



APRIL 2009

Special points of interest:

- Information on new things happening with OKPRI
- Stories from the Other Side

Inside this issue:

What's New With OKPRI?	1
Reader's Realm <i>Christy</i>	2
Stories from the Other Side: <i>The Ghosts of Ft. Washita</i>	3-4
Ghostly Fun <i>Word Find</i>	5
Founder's Forum	6

Welcome to another exciting edition of OKPRI's *Ghost Gazette*!



HAPPY EASTER



Easter time is here again and many are getting ready to dye and hunt Easter eggs, some people are eating chocolate bunnies and paying their respect their religious respects. Since ghosts still come out and play during the Easter season, our group has been busy doing what we do best. Our group has been working on some new investigation locations which we will be investigating extensively.

We are also gearing up for our Para-Float 2009 event and we are looking forward to having a great crowd and time this year. Keep up with our newsletter and we will feature all the photos from our time at Para-Float.



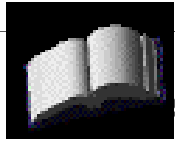
OKPRI invites you to the 3rd Annual Oklahoma Paranormal Conference on the River!

"Para-Float 2009"
Coming June 12th -14th 2009!!!

Held at the Thunderbird Lodge at the Arrowhead Resort in Tahlequah, Oklahoma



2009 is a great year and OKPRI is changing up the way we have been doing our Para-Float events! Our Para-Float Conference Event will still be at Arrowhead Resort however it will be hosted in the Thunderbird Lodge Building which has a full size conference area along with a full size kitchen and dining area where OKPRI will be hosting dinner for both evening to all our guests for a small donation of \$5.00. What's great about hosting our conference here in the Thunderbird Lodge is that is it right off the river which can be seen from the back deck area and there is plenty of room to host a large conference! For more information, visit our website at: <http://www.okpri.com>



Reader's Realm

Submitted from Shannon, Del-City, Oklahoma

Hi Christy!

My friends and I are interested in investigating a haunted place but don't know where to go. Do you all allow people to join you on investigations?

Christy Responds...



Hi Shannon!

We usually do not take guests along with us on an investigation and the reason is due to the confidentiality of the home or business owner. We like to respect their personal information and what they have going on, especially since many of them are worried about what others might say if they advertise or tell others about what they have going on. We do have quite a few people like yourself that are very interested in joining an investigation so what we do is hold public ghost hunts where people can learn about the paranormal and then investigate the location to see if they witness anything paranormal first hand. We usually have great turnouts and if you and your friends are interested in attending one our public events, please watch our website for information as we host them periodically throughout the year and at various locations.

I hope this helps!

Sincerely,

Christy

“Do you allow people to go along with you on investigations?”



Sleep Paralysis ~ Scientific Explanations And The Old Hag Legends

Sleep Paralysis has been known for a long time. Throughout the history of mankind there have been the reports of people awakening to feel a sense of weight on their chests and an inability to move their limbs to escape this pressure. People who experience this phenomena almost unanimously describe a feeling of panic and fear at their experience which can last long after the paralysis of their bodies has faded and they can move again.

Legends have arisen in every culture as a means of explaining this sensation, now called sleep paralysis. Hebrew legends equate the night hag with Adam's first wife, Lilith. More commonly the European view from the Middle Ages was that a witch or other demonic entity was sitting on their bodies and trying to entrap their souls. But whether the night hag is thought to be an old woman, witch, devil, incubi or succubae, there is rarely reported an actual visual presence and the victims are left to fear that such a thing will happen to them again.



Modern scientific study has discovered a common feature with most of these sleep paralysis events and a physiological cause for the most pronounced symptoms. It has been discovered that during sleep the brain releases a hormone into the blood stream that will paralyze the major muscle groups to prevent locomotion. In this way, the body can rest while the mind is working its way through dreams. This hormone is designed to prevent the body from hurting itself during the unconscious sleep state. Those who have had too little of the hormone introduced are subject to limb thrashing and sleep-walking as the person acts out the events of their dreams.

