

01:00:09:01 - 01:00:19:06

Heather

Welcome to Braaaains, a podcast exploring the inner workings of our brains, mental health and disabilities and how film and television portray them. Hosted by me, writer director Heather Taylor.

01:00:19:10 - 01:00:34:21

Sarah

And by me film and television editor Sarah Taylor. Before we begin, we want to acknowledge the lens from which we recorded this podcast and from where you are listening are part of territories that have long served as a gathering place for diverse indigenous peoples. And we are thankful as guests on this land to be able to live, work and gather here together.

01:00:35:01 - 01:00:38:21

Sarah

We continue to learn about the history that came before us and encourage you to do the same.

01:00:39:00 - 01:00:54:11

Heather

In our second spooky episode for the month of October. We're talking all about ghosts with the spookacular host of guest Danielle Matar. We discussed why we as a society have such a fascination with ghost stories, the paranormal and what happens to us after we die.

01:00:54:15 - 01:01:02:12

Sarah

We also look at the impact on our brains when we experience these types of unexplained experiences and how to avoid trauma after facing something you think is supernatural.

01:01:02:13 - 01:01:15:11

Heather

A quick reminder to our listeners this interview should not be taken as medical or ghost advice, and it is for informational purposes only because everyone's brain or ghost is different. Please consult your health care professional or ghost.

01:01:15:11 - 01:01:16:07

Sarah

Professional.

01:01:16:12 - 01:01:29:12

Heather

If you have any questions. A content warning for our listeners. On this episode, we talk about ghosts, death and demon possession. And now Danielle.

01:01:29:14 - 01:01:33:23

Sarah

Danielle, thank you so much for joining us on Braaains.

01:01:34:01 - 01:01:35:01

Danielle

Thank you.

01:01:35:03 - 01:01:47:18

Sarah

I've been a long time listener. First time, first time meeter. I don't know, guys. Danielle's podcast. And oh my gosh, the scares that I've experienced listening to this podcast. So I highly recommend it.

01:01:47:18 - 01:01:48:19

Danielle

Thank you so much.

01:01:48:20 - 01:01:56:17

Sarah

Where your noise canceling headphones and listen to it in the dark. Actually, don't do that. It's very scary. Oh, you should do that.

01:01:56:18 - 01:02:00:07

Danielle

That's a fantastic suggestion. That's how I listen to them at least.

01:02:00:10 - 01:02:07:23

Heather

Or listen to them when it's talking about walking outside and passing scary houses while you're actually walking outside. Passing scary houses. That's also good.

01:02:08:01 - 01:02:26:21

Danielle

Yeah, I have a I have a friend actually, that listens to our podcast and he lives out in the country and he's tech, so he's on set quite late and he says that he will drive home into the middle of the country, passing by like all these old homes and in the middle of the dark, not a lot of street lights.

01:02:26:21 - 01:02:31:06

Danielle

And he'll listen to the podcast. And I would like that's probably the most perfect scenario.

01:02:31:07 - 01:02:39:06

Sarah

I recall one episode where the person is driving in their car past a scary turn like. Yes, Yes.

01:02:39:06 - 01:02:40:21

Heather

And they bring something home with them.

01:02:40:23 - 01:03:04:14

Danielle

Oh, yes. Thank you for mentioning that. My guest actually sent me a picture of the church after that, something that I really hate. I honestly like I like to kind of stay in the safety of my own imagination. But sometimes my guest will be like, and this is what it looks like. And I'll look at these pictures and it's just so much more thrilling, even if it's like a sunny day.

01:03:04:16 - 01:03:14:17

Danielle

She sent me a picture of the church and I was like, Oh, it was demolished, mind you. But it was I was just like, Oh, I don't know. It's a little too far for me.

01:03:14:18 - 01:03:22:10

Sarah

Well, before we fall down this rabbit hole because it's so exciting, just tell everybody about you. Who are you? What's what? What are we talking about?

01:03:22:12 - 01:03:48:07

Danielle

My name is Danielle. I actually am a photographer and a director by trade. I am a avid podcast listener, and I really like ghosts. I'm a really big paranormal fan. I like anything unusual and strange. During the beginning of the pandemic, I think I'm a natural introvert, so I always got a lot of, like, private projects floating around in my brain.

01:03:48:07 - 01:04:10:15

Danielle

And when I was first introduced to podcasting, there wasn't a lot of like really good haunted ones where there were a lot of really good stories. I have since found so many more, but I was like really interested in finding paranormal podcasts and nothing was really feeding me the way that I wanted it to. And so when the pandemic hit, as you both know, being creatives were like, What do we do now?

01:04:10:17 - 01:04:16:22

Danielle

Yeah, So randomly said, I'm going to start a podcast, which I think a lot of people did.

01:04:17:00 - 01:04:18:18

Sarah

Yes.

01:04:18:20 - 01:04:22:12

Danielle

It was everyone's go to buying toilet paper and starting podcasts.

01:04:22:13 - 01:04:33:22

Heather

At 1.2 million podcast started during 2020 FII. Wow. Really? Yeah, last year 150,000. So just like, oh yeah.

01:04:34:00 - 01:04:36:13

Danielle

Are they still going?

01:04:36:15 - 01:04:40:06

Heather

I bet lots of them aren't. Probably not, but I have not done that investigation.

01:04:40:06 - 01:04:44:09

Sarah

I'm sorry. Next. I know I was next episode.

01:04:44:11 - 01:05:05:09

Danielle

Well, I know Cuco did a lot a lot of stars came out to do stuff and they're brilliant. But I have no experience in recording at all. I don't know what I was doing. And most of my best friends, he had to fly back to Vancouver during the pandemic and we were working on a creative project together before he left, and I was like, I'm going to do a podcast.

01:05:05:09 - 01:05:07:15

Danielle

And he's like, What's a podcast?

01:05:07:17 - 01:05:09:05

Sarah

I'm like, Wow.

01:05:09:05 - 01:05:35:04

Danielle

This is a podcast. You should listen to them. I'm not sure if he has to this day. This is my partner Beau, and he was like anything. He is such a talented soundscape music artist that it would just seem like a good fit and I feel really terrible for him. I'm sure I put him through a lot of stress within the first year, not knowing what I was doing, recording and him getting this janky files and then like trying to figure out what I've been doing.

01:05:35:06 - 01:06:01:00

Danielle

So that's how Geist was born and I am so happy that it was I, I love it. It's like my baby. I often fight with my actual job to make time for Geist because I just, you know, Halloween's a big time for us, but I didn't really go into it, you know, expecting anything huge. But it took off and it was super cool.

01:06:01:04 - 01:06:13:17

Heather

So let's like talk a little bit about what made you so interested in telling and sharing people's real life stories, the paranormal, because you made this podcast, but why did you get so excited about telling these stories in the first place?

01:06:13:19 - 01:06:40:09

Danielle

You know, I was thinking about this. I don't know. I don't know what has drawn me to being so obsessed with Ghost story. It literally probably started when I was a kid. I was obsessed with the tale of the Headless Horseman. Like I was just like, This is so fascinating. And I think just like spookiness and Halloween, I get warm and fuzzy for Halloween like people do for Christmas.

01:06:40:09 - 01:06:42:10

Sarah

I don't know, like I yeah.

01:06:42:12 - 01:07:10:01

Danielle

When Halloween comes around and fall comes around, I get so excited. I try and dress my house as gothic as my husband will allow me to do. So I have this thirst for stories. I love storytelling. I love stories in general. And the thing is too, is because I guess I'm not maybe I'm not spooky looking. So I'm a lot of people are kind of like if I tell them what I'm interested in or what I do, they kind of perk up because they're like, Oh, you're kind of like normal looking.

