

# Haunted houses

If you think your home is host to some unwanted guests who have overstayed their welcome, **Paula Wratten** may be just the person you need to call

When I was not much more than four years-old, I used to spend hours in my room chatting to my nanny Maria and only realised when I was seven, that she was a ghost. I could never understand why no-one else could see her until my father investigated the history of our terraced-house in Wimbledon and discovered that Maria was the governess to the family who lived there during the Victorian ages. Ever since, I've been able to see and hear ghosts and spirits, but never in my wildest dreams did I imagine I would become a ghost rescuer.

Whatever the ghost's reason for staying within the physical realms, their presence can be incredibly disturbing for people who live in haunted homes or businesses.

Some cleansing jobs are easy but some can be downright awkward. Ghosts can vanish in a matter of minutes while others can take hours of convincing that crossing over is the best option for them.

## Into the light

One fascinating incident took place at a house in the Cotswolds owned by a lady called Zoe. As I do with all clients, I entered the house, had a natter with the owner over a cup of tea and walked around. Zoe never felt alone in the house and certain rooms were always freezing even with the heating turned up high. Her library seemed to have the most spiritual activity and there was a hovering mist. As Zoe and I entered, a man dressed like Samuel Pepys asked me what I was doing in his room. He was sitting on a church pew very close to the fireplace, with glasses perched on his nose and he seemed to be counting money. I explained that I meant no harm and asked him what his job was and he replied that he was doing his master's accounts. Although Zoe could only hear my voice during our conversation, she certainly felt his presence. The room became really bright and as the light grew, I saw that there was another job waiting for him. He said he could see the light and seemed content to discover that his services were needed elsewhere, so he readily walked towards the light and quickly disappeared. Seconds after he left, the room became warmer and brighter. Zoe told me recently that the lasting sensation is similar

to when you have thrown a big party and your last guest has just left - but in a good way, rather than a lonely, deserted way.

As simple as my job may sound, there are risks. A recent client had just moved into her home with her nine-year-old daughter who would wake at night screaming while being shaken by a young man. As I entered her bedroom an overwhelming feeling of anger flooded towards me, and the door slammed shut. It became freezing and I realised fast that I was dealing with a very upset ghost. Being locked in a room and

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feeling every one of your senses instantly heightened is indescribably frightening. The ghost's name was Andy and he said he was murdered with a drugs overdose. After a 30-minute conversation, he revealed that his friends had locked him in the room while he was going cold turkey from heroin, but he'd died in the room and he always hated the door being locked. I performed a passing on ritual involving a circle of candles and prayers that built up an energy to encourage him to leave. But the candles blew out and he walked around me, trying to stop me. For the first time in my job I was truly frightened - I hadn't moved him on - I had only aggravated him. I created a strong clearing ritual and half an hour later he left the home.

Not every job is straightforward and that incident was a good wake up call. Some mediums can become very ill when dealing with these energies because they forget to take the right precautions, so you must always protect yourself - whether it's with a cloak, a wall of fire or simply by envisaging a protective circle around yourself.

One of the most rewarding aspects of my nature is the gift that allows me to see auras through which I can gauge a person's health. One lovely lady came to me filling me with an overwhelming sense that

something was wrong with her stomach. I could see something attached to her colon and told her to go straight to her doctor. I didn't hear from her for almost two months but when she called, she told me her doctor had found a tumour. She was ringing to ask if it was cancerous as she was expecting her results the next day. In my mind I saw that her results would be clear and wished her a quick recovery, both of which happened.

I absolutely love my job, I think I have a very special gift that I cherish and I do feel like it's my calling. If you have a similar gift, you should find people who can teach you about the job, but always make sure you feel comfortable as it can be dangerous if you don't handle your power correctly. ♦

The nanny in my parents' home turned out to be a ghost from the Victorian ages

