

The Science of Ghosts | Paranormal, Bhoots and Ouija Boards Exposed |

In 1989, Bollywood stars Vinod Khanna, Amjad Khan and Dimple Kapadia were shooting for a Bollywood film on ghosts. One day after the shots were over, Kapadia claims that she saw a woman sitting beside her on the bed and had an eerie feeling that the woman was a ghost. This is just one of many examples where people claim to have seen ghosts and spirits - even recently in India, where a person communicated with the spirit of late Sushant Singh Rajput. However, it was revealed by an Instagram user that audio clips from an old interview with film critic Anupama Chopra were extracted and played as if it was the late actor's spirit talking, which several news channels reported on. In 2017, there was a film called Veronica that was supposedly inspired by real-life incidents; specifically, by the story of Estefania. This real story drew so much attention that it was even mentioned in the police report that there were some paranormal activities at this girl's house. It is easy to understand why people may think that elements of what is shown in such films must be true - however, it should be noted that people misunderstand the phrase 'inspired'.

Mass Psychogenic Illness, also known as Shared Psychotic Disorder, is a phenomenon that can have bizarre consequences. We saw this in the Bujairi case, where 11 family members committed mass suicide, and in an Australian family, where the five members went on a road trip and suddenly believed someone was trying to kill them. This is said to be a case of Shared Delusional Disorder (SDD) where people who are close to each other often reinforce each other's delusions. Ouija boards are spelled OUIJA but pronounced /wee-je/, and to use this, people go to a place where they believe a spirit is present. They then place their hands on the pointer and ask questions to the spirit; if they want a yes or no answer, their hands will start moving towards the answer. This phenomenon is known as the Ideomotor Effect - a psychological phenomenon that causes us to move our bodies unconsciously. People who believe that they are talking to spirits through Ouija boards access memories and images of those who have passed on to respond, and their brain unconsciously tells their body to move. The same effect can be seen on people who claim they are possessed.

Ghost hunters often use an EMF meter and motion sensor lights when exploring an abandoned building, claiming to have spotted a spirit if the light turns on. This way, any nonsense that is often sprouted is presented as fact on TV. In the film Lekin, Dimple Kapadia played the role of a ghost who experienced a ghost encounter. She told Padmini Devi that she had been shooting all day as a ghost, which stuck in her mind and caused her to have the delusion.

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