01:07:10:01 - 01:07:11:18

Sarah

So, you know, I can.

01:07:11:18 - 01:07:38:11

Danielle

Open up to you about my paranormal experience. And it's incredible to see how many people have actually experienced something. I always say that there's people that are experiencing something and then there's people that are looking to experience something. So those are how I kind of decipher stories. So a lot of times people will be looking for a haunted experience so their stories can probably anchor in a particular direction.

01:07:38:11 - 01:07:58:02

Danielle

And then there's people that have genuinely experienced something that they really can't make heads or tails of, and then they're in a different realm as well, I believe both of them. But these stories are so fascinating to me and I just I can't get enough of them. Not all ghost stories are scary, you know, Some of them are endearing and beautiful.

01:07:58:04 - 01:08:07:06

Sarah

Well, let's talk about a film or TV show that you think best captures the feel of the paranormal experience or encounter from the stories that you've heard.

01:08:07:08 - 01:08:41:02

Danielle

If we were to look at like some classic movies like Poltergeist or The Amityville Horror, any one of The Conjuring things or basically anything that Ed and Lorraine Warren investigated, you know, those are all based on true stories. So I know that most of the time things are out of a lab. And again, people thought that they were hoaxes, you know, but I just don't I don't know what kind of world we live in, but there are people that are just going to blatantly make up a ghost story that is so astronomical that, you know, people, of course, are going to think that they're faking it.

01:08:41:02 - 01:09:05:06

Danielle

But, you know, there are true accounts from the Unreal Horror, from The Conjuring, from Haunting in Connecticut, Annabelle, you know, like Anna, Lorraine Warren had their museum of haunted items in their house with their daughter. And like, you know, they took the Annabelle doll out of the house and they brought it to their home and they locked it up in the case and was like, do not open for any reason.

01:09:05:06 - 01:09:39:22

Danielle

Like and I think there's been a lot of other ghost shows since Lorraine had passed. I think that Doll has made a couple of tours, but that's real, you know, anything like that, people really believe that. So I mean, there's things like that happen and it happened. But Paranormal Activity, even though it's not necessarily like the the craziest Ghost movie ever, those instances

that happen in Paranormal Activity are really very much along the lines of like, what I hear, you know, when people are like, woke up in the middle of the night because, you know, doors are slamming or things are flying across the room or, you know, things have gone missing.

01:09:40:04 - 01:10:05:08

Danielle

I heard a story once about someone waking up covered in blood. Yeah. And it was funny because it was actually this girl that I knew. And I was little when I heard this story. And I was at their house and it was their mother that was telling my mother and we overheard. And so, you know, so maybe Carrie.

01:10:05:10 - 01:10:05:16

Sarah

But I'm.

01:10:05:16 - 01:10:29:01

Danielle

Not 100%. But I literally hear things from poltergeist activity to demonic activities. So when you look at things like The Conjuring or like the Haunting in Anfield, the haunting at Anfield was like crazy because I know I had seen the interviews, the real life interviews and photographs prior to watching it, and they all thought she was faking it too, you know?

01:10:29:01 - 01:11:03:17

Danielle

But this little girl is like throwing her voice into a old man's voice and and the things that would happen in that house. Those are really, I think, specifically some of the ones that I can pinpoint, even though they're on a theatrical level for production reasons, and also to with The Conjuring, actually all three of them. The first one, I believe, was the family that was haunted where they moved into this house and their mother's experiencing things and then their mother becomes possessed again based on a true story.

01:11:03:20 - 01:11:28:00

Danielle

The second one, which was having to do with Anfield again, based on a true story, and I think the third one as well, the devil made me do it was based on a kid that became possessed by the devil after playing with these games. And I've heard stories through the grapevine about people being possessed as well. It's a really difficult route to take when you listen to those types of stories.

01:11:28:05 - 01:11:56:06

Danielle

And we did an episode actually called The Talking Board and I really don't think I will ever do anything like that again. It is a really I'm pretty open. I don't like to say, you know, I'm sensitive or

anything like that, like I'm just open to experiences and I don't think that I would ever investigate too far until, like demonic possessions because I think it's a really it's a really scary platform.

01:11:56:08 - 01:12:16:09

Danielle

And yeah, weird things happened while we were at that episode. So I've heard of people like, you know, their their cousin in the back in their home country had like, you know, become possessed. I'm Middle Eastern. So we I hear a lot of stories from our country and it's really terrifying. So I don't really kind of step into that.

01:12:16:12 - 01:12:16:22

Sarah

I think that.

01:12:16:22 - 01:12:40:12

Danielle

Every single horror film out there has some sort of premised on a true story or true experience. I think that every single show is relatable in that regard. And like even with Shirley Jackson's novel, The Haunting of Hill House, that was actually kind of a concept of what haunts you, you know, family. It could be whatever. So they turned it into like, you know, very spooky film.

01:12:40:17 - 01:13:02:13

Danielle

And then when they did the series, that was probably the best rendition of that book that I saw. Yeah. And again, like, I will watch that and, you know, people will, you know, the knocking on the walls and things like that, that is completely relatable. People have completely had accounts where they'll be sitting somewhere and they'll hear knocking on the wall, the he'll knocking at a door.

01:13:02:13 - 01:13:05:21

Danielle

And I don't know if you guys watch Haunted Tick talk at all.

01:13:05:21 - 01:13:18:21

Sarah

But no, I didn't know that was a thing. Oh. Oh, my goodness. This is bad for me. Like nighttime scrolling When you don't have new episodes out, I'm going to start looking at a hundred tick tock. I don't know if that's a good idea.

01:13:18:23 - 01:13:41:08

Danielle

Some of it's really strange, but a lot of the times it'll be people sitting in their living room and like, you know, it is for viewers, but like, so are movies and so are shows. So you got to take them for



what they are. And people will be sitting there and like, doors will fly open are like, okay, this is going on for hours, guys, and someone's knocking at their door and then they fling the door open and there's nobody there.

01:13:41:08 - 01:13:48:07

Danielle

So I guess it's if you choose to believe or not. Yeah. And you can perceive it however you like.

01:13:48:09 - 01:13:59:13

Heather

So why do you think that we have as a society such a fascination with ghost stories? Because it's not just in our television, as we said, it's TV, it's film, it's books, it's haunted tick talk.

01:13:59:19 - 01:14:05:07

Sarah

It's stories that we just tell each other from like, Oh, my auntie did this or my whatever. You know, we hear it everywhere.

01:14:05:11 - 01:14:28:05

Danielle

I think that we live in a really broadcasted society. We live in a place where there isn't a lot of mystery anymore. There isn't a lot of you know, even like what we ate for lunch isn't a mystery. Half of the time. And there has been a rise I've noticed lately in the interest of the paranormal and ghosts.

01:14:28:05 - 01:14:49:22

Danielle

And I think that, you know, a lot of people that I wouldn't have suspected to have watched The Haunting of Hill House Watch The Haunting of Hill House. And I think that it did really enlighten a lot of people to start looking into the paranormal more. It'll either be them being obsessed with the unknown that it's almost refreshing or sometimes it's the thrill of being scared.

01:14:49:22 - 01:15:08:21

Danielle

I love going into haunted locations. It's funny, actually. I just playing with my nieces and nephews and they were they had some VR game on and they're like, Oh, you're going to get scared. You're going to get scared. And they had the VR on and things are coming at me that I'm not reacting. And it was really fascinating to them because they're like, Why aren't you reacting to like these scary things that are happening?

