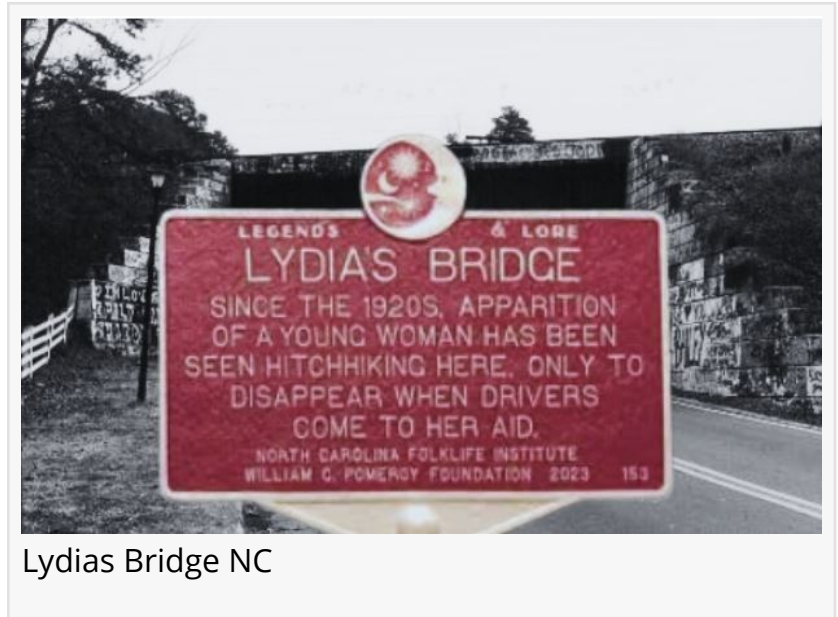


# 3 Real Life Ghost Stories and Why They Matter

*Real-life ghost stories are more than Halloween fun. Paranormal encounters redefine existence thru exploration of fear, death, and the unknown.*

LOS ANGELES, CA, UNITED STATES, October 8, 2024 /EINPresswire.com/ -- Ghost stories have been a part of human culture since ancient times, and they continue to captivate the collective imagination. Especially during Halloween season when spookiness is most fun. But not all paranormal encounters are urban legend, or exaggerated tales.



Lydias Bridge NC

This Halloween, remember there are real ghost stories that have haunted witnesses for years. And while many spooky reports should be dismissed, here are three chilling accounts of paranormal activity that challenge even the most skeptical minds.

“

Ghost Stories provide a safe outlet for expressing and processing fears, grief, and other complex emotions. And, sharing ghost stories creates a sense of community and shared experience...”

*Jack Rourke*

Baboosic Lake House in Amherst, New Hampshire: Baboosic Lake covers 226 acres. It formed more than 10,000 years ago by glaciers. Which allowed the Native Americans who inhabited the area to fish and hunt the surrounding woodlands for centuries.

In the 1920s, Baboosic Lake became a popular tourist destination. Wealthy families from New York and Boston would commute by train to spend summers along its

shore. It was the place to go if you wanted to go dancing, sunbathe, rent boats, or visit the many shops that lined the roads adjacent the lake.

Today all that is left of this once thriving vacation community are the lake's natural beauty, historical sites, and many converted cottages along its shoreline. But lake Baboosic is not for the faint of heart. Lisa Demers and her husband rented there for a family weekend. All was well until

the second night when the couple woke and saw a child next to their bed. But when Lisa's husband reached for the child, it disappeared.

How a ghost encounter changes a relationship depends on the individuals involved, their beliefs, and how they communicate about the experience. It has the potential to bring people closer together through shared vulnerability and understanding, but it can also create distance if not handled with mutual respect and open-mindedness.

