



# NATURE SPIRITS, SPIRIT GUIDES, AND GHOSTS

*How to Talk with and Photograph Beings in Other Realms*

---

By Atala Dorothy Toy

## **- Excerpt from Chapter One: Ghosts and Spirits -**

### **The Haunted Hotel**

The grand old Stanley Hotel in Estes Park, CO is known as the second most haunted hotel in America. It is surpassed only by a New Orleans hotel where such activity increased after Hurricane Katrina.

I unexpectedly discovered the Stanley Hotel's very active energy when I went for a nature photography shoot in Estes Park and booked a night in the hotel because it had an online special. I did wonder at check in, when I was asked, with a knowing look from the clerk, if I wanted a room in the old part of the hotel. I said yes, thinking that meant quaint. I went upstairs and unpacked. I sensed some energies, but that is usual when travelling. I opened the window, which had a good strong fit but still slammed shut three times inside fifteen minutes. This caught my attention, but I was very tired from a busy week at a show and bluntly requested that all energies please leave me alone. I needed to rest. I started to unpack when I heard what sounded like a tour go by my door. Curious, I opened the door to discover a ghost tour of the hotel explaining that this was the most haunted floor!

Well, of course, I had to take the tour and changed my schedule accordingly. I learned this was the hotel where Stephen King stayed and which inspired his book *The Shining*. I learned the spirits included a staid old housekeeper who would settle down in bed to separate a couple if they were not married; the attentive, celebrity-loving, hospitable wife of the original owner; a lecherous

former landowner who stole jewelry right off the hand of the wearer; a grumpy alcoholic caretaker; and a number of children, maid servants, and other ghosts. These had all been seen by numerous guests and employees.

I also learned that a Colorado university professor had done a scientific study of the hotel and produced a paper about what he called the Stanley Effect. As explained by the tour guide, this professor had investigated the area and had found the combination of minerals on which the hotel was built--limestone, quartz and pyrite--plus the electrical power plant situated at a lake nearby, augmented the frequency at which paranormal events are brought into the human energy range. In essence, the combined elements were connecting the two frequency worlds, human and spirit, and amped up the ability of the ghost realm to affect the physical realm.

During the tour I was personally aware of the wife's presence, which was signaled by her favorite scent, old-fashioned rosewater. As the tour progressed, I could see her standing by the tour director at the entrance to a haunted bedroom. The ghostly wife behaved in a friendly manner towards me, possibly because I was someone "important" in that particular group, being an author. When the group went inside a bedroom, I happened to stand behind the bed. I watched with interest as the friendly ghost came in towards me and sat down on the bed, right in front of me, leaving a depression from her rump and a scent of rosewater in the air. The tour guide was also aware of this occurrence and pointed it out to the group.

The tour ended on my floor and I went back to my room, ready to take a brief nap. However, the ghost and her rosewater scent came in with me. By now I had been consciously working with spirits for many years. I knew how to turn off the ability to see them, and turn the ability back on. The tour had provided me with the opportunity to experience the ghosts, and now I just wanted to sleep! So I grumpily thanked the ghost for her hospitality but asked if she would please leave and take her friends with her. There was a slight pause and then the ghost replied politely, "Well, all

right, dear, I just wanted to make sure you were comfortable!" I replied I was, thanked her again, and she and all her friends left.

### Lessons

The energetic base of an area affects the types of life forms that will be most easily experienced. It sets a particular band of energy as the predominant field. Other energies moving into the space are affected and find the course of least resistance is to coordinate or harmonize with the dominant energies. At this particular location, ghosts predominate. But in other areas of Estes Park, stone energies predominate and, in fact, this is the reason I was there. I wanted to capture better photographs of my stone friends whom I had come to know and love on previous trips. (You can see my stone friend photos in the story "Grandfather Rock.")

In this situation, as regards my requesting the spirit to leave my room, it is useful to understand that we all have free-will rights, both ghosts and humans. The ghost was a hospitable host and when I exerted my free-will right to get a good rest, she responded with politeness and arranged for it to occur.

People have asked me: "Your practice involves helping spirits cross over. Why didn't you send all these folks to the light? Why did you leave them there?"

What to do about ghosts varies with every situation. One needs to consider the specifics of why the ghost is there, what humans have done to change the original situation, and how the ghost and the situation have evolved.

In this case, the environment itself was holding the spirits in place, and unless that environment was altered, one batch of ghosts could be sent over, only to have another set take their place.