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FEATURED EXPERT:

DINA CHIRICO

Dina Chirico, Certified Paranormal Investigator and Investigation Team Leader

North Jersey Division of New Jersey Ghost Hunters Society (NJGHS)

Dina has been fascinated with ghosts since her early teens. She's had numerous paranormal experiences growing up in her childhood home in Clark, NJ. She joined NJGHS in 1998 and has been hooked on ghost hunting ever since. Dina's extensive experience ghost hunting positioned her as an expert and a NJ Chapter Team Leader with NJGHS.

Dina was published in the book anthologies, "Ghostly Tales from America's Jails" by Atriad Press and "Ghosthunting USA" by Clerisy Press. She has appeared on local television networks and is published in local newspapers.

Dina resides in Northwestern New Jersey with her husband and two children. She performs house clearings and is active in "The American Society of Dowzers". She practices energy healing techniques such as Therapeutic Touch, Integrated Energy Therapy and Chakra Balancing. She is a medical intuitive and uses her psychic ability to sense health conditions. Her hobbies include raising chickens, horseback riding, movies and traveling.



Dina Chirico, Certified Paranormal Investigator

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Dina Chirico On NJGHS

"I meet many people who have experienced something paranormal and they preface our conversation with comments like, 'you're going to think I'm crazy'. Nothing can be further from the truth. The things you experience may absolutely be paranormal and if you need answers reach out to someone who has knowledge about paranormal

activity. The world of the paranormal is not to be feared, but to be understood. The NJGHS offers services and educational references for an understanding of paranormal activity."

"People who are unfamiliar with ghost activity may be reluctant to reach out to our group because they are afraid of being ridiculed. As a result we receive many inquiries from people who are referred to us by friends or family. We guarantee confidentiality with our clients. We do not disclose residents' names or addresses. We provide a written confidentiality agreement to maintain non-disclosure."

What Is the Basic Foundation Of NJGHS?

The purpose the New Jersey Ghost Hunters Society (NJGHS) is to help people that have experienced paranormal activity to determine if they have come in contact with a ghost or not. Our investigations enable us to determine if the activity is paranormal. Our group also researches and documents definitive proof of life after death. NJGHS was originally created in 1998 as a chapter of the International Ghost Hunters Society. We began 18 years ago when ghost researcher groups were very limited. Now there are many groups like ours.

What Are the Ideal Conditions Where Ghosts Are Likely To Exist?

High paranormal activity is more likely to occur in places with a history of trauma, near running water and around intuitive people. Running water creates the perfect condition to attract paranormal activity. Rivers lakes and oceans are all good energy conductors. Old houses don't necessarily have ghosts. You can have a ghost-free house that's three-hundred years old. A house can be newly built and have a great deal of paranormal activity. It's not necessarily the house, but the location that attracts ghosts. Places where people have dabbled into witchcraft without proper guidance or experience can also invite ghosts.

What Types of Places Does Your Group Investigate as Public Field Trips?

We choose locations with a history of reported hauntings and high paranormal activity.

Gettysburg is filled with paranormal activity in the form of residual energy due to the events of the civil war battles. The war left an imprint in time and Gettysburg has an astounding level of paranormal activity. The ground below Gettysburg contains a lot of quartz crystal that exacerbates the activity.

Two basic types of paranormal activity are residual ghosts and interactive ghosts. Residual ghosts are not interactive. For example, a common residual haunting is where a door opens or you hear footsteps. A ghost appears and goes through the same repetitive motion. These ghosts are not aware of humans. When you see a residual haunting it's like watching a hologram. You look into another realm for a brief moment, but it's going to happen whether you are there or not and whether you sense it or not. Intelligent ghosts, on the other hand, are aware of your presence and are interactive. These ghosts have the ability to communicate with humans, but they may also choose not to make contact at any given time.

Has Anyone Been Harmed During an Investigation?

No. We have had physical sensations, but we have never been harmed. We have never experienced scratches, injuries or possessions. I've experienced minor pushing and hair tugging which is a way to confirm contact or acknowledge ghost activity. Paranormal TV shows are entertainment and don't always depict ghost activity accurately. A regular investigation is boring. We have investigated nasty energies and not experienced the scratches or violence that is often dramatized on paranormal TV shows.

What Type of Proof Does Your Group Have For the Existence of Ghosts?

We have audio recordings, EVP's and still photography. We've collected videos of shadows, moving objects, apparitions and dowsers. Dowsing is not fully explainable and no one knows how it works. I dowse during investigations using two "L" shaped metal rods and ask questions to pick up on electromagnetic frequencies (EMF). I hold the rods shoulder width apart at my waist and lean down at a 45 degree angle. I ask questions, like is

this a man, and I make requests for the ghost to cross the rods. The rods may cross in response which can be captured on video. My rods are made of aluminum or copper which are a good energy conductors. Another question I ask while using my rods is for the ghosts to point me in their direction. Dowsing is another tool that complements the overall evidence collected during an investigation.

