

## FAQ

# Can spirits make you twitch, move, or be paralyzed?

No, but energy can and when you are introducing another energy-driven entity into your home there can be a period of adjustment because of the increase of energy. Typically most Keepers don't see any difference at all with the influx of energy, but some have reported temporary side effects. It is always prudent to err on the side of safety if you are experiencing any twitching, shaking, moving, or any other physical action to make sure it isn't medical.

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