



HE SEES DEAD PEOPLE

FHM VENTURES INTO THE REALM OF THE PARANORMAL WITH CONVERSATIONS AND SESSIONS WITH A CLAIRVOYANT.

WORDS: SIDDHARTH M JOSHI

Past few weeks had been pretty wild for me with parties and overwhelmingly embarrassing social get-togethers; so much so that you mostly get to see such scenes in Hollywood college comedies, however with way less dire repercussions. I decided to give myself a break and let my spirits settle down like the colourful sand inside a glass box. Overlapping with an existential nausea – that soon followed the decision – surfaced my old itch to explore the paranormal. I made some enquiries and bumped online into a channelling medium, who seemed interesting. I'd done some reading on mediums and people who have the skills to communicate with the world beyond this one, but was yet to meet someone who claimed to do things with a certain normalcy and not make a dramatic scene out of the process...

Scepticism

It's a Sunday evening and my teammate, Sudhakar is looking for a place to park his car in the posh but narrow lanes of Defence Colony. It's uncomfortably warm outside the air conditioned car and my scepticism makes it even more so. "Trying to contact spirits takes a lot of time and I can't guarantee that they will respond and come," Nishant had broken the ice with pure honesty, to my chagrin, when I'd called him up for the first time about my interest in the subject. "If you want to experience something I can channel with your guardian angel and have you communicate with them," he had offered. Guardian angels and ghouls have always sounded very alien to me as an India-bred. Something supernatural has to have the

mention of *atma*, *daayan* or blood sacrifice. On the contrary, this sounds really dull. A quiet chin wagging with my guardian angel! Is it really a good idea, I ask myself. "D333. This is the building, right?" Sudhakar has parked the car and is reading out the address on the house right in front of me. The address looks interesting. Maybe it's a sign that he called me today at his alternate office and not the regular one at C Block because he knew I will be sceptical. *What the hell! Stop being a bore and just take your ass upstairs to the room on the roof.*

"So, I also do something called Aura imaging... that's the scientific aspect of what I do otherwise," Nishant Sharma, a young, bespectacled guy, who happens to be in this domain, arse over elbow, for over six years now, is talking to us face to

face in his office-for-the-day on the roof. One thing I'm glad about is the AC that's diddling the sun rays dancing on the table between us. And I'm listening intently to what the engineer turned baba has to say about this scientific amalgamation of the spiritual realm. "It's a small electro-magnetic device that can measure the energy you emit," he holds an instrument that looks like something we used in our Physics lab back in school. "Once I figure out whether the energy is positive, negative or to what extent into that axis, and what impact these vibes have on your body and mind, I choose the healing tools... like, for energy healing, psychotherapy, spiritual walks, etc."

Lasting impressions

The room is minimalistic in decor and smells good. Our shoes are outside, but I'm no more worried about leaving them at the mercy of the slanting sun. The guy is talking about a bloody electronic gadget that he uses to diagnose a spiritual puncture in your soul. *This is interesting.* I readily chide myself and concentrate on his words. "The device, of course, only helps in the physical and energy aspect of the problem. For the spiritual aspect we use channelling methods as we connect with the Masters. I prefer to go in a trance and then connect with whosoever wants to communicate certain things to you."

Spirits are essentially electromagnetic in nature. But the physicality doesn't go away because they're still energy. In a paranormal investigation they use something called the EMF meter that detects cold spots. Wherever there's a spirit or an electromagnetic entity there's a drop in temperature and the meter becomes zero. The device that Nishant uses picks up energy and the software installed in it helps interpret the digital readings. If it's positive the device not only shows how positive but also helps interpret what it means. "The scale is not defined. For example, at some scales 10 MHz will be very positive, whereas 900 MHz will be very destructive. So, depending on your body type it becomes a live feedback. The same reading may mean positive things for one person, and may mean serious sign of stress for someone else," interesting but still confusing for us black-and-white people.

