

# The Spirits of Ouija, Four Decades of Communication by Karen Dahlman

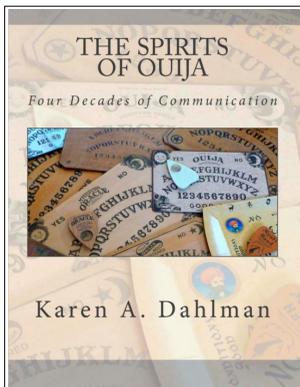


This is a fascinating book. It is comprehensive in its scope and most likely one of the few substantial modern day books about the use of the Ouija Board available today. I first heard Karen speak on the national radio program, Coast to Coast AM with George Noory. Prior to that interview, every time I had heard George talk about the Ouija over the years he had always maintained a negative attitude towards it. Therefore I found it

refreshing to hear Karen's extensive and positive experience with the Ouija board! She is a fascinating speaker and has over 40 years working with Ouija in private as well as in public demonstrations.



Like Mr. Noory, many people have expressed a negative attitude towards the use of the Ouija board. Why? Perhaps because they do not fully understand it, or they have been told to stay away and so are prejudiced that way before they have even tried it. If you don't know what you're doing, yes of course you can attract negative spirits, so it's good to have some guidance and training. If you spend some time reading Karen's book she covers all of the bases and gives you clear guidelines as to how to properly approach the use of the Ouija board for communicating with the spirit world.



One of my favorite chapters in the book was 'Coming Out of the Closet' which deals with how Karen decided to bring the use of the Ouija Board into her work as an art psychotherapist and licensed professional counselor. At first she was understandably reluctant to reveal her affinity because she had a code of ethics to adhere to and as a result was conflicted. However, she was already using the tool of past life regression which somehow seemed

“more normal” to others, whereas the Ouija encounters did not. However, after so many years of experience in working with the board, she began to feel that the use of the board with some of her clients might greatly enhance and accelerate their progress, especially in difficult cases. She then began to discuss the use of the board with some of her work associates whom she found were surprisingly open to its use. She said, “I was using the Ouija Board with the intentions for spiritual growth. With the days of it being used as a novelty gone now, I was getting into some incredibly provocative material.”

Over time her sessions deepened in the most fascinating of ways. “Backed by our clinical trainings and experiences with helping our clients navigate their psyches, we felt prepared to traverse and navigate the world of the Beyond. With the help of the Board, we began to explore even deeper areas of our psyches, our Higher Selves, experiences with our clients and quandaries about suicide and multiple personality disorders to name a few. We were seeing and experiencing the traumatic stories of our clients, but now we could explore the fabulous facets of the human mind and consciousness at deeply profound levels with the help of our spirit friends, our angels, various entities and other helpers we met through the portal of the Ouija Board.”

In my opinion, this is the sort of openness to experimentation that can create profound breakthroughs. I applaud Karen for her bravery in ‘coming out of the closet,’ spiritually speaking, that is. Another aspect of Karen’s work that I appreciate is that Karen has not limited her spirit communications work to just spirits and ghosts. She states, “When I first began my work on the Ouija Board, I truly thought that Ouija could only be used to talk to the dead, including the spirits of deceased loved ones and spirits that may be stuck – you know, the ones who were responsible for creating ghostly apparitions and hauntings. Not exactly true!”

“Over the years I have learned that not only can we speak with the deceased, we can communicate with many other different types of consciousness that exists in varying forms, such as animals that are both alive and dead, people in comas, unborn fetuses, angels, guides, ethereal beings and our Higher Self.”

Most of the reviews for Karen’s book are very positive. *The Spirits of Ouija* is honest and personal and I think, as a reader, you will find this book very appealing. Hopefully Karen’s book will encourage others to develop a wholesome and healthy attitude concerning the use of the Ouija Board. It’s available to purchase on Amazon. [\*The Spirits of Ouija\*](#)