You’re so sensitive!! Ever heard that term? Know anyone that just seems to get over emotional or seem to get angry quicker than normal people do? I’m sure in most families or friends circles there is someone that everyone else points to when the word “Sensitive” comes up. We all know someone to point a finger too. But what about sensitive people when it comes to the paranormal world? Know anyone like that? Most would say no, no-one around them fits that bill.

An HSP (Highly Sensitive Person) in the paranormal field is someone that is more attuned to the spiritual world. This sensitive person would be more capable of sensing paranormal activity not sensed or even realized by other investigators. Someone with HSP has a heightened sensitivity to paranormal phenomenon and can have empathic abilities. These abilities would allow them to feel the presence and even emotions of a spirit or ghost. The rest of the investigators wouldn’t feel anything at all. They also have heightened perceptive skills; they are more in tuned to senses such as energy, mood, light, noise, odors ECT.

If your part of a paranormal team an HSP is the kind of people you want on your team. They will always be more able to feel and sense the spirits and or ghosts around you, way before you might. Those dark creepy quiet paint chipped hallways in buildings that paranormal teams love to investigate, are welcomed with open arms to a sensitive. Because they are also more sensitive, most of us do not understand that some things that others enjoy are not pleasurable to HSPs. They can quickly be overwhelmed by sensory overload. A crowded noisy mall or a noisy bar can be Hell to those whose senses pick up every little thing around them. However, because Sensitive’s pick up on everything they will also sense evil as well as good. If there is an evil ghostly spirit that doesn’t care for the living, a sensitive will also be aware of that. This might not be a welcomed experience for them. Most sensitive people don’t have a choice to communicate with a good or evil spirit. They sense it all.

There are many paranormal investigators that feel a HSP person on the team increases the odds of seeing and being part of a ghostly spiritual experience. When I walk down a creepy hallway in the middle of the night somewhere, I sometimes get the feeling someone is watching me. I see nothing. Nothing pushes or touches me. I just get that feeling. Most of the time it’s my mind playing tricks on me, making me think there is something there when there really isn’t. I believe more often than not, I want something to be there. When a sensitive person walks down that same hallway they are going to sense, smell, see and feel a spirit that I quickly brushed off as in my head. We in the paranormal field all have the same questions. Are there ghosts or spirits that are trying to communicate with us? Why are some places haunted and not others? Why are they here and why haven’t they moved on? These and many other questions is what motivates and pushes paranormal investigators to continue the hunt. Because HSP”S are more in tune to the spirit world, maybe the spirits would rather connect and speak with them. Maybe because they, for some reason, can’t communicate to just anyone, they need a sensitive person to interact with.

Those of us that spend our weekends in the dark seeking out ghosts and spirits in some broken down dusty creepy cold building in the middle of nowhere might just be nuts! I personally think it’s crazy and exciting at the same time. My belief tells me there is something more to that creepy feeling that someone is watching me. I believe it may be more than just an odd feeling I brush off as nothing. "Belief," however, should play no role in the exploration of the paranormal. Belief implies that you're accepting an idea on faith; if you believe something, there's no reason to examine it further -- your mind is made up. There is overwhelming evidence of spirits, ghosts and haunting world wide. There are documented stories from all around the world with ghostly recordings and pictures of the dead visiting people or places. I, like many other investigators, do this because we want to know if we can connect with the other side. We want to know if when we die is there more. Can we come back in one form or another to interact with the living world? Can we still visit with loved ones that are here wondering if there is a heaven or something else? We want to try and understand why ghostly entities roam this world. Why are they still here? What do they want if anything? How can we help them? I could go on and on, my mind explodes with unanswered questions.

I find that exploring the paranormal phenomena is the most fascinating and mind-opening journey I have ever been a part of. This field is an ongoing expedition into the mysteries that surround us and is a satisfying human experience. Sharing these experiences with a sensitive person that senses more than me, in every way---Makes my journey that much more rewarding.

Dave Perry

“The Dude”