01:15:08:21 - 01:15:20:12

Danielle

I just think that the mystery of everything and the unknown is a really incredible avenue to go

down. And I think it sparks either fear or interest.

01:15:20:14 - 01:15:37:02

Heather

Yeah. Do you think there has something to do too, with like, we just don't know what's next? Like the idea that when we die, we don't know what happens and this idea that, like, could we say goodbye? Can we stay around? Like, what's the afterlife? What is next? Do you think that comes into play to?

01:15:37:02 - 01:15:54:02

Danielle

Oh, of course. That there's so many different opinions on what happens to us after we die? You know, a lot of people think that, you know, we go on to a big, fluffy cloud in the sky and we just high five God and or some people think that, you know, we stay on this earth, we don't have it resolved issues.

01:15:54:02 - 01:16:06:00

Danielle

And some people think that we just disappeared into energy. We become stars, you know, And yeah, I don't know why everyone is so obsessed with what happens after we die because.

01:16:06:02 - 01:16:06:16

Sarah

Because like.

01:16:06:18 - 01:16:31:19

Danielle

What matters is now and I hate to sound like a Hallmark card, but it's just right now it's is what's most important. So that could absolutely be just part of the human process of like wanting to know and needing to know, trying to decipher why things happen and always needing a reason for life, which is unfortunate, but I mean, I don't know if I have actually sat and pondered what happens to me after I die.

01:16:31:19 - 01:16:40:01

Danielle

I don't think I'd seriously sat down and thought about it. Even listening to ghost stories, I was just like, All right, well, I guess we'll find out.

01:16:40:03 - 01:16:45:09

Sarah

Yeah, maybe you'll be on somebody else's podcast as the entity that's knocking on the door.

01:16:45:11 - 01:16:46:04

Heather

Like, Hello, I'm.

01:16:46:04 - 01:16:50:16

Danielle

Here. I would seriously leave it to someone. I know that. That's terrible.

01:16:50:18 - 01:17:11:15

Heather

I've always been obsessed with paranormal, and not just from our mom watching all the ghost shows ever made, which I felt like was a lot about resolution, right? Like that idea that we need to resolve this ghost so that they can go on to whatever's next. Either you have, like, it's scary and everything's scary and we just see them go away, or it's like the Ghost Whisperer and.

01:17:11:17 - 01:17:13:06

Sarah

Or, like, Touched by an Angel.

01:17:13:10 - 01:17:14:07

Heather

Or.

01:17:14:09 - 01:17:17:08

Sarah

Something. Yeah, you go to the light, right?

01:17:17:10 - 01:17:35:20

Heather

But it is interesting because, yeah, there's so many theories. There's this theory, the theories of that idea of resolution or the idea of like a traumatic event happened and now we just have this like rip in time that just repeats itself over and over again, but it's not actually anything there. And then there's theories where, you know, it says it's in your head.

01:17:35:20 - 01:17:57:00

Heather

This idea that experiencing paranormal activity is linked to like different cognitive traits and that, yeah, some people will have more paranormal activities because they're kind of more open to seeing them. Or maybe it's just your brain hemispheres talking to each other and creating noise and then you see something. So yeah, what's the impact on our brains in these types of experiences.

01:17:57:02 - 01:18:21:11

Danielle

Processing reality versus having abilities? I think naturally as humans, all we want to do is compartmentalize what's going on. You know, that's how we keep ourselves safe. So when we attribute reasons for things happening, it just is it's comforting to us. I think it's hard for people without abilities to understand what it's like to have them, and we all process reality differently.

01:18:21:12 - 01:18:47:20

Danielle

I think it's what we decide to recognize. So if you have anxiety as a person, you experience life differently. And we don't deny that anxiety doesn't exist and we label it. So it's like, okay, I processed this this way because I have anxiety, but we don't identify people that have abilities to have abilities. You know, we're not like, Oh, well, this person experiences this because they're clairvoyant.

01:18:48:02 - 01:19:23:21

Danielle

Let's go get a sandwich. You know, it's it's more so like this person says they're clairvoyant and I'm scared about that because that's unknown to me and weird. Yeah. So I'm going to push it away by saying that it's fake because I'm scared or some people will embrace it and be like, Oh my God, tell me more. And I think that because as a society, we don't recognize abilities as a gift or experiences as being open, as like a scientific fact, I suppose, or something that's labeled, you know, I think it just leaves us to come up with our own conclusions.

01:19:23:21 - 01:19:34:19

Danielle

And at that point everyone's like, Well, you're either faking it or you're not. You know, if someone says, I'm diagnosed with anxiety, we don't question it. If you say I'm diagnosed being a clairvoyant, people are like, Cool.

01:19:34:21 - 01:19:36:14

Sarah

Okay, yeah.

01:19:36:16 - 01:19:39:18

Heather

It maybe you should go talk to someone.

01:19:39:23 - 01:19:44:16

Danielle

Yeah, Yeah, exactly. You're you're sick in the head if you have abilities.

01:19:44:16 - 01:19:45:08

Sarah

Yeah, it's.

01:19:45:08 - 01:20:03:00

Danielle

Too deep and there's too many rounds of our brain. And I know that, obviously, you know, neuroscientists are going to know a lot more than me, but I just think that there's no real way that we can ever tell what our brain is ever doing or what it's capable of doing. We use such a small percentage of it.

01:20:03:02 - 01:20:20:15

Danielle

All of us use different areas of it. So and I mean, like as a supporter of people that are sensitive, I have yet to have ever sat down with anyone that's ever wowed me and said all these things about me that they know. And usually like whenever I sit down with a psychic, they get it super duper wrong.

01:20:20:15 - 01:20:25:09

Danielle

But I've never had a successful psychic situation.

01:20:25:13 - 01:20:30:11

Heather

But that's kind of a little different though, to then like being sensitive to things in the space that you're in.

01:20:30:11 - 01:20:31:17

Danielle

Exactly. Yeah, I agree.

01:20:31:17 - 01:20:42:21

Heather

Like, we don't we use a little our brain feels like a different thing than I can, like look in to you and figure out your future and everything that has to do with you. Even though they are often put in the same box.

01:20:42:23 - 01:20:51:18

Sarah

There is this overlap in the ghost realm or whatever where like, clairvoyance can talk to the spirits stutter connected to you. There's like all this overlap and converging of that stuff.

01:20:51:21 - 01:21:10:14

Danielle

Well, yeah, like some people will say that they're a psychic medium so they can speak to spirits and kind of, I guess, see into the future. And I think there's also like a ton of hybrid sensitive

people out there. So, you know, I think that there's a lot of people that can do a lot of things.

01:21:10:17 - 01:21:11:11

Sarah

Mm hmm. Yeah.

01:21:11:12 - 01:21:23:13

Danielle

I would never claim to be sensitive. I would never claim to be a clairvoyant. But I have been in some predicaments where I'm kind of like, okay, I don't know what's going to happen or I don't know why this is.

01:21:23:13 - 01:21:24:08

Sarah

Happening.

01:21:24:10 - 01:21:42:22

Danielle

Or like being in a situation where I just start telling somebody something that I don't know anything about and it's almost compulsive. Like I can't really stop it. And then I kind of stop and I'm like, Why did I say that? And they're just like, How did you know that? And I'm like, I don't know. No point am I going.

01:21:42:22 - 01:21:50:11

Danielle

I like having people line up so I could sit and say that like someone's talking to me and I can talk to someone in the crowd and be like, This is your uncle?

