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Exploring local haunts

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Looking for a spooky place to explore for Halloween? Author, psychic and paranormal researcher Kala Ambrose is North Carolina's tour guide to help amateur ghost hunters find places where things go bump in the night.

Her new book, "Ghosthunting North Carolina" explores the history of the state's most famous haunted places.

"When I wrote this book I wanted to talk about haunted history and make it fun so parents could talk about with their children," Ambrose said. "I hope people will learn more about North Carolina and what makes it so unique regardless of the season."

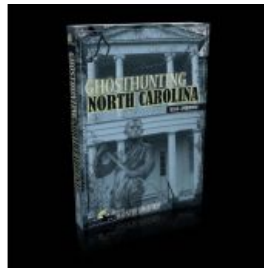
Ambrose said that the fascination with the supernatural is a part of every culture and new technology allows people to explore and document ghost sightings around the world through television and the Internet.

"It used to be just during Halloween but now it's year round," Ambrose said. "I think it's because of all the TV shows and there's more interest in the after life and the paranormal and I think that's very positive."

Ambrose said she has had the ability to see ghosts since she was a child as well as see auras in people, animals and nature. Ambrose is host of the "Explore Your Spirit with Kala Show," a radio program for metaphysical, spiritual and paranormal topics. She also writes as a columnist for the Huffington Post and as the National Metaphysical Spirituality Writer and the National Haunted History Writer for the Examiner. A resident of Cary, Ambrose was asked by the book publishing company Clerisy Press to write the North Carolina edition of its America's Haunted Road Trip series that features historical haunted places in each state. North Carolina is home many to haunted lighthouses, forts and the most actively haunted state capitol in the country. Ambrose researched and personally visited each location where ghosts have been sighted and offers travel information and tips for those who are brave enough to explore those territories firsthand.

"(Clerisy) wanted the book to feature places that are publicly accessible, unlike someone's home, and somewhere you could take family and friends to see for yourself if the place is haunted," Ambrose said. "I call myself the unofficial haunted history ambassador for North Carolina because I love history, traveling and the paranormal."

The book features seven destinations along Eastern North Carolina, including Fort Macon in Atlantic Beach, The Attimore-Oliver House in New Bern, The Old Burying Grounds of Beaufort, Fort Fisher at Kure



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Beach and the Bellamy Mansion and USS North Carolina Battleship in Wilmington. Ambrose said that out all of the locations, one in particular had the most hair raising ghost sightings.

"There were several places, but if I could break them down in East Carolina it was the USS North Carolina Battleship," Ambrose said. "I ran into several ghosts there and it was spooky."

Although Ambrose relies on her natural sixth sense, she said that digital cameras, digital video recorders, EMF detectors and infrared thermal scanners are often used by paranormal researchers to detect things that the human eye often misses. From research, her explanation of the presence of paranormal phenomena can be due to energy imprints or recordings of typically traumatic events, like accidents or battle field scenes. Typical ghost experience are also common, in which the spirit of a person who has not moved from the earth's plane and into the spirit plane. Other types include poltergeists and spirit messengers.

"Some stay behind because they are afraid of the other side, and they didn't think they were a good person and afraid of where they might go," Ambrose said. "They really are people; and there are good people and not so nice people and same things apply to ghosts. Some want to be near loved ones and don't want to leave and want to see what's going on."

Ambrose said that along with picking up a book from the Haunted Road Trips series, amateur ghost hunters should always be cautious and do plenty of research ahead of time to ensure that each destination is safe and open to the public. She also strongly encourages explorers to be respectful of ghosts and not allow fear to create potentially dangerous situations.

"It's more of the fear factor that startles you because you feel the cold presence and there is a sense of sadness or anger but they can't do much physically," Ambrose said.

Copies of "Ghosthunting North Carolina" are available in bookstores and amazon.com. For more information, visit ghosthuntingnorthcarolina.com.

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