



Photo by Caryn B. Davis

Ghost Stories from the Northeast Paranormal Investigations Society

By Caryn B. Davis

Why are we so quick to doubt the existence of other entities just because we cannot see them with our own eyes or hear them with our own ears especially when we live in an infinite universe? Do we really think nothing else can exist beyond the physical plane or beyond what we, as humans, are able to comprehend? Is it possible that we are surrounded by spirits all the time?

The Northeast Paranormal Investigations Society (NPIS) has been documenting paranormal activity since 2009. Using infrared video cameras, night vision photographic equipment, audio recording devices, and EMF meters to measure electromagnetic fields, this organization has returned from some very spooky places with some very compelling evidence that could prove we are not alone. Founded by Adam Shefts, author of the recent book, "When Ghosts Appear History Speaks," the NPIS team includes researchers, clairvoyants, technicians, and investigators that work primarily with historical societies throughout the Northeast.

"We prefer historical societies because we are all history buffs and every location has a history. We use our knowledge of the history of the property itself and its former inhabitants who have passed over, to document that history in spirit form," says Shefts.

As a child, Shefts had a very vivid imagination and was afraid of spirits, though he never had any cause to be. Eventually, his fear turned into curiosity, and he joined a Connecticut group involved in investigating the paranormal.

One of the most powerful encounters Shefts ever had occurred in Gettysburg, Pennsylvania. He was there with his teammates standing on the battlefield after completing a ghost tour of haunted homes. All at once, all six members of the group felt a rush from behind and a strong energy pass through them. They all became immediately dizzy; and while the rest of the team shook it off, Shefts could not. He remained unbalanced, depressed, and agitated for four days. He had been to Gettysburg before and always experienced something paranormal, but this had been the most intense. It was also pivotal because when this investigation group disbanded, Shefts, who was a believer now more than ever, did not want to quit, so he established NPIS.



“It adds a different dynamic and dimension to the investigations. I see spirits in different forms. They come as a mist, a shadow, or as lights above or below people who are here. I also hear a lot of things and am considered clairaudient,” says Berthiaume.

When investigating Phelps Tavern in Simsbury, Connecticut,

Thus far, NPIS has investigated 50 historical societies, averaging two per month. They always present their findings to the public, which helps to raise awareness about these properties. Any funds derived from the lectures are donated to the organization to use however they see fit.

“It gets people interested in the historical society and the history of the location itself,” says Shefts.

Jessica Berthiaume is a “sensitive” with NPIS and a newer member of the team. She has been able to see spirits since she was a child; and her son Kyle, who has also recently joined NPIS, shares this gift.

Berthiaume's first psychic impressions were of a strong presence of males who liked having females around. The audio they captured later in the evening confirmed this by revealing many male voices. (This audio data is called an EVP or electronic voice phenomena. Disembodied voices and sounds are imprinted on audio recording devices that are not audible to the human ear at the time of occurrence).

Berthiaume can also detect what is known as residual energy. According to Shefts book, it is believed that in a location where a person released a large amount of energy or where heightened emotions were experienced, the energy imbeds itself in that location.

“Phelps Tavern had a lot of residual energy, which is imprint energy from the past, a memory of what took place in certain rooms. It’s different than feeling a spirit present. A lot of things came up that told me what happened there. For example, I felt children and music. The woman running the place said there had been children there and dances,” says Berthiaume.

Upon entering the Tavern or any property for that matter, the team first sets up all their gear and then breaks up into groups communicating by walkie-talkie. They turn off all the lights, remaining in complete darkness, but can watch on monitors in real time what their 16 infrared video cameras are picking up.

