

Drama – Not Just on TV

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If I hear about one more instance of DRAMA or STRIFE in the paranormal community I think I am going to scream! How many of you have either a) been directly involved with or b) been cognizant of some type of dramatic event? I would venture to speculate that a vast majority of you have.

What exactly is “drama?” Well, according to dictionary.com it is defined as:

“...any situation or series of events having vivid, emotional, conflicting, or striking interest.”

Let’s add the definition of “strife” into the mix:

“Bitter sometimes violent conflict or dissension. Exertion or contention for superiority”

I’d like to propose that the following line be added to the standardized definition for both classifications: “see Paranormal Group.”

With the large number of friends and contacts I enjoy in the paranormal community, I am privy to a lot of “gossip” and information. Every other day it seems like there is some new “crisis” or “problem” which has reared its ugly head.

A pattern can usually be established to show that it is generally the same individuals and/or groups repeatedly. Why is this? Do these people have nothing better to do with their time and energy than expend it creating problems?

Like most in the paranormal community, I hold a “real” job – one that pays the bills. As much as I enjoy research and investigation, unfortunately, at this juncture it does not put food on my family’s table. Like many of you, I spend countless amounts of time, money, and energy in this field. So, with that being said...why would *anyone* who was legitimately involved in paranormal research want to deal with drama and strife for a pursuit which is purely a hobby? Isn’t this supposed to be our “release” from the pressures of daily life? Don’t we have enough conflict and stress from our day jobs?

Not only are these drama “kings and queens” doing a horrendous disservice to the collective reputation of the entire paranormal community, but they are also causing long-term, negative health effects on those caught in the wake.

According to a new survey conducted by the American Psychological Association (APA), Americans engage in unhealthy behaviors as a means to help deal with stress. The survey results tie in with what longstanding research has shown – that 43 percent of all adults suffer adverse health effects from stress. There are both long and short-term physical consequences on our bodies resulting from these immature individuals.

Some of the short-term symptoms include:

- Diversion of the blood from less vital to more vital organs.
- Increase in the heart rate to supply more blood quickly.
- Increase in the blood pressure to supply blood efficiently.
- Increase in the respiratory rate to get more oxygen from the atmosphere.
- Breakdown of glycogen stores in liver and muscle to get more glucose.
- Formation of more glucose from non-carbohydrate substances.

The long term consequences are far more reaching, and may include:

- Chronic head ache
- Mood swings
- Anxiety disorder
- Substance abuse
- Memory disturbances
- Heart attack due increased blood pressure, sugar and cholesterol
- Stroke due to similar reasons
- Weight loss
- Exacerbation of allergies including asthma
- Irritable Bowel disease

- Ischemic Bowel disease like Crohn's disease
- Decreased sexual drive
- Sleeplessness

Is it truly worth it? Is our physical health worth the degradation from these troublemakers? Of course not! I have come to believe that certain individuals actually enjoy causing problems. Perhaps a lack of focus is a contributing factor? Jealousy perhaps? Whatever the root cause, it has been shown that the effects are widespread and far-reaching.

Whether it is drama within one's own group – or another group or individual causing the drama – just say NO.

About the author:

Larry Flaxman is the founder and President of ARPAST (www.arpast.org) – the Arkansas Paranormal and Anomalous Studies Team, which is a member of the TAPS (The Atlantic Paranormal Society) family. He has been actively involved in paranormal research and investigation for over ten years, and melds his technical, scientific, and investigatory backgrounds together for no-nonsense, scientifically objective explanations regarding a variety of anomalous phenomena.

Larry has appeared in numerous newspaper, magazine, radio, and television interviews, and has authored several published articles regarding science and the paranormal. In addition to involvement with ARPAST, he serves as technical advisor to several paranormal investigation groups throughout the country.