“People who experience this phenomena almost unanimously describe a feeling of panic and fear”

**Stories From The Other Side**

The medical explanation of sleep paralysis is that as a person rouses from the deeper sleep cycle, the hormone will take a few moments to wear off and release the muscles of the arms and legs, thus causing a brief period where the paralysis lingers. Generally it only takes a few seconds for this to fade, but even such a brief time can cause panic in many people. That a sense of fear or dread accompanies this sensation can be understood in that one of the major triggers for sleep paralysis is extreme stress in one's life.

While the medical profession considers all the sensations of sleep paralysis to be psychosomatic, paranormal researchers have often encountered stories of being held down or choked in places that exhibit poltergeist activity. There have been other reports, some as recent as the early 1990's, of a person's spouse entering the room where their partner is experiencing "sleep paralysis" and seen a dark shadowy form fleeing the bed of the victim.

There has yet to be discovered a practical way to study any but the most physiological aspects of this phenomena. That it has been a fact throughout the history of man could lend weight to the totally mundane explanation. But there has also been the belief of malicious spirits bent on harming the living for as long as humans can remember. Does the truth lie somewhere in between? Could it not be equally valid that certain dark spirits use this physical effect in an effort to attack the souls of the living when they are in a defenseless position?

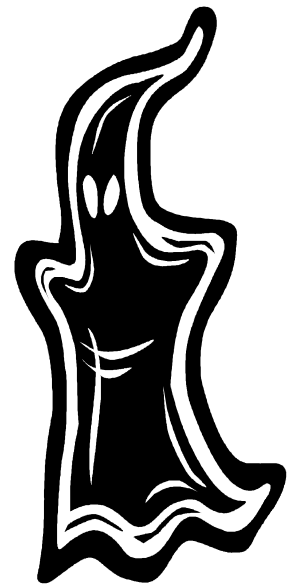
“While the medical profession considers all the sensations of sleep paralysis to be psychosomatic, paranormal researchers have often encountered stories of being held down or choked in places that exhibit poltergeist activity..”

True Ghost Stories

<http://www.trueghosttales.com/nightmares/sleep-paralysis.php>

Ghostly Fun for Everyone!

Q E Y E X M H C M G W A X I G B C
 F A I E K Q V E R R A K I C X P I
 P P A R A L Y S I S O H Q A M V G
 P M C T G D B T N P N H B L I A O
 M S Q M Q P H E N O M E N O N H L
 C I P V S V J D R E A D L C H U O
 Y U Y N N U B R U L R V Z K V Y I
 D G R S A E T A L O C O H C D J S
 Y S A W A K E N I N G D S U K G Y
 P S Y C H O S O M A T I C G A H H
 G K F T W S L U O S R E Y Y C S P
 S L E E P C O N D I T I O N Z I X
 O G N I K L A W P E E L S K O S H
 Y T E A S T E R L Y W U X H Z C I



- Awakening Bunny Chocolate Condition Dread Dye Easter
- Physiological Eggs Souls Hormone Medical Hag Paralysis
- Phenomenon Psychosomatic Sleepwalking Sleep

Founder's Forum
by Christy Selfridge



In closing I would like to say thanks to all of you who took the time out to read this edition of our newsletter and stay tuned again very soon for another edition which will be our May 2009 edition.

Do you like our newsletters? We would like to hear your thoughts on them! Please shoot us an email!! We really appreciated your comments!

I would also like to say thank you to all those who have come to our public events and who have given us your thoughts and input. It's been so nice to meet many of you and to be able to share stories and fun times! Thank you again to all of those who have come and for those who keep up with our monthly newsletters!

Have a story that you would like to share or perhaps a picture you took that you would like featured in our newsletter or have an idea on something else you would like to see here? Please send us your stories and ideas to okpri@okpri.com

Until the next time, we wish the best to all of you and hope that if you do go ghost hunting that you do it safely and please, never trespass, always get permission for the places that you intend to investigate!

Happy Hunting!

Christy Selfridge

HAPPY EASTER EVERYONE!



“Thanks to everyone who has kept up with our monthly newsletter and who have written in with your thoughts!”