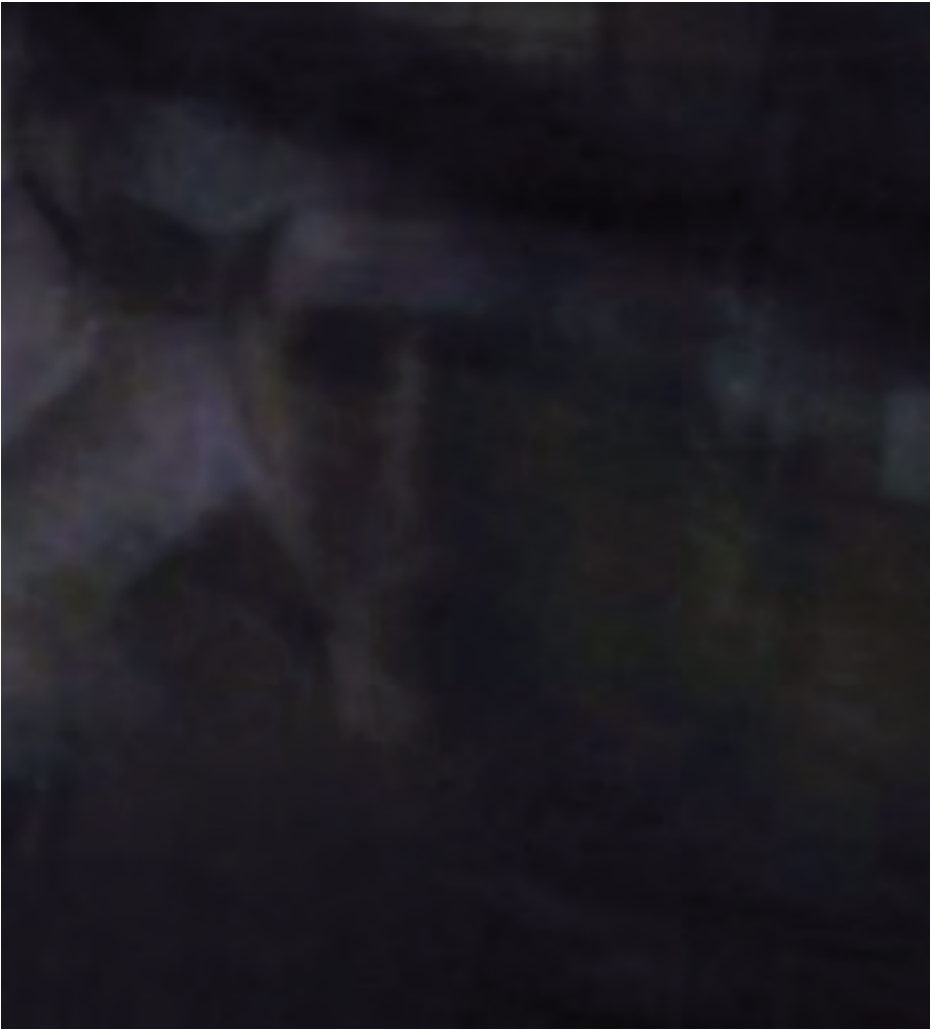
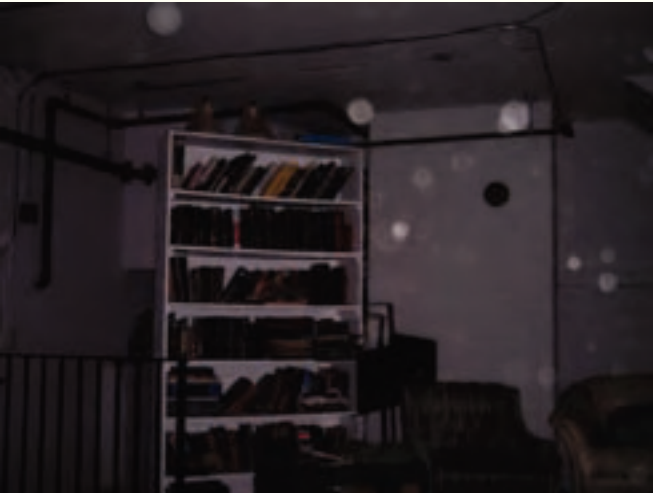
To prepare for an investigation, team member Alivia Lulay thoroughly researches the property prior to their

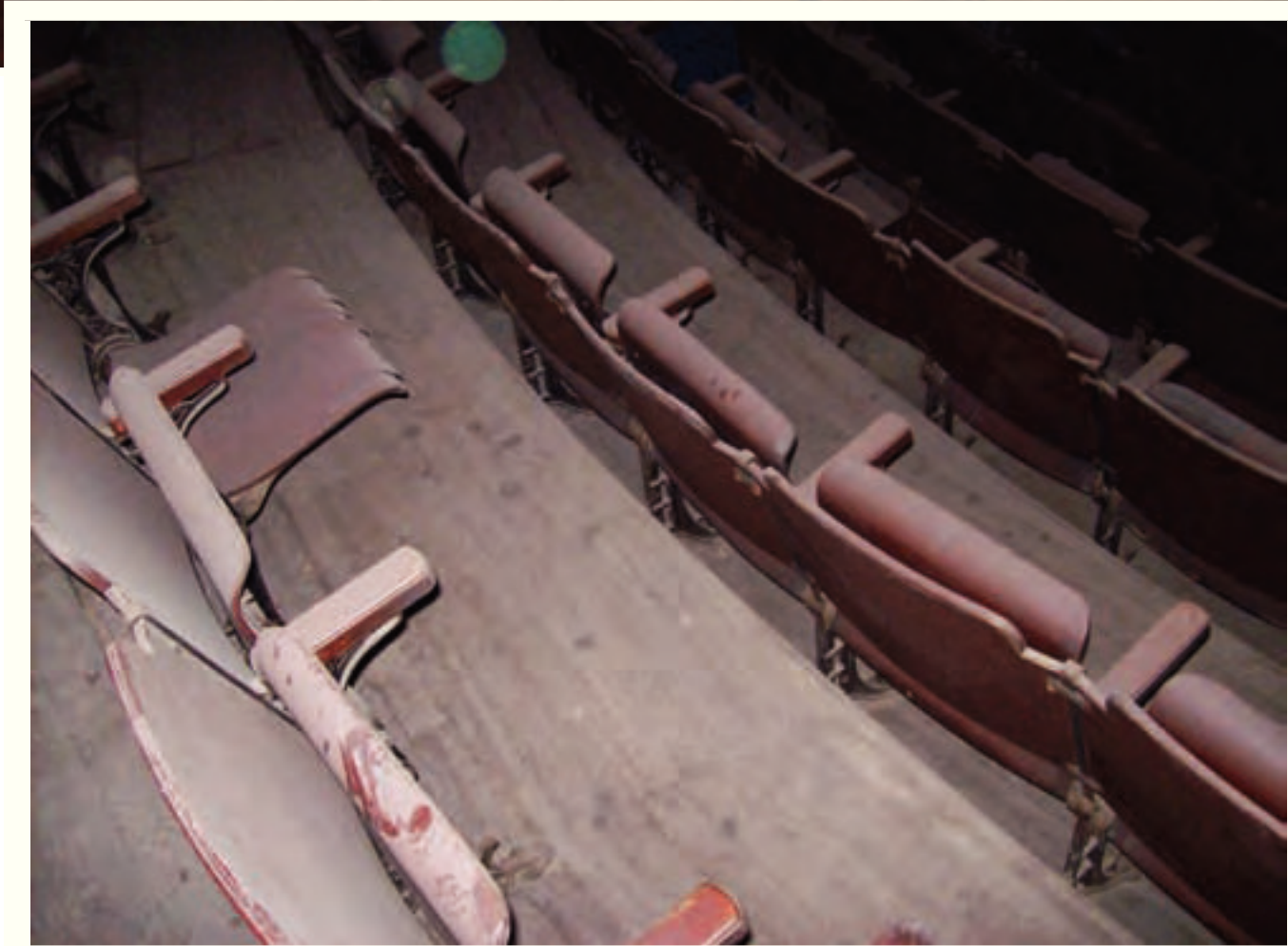
arrival. With Phelps Tavern they knew it had served as a house, tavern, and inn from 1786 to 1849 to three generations of Phelps, and that it was built in 1771 for Captain Elisha Phelps and his brother Noah. They also knew the names of all the family members, that the tavern hosted community events, and welcomed weary travelers arriving by stagecoach, horseback, and boat.