01:21:50:11 - 01:21:51:20

Sarah

Like, Yeah.

01:21:51:22 - 01:22:10:22

Danielle

But I, I just know how I operate. And I wouldn't sit there and be like, Yes, I can. I can speak to people, but like because I've maintained an open perspective, I can go into a place and sometimes, you know, some random dude will show up and he'll be there and I'm like, okay.

01:22:11:00 - 01:22:11:23

Sarah

I'll be like.

01:22:12:01 - 01:22:30:21

Danielle

Did you know you have a random dude living in your house? And yeah, the people are like, You can I don't see them. I don't see ghosts. I just pick up vibes. And I think if you're open, you can pick up a vibe with a roomful of living people. You know, I and so if you're just like, open to that kind of stuff, I think you can just read a room Anxiety too.

01:22:30:21 - 01:22:41:14

Sarah

Like I have anxiety as well. And so I'm like, I pick up vibes all the time, but I feel like it's just my anxiety. Anxiety like who else is anxious in the room? What's going to happen?

01:22:41:16 - 01:22:59:16

Danielle

I think that you're more sensitive when you suffer from anxiety. You're reading the room that it's how you're that's how you're built, you know? I mean, your belt, How do I keep myself within my safe space? And what are you doing and what are you doing? What are you doing? And because you have to be on that realm of reading vibes, somebody might pop in.

01:22:59:16 - 01:23:06:18

Danielle

That's not necessarily in that room physically as like a solid being alive or dead.

01:23:06:20 - 01:23:08:06

Sarah

Yes.

01:23:08:08 - 01:23:15:05

Heather

We've had weird thing like, I remember one time we decided to play with a Ouija board at my aunt's house in the basement, which we never did ever again.

01:23:15:07 - 01:23:16:16

Sarah

As a one time.

01:23:16:18 - 01:23:21:20

Heather

Once a month. And we were doing it on one side of the room. And my little brother, who was how old? He three to.

01:23:21:21 - 01:23:22:15

Sarah

Three.

01:23:22:17 - 01:23:38:19

Heather

He was across the room playing. And then as the Ouija board was answering, he would yell out the answers from across the room. And we never said anything out loud. So we're like, okay, we're good. We're done now. Like, this is good, But it's like we were like, No, no more.

01:23:38:19 - 01:23:51:02

Sarah

And like, our mom never let us bring a Ouija board into the house that was like a no go. And when they found out we were in the basement doing that, like we were not in a good space. So that is and that's.

01:23:51:02 - 01:23:53:02

Danielle

A really cool story.

01:23:53:04 - 01:23:56:03

Sarah

I forgot about that part. It still gives me the heebie jeebies.

01:23:56:03 - 01:24:07:23

Heather

That was the part that was like, okay, cool. This is more like, Oh, are we doing who's who's moving? Like, you know, kind of a collective movement. But it was the yelling of the answers across the room that was like, okay, I think we should not do this anymore. I think we're done.

01:24:08:01 - 01:24:30:13

Danielle

One of my guests that was on my show prior to her being on my show, I had been on a Ghost Walk with her. The haunted rock of Toronto offers these amazing walks. Among was the Winter Garden Theater, and the other is my favorite. Ghost Walk in Toronto is the work of Pioneer Village. It is various scary. It is legit.

01:24:30:13 - 01:24:51:17

Danielle

It's not a joke. But anyways, when we were at the Winter Garden, they brought out a Ouija board and I was like, No, no, thank you. I'm not going to be in the room for this story. Like I don't like it. And they were just like, No, it's not always negative. You know, there has such a negative inclination to it and it could be awesome.

01:24:51:17 - 01:25:14:22

Danielle



And this person is amazing and like an incredible storyteller. But that was the only doubt that I had at that moment. I was like, You do not know what you're talking about. Like, I'm sorry. Like, it's not positive. I Yeah, sure, it can be positive for sure, but I have heard and seen so many weird things happen with Ouija board that I am not one to be open to them.

01:25:14:22 - 01:25:17:00

Danielle

I'm not. Yeah, I'm not open.

01:25:17:02 - 01:25:18:17

Sarah

So mess around with it.

01:25:18:19 - 01:25:21:11

Danielle

I just don't want to. I won't be in the room with them. I don't.

01:25:21:11 - 01:25:22:05

Sarah

Like them.

01:25:22:07 - 01:25:40:00

Heather

But I think it's so fascinating because when you start to talk about experiences you've had or, you know, we've had various experiences at our house that we know people had died in. And it wasn't that we thought, Oh, someone died here, so we're going to expect it. Just things that were weird that at the time we're like, Oh yeah, the lights flickered and it got cold.

01:25:40:00 - 01:25:44:22

Heather

And then someone said my name. I'm like, Well, that to me, I'm going to just turn off lights, go to bed now, like it's time.

01:25:44:22 - 01:25:46:07

Sarah

To go to like.

01:25:46:09 - 01:25:47:17

Heather

Try to exit the space.

01:25:47:19 - 01:25:49:00

Danielle

You guys are brave.

01:25:49:02 - 01:25:50:01

Heather

Well, Sarah has one.

01:25:50:01 - 01:26:09:09

Sarah

Yeah, I have one where Heather and I shared the basement, but it was not like a finished basement. So that was like cement floor. And we literally had sheets hanging up to divide our bedrooms. So, like, this is just like, open basement cement floors. And so I'm in my bed. It's nighttime. And Heather was probably old enough to be going out late at night, laying in bed.

01:26:09:11 - 01:26:27:01

Sarah

And then I hear the sound of bare feet on the cement, like it's a very specific sound. And I like Heather. And then she did respond and I was like, whatever. I woke up in the morning and she was not in her bed. She'd not come home that night. I was like, Oh my God. And we would always have to like, run up those stairs as fast as we could.

01:26:27:03 - 01:26:33:12

Sarah

It was just it still to this day, I go to my mom's house and I, like, run off. The reason like.

01:26:33:14 - 01:27:00:19

Danielle

That is so funny. That is a common thing that a lot of people tell me is stairs like going upstairs. And I mean, there is a whole, you know, paranormal relation to stairs as it can be a division between two worlds or a staircases that go, you know, like in the Winchester house, they have staircases that go to nowhere and they, they say that Sarah Winchester had built them for that reason.

01:27:00:23 - 01:27:05:06

Danielle

In order for the ghost to come in and out of this world. I know a lot of haunted history.

01:27:05:06 - 01:27:11:06

Sarah

I mean, you know, I love it. I've been one. I want to go to the Winchester house. I think it'd be so cool to check them out.

01:27:11:08 - 01:27:14:04

Danielle

My goodness, I haven't been there, but, yeah.

01:27:14:06 - 01:27:17:18

Heather

I feel like we'd have a lot to talk about for a very long time. I want to tell one more, though.

01:27:17:19 - 01:27:18:16

Danielle

Yes, please.

01:27:18:17 - 01:27:36:10

Heather

Okay. So, Sarah, I wasn't living at home at the time, and our cat had gone missing. His name is Murphy. And so one night and they didn't know where he was, and it was like, really sad. And just as she was about to go to sleep, she felt a pressure at the end of the bed, like the cat had gone to sit on the end of her bed.

01:27:36:10 - 01:27:56:15

Heather

And then she realized, Oh, the cat's not here. And as she's had that thought in her head, she heard a male voice from the end of her bed that was something like he's safe or he's or home or made some comment. I can't You might remind me of a comment and then you, like, turn the lights and you're like, I'm not sleeping for the rest of the night.

01:27:56:21 - 01:27:58:15

Heather

And then he shortly came home.

