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White paper

INTRODUCTION

Spirits are among us at all times and are easily recognized once one knows what they feel like. When you feel a tingling of the skin, a pin prick, the feeling of a crawling insect when one is not present, or a sudden chill among other strange sensations, with no apparent cause, you are likely experiencing a spiritual presence. Often their unrecognized interactions with us are so significant that science assigns diagnostic titles such as schizophrenia, Tourette's syndrome, migraine headaches, and others. One of these others is restless leg syndrome (RLS).

SYMPTOMS ACCORDING TO SCIENCE

Science describes RLS as a neurological disorder where the sufferer has an irresistible urge to move his or her legs.¹ These urges are often accompanied with tingling, creeping, pulling, and sometimes biting sensations on or about the legs.² These symptoms are most often recognized during periods of rest when motor activity is lowest, and may be relieved with movement. In addition, the symptoms are prevalent at night when the individual is attempting to sleep. Furthermore, the sufferer tends to have trouble falling and staying asleep due to associated sensations. Finally, many of the sufferers of RLS experience periodic limb movement disorder (PLMD) where limbs and muscles twitch and jerk, involuntarily. Severe symptoms cause a lack of sleep and result in fatigue during waking hours.

Some of the associated symptoms of RLS have been linked to iron deficiency, anemia, diabetes, and other physiological issues.³

RESTLESS LEG SYNDROME FACTS

RLS is caused by a spirit in physical contact with the individual.⁴ The 'creepy crawly' symptoms are caused by this entity when it is in movement. Other sensations of movement occur because a spirit is a living entity that is capable of movement. Often those who experience associated symptoms experience pain or burning sensations that are also administered by this spirit.

There are many reasons why a spirit might cause the sensations experienced. First, spirits are energetic beings and feel naturally tingly and like a static electric field when in physical contact with an individual. In this case the feelings that suffers have are not necessarily made with intent, as the spirit is merely being with the individual like a family pet might be – don't they tend to sit on people's laps? This spirit is most likely a well-known friend of the individual during periods of unconsciousness, while sleeping.

Other more unpleasant symptoms are deliberate attempts by the spirit to cause sleeplessness and fatigue, in an attempt to alter behavior. Fatigue is an excellent method of breaking an individual down and reducing the likelihood of sinful behavior. An additional reason behind these symptoms is to bring about a recognized phenomena that defies scientific explanation and causes a search for answers, which in turn may have brought the reader to these very words. The symptoms associated with RLS may be for many other reasons, but above all are caused by a spirit and are for logical and good reasons, regardless of how the *sufferer* might feel.

SPIRITUAL CONFIRMATION

Those who experience RLS can immediately confirm a spiritual cause. When symptoms are present the individual should hold an open and relaxed hand toward the area of the sensations with the thoughts that he or she would like the spirit to touch their hand. The sensation of tingling on the hand is confirmation of its existence.

CONCLUSION

A spirit causes RLS. Its presence, regardless of associated symptoms, is good. The feeling of such a spirit is either due to its mere presence or with intent – to cause a recognized phenomenon or to instill fatigue upon the individual for positive behavior change.

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¹ <<http://www.rls.org/Page.aspx?pid=477>>, accessed April 8, 2009.

² <http://www.ninds.nih.gov/disorders/restless_less/detail_restless_legs.htm> accessed April 8, 2009.

³ <http://www.ninds.nih.gov/disorders/restless_less/detail_restless_legs.htm> accessed April 8, 2009.

⁴ George D. Stewart, *How It Is*, On-Demand Publishing, Scotts Valley, CA, 2008, p. 70.