these

entities. While it may seem far-fetched, the idea of an intangible presence sapping our vitality can strike a chord of unease within us.

Conclusion

Whether you believe in the existence of free spirits or ghosts or consider them products of human imagination, the impact they have on our collective psyche cannot be denied. From the psychological toll of ghostly encounters to the spine-chilling tales of possession and hauntings, these narratives have become an integral part of our cultural fabric.