01:27:58:17 - 01:28:00:10

Sarah

Yeah, he came home not long after.

01:28:00:15 - 01:28:04:09

Danielle

Who is this male voice, though, do you think? Who do you think it was?

01:28:04:11 - 01:28:06:20

Heather

Well, we know who died in the house.

01:28:06:20 - 01:28:20:14

Sarah

Larry died. And my mom would always want to do renovations and they'd never work. So she

started asking Larry permission to, like, fix a light or change whatever. And if she asked permission, then it would work. So to this day, like just the other day, I was over there and she's like, So.

01:28:20:16 - 01:28:24:02

Danielle

Your mom still lives there? Oh, wow, That's amazing.

01:28:24:02 - 01:28:32:03

Sarah

She's like, I still I'm just ask Larry. I said, Hey, Larry, I got to do this. And then she's like, I worked great. Yeah, Yeah.

01:28:32:05 - 01:28:33:14

Danielle

That's the best house ever.

01:28:33:15 - 01:28:36:05

Heather

Yeah. There's like, lots of stories of lights being on when no one was there.

01:28:36:05 - 01:28:50:07

Sarah

Yeah, My best friend lived down the street and back up a bit. It was a duplex that my mom bought. It was like, about to foreclose. It was really shitty. It had been cleared clean. I feel like for, like, 30 years. It was just disgusting in there. I remember going in, I was like a very anxious teenager. Why are we living in this house?

01:28:50:07 - 01:29:05:03

Sarah

That sucks. I hate it. Anyway, walking past one day and it's like one of those big giant picture window in the living room. There was a ladder because they were working in it and they had put like a light, you know, those like worker lights. So like, hang on the ladder. So I walked past and the light was on.

01:29:05:03 - 01:29:24:11

Sarah

So I'm like, Oh, I guess they must still be there. And our actual place of work was across the street. So I'm like, walk back home like a three minute walk. And everybody was at home and nobody was at the place. And I was like, But I swear to God. And so like, I just always there was always this weird, awkward presence there.

01:29:24:12 - 01:29:36:07

Danielle

You know, there's a poltergeist theory that a lot of times poltergeist activity and ghosts activity will happen when there is teenage angst in the house. So it really does fit.

01:29:36:07 - 01:29:39:05

Sarah

Yeah, that's my fault. It is all my fault here.

01:29:39:10 - 01:29:44:08

Danielle

It's all your fault. Sure it wasn't the Ouija board or Larry.

01:29:44:08 - 01:29:49:14

Sarah

It was just me and then my brother and then my sister. Like everybody's teenage year.

01:29:49:14 - 01:29:51:02

Danielle

Everyone started because of.

01:29:51:02 - 01:29:57:22

Sarah

That. And now our mom. My mom has exchange students that come to stay with her, so they're just keeping it going.

01:29:58:00 - 01:30:11:13

Danielle

Your mom's like, This is a haunted house and I'm going to subject as many young people to it as possible. As I ask Larry to do work on it says, Oh, Larry, I think I really like your mom.

01:30:11:15 - 01:30:12:21

Sarah

Oh, she probably have stories to tell.

01:30:12:21 - 01:30:18:15

Heather

She'll have story if she does have stories. But we won't go into all the stories of our house. Yeah, because that will be a lot of stories.

01:30:18:17 - 01:30:20:04

Danielle

Yeah. We want to save it for a guy.

01:30:20:04 - 01:30:21:21

Sarah

Step aside here. So we'll save.

01:30:21:21 - 01:30:40:05

Danielle

You guys and your mom and your poor brother. I have a few stories of my own. I think one of them was on Ghost. That was the scariest one, I think is when I was followed home by a ghost that I worked with, apparently.

01:30:40:09 - 01:30:41:03

Sarah

In a factory.

01:30:41:03 - 01:31:03:15

Danielle

Full disclosure, once I put that episode out, a couple of people had come forward like that I worked with and they were like, Nah, that was just a joke. Like, it wasn't real. Like that was just I'm like, No, sorry, somebody's lying to you. It was very real. I had some very strange things happen when I've been at the old mill.

01:31:03:18 - 01:31:08:03

Danielle

It was an old mill and it is a a place where you can go for brunch.

01:31:08:05 - 01:31:08:11

Sarah

You know.

01:31:08:16 - 01:31:09:17

Danielle

It's turned into one of those.

01:31:09:17 - 01:31:10:20

Sarah

As you do.

01:31:10:22 - 01:31:35:19

Danielle

Yeah. As you know, it's a French spot. And I didn't know that it was haunted when I went. And I was actually going to shoot something there. And I went to do like a location scout, and I was standing in one of these rooms again, unbeknownst to me, that anything was going on. And something hit me in the face.

01:31:35:21 - 01:31:59:12

Danielle

Yeah, it was kind of strange because there was no one. I was only one other person there and I was talking to them and I don't recall them slapping me. And I got this noise, this rush in my ear. And, you know, sometimes like there's a pressure change and you get that weird. No, that's exactly what I heard, except it was accompanied by like, wind, like motion.

01:31:59:12 - 01:32:18:02

Danielle

And my face kind of turned and I reacted as if you would, if someone were to kind of like Deckard or whatever. And he was like, Are you okay? And he's looking at the ceilings. He thought something like, hit me. And I was like, No, but I would really like to get out of this room. I don't know what's going on.

01:32:18:04 - 01:32:41:13

Danielle

And I went downstairs and I was, as you can imagine, after something like that happening, you're just kind of scrambling to understand like you did in front of someone's you're so embarrassed and you're just like, I don't know what happened. I think something hit me was probably a maybe was a bug. I don't know. And the concierge overheard us and he came over and he was like, Excuse me, miss, were you up in this top room?

01:32:41:13 - 01:33:00:18

Danielle

And I was like, Yeah. And I'm like, Oh, is there? And he's like, It's haunted. And I was like, What does that mean? Is that this ghosts excuse to just hit people? But I was like, Do people often get hit there? I don't understand. But he started telling me that what will happen is people will be getting their brunch or they'll be a wedding there or whatever.

01:33:00:18 - 01:33:18:06

Danielle

And and this room had a, a balcony window that looked into the main hall so people would like look up. And they said that they would often see a man standing there. And he was apparently quite irritable because he slapped me in the face. But he.

01:33:18:06 - 01:33:20:20

Heather

Did not like you were saying.

01:33:20:22 - 01:33:21:06

Sarah

Things.

01:33:21:08 - 01:33:45:22

Danielle

Like, I'm sorry, dude. I just want to take pictures. Then another another time that I had something really creepy happen to me. I, like all of them are really, really long. So I'm trying to give the shortest ones. There's been so many weird things that have happened in my life, I just don't understand them. But I was on the Ghost Walk at Black Creek, Pioneer Village, and there is one house that's there.

01:33:45:22 - 01:34:14:14

Danielle

I won't say which house because I don't want to ruin it for anyone or I don't want to ruin it for you guys. And I don't want people to hear this. And then I really want them to have their own experience. But there are two houses in particular that I went into, and the first one I got overwhelmingly sad when I was in there and I you could feel this woman that was in there and she was crying and she was so, so sad.

01:34:14:16 - 01:34:48:05

Danielle

But the one that was most memorable was I went to another house and the person is telling the story of this ghost. And the ghost is very angry. And as I was standing there, I got this really, really, really crazy vibe from behind me and the room. And then all of a sudden, like there was only, I think about five of us on that tour, and everyone started to get really antsy and uncomfortable and I started to get really angry and I was like, you know, I understand.

