



Scares Me

100+ Facts About Ghosts that Will Keep You Up at Night

Ah, ghosts ... they inspire us, intrigue us, and most of all -- they **scare** us!

That's a good thing most of the time, right? I mean, who doesn't love a good ghost story around the campfire or a scary ghost movie on a rainy Saturday afternoon.

But what do we *really* know about ghosts? If they exist (do you believe?), they what are they like?

Are they good?

Evil?

What are the **facts**?

Lucky for us that we live in the Internet age, where answers to these questions are just a few keystrokes away.

What follows is a rundown of some of the most gripping "facts" about ghosts you'll find anywhere online.

Are these nuggets all true? Hard to say, but they sure are thrilling and chilling!

What We "Know" About Ghosts

According to [Fear and You](#) ...

- Ghosts are not sleeping; they are always roaming around, especially if they want justice for their death.
- Ghosts want to be noticed -- that's why rooms where ghosts roam sometimes smell like perfume or manifest unusual smoke or fog
- Among animals, cats sense ghosts most strongly. When a cat is staring in the air, it just might be watching a ghost.
- Ghosts usually don't intend to harm you -- most just want to be noticed.
- The scariest apparitions usually belong to people who die in accidents or as the result of crimes, especially when their killers go free.
- Ghosts are people who don't want to leave the earth.
- Ghosts draw energy from their surroundings, which is why you might experience cold spots in haunted places.
- Some ghosts can see your future and will attempt to warn you about it in your dreams.
- Ghosts can be either good or bad, depending on their circumstances in life and in death.
- Cemeteries are generally not haunted -- most ghosts inhabit the same areas they frequented during life.
- Many churches exhibit signs of being haunted, often by multiple ghosts.
- Ghosts have feelings but not physical senses.
- Ghosts most often appear to their loved ones and anyone who wronged them in life -- or the person who *killed* them.
- Ghosts can't kill you, but they may try to entice you to kill yourself.
- Ghosts can touch the ground with their feet, but not with any other parts of their ethereal bodies.
- Ghosts can communicate through living people.
- Some claim that ghosts can remain in their homes for up to 12 nights after they die, but no longer.

- A child who dies before reaching his first birthday may become an angel rather than a traditional ghost.
- Ghosts are most active when they want justice for their death.
- Good ghosts don't intend to be scary, but evil spirits ARE intentionally frightening and may harm you .
- Some believe the First Law of Thermodynamics -- that energy cannot be created or destroyed -- proves the existence of ghosts.
- Ancient Egyptians believed that death was the transition from one form of existence to another.
- The White House is reputedly haunted by Abigail Adams, who hurries toward the East Room to hang her laundry.
- Dolley Madison's ghost is reported to have saved her rose garden from Edith Wilson's gardeners.
- There have been numerous alleged sightings of Abraham Lincoln at the White House since his death.

And Ghost-Story.co.uk tells us that ...

- The modern Ouija Board named itself when asked that it should be called. It also divulged its meaning: "Good Luck."
- Low-frequency sounds at some haunted locations can cause fear and panic in humans.
- Most hauntings are of the *residual* sort -- they consist of events that play out over and over again with no ghostly control over them.
- In 1901, physician Duncan MacDougall determined that the human soul weighs 21 grams by weighing patients before and after they died.
- The Italian government considers Poveglia Island to be so dangerously haunted that they do not allow any public access to the area.
- New York property sellers must disclose if their listings are believed to be haunted.

- A nature photographer in Morgan City, LA, caught the image of a ghostly humanoid figure on his trail camera in December 2010.

Meanwhile, [*Spirited Enterprise*](#) says ...

- Haunting spirits want your attention.
- Spirits have no concept of time.
- Ghosts often don't realize they're dead.
- Some ways ghosts can communicate with us: dreams, subliminal thoughts, automatic writing, through a pendulum, intuition (sixth sense).
- Some ghosts can also communicate through our own instruments, like white noise and EVP, if they wish.
- Most spirits are curious, and some are mischievous.
- Ghosts are more active at night -- be afraid of the dark!
- Full-body apparitions are rare, but ghosts often manifest as orbs, mists, shadows, or flashes of light.
- The more energy you have, the more likely you are to attract a ghost -- hence, most paranormal activity occurs around children and young adults.
- Spirits usually retain the memories and emotions of their lives.
- Some ghosts stay with us by choice, others are trapped by consequence.
- Ghosts have much the same personality they had in life.
- Animals and children are more sensitive to spirits than are adults.
- Animal spirits can haunt, just like human spirits can.
- There are friendly, helpful ghosts aside from Casper.
- Ghosts are often protective of the families they haunt.
- Many ghosts are confused about their not-dead, not-living circumstances.

- Just like living humans, ghosts are more likely to cause mischief when they are bored.
- Certain locations have sufficient energy to serve as vortexes, or portals, allowing spirits to transport themselves from one place or realm to another.

[*Legends of America*](#) relays these facts ...

- Ghosts love the smell of lemons.
- Some ghosts have a sense of humor and enjoy human laughter.
- Most ghosts are happy, but some suffer from emotional pain.
- Ghosts can appear to the living in dreams.
- Ghosts can make audible sounds.
- Ghosts use energy -- theirs and ours -- to move things.
- Many spirits love to play pranks on the living.
- Most ghost orbs are neon blue or violet in color.
- Ghosts favor nighttime because of the reduced EMF and competition for energy.
- Hooded black smoky figures are usually dark entities that often appear at the foot of beds while the living sleep. Creepy!
- Hauntings are most intense around children entering puberty.
- Ghosts can read your thoughts.
- Ghosts retain their memories and emotions from life.
- Sometimes ghosts are trapped and just don't know they can move on -- tell them.
- Noisy or rambunctious ghosts are called poltergeists.
- Ghosts can be temperamental.
- Ghosts like to hang out in cliques with each other.

