

Residual Haunts: Why Is This Happening Again and Again?

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A residual haunting is the most frequently reported type of haunt. It is a recorded event that replays itself over and over again. The energy seems to be trapped in a never-ending time loop. The movie "Groundhog Day" comes to mind as an example. The energy in a residual haunt can manifest itself in many forms.

Most reported cases are sounds. Sounds can range from hearing someone crying or screaming in another room to hearing footsteps on stairs or in hallways. It is believed that residual haunts are imprinted into a dwelling or an area that has had a traumatic event occur in the location. It is also believed that residual energy can be imprinted into a location over a period of time by someone doing the same things on a daily basis. Typically residual haunts seem to happen in the same place at the same time. Currently, there is nothing that anyone can do for you if you have a residual haunt happening in your home. If you happen to come across one of these types of haunts please understand that it cannot harm you. They can be quite startling when you experience one but if you remember that it is only a form of energy and not a spirit or entity, you can deal with it.