01:34:48:05 - 01:35:02:14

Danielle

I'm just like whispering to whomever I was at the time. I've been on it a million times. I've is whispering to whomever I was with at the time. I was like, You know, I really think it's really shitty that like, this ghost is just being a jerk, like, you know, or anything. Like, just get over it. Like you're dead.

01:35:02:19 - 01:35:28:00

Danielle

It sucks. Whatever. Like, being alive also sucks sometimes. So, like, you know, whatever. And as I was leaving this house, I was walking by this staircase where he's notoriously whingers, and I didn't really think very much of it. But as I walked by, I got a rash of a face come out of the dark, out of the corner of my eye.

01:35:28:00 - 01:35:41:16

Danielle

I never really saw it. Like, you know, when you see things out of the corner of your eye, you guys have grown up in a haunted house. You know, it's there. You know that when you turn to



look at it, it's not going to be there. And that's exactly what happened. But he rushed me and I freaked.

01:35:41:16 - 01:35:42:17

Sarah

Out.

01:35:42:19 - 01:36:01:15

Danielle

In front of a whole bunch of strangers. And I ran outside and I stood there. I'm not an angry person. I'm pretty chill. So for me to just be so angry at this house and the guy came out and she's like, Are you okay? What happened? And I'm like, I just to burn that house down and.

01:36:01:17 - 01:36:03:16

Sarah

I want to burn it to the ground.

01:36:03:18 - 01:36:12:03

Danielle

I'm like, honestly, I'm like, I might just wait till you guys leave. I just want to burn it down. Like, I think she thought I was insane, but that's exactly what I was feeling.

01:36:12:05 - 01:36:12:23

Sarah

Wow.

01:36:12:23 - 01:36:14:09

Heather

Maybe that's what he was feeling.

01:36:14:11 - 01:36:37:23

Danielle

It probably was based on his descriptions. I have visited that house many times, and I think he remembers who I am because at this point I am mocking him because I go in there and his his anger for some reason really bothers me. But I. I don't know why. I don't know why I can't explain it, but I keep going back and I think he remembers where I am and he scares me every time I go.

01:36:38:00 - 01:36:41:03

Danielle

And then I'm like, You can't follow me home, though. We don't do that.

01:36:41:05 - 01:36:56:12

Heather

I had the face thing happened to me once, actually not in our house, but I was in a British pub and I was sitting at a table and some want to get the drink and I saw a face and I saw it just rush up the stairs and I was like, That tracks actually that tracks because it's so awful.

01:36:56:12 - 01:36:57:09

Heather

And yeah.

01:36:57:15 - 01:36:58:00

Sarah

Yeah.

01:36:58:00 - 01:37:13:12

Danielle

England is probably one of the coolest places you can go to see ghosts also. Savannah, Georgia. Ooh, Savannah, Georgia has a house called the Sorrel Weed house. And it is very haunted. Mm. It's very creepy.

01:37:13:14 - 01:37:34:06

Sarah

Your story of feeling the really, the sadness. I remember going to Alcatraz and walking into one of the cells. It wasn't even a cell. It was like an open shower space. And I was just like, Oh, like it just the I had to leave immediately because I felt so just overcome with sadness and anxiety and just it was awful.

01:37:34:06 - 01:37:36:03

Sarah

Things happened in this room. I cannot be in here in that way.

01:37:36:09 - 01:37:54:02

Danielle

Like, that's the whole thing too, is that I don't discount. I know that if someone tells you that a house is haunted and you go, and I think that there are people that experience stuff and that it is people that want to experience it. So some people will go in there looking, you know, every noise is like, What was that?

01:37:54:02 - 01:38:18:23

Danielle

What was that? Oh my God, it's a ghost. Yeah, it's not necessarily like you hype yourself up. And then there's people that can genuinely go into Alcatraz and just be like, Wow, I can really pick up on this energy. And I think that if you're looking to experience Ghost, you have a preconceived notion as to what that would be, you know, because we all watch movies and we

think that there's going to be somebody floating across the room with a sheet over their head or something like that.

01:38:19:01 - 01:38:40:19

Danielle

And I think that when people tell those kinds of stories and they convince themselves, so like I saw somebody standing in the corner, but that stuff like really happens. I think that environments obviously influence how we experience them, especially if they have stories. So I think that's part of the reason why it's so hard to convince people whether or not you've experienced something.

01:38:40:23 - 01:38:42:15

Danielle

I just believe everybody.

01:38:42:17 - 01:38:59:00

Heather

For you though, what would you want more of when we do this? You know, when we write film and television, we always talk about like, how do we want to create a better experience of what these things could look like for people? Are these things that we're missing? Is it just because it's all so exaggerated sometimes?

01:38:59:00 - 01:39:01:22

Sarah

Or or maybe we're doing a great maybe we're doing the right thing?

01:39:01:22 - 01:39:03:11

Danielle

I have no complaints.

01:39:03:11 - 01:39:07:02

Sarah

Good Bang up job.

01:39:07:04 - 01:39:22:19

Danielle

To the point where I'm creating a podcast about it? No, for sure. I mean, I think that the things that are that are the most successful is when there's relatable moments. I think that they do need the scare factor. Otherwise you get the trolls that are like, that was scary.

01:39:22:19 - 01:39:24:05

Sarah

And so that's what they sound like.

01:39:24:05 - 01:39:55:09

Danielle

Do they? Do they even scary? But like the Woman in Black, I don't know if you guys have seen that with that. Oh, my gosh. Harry Potter. What does the name Daniel Radcliffe? Radcliffe Sorry, that was scary. Like there were moments in there where it was scary and it was the the color it was that drew you into the experience without these major catastrophic moments of blood and gore and like, you know, someone that's soul being sucked out of their eyeballs, you know, like it was really bringing you cinematically into the experience.

01:39:55:09 - 01:40:16:04

Danielle

And I think that that is the most successful sort of film is when you take the person that's watching it and you can draw them in. And that's why I thought even though I thought that Paranormal Activity and I say this with all kindness was kind of like a lame example, it's not because, like, it's so creepy. Like it's got the whole Blair Witch vibe, right?

01:40:16:04 - 01:40:17:20

Danielle

Like, Yeah. Is it real? You don't.

01:40:17:20 - 01:40:20:02

Sarah

Know.

01:40:20:04 - 01:40:21:04

Heather

Join us next.

01:40:21:04 - 01:40:23:17

Sarah

Week. And so but I also.

01:40:23:17 - 01:40:44:20

Heather

Think things like a ghost story, which is very the perspective of someone who's left and just waiting and left behind. And I've also heard that too, like stories of like this is about like the endless just nothing and the waiting and the seeing the passage of time and you can't leave. And it's like so reminiscent of other things in our lives as humans.

01:40:44:20 - 01:40:51:08

Heather

But, you know, putting in that experience of like, what could it be like if this was actually just

eternity?

01:40:51:10 - 01:41:16:00

Danielle

Well, I did an episode with Candice Hutchings, who is the egg legend. She lived in a home where she felt that there was a female energy. And I actually wrote a little blurb about this woman. I don't know who she is, but I wrote an intro about her that was precisely that. You know, it's just like I woke up one morning and everything had changed.

01:41:16:02 - 01:41:35:06

Danielle

You know, there's people that have cycled through my house for years and years and years, but I'm still here. And I really do feel that, you know, at the end of our days, we're still human and we still possess those feelings and emotions. And some people get stuck as they do in life. You know? And so I'm assuming that some ghosts get stuck.