“Using that research, we try to communicate with the spirit about who they are and what they did during their lifetime. We find that by bringing up people’s names and specific historical events they may have been a part of, it has triggered reactions. We have been able to gather evidence based on that,” explains Shefts.

Fanny Phelps was Noah’s granddaughter who lived in the house during the 1800s. The first time Shefts investigated there he stood in Fanny’s bedroom and introduced himself but heard nothing then or later, when playing back the audio recording. The second time the team investigated, Shefts once again entered Fanny’s room and said, “Hello Fanny, my name is Adam.” This time, the audio device returned a very clear reply that said, “I know”.

On the same evening, the team proceeded to what is now known as the “card room,” but was





once part of the original tavern. They were attempting to communicate with the tavern's last keeper, Jeffrey Phelps, but received no response. As they were leaving the room a voice

heavy presence is felt as was the case at Philipse Manor Hall in Yonkers, New York, when an EVP returned a forceful "Stay the f**k out of here!" Or at the Butler-McCook House in Hartford,

from a young age and interact with them. It's a language of something else. It's unexplainable," says he. "If there was something that needed to cross over, I am good at helping them get to where they want to be. If there is something negative that may harm another team member, I have a lot to offer in being able to interact with them."

In addition to the EVP evidence the team has gathered, they have had their clothes tugged on, been poked, and recorded orbs and



shouted, "Have a drink!"

allowing investigations for a while.

Although it was not heard at the time, there was no mistaking it on the recording.

In the event a spirit may become threatening to a team member, Kyle can work with that entity to help them on their way.

Rarely do the team members experience fear. But they may become apprehensive when a

"I am a medium. I have been able to see spirits



shadows revealing human forms. All of this material can be found on their website. It is important to note, that even if some spirits become disgruntled by the team's presence, they never inflame them, as other ghost hunters have been known to do.

"We are not there to provoke, but to create an understanding and to collect scientific documentation with instruments to show that this world exists on a plane very close to ours. There are things out there, and this data provides confirmation," says Berthiaume.

It takes a lot of energy for a spirit to speak one word and even more to fully manifest, which is why orbs are more common. They are significantly smaller and require less energy to appear. Since spirits themselves are energy, they naturally gravitate toward places where they can pick up enough energy



to present themselves like hospitals, as opposed to cemeteries, where no life force exists. It is also a myth that spirits are more active on Halloween. The public's interest in them may get spiked around that date; but the truth is, spirits are active all the time, even during the

personal interaction."

For more information, to view evidence, or to purchase Adam Shefts book, log onto www.northeastparanormal.org. To set up an intuitive reading with Jessica Berthiaume email her at



day.

"The topic of the paranormal has been one of interest and debate since its first introduction to the public around the 1840s. There are skeptics, there are believers, and there are those who want to believe but need solid proof or a personal experience to push them over the fence," says Shefts. "History and the paranormal go hand-in-hand. Those who have passed may not be done yet with their time on earth. They are still around in spirit form and have something to say... a story to tell, and they are doing it through one piece of evidence at a time through modern technology and