How Can One Determine If A Ghost Is Positive Or Negative?

People fear what they don't understand. Everyone has their own "Ghostometer" and some people are more in tune to ghosts than others. You may sense a loving relative around you and feel comforted. When you sense ghosts of a lower vibration you may get the creeps or feel the hair raise on your arms or neck. Go with your feelings to determine what types of ghosts are around you. Tune into the energy around you because ghosts may be positive or negative. Trust your intuition. It won't let you down. Just because you can't perceive ghosts through your five senses doesn't mean you should fear them.

When someone hears or sees a ghost they automatically assume it's a bad ghost. It's important to understand that shadows may be white or black and neither are connected to negative or positive. Not all white ghosts are positive and not all black ghosts are negative. Ghosts may also look like real people. For example, you may catch someone out of the corner of your eye and when you look back there's no one there. In this case you may have seen a ghost that resembled a real person. Ghosts take many forms and shouldn't be stereotyped. Not all ghosts are women in white dresses.

What's the Most Unusual Ghost Activity You Have Encountered?

I visited Gettysburg while I was pregnant. Spirits tend to be attracted to pregnant women. I stayed at the Farnsworth Inn which is known for high levels of paranormal activity. I wanted to connect to a midwife ghost that was known to haunt the Inn. I had a huge bed. It was the kind where you



Dina Chirico, NJGHS Field Trip

need steps to reach the mattress. I woke up at four in the morning and saw an indentation in the mattress next to me. Someone was hip to hip with me and it felt like female energy. The ghost was the midwife I had hoped to find during my trip. I thanked her for allowing me to sense her presence. I was appreciative for the experience even though I had no scientific evidence of it.

On another occasion I lead an investigation in an apartment over an antique store in Northern New Jersey. The residents reported loud voices, moving objects, doors opening and shadow people. Our investigation team experienced the sound of running footsteps and witnessed moving objects. A negative spirit was in that apartment and he had been there for a long time. The ghost seemed to be seven feet tall and was attached to a closet. The house had a history of trauma. Children had been locked in that closet in the past. Ghosts may use mirrors as portals to enter and exit the human realm. This ghost was using, as a portal, the full length mirror on the wall that faced the back of the closet. I sealed the mirror to prevent energy from entering or exiting. During the sealing process our team sensed the presence of the ghost as if he was trying to fight us. The ghost was angry and he appeared right in front of us during the sealing of the mirror. We removed the mirror from the apartment. Our follow up results showed that the positive paranormal activity remained while the negative paranormal activity stopped. This was the outcome that the residents requested at the start of our investigation and our work was successful.

Where Do Ghosts Reside?

Ghosts exist on a different plane than humans. Spiritual planes vibrate at different frequencies than the earth plane. Every so often you get a glimpse into another realm, for whatever conditions correlate, like solar activity, full moons or an abundance of electricity in the air. Ghosts use energy from those same conditions. During investigations batteries may drain because ghosts take the available energy for their own use. Ghosts can be earth bound and unable or unwilling to cross over because they fear what exists in another realm. I see this a lot where something traumatic happened, like a murder. Ghosts may not know they are dead and when they realize it they are confused about how to get to the other realm.

Shadow people are one particular type of ghost spirit. They are not stuck on the earth plane, but seek to be here for some unknown reason. They are fearful and have their own issues to work through. Periodically our relatives that crossed over to another realm, may visit us in the form of a ghost.

Our group has asked many questions during investigations regarding where ghosts actually reside. It's almost like they aren't allowed to tell us. It's like there's some rule where ghosts can't tell us where they are so they communicate vague answers in response to the questions. I don't know what that's about. They simply never tell us directly where they reside.

We ask questions like where are you, is there a heaven and are you in between worlds. You name it we've asked it throughout the course of our investigations. We have several EVP's, but they don't tell us exactly what the answer is. Even the most experienced and talented mediums can't get a straight answer to these questions.

My experience with paranormal investigations tells me that ghosts are on a different plane of existence than humans are. Quantum physics determined that, in theory, there are different planes of existence and I concur based on my direct experience as an expert ghost hunter.

How Does Your Group Determine If You Will Conduct A Private Investigation?

We review a lot of requests and about half of them warrant an investigation. Our first step is to get details about the experience. Our decisions to pursue investigations are not based on a specific set of criteria, but are handled on a case by case basis and depend on the information we gather from our initial conversations. Examples of activity we are likely to investigate include seeing apparitions and shadows that cannot be explained by natural light or car lights, hearing sounds, words or names that are more than a whisper and objects that move with no logical explanation. Examples of instances that are not paranormal in nature include high EMF (electromagnetic frequency) levels and hallucinations.

Does Your Group Charge Fees for Private Investigations?

We never charge fees. People have given us donations for travel expenses, but we never ask for donations or fees for private investigations. Reputable organizations should not charge and if they do I recommend that you make sure that they are, in fact, reputable groups.

Interview with Dina Chirico, CPI

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