

GoodSPIRITS

Winter 1998-1999

The Newsletter for Friends of Author and Paranormal Investigator Paul F. Eno

Welcome to our first newsletter!

Welcome to *Good Spirits*, the occasional newsletter for friends of author and paranormal researcher Paul F. Eno.

Paul always is busy with fascinating new cases of ghosts and haunted houses, presentations and media appearances, not to mention books, so watch for this newsletter for updates, check your local newspaper or visit the New River Press website at (<http://ourworld.compuserve.com/homepages/NewRiver/>).

Those of you who have heard Paul speak, or read his latest book, *Faces at The Window* from New River Press, know that he is a painstaking, no-nonsense researcher who understands how to balance science, theology, philosophy and even history and folklore in his pursuit of the unexplained.

Good Spirits will keep you posted about his lecture and media appearances, his ongoing paranormal investigations and upcoming books.

About Paul

Paul F. Eno was born in Hartford, Conn., on March 30, 1953, scion of a Yankee family that had lived in that area for 300 years. His

ancestry includes several medieval saints, including St. Arnulf, St. Bega and St. Vladimir, Prince of Kiev. So perhaps it was "ancestral memory" that got him to put in quite a few years studying for the priesthood. Paul's high school and



junior college years found him at St. Thomas Preparatory Seminary in Bloomfield, Conn., from 1967 to 1973. In 1975, he graduated from Wadhams Hall Seminary College in Ogdensburg, N.Y., with a rare bachelor of philosophy degree (Ph.B). He went on to graduate work in Eastern Orthodox history and theology at St. Vladimir's Seminary in New York City. Then, in 1978, studies continued with the Master of Liberal Arts Program at Trinity College in Hartford, where he studied psychology, history, philosophy and law. Paul's early research into the paranormal led to additional studies in psychology and parapsychology with Drs. Lawrence Cotter and John Houlihan at Ogdensburg State Hospital (N.Y) and Norwich State Hospital (Conn.).

A published author by the time he was 17, Paul has written extensively on

the paranormal and his other love, New England history, for such national magazines as *Fate*, *Yankee* and *American History Illustrated*. He is well known among Rhode Island readers as a writer on that state's history.

Along with *Faces at the Window* (1998), Paul's books include *The Occult* (1977), *The Counseling Handbook: Preventive Medicine for the Occult* (1978) and *The Best of Times* (1992).

Paul, his wife, Jackie, and their two sons live in Woonsocket, R.I.

You'll certainly want to keep up with his news, because he's always up to something new and different! ♦



What Paul is working on

Ongoing paranormal investigations

Northern Rhode Island has been an active area since last fall, with two separate cases of "oppression," or entities that have attached themselves to people, creating problems in homes

there. In another case, with some phenomena reportedly witnessed by police, several entities in an apartment house have the building almost empty and the remaining residents frightened.

Here's one of the most interesting situations:

see *CARMEN's SPIRIT*, next page

You probably received Good Spirits because you added your name to our mailing list at one of Paul F. Eno's presentations on his work as a paranormal investigator. If at any time you would like to be removed from the list, please call New River Press at (401) 765-4948 or toll free at (800) 244-1257.

CARMEN's SPIRIT

from page one

“Carmen’s Spirit”: In a small, rented house set back from the main road, live a single mother and her two sons. In their two years of residence, they have noted the presence of what they believe is a ghost. This spirit at first seemed unobtrusive, and the mother even described it to Paul as “protective.”

But when the mother’s friend Carmen moved in with the family in the late summer of 1998, things changed. The entity grew in strength and seemed fixated on her, though it became more troublesome to the whole family also. Carmen said the entity, whom she described as a middle-aged male, was trying to communicate. The entity often bothered Carmen while she was trying to sleep. At one point, she said she woke up and felt cold hands around her neck.

Members of the family felt the presence and occasionally saw a shadowy male figure. They called Paul in October.

After visiting the house, Paul felt that an entity was indeed present.

“I clearly felt its energy in certain parts of the house, and photos revealed a number of oddities. Also, Carmen fit the personality type I’ve often encountered in people vulnerable to psychic oppression,” Paul reports.

Carmen had been victimized frequently throughout her life, was unemployed, saw little hope of improvement, was under psychiatric treatment and was a person “of great depth and creativity,” Paul pointed out.

“As a matter of fact, the ghost seemed to have the same psychological ‘baggage’ as Carmen: Guilt and depression. This leads me to believe that she may have unconsciously projected her own personality onto the entity, or that the entity appropriated it itself.”

Unlike most paranormal researchers and psychics, Paul doesn’t take the entities he encounters at face value.

“I don’t trust these critters,” he says. “If they are what they appear to be, why



ABOVE: Psychoplasmic energy seems to pour from a window in Carmen's former home in northern Rhode Island in October 1998. Photo analysis indicated that this phenomenon is not reflected light.

does their nature often change when certain people move into or out of a house? I believe they become whatever they have to feed on people’s energy.”

Sure enough, after Carmen left the house in December on Paul’s advice, things calmed down substantially.

The case is ongoing, and Paul has been working with several professionals, including Carmen’s psychotherapist, to help bring the case to a happy ending.

In another matter, Paul is getting ready to check out an ancient Native American site where there have been

reports of strange sights and sounds.

Books

Paul is working on a sequel to *Faces at the Window*, which will recount some of his more recent paranormal investigations, including “Carmen’s Spirit” and other New England cases.

Before the end of 1999, New River Press hopes to publish Paul’s delightful book, *Rhode Island, a Genial History*, written in collaboration with Channel 12 (Providence) reporter Glenn Laxton. Watch for more information. ♦

How to contact Paul

If you would like to have Paul speak at your college, high school or group meeting, call New River Press at (401) 765-4948 or toll-free at (800) 244-1257. There is a fee, but it can be reduced or eliminated through on-site sales of *Faces at the Window*. New River Press provides free color posters and press releases for the event.

If you or a friend believe you are having difficulties of a paranormal nature, you can reach Paul through the above phone numbers or contact him personally at this address:

*Paul F. Eno
P.O. Box 62
Blackstone, MA 01504*

He works anywhere in New England.

**PAUL's NEXT BOOK SIGNING/LECTURE PRESENTATION:
BARNES & NOBLE BOOKSTORE, STALL BROOK PLAZA
(I-495 at Rte. 126), BELLINGHAM, MASS., SAT. FEB. 20, 2 p.m.**