He patiently goes on explaining that it's based on Resonant Field Imaging. "The body will either go or fall out of resonance with the energy around you. It is healthy the moment it goes in resonance and stressful if it goes out." I steal a glance at Sudhakar and he seems as clueless about our bodies being little radio sets, emitting and receiving magnetic waves from all around. "Five levels of stress have been identified, out of which the first three have been recognised as energetic stress that can be easily healed. For example, if you've had a long trek and your back hurts that's an example of energy stress and may be easily healed. The rest two are chronic stresses," Nishant is now talking more like a doctor than a clairvoyant. I am absolutely oblivious to this therapeutic angle to a medium's job. I'm ready for more surprises down the line, only if they come one snatch at a time.

In a single session of about half an hour an energy pattern is established around the body that belongs exclusively to one person. It is a comprehensive method of looking both inside and outside the body. And that's how you scientifically quantify the energy that's surrounding you. But something doesn't add up. What if there are other people present

there? What if the medium's energy (*aura*) itself overlaps with the subject's energy? Won't that give a wrong reading? "When I do aura reading I wear a cotton lab coat. Cotton insulates my aura from impacting your aura. And the person or the subject also has to be in a minimum electromagnetic zone. For that, I have to switch off the AC, no phones have to be around us. So, we have to be at a spot where there is no such interference."

The Preparation

We've been bantering over a lot of technical stuff and however enlightening, I want to see the real deal. Sudhakar is still intently listening to how Nishant developed on his natural psychic instincts. As soon as he takes a breathing recess I remind him of the promised session, for which he seems all prepared. He walks up to a side table and lights some incense, filling the room with a soothing aroma (*which, thankfully, is not too overpowering for our senses*). He has a lot of stuff stacked neatly on the table, from what looks like a dried shrub to a crystal rock.

"What exactly is a guardian angel?" Sudhakar leans over and asks me in a

"In a paranormal investigation they use a gadget called EMF meter."



"I am a 6th generation psychic in my family tree."

whisper. He's interested in the paranormal as far as listening to stories of haunted houses and spooky incidents are concerned, not beyond that. *An angel who is there to keep you safe?* That's all I know. "As per the legend, when the soul expressed its desire to be individual every person got assigned two guardian angels who remain constant throughout their journey," Nishant overhears the enquiry and begins his explanation while bringing the ethereal gubbins on to our table. "You come here, learn your lessons and go back to only come back again and learn more

lessons till the time you achieve enlightenment. These guardian angels stay with you till that cycle is over, as intuitions, gut feelings and guidance." Spirit guides are spirits that have moved on and want to help you and, unlike guardian angels, they keep changing. It could be anyone, as per the Masters' will, anyone who has a karmic bonding with you may play the role of a spirit guide. The spirit guide's job is to inspire, deliver the message through inspirations, through meaningful synchronicities, etc. It's evident how much

Nishant loves the subject because he goes on and on about it and every angle has an interesting spark that not only intrigues but also lays out a very practical explanation. "For example, if you are in a state of mental block for a long time and someone random says something to you that totally changes your perspective and opens up that block... and get your answer. That's how spirit guides help you."

He's ready to start the session with a cleansing ritual but just before that I ask him something really juvenile. Where do these guardian angels and spirits live? "For that you need to see a movie called *Astral City* by this Brazilian guy called Chico Xavier, who was a medium. It says that on earth there are different realms. So, all the guardian angels live here itself, in a parallel dimension overlapping with several others."

We put our mobile phones on flight mode and Nishant makes me stand up, hands wide apart, like when the security guys frisk you in a cinema hall. He then brings a small shrub, called white sage close to me and cleanses mine and his aura with it by running it past over our bodies, so that the channelling is marred with our overlapping energies and we don't connect to a negative source. We sit back down on our chairs and he holds on to a piece of Selenite Crystal and closes his eyes for a while. He would later explain to me that a Selenite Crystal is a high energy vibration stone that helps open up his higher channels or *chakras* so that he connects to the pure source. Apparently when a medium starts channelling he is prone to attracting all sorts of energy from the spectrum, so this stone ensures that a connection with a negative energy is not established and the session goes on in the desired pattern.