01:41:35:06 - 01:41:53:13

Danielle

They don't understand what's happened. You know, they don't get why they haven't moved on or they don't want to move on or they just don't. And like they just can't, you know, fathom. And just like with everyday life, especially if you suffer from like anxiety or anything like that, you're just like, I don't understand anything, right? And you're still stuck in that realm constantly.

01:41:53:16 - 01:41:53:23

Danielle

Yeah.

01:41:53:23 - 01:41:58:09

Heather

What should you do if you encounter what you, you know, have an experience, let's say.

01:41:58:14 - 01:42:00:17

Danielle

Where the ghost needs help.

01:42:00:19 - 01:42:12:15

Sarah

Or just you as a human, How do you how would you suggest or how do you listen to your guests tell their stories to have not be like, traumatized by it or have it like, you know, totally take over their life?

01:42:12:17 - 01:42:33:21

Danielle

Actually, most of my guests so far have really, I guess, my pitch to them when they tell these stories. A lot of people are quite apprehensive. They think that they're going to look strange or weird, but I really like to remind them that they're really helping people. You know, they their stories help people who have been through the same things.

01:42:33:23 - 01:43:07:18

Danielle

So, you know, they're not only it's almost closure for them, it's closure for them to tell their story, have somebody validated by being interested and knowing that whomever listens to it is not going to be judgmental. There's a lot of closure there. So They may have had a horrifying experience, which a lot of them have. But for them to tell those stories, be believed and have it almost shelved is a really nice resolution for them to kind of move on and and understand their own experience perhaps.

01:43:07:20 - 01:43:09:12

Sarah

Yeah. So go listen to Ghost.

01:43:09:15 - 01:43:14:06

Danielle

If you're having paranormal trauma, we're here for you.

01:43:14:08 - 01:43:22:05

Heather

What resources do you recommend for our listeners engage with other than Geist? Of course, if they want to know more about ghosts and the paranormal.

01:43:22:07 - 01:43:37:17

Danielle

I'm not sure what you could do or if there is an accurate resource to go to to get the answers you need. So I think listening to ghost stories, I just pitch my own show.

01:43:37:19 - 01:43:39:07

Sarah

This is your time. This is your time.

01:43:39:07 - 01:44:05:03

Danielle

Listen, guys, we are the resource of all, all paranormal situations. Yeah, I mean, like listening to ghost stories. I think I, you know, at that actually circles back to the original question that you asked as to why people are so fascinated with ghost stories when you have a paranormal situation and you don't know what to do. Hearing other people's stories can really kind of help you understand what's happening.

01:44:05:03 - 01:44:27:07

Danielle

And there's that really ability. I wish that there was one primary place that you could go to like Google, actually, I guess you could Google what to do if your house is haunted. I'm sure it'll come. A lot of investigators I'm sure, will pop up there. But if you have a haunting going on in your house and there's a lot of activity, a lot of people will reach out to paranormal investigators.

01:44:27:07 - 01:44:48:00

Danielle

So I think that if you're going to do that, I would have a conversation with them. At first. I think that anyone that is quite dismissive of natural occurrences kind of make me upset. Like the whole orb theory. A lot of people are like, they're not orbs, it's just dust. And it's like, I work in film and I work in capture and I know what a Dust Particle looks like.

01:44:48:00 - 01:45:13:22

Danielle

So sometimes that's not that's my professional opinion. So, you know, have a good conversation with them beforehand. And then if you need to come in and have investigations done, you can, if you talk about your experience, someone has a friend of a friend that can talk to ghosts. Yeah, totally. That's been a common occurrence lately. Oh, yeah. My aunt's sisters nephew, he can talk to his spirits, so.

01:45:14:02 - 01:45:15:05

Sarah

He'll come to the house and clean it.

01:45:15:07 - 01:45:49:18

Danielle

He'll come to your house and he'll clean it. I don't suggest, however, trying to do it yourself. There are a lot of indigenous practices that people have tried to put into their own life. And unless you're taught how to do that, you're not doing it right. In the end, a lot of people will stage their homes without understanding what that is and I had the pleasure of an elder showing me how to do that and like what was going on and and explaining it.

01:45:49:18 - 01:46:06:05

Danielle

And I still wouldn't confidently go into someone's home and be like, I know how to do this. Like it's it's it's the same as using a Ouija board, you know what I mean? There's different practices as well where you salt the earth. You can put a circle around your house, don't touch your mom. This is going to piss Larry off.

01:46:06:07 - 01:46:11:08

Sarah

But she she probably she's probably tried some stuff. And I'm always like, You can't do that, Mom. That's not allowed.

01:46:11:09 - 01:46:13:02

Heather

Just sigils on all the windows.

01:46:13:04 - 01:46:31:07

Danielle

You can do olive oil. Yeah, you can bury the Archangel Michael, I believe. Michael Medallions and corners of your home. I've seen people do that, but I don't know, like, when 800 got Ghost. And I wish that that exists.

01:46:31:09 - 01:46:37:22

Sarah

Maybe this is your your next career move is starting one 800 ghost the real life Ghostbusters.

01:46:38:01 - 01:46:40:09

Danielle

Where I stumble through explaining to them.

01:46:40:09 - 01:46:43:22

Sarah

What they should. You could try so you could try this. I love it.

01:46:43:22 - 01:46:48:00

Danielle

There's lots of things you can do. Some that are found at your local grocery store.

01:46:48:02 - 01:47:02:14

Sarah

Like good luck finding the I love it. So hope it works out well. How can people find you? This is the one more time to pick your podcast. Tell us where we can find you online. You know, if people have any stories they want to share with you.

01:47:02:16 - 01:47:24:21

Danielle

If people have stories, they can send it to Hello Doc Geist podcast at gmail.com. They can reach out to us through Instagram or TikTok. We are on all platforms of podcast distribution and if you have any ghost stories, please reach out to us. Don't be scared. We've heard everything and we are really excited to hear it.



01:47:24:23 - 01:47:29:03

Sarah

Well, thank you for letting us share our stories with you and for sharing your stories with us. I really.

01:47:29:03 - 01:47:44:16

Danielle

Like. Them Yeah. I'm really excited that you guys are excited about having this conversation. I find that whenever you talk with people about the paranormal, if they're into it, the conversation lasts for so long and it's really cool. I love finding my people.

01:47:44:18 - 01:47:46:11

Sarah

Well, thank you for being here with us.

01:47:46:13 - 01:47:52:08

Danielle

Yeah, no, thank you so much for having me.

01:47:52:10 - 01:48:02:02

Sarah

I love listening to Ghost and I love Danielle, and I know that Heather has some sciency facts to share with us about Do ghosts and brains and all this fun stuff. So take it away.

01:48:02:02 - 01:48:32:10

Heather

Heather Okay, so there are two camps cognitive psychology and paranormal psychology that looks at ghosts and ghost experiences. So it's really interesting. I think his name is Michael Van Elk. He's at in the Netherlands, so he's looking at cognitive psychology around this. And he actually thinks that the basis of why people believe and experience the paranormal is because those who believe in the paranormal are more inclined to trust their intuition and emotions and are less guided by analytical reflection.

01:48:32:12 - 01:48:54:15

Heather

So basically they could receive things that are more illusionary agents and like random motion displays and things like that as seeing shapes and objects. And also when doing like the card cognitive game, which is slightly different than like seeing ghosts. Of course this is around like psychic phenomena. This is different, but in like random card guessing games, if they they'll take more credit for positive outcomes than skeptics.