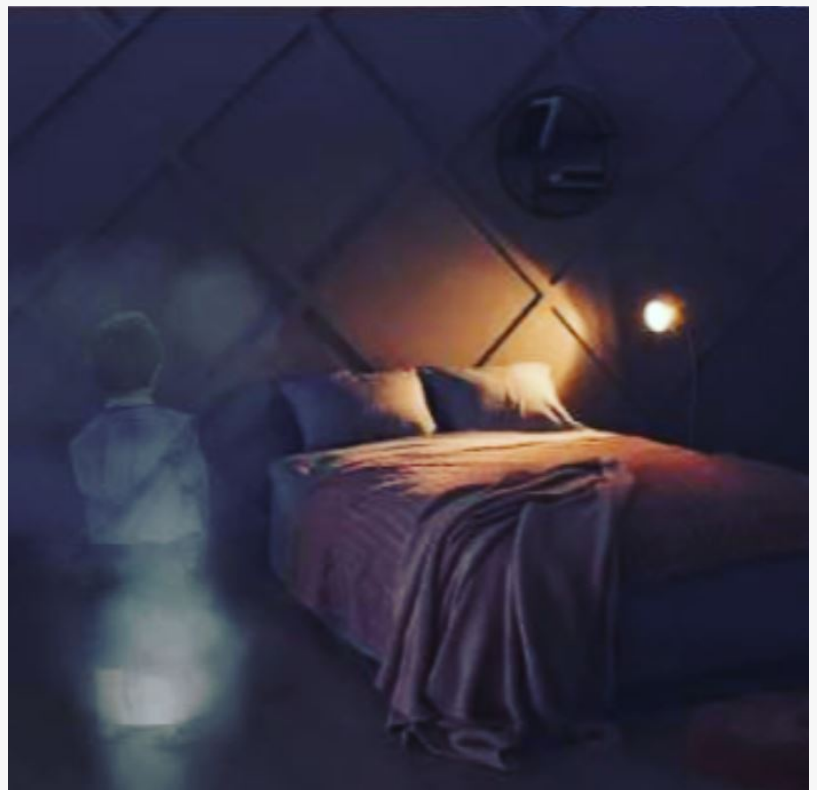
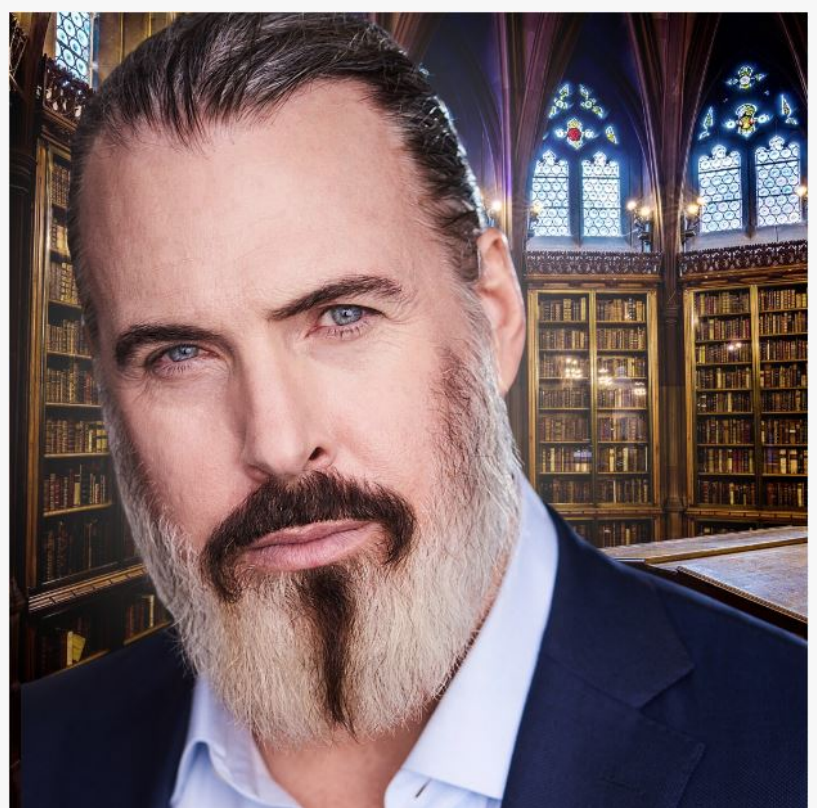
Lydia's Bridge in Jamestown, North Carolina:

The first reported sighting of Lydia was in 1924. North Carolina folklorist Nancy Roberts wrote about a woman in white in her 1959 book, [An Illustrated Guide to Ghosts & Mysterious Occurrences in the Old North State](#).

Roberts interviewed a man named Burke Hardison. He told of his encounter with a young woman when, as a student, he drove to High Point North Carolina from college on a rainy night thirty years earlier in 1924.

Back then, the now abandoned bridge in question, was over Highway 70. Hardison claimed he was driving along when he spotted a girl dressed in a white gown on the side of the road. She signaled for him to stop and asked him to help her get to High Point.

Hardison agreed to drive her home. But when they arrived, she had vanished into thin air. Thinking Lydia had dashed into the house to escape the rain, he knocked on the door, only to learn from her mother that she had died in a car wreck the year before at the overpass where Hardison had picked her up.



Individuals who encounter a ghost alone commonly find themselves questioning reality, which can lead to deep philosophical insight, or increased stress. What are most rare, are group sightings.

### [Queen Mary](#) Long Beach, California

The Queen Mary began its life as a cruise ship on the Cunard-White Star Line. The vessel was christened on September 26, 1934, by Queen Mary herself. It sailed for more than three decades serving luxury travelers, and during World War Two, military passengers on their way to European battlefields.

The Ocean liner was retired in 1967. Five years later, it opened as a floating hotel in Long Beach, California. Since then, several thousands ghost sightings, disembodied voices, and paranormal events have been reported there. The Queen Mary now holds the honor of being the most haunted ship in the world. And, the most haunted hotel in America.

[Jack Rourke](#) has personally investigated over 400 accounts of demon possession, poltergeists, and ghosts. In 2006, Rourke was co-founder of the Queen Mary's short lived paranormal research center. In his book, *The Rational Psychic*, Rourke tells the story of a ghost encounter witnessed by more than forty people.

On one occasion, Rourke and a colleague were leading a ghost tour on the notoriously haunted ship. While the associate was speaking to the tour group, Jack spotted something out of the corner of his eye. Over his left shoulder, he saw a man walking toward the group on a gangway in an area where visitors were not permitted. Rourke did not want to disturb the tour, but he also did not want the man to interrupt his friend in the middle of her lecture. So he quietly turned in the intruder's direction to let him know he could not walk through. Just as Jack turned to face the man, he passed through the doorway into the area where all were standing and vanished. Two seconds later, while Jack was still slack-jawed and unable to speak, a security guard who had been following the ghost-man walked through the same door — stopping exactly where the "man" had just vanished. The guard, completely baffled, looked Rourke straight in the face and said, "Where'd the guy go?"

Jack is quick to point out, whether you are a skeptic or a believer, ghost sightings haunt the imagination long after the event itself. Talking about them is helpful as ghost stories provide a safe outlet for expressing and processing confusion, grief, and other complex emotions.

Culturally speaking, haunted tales are also useful in how they inspire community through shared feelings and beliefs. Additionally, paranormal anecdotes allow people to confront death, fear of the unknown, and the mystery of the afterlife in a controlled, and often entertaining way. For these three reasons and more, ghost stories will continue to evolve as part of the collective human narrative for many Halloweens to come.

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