The Session

Nishant has his eyes shut and is mumbling something to the Masters in order to connect me to them. My hands are loosely on his and I see his breathing change patterns from slow to fast and back to slow. He has a diary and a pen laid out on the table before him on which, after a while, he starts scribbling something in a near illegible hand. When almost the entire page is full with verses of automatic writing he looks up and asks me some questions to make sure the Masters are talking to him about me. He informs me later that he's an Evidential Based Psychic Medium, meaning his work involves giving absolute validation (*like names, dates, instances that you can relate to, karmic patterns, etc.*) that relate to an individual's past or present. Almost all his statements are bang on about my personality, my family and my state of mind. It feels a little spooky to know that someone that he calls Master is telling him everything about me and the extent of its accuracy is damn uncanny.

The session goes on with several scribbled pages, and he delivers a message at the end of each page. There are suggestions and warnings that come wrapped in the messages and all of them suddenly make a lot of sense. There are also solutions to issues that I haven't even imagined to be standing against me in my conscious state, but that I feel about

FHM: How do spirits look like?

Nishant: Your physical body is just a replica of your astral body (*energy form*). So, sometimes they look distinctly how they would have looked when alive, with the physical features very evident. But sometimes it may just be a ball of light.

Are there both good and bad spirits?

There are spirits or souls that belong to different realms. The ones in the lower realm are in a much more confused state. Those associated with suicide and murder are usually in the lower realm. Once they enter that realm they become helpless because they have to stay there for very long durations. After serving their term they may progress to a better position.

What are the signs that you may be possessed?

You may have scratches and marks on your body that suddenly appear without explanation, mostly at spots where you can't even reach with your hands or otherwise. Your behaviour may turn erratic and you show bouts of a transformed personality.

What is soul reading?

Soul reading is getting to know all about the Why's & How's related to our life from the perspective of our soul



Nishant Sharma, engineer turned medium, speaks some more...

and higher consciousness Masters from the spiritual realms; things like life purpose, life lessons that we are meant to learn, karmic patterns that go on repeating in our lives till we work on ourselves & resolve them.

How did you choose this profession?

I am an IT engineer from Kurukshetra University but chose to be on this path as these psychic gifts run in both my maternal and paternal family lineage (*I am a 6th generation psychic in my family tree*) and also my passion is to integrate science and spirituality. I work with doctors, researchers and scientists working on energy medicine and other psychic and paranormal phenomenon.

How can someone reach you?

People can join my TRIBE called the WISDOM TRIBE and read more about my work on my website, WisdomFromLight.com, where I have a section for individuals to download free meditations and guidance that I offer from time to time. This is my giveback initiative to people who need a little help and assistance on their spiritual path.

"He rubs the white sage over my body to cleanse my aura."



somewhere in the inner state. By the way, there's no way that I plan to spill the beans about the actual words that transpire between us, but man do they amaze me!

The same session is repeated with Sudhakar. He receives a thunderbolt of a surprise when Nishant begins to frantically sketch someone's figure on his diary. It has something to do with a lower entity (*or a spirit*) inside someone close to him. Enough to make him almost shit in his pants. There are other things about his health, career and relationships that we hear, but he's visibly shaken by the first information he's received.

Epilogue

An hour and a half later we are still sitting in

"Nishant begins to frantically sketch someone's figure on his diary."

the room, sipping what feels like our tenth glass of water. The experience has been nothing like we've had before. There's both a sense of satisfaction and excitement; an ebb and flow that's waded through our minds. Nishant tells us that there was a time when he would channel with any and every energy that tried to connect with him and sometimes that would turn dire with threats from the other

side and great deal of instability; so much so that at one point he was mildly possessed. He gifts me an e-copy of a book that he's auto-written, called *Rising of the Light*.

When we walk out and climb down the stairs I know I have a lot of reading to do: the book, the piece of paper that holds the masters' messages for me and, of course, myself in an all new light.