- Ghosts make friends across the eras representing their lifetimes.
- A strange whisper in your ear while sleeping likely came from a ghost.
- Ghosts enjoy using the stairs -- especially at night.
- Most ghosts can't or won't hurt you.
- Asking ghosts to leave you alone usually works.
- Ghosts who lived in the distant past are somehow able to keep up with current trends.
- Children often turn ghosts into their imaginary friends.

Finally, there are plenty of other **ghostly tidbits** around the net, like ...

- Most hauntings are carried out by ghosts -- true demons are rare.
- Ghosts can affect you mentally, physically, and emotionally.
- Some ghosts are able to move or manipulate objects.
- Places that witness a lot of birth or death tend to attract the most ghosts.
- No one is SURE why ghosts appear or make contact.
- Certain types of electromagnetic fields can make people feel like there is a presence in the room with them.
- Some low-frequency sounds -- infrasounds -- can cause unease similar to a haunting.
- Certain molds can cause irrational fear when we're exposed to them in the long term.
- Carbon monoxide poisoning can cause people to "hear things."
- We may be more likely to experience a ghost in a place someone else TELLS us is haunted.
- About half of the American population believes in ghosts.
- Ghosts don't like change.

- Interference from cell phones causes trouble for ghosts.

The Famous and the (Un)Dead

Apparently, believing in ghosts, or *being* a ghost, is not just for the average Joe. There is plenty of evidence that some of the most famous and accomplished people who ever lived have had some paranormal leanings.

For instance, according to [Famous Scientists](#) ...

- Evolutionist Alfred Russel Wallace attended seances and believed his dead mother appeared in a photo with him.
- Nobel Prize winners Marie and Pierre Curie believed in ghosts and thought there may have been paranormal involvement in radioactivity.
- Thomas Edison claimed to have invented a “spirit phone” to communicate with ghosts.
- William Crookes discovered thallium ... and believed mediums could communicate with the dead.
- Radio wave pioneers Oliver Lodge and Heinrich Hertz also shared a deep and abiding interest in the paranormal.
- Charles Robert Richet, a physician who won a Nobel Prize for his research into anaphylaxis, believed that mediums produced ectoplasm when they were communicating with the other side.

And it's not just dead scientists, either. According to [Ranker](#), plenty of celebrities believe(d) in ghosts, too. Among them

- Miley Cyrus
- Halle Berry
- Lady Gaga
- Kate Hudson
- Nicholas Cage
- Demi Lovato
- Joan Rivers
- Alyson Hannigan
- Ryan Gosling

- Matthew McConaughey
- Keanu Reeves
- Hillary Clinton
- Anna Nicole Smith
- Taylor Momsen
- Kesha
- Lily Collins
- Cher
- Dan Aykroyd
- Carrie Fisher
- Lisa Rinna
- Mick Jagger
- Patrick Stewart
- Carnie Wilson
- La Toya Jackson
- Jermaine Jackson
- D'Angelo
- Shayne Lamas
- John Salley

And, finally, Mental Floss points out that several famous people have graduated to being famous *ghosts*! Among our dearly departed who may not have fully departed are ...

- Marilyn Monroe
- Orson Welles
- John Lennon
- George Reeves
- Lon Chaney
- Rudolph Valentino
- Abraham Lincoln

Ghosts in Literature

If you like your ghost facts a little less ... well ... factual, then our literature heritage has you covered.

In fact, there are so many ghosts strewn throughout history's favorite books that listing them all would be impossible.

Luckily, you don't have to hit them all right away to get a hefty dose of the paranormal and probably learn something about spirits along the way.

To get going on that quest, consider these entries presented by [Bustle](#):

- *Hamlet*'s father stirs up a whole wasp's nest of trouble when he asks his son to avenge his death.
- The ghosts in *A Christmas Carol* still thrill after nearly two centuries.
- *Beloved* features ... gulp ... ghost babies.
- Hitchcock whips out a vengeful murdered wife ghost in *Rebecca*.
- Creepy kids and ghosts are all you need to know about *The Turn of the Screw*.
- Few modern ghost stories evoke more genuine fear than Stephen King's *The Shining* and its bevy of ghosts.
- *The Woman in Black* is a classic creepster ghost who hangs out in dark places sending ill will your way.
- William Shakespeare strikes again with the gruesome Banquo in *Macbeth*.
- Sometimes, ghosts are all in your head -- or are they? Read Poe's *The Tell-Tale Heart* and then decide.
- King claims that *The Haunting of Hill House* was one of his inspirations for *The Shining*, so you know it's packed with ghostly goodness.
- A Toe Ghost? Too strange to make up, and too disturbing to miss -- check out "The Big Toe" in *Scary Stories to Tell in the Dark*.
- The Headless Horseman in *The Legend of Sleepy Hollow* is a classic and horrifying ghost that never really gets old.

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That's a whole lot of ghost information to digest in one sitting, but this is just the tip of the ghost-fact iceberg!

Check back with [ScaresMe.com](#) on a regular basis to pick up more ghostly chills and thrills.

Thanks for reading!