01:48:54:15 - 01:49:12:01

Heather

Well, so they kind of think this idea of actually having these biases towards thinking that you the paranormal is real can actually foster good mental health and self-esteem. So even though a lot of times people say the opposite, like, Oh my God, it's demons and it's horrible for you to be thinking about. You're thinking about death and all those things.

01:49:12:01 - 01:49:24:08

Heather

But there's actually more and more things that said that when you have an answer, which we kind of talk about with, Danielle, having an answer helps you feel more relief. So a belief in ghosts, a belief in the paranormal can help you.

01:49:24:10 - 01:49:29:04

Sarah

I guess that goes like also with like faith. People have religious beliefs that. Yeah.

01:49:29:06 - 01:49:51:06

Heather

Exactly. So what's really cool is that just on the other side of the fence, so this is cognitive psychology. You have another woman named Charlotte Dean who is a researcher at the Department of Psychology at the University of Hartford in the UK, and she just looked at a study looking at 71 studies over the past 30 years to look at things that are similar.

01:49:51:07 - 01:50:22:15

Heather

And she's like believers are typically characterized by intuitive thinking style, which is exactly what this other researcher found, and they just kind of come at problems in a different way. So they think of as cognitive flexibility. And so they're just a little bit more flexible in how they think about problems. And so they kind of agree this is parapsychologists agree that some people are more prone to paranormal experiences in neurology related traits, beliefs and socio cultural environments that kind of help facilitate that experience.

01:50:22:17 - 01:50:40:00

Heather

But it's just it's not just cognitive traits. And so this idea of being like that, there is probably partly to the brain and probably to the environment. And this idea that when people are dismissive of this, they're like, well, it's like saying that anyone who says they're sick has hypochondria.

01:50:40:01 - 01:50:40:15

Sarah

Exactly.

01:50:40:17 - 01:51:09:12

Heather

So you're basically saying like, Oh, well, everyone has. No, that's not true. People are do actually get sick. So I think the coolest researcher I saw was Christine Simmons More, who is a parapsychologist at the University of West Georgia. And she basically said that a lot of research is looking at the concept of transwomen ality. It's a thin boundary structure between the conscious, the unconscious and the environment, and it's a strong predictor of haunting experiences because it enables people to access paranormal experiences.

01:51:09:17 - 01:51:32:00

Heather

So this idea that we have more communication between the hemispheres of the brain of which we don't know, as we talked earlier about what our brain really does, and there's more potential for crosstalk and there's more permeability between the areas of the mind and between people and environment and potentially paranormal information. So this idea that there's a reality may both be physical and mental, and a third aspect that contributes to both.

01:51:32:01 - 01:51:54:10

Heather

So this idea that there could be both paranormal and normal going on at the same time. And so the reason sometimes it's hard to like track it in a way is because every environment is different, every experience is different. So it again, it's like just being open so that our brain can do different things that we may not be thinking about and that we have to like examine.

01:51:54:12 - 01:51:59:04

Heather

Like, yes, it may in the normal world, in the paranormal world, it may seem different, but they actually could be doing the same thing. Yeah.

01:51:59:07 - 01:52:00:04

Sarah

Oh, that's so cool. So that's.

01:52:00:04 - 01:52:06:13

Heather

Really interesting. So brains are interesting. I just wanted to bring it back to the brains. As we told a lot of great ghost stories.

01:52:06:15 - 01:52:12:22

Sarah

Which, you know, I forgot a lot of them and it was like it was kind of fun to, like, be like, Oh, yeah, that did happen. Oh, my gosh. What are some.

01:52:12:23 - 01:52:13:22

Heather

Of the other ones?

01:52:14:00 - 01:52:33:20

Sarah

I'd only have to save it. I'll save them. I have to talk about this book that me and my daughter read last night. It's called The Skull Who by John Classen. It took us on some twisty turns that we did not expect, and we were howling, laughing so hard because it was just so outrageous. But the thing that really took me and made me think about brains, which is why I'm telling you about our brains.

01:52:33:20 - 01:52:50:19

Sarah

It was the author had a note at the end of it. Huh? And so this was a folktale that he had read in some random book in a library in Alaska. And he had been thinking about this story for years and years and was like, I should do a version of it. I'm going to. And so he had this memory of what the story was.

01:52:51:00 - 01:53:07:21

Sarah

And then finally he, like, looked up the he called the Alaska Library to say, what is this book? What is this story? It's called The Skull. They sent it to him. And what he remembered was not what happened in the end. Oh, he thought that his story of what his brain remembered was better. So he wrote the folktale the way he did.

01:53:07:23 - 01:53:25:06

Sarah

And so he says, I like my brain's version better. So this is a very interesting thing that our brains do. The stories. If you read this book once and put it back on the shelf and from a year from now, someone asked you how the story went. The same thing will happen to your brain. It will change. You will tell them a story that is a little bit different.

01:53:25:08 - 01:53:41:02

Sarah

Maybe in a way your brain likes better. I like folktales because that is what is supposed to happen to them. They are supposed to be changed by who is telling them and you never find them the same way twice. Yeah, I love that. And so I was like, that's like the ghost stories that we're telling. It's like all these, these tales we tell.

01:53:41:02 - 01:53:53:18

Sarah

It's just like we, we interpret in our brain a certain way. And but, but yeah, the skull. I don't want to give it away because it was like, so, like, what is happening? This is amazing. But we laughed and always had the best time. So yeah.

01:53:53:20 - 01:53:56:21

Heather

Amazing. Now I really want to read that. Is it for kids or for adults?

01:53:57:01 - 01:54:00:02

Sarah

Yeah. No, it's a kid. It's like a it's like a little tiny chapter book.

01:54:00:05 - 01:54:03:08

Heather

Okay, So it's kind of like for like it's for young.

01:54:03:08 - 01:54:03:11

Sarah

Yeah.

01:54:03:12 - 01:54:07:10

Heather

Young readers. All right, Young readers. People who. Young readers Go read the skull.

01:54:07:10 - 01:54:22:02

Sarah

Yeah. And you know, our local. We bought it at chapters, but it was a staff pick. And by this, this man named Matt. And then we were. He happened to be the person that was checking us out. And he said, Oh, this is a good book. And we're like, Oh, great. And he was right.

01:54:22:04 - 01:54:23:03

Heather

You have to go back and tell.

01:54:23:03 - 01:54:25:20

Sarah

Matt, I am going to go back and tell it. He was a lovely, lovely.

01:54:25:20 - 01:54:29:13

Heather

And tell tell Matt that we shot it out. We're like, Matt, Yeah, good books.

01:54:29:18 - 01:54:32:03

Sarah

Yes. Good job, Matt. We loved it.

01:54:32:05 - 01:54:33:06

Heather

Matt in Edmonton.

01:54:33:12 - 01:54:36:15

Sarah

Yeah, Matt was one T in Edmonton anyway.

01:54:36:15 - 01:54:50:06

Heather

Well, thank you everyone for joining us on our second episode of Halloween Related Materials. This is my favorite month. I mean, I love all of our episodes like they're my children, but I like the October ones even. They're so.

01:54:50:06 - 01:55:02:12

Sarah

Funny. I'm glad we got to do this with you. Well, thanks, everybody, for listening. Today's episode of Braaaains Braaaains is hosted and produced by Heather and Sarah Taylor. Mixed mastered by Tony Bao. And our theme song is by our little brother Deppisch.

01:55:02:14 - 01:55:20:16

Heather

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01:55:20:19 - 01:55:22:16

Heather

Until next time. I'm your host, Heather.

01:55:22:16 - 01:55:24:15

Sarah

And I'm your host Sarah, Bye!!