

Dear Nathan,

My friend at school was talking to me about a Ouija Board that she made at home with one of her parents. Can you please tell me more about it? Are they safe to use? Thank you.

From Izzy

Communicating With Spirits and Ouija Boards

Ouija Boards are used a tool for communicating with spirits. They involve the users placing their hands on a glass cup or object in the middle of a board, which is decorated with the letters of the alphabet, numbers and so on.

Ouija Boards work through connecting the user/s with their own energy and the energy of a spirit. Using a Ouija board to communicate with a spirit, can invite in the presence of a spirit who may be helpful or harmful in nature.

It is important that a person really know what they are doing! It is not a toy or a game or something to joke about because of the risk involved with using a Ouija Board, where the user/s don't have control over the type of spirits whom they are communicating with. Communicating with Spirits through a Ouija board is like leaving the door open to your house and saying to anyone on the street "please come in" – anyone can enter. Thinking about it this way, would you just leave your house door open to any strangers outside?

This can be dangerous because harmful spirits might find things that they like about their environment or the people they are interacting with. This might lead them to stick around and cause mischief to the environment and people around them.

It is a very serious thing to do to communicate with a spirit such as a spirit guide, guardian angel or dearly departed family member who has crossed over. It is not a game, nor is it something to joke about.

It can be a normal feeling to want to connect with a dearly departed family member because of our emotional connection to them. It is important to remember that our loved ones can hear our thoughts about them and they do receive our messages to them. You could start by holding an intention to send a message to them by talking in your mind, out aloud or writing a letter to them. Know and trust that your message is heard.

It can be very exhausting for a spirit to communicate with human's energy because the level of vibration of their energy is different. The energy of the physical world vibrates at one speed, while the energy of the non-physical world vibrates faster or slower than this. Because communication may be exhausting for spirits, it may mean that the spirits you have in mind may not always provide a response for you.

If you are ever feeling unsettled, like there is a cool feeling in the air around you, especially in your spine, then you may be in the presence of an unwelcoming spirit. In these situations, it is best to close your eyes, imagine yourself in a bubble of purple light and call on the Archangel Michael, who protects us from harm and keeps us safe. You'll feel warmer from doing this and you'll know that you are protected.

