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### How to Use a Ouija Board--A Step by Step Guide

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# How to Use a OUIJA® BOARD

## - A Step by Step Guide

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brought to you by  ELLIE  
PIERSOL

1. If you don't have a real Ouija® Board from Target, cut a piece of cardboard and write out the pattern with Sharpie.

- ◆ For your planchet, use a small glass cup that's easy to read letters through.

2. Do research online because you and your friends are sophomores in high school and don't know what you're doing.

**DON'T** let your friend Raina show you YouTube videos of Ouija-ing gone wrong; they're all fake.

- ◆ However, they have Hollywood horror movie-level editing and should be admired for that. The fake, black shadows in corners and shifty camera angles are top-notch.

**DO** find prayers online that have something to do with inviting *benevolent* spirits into your space. Even though you are sophomores high school and feel like you're 10 feet tall and bulletproof (as your mother would say) you're not and need to take precautions.

- ◆ If you sense there is a *malevolent* spirit with you, say goodbye and flip the planchet.
  - ▶ It might feel like goosebumps, chills, someone else around you that's not there, cold gusts of air in an otherwise warm room, or hearing voices.
- ◆ If the spirit spells out the name "Zozo" say goodbye and flip the planchet.
  - ▶ Because your house was built in the 1910's you might talk to some really old spirits, some of whom cannot spell and might freak you out by trying to spell the name "Zoe" and go back and forth between "Z" and "O". Even so, you didn't flip it over because you're an idiot and instead you corrected the spirit.

- ◆ If the spirit goes through the entire alphabet or starts to countdown through the numbers, say goodbye and flip the planchet.

**DO** pick a leader in the group to ask the questions.

- ◆ It'll end up being your friend Eliza because Raina is too scared and you're too in awe of what's going on.

**DO** pick someone to write down what the spirits say on a piece of paper so you can keep track of what's going on.

- ◆ But you didn't do this because you're in high school and are too excited to be playing with a Ouija® board to get everything right.

**DO** light candles and/or incense and turn out the lights to set the mood.

- ◆ Ideal candle scents: pumpkin, spices, cloves, deep amber, vanilla. Anything from Bath and Body Works will suffice, even florals. Unscented tea candles work too.
  - Once you're done with your session, you might be interested in dipping your fingers into the warm wax, just because it's fun.

**DON'T** play with a Ouija® board inside your own house, you run the risk of inviting something into your home.

- ◆ You did that anyway because you're a sophomore that can't drive, which is something your mother resents.

**DON'T** play with a Ouija board in a graveyard.

- ◆ (obviously).

**DON'T** tell your parents.

- ◆ Even though the three of you are up until 3 AM in the living room, so they'll find out anyway.
  - Honestly, playing with a Ouija® board is better than anything else you could be doing and because you and your friends are losers.

(Your parents are just happy you're having fun.)

**3. Eventually, you'll want to purchase a real Ouija® board from Target, so Eliza's mom bought her one for her birthday.**

- ◆ Now you'll have the actual printed Ouija® board and the real plastic planchet instead of the glass juice cup you've been using.

**4. Switch up your locations sometimes to talk to new spirits.**

- ◆ The basement is full of boxes of your step dad's stuff now that he's moved to Nebraska.
- ◆ You've talked to everyone residing in the living and dining rooms.
- ◆ So the only other room in your house is your bedroom.

**5. Perform the ritual of lighting the candles and setting up the board and turning out the lights.**

- ◆ Don't blow the candles out just because candle smoke smells good.
- ◆ Don't let Raina put her hands in the wax until after you've finished.

**6. Find a place to sit the board.**

- ◆ Your room is small so the three of you must put the board on your bed and sit in a circle around it.

**7. Read the prayers.**

**8. Place your fingers on the planchet, one finger per person.**

**9. Push the planchet in a circle around the board and let it rest in the center.**

**10. First question: "Is there anyone with us tonight?" Wait for an answer.**

- ◆ The planchet rests over "YES."

**11. Second question: "What is your name?" Eliza asks because she is the leader.**

- ◆ P-E-T-E.

**12. The three of you gasp because that's the name of your dad that died only two years prior.**

- ◆ He died of heart failure when you were 14 and you missed over a week of school for it.
- ◆ He had been an addict and was trying to seek therapy and take medication for depression, but clearly, he had either:
  - ▶ Stopped taking his meds or
  - ▶ Was taking his meds and still drinking.
- ◆ Your parents had been divorced since you were 11 and you were spending time between each house, but because your dad was getting worse you had to tell your mom that he wasn't buying groceries and was still drinking, so the three of you decided that it would be best that you live with your mom full time.
  - Even though living full time with your mom meant her repressing any issues that you had and dealing with the four step-siblings you didn't ask for and never wanted in the first place.
- ◆ After you'd been living with your mom for a while, you thought your dad was getting better. You saw him on Easter with the rest of his family and your cousins and aunts and uncles and he wasn't drinking.
  - He was getting better.
- ◆ And then you planned on going shopping with him one weekend because he got some kind of bonus at work. A few days before you were supposed to hang out you called him and he didn't answer.
  - He always answered your phone calls.
- ◆ And so you called and called and a pit in your stomach formed and grew, and adrenaline filled your veins, and you couldn't explain why, you can't explain why to this day, that you knew what was wrong.
  - Your instincts were telling you that something was wrong.
- ◆ So you told your mom and the two of you drive to his apartment, and you try to unlock the door, but he has the chain lock on.
- ◆ So you went to the kitchen door and unlocked it, and you stand in the kitchen while your mom goes into the living room to find him on the couch.
  - And she comes into the kitchen with tears in her eyes.
    - ▶ "He's gone."
  - And you scream like a banshee and sink to the floor until an ambulance comes.
- ◆ Eliza and Raina, your two best friends, know that he died, but they don't know how.

**13. And now you're 16 sitting in your bedroom and you don't know what's going on and you want to believe, but you're skeptical, so you ask him questions:**

- ◆ "What's my nickname?"
- ◆ "Who is cupcake cat?"
- ◆ "Do you remember Angel?"
  - Only questions that you know he could answer.
    - ▶ He answers them correctly.

**14. To this day your mom thinks that Eliza and Raina could have been messing with you to make you feel better about what had happened.**

- ◆ But that's why you asked him specific questions, questions that only he knew.
  - But now you consider how vague the questions were and how it's possible that your best friends, that turned out to be assholes, actually could have fucked with you.

15. "Where are you right now?" you ask because, he's your dad.

- ◆ It takes him a while to spell out that he had been reborn in another dimension as a young boy.

16. "Is there anything you want to tell us?" you ask.

- ◆ God isn't real.
  - He grew up Catholic and went to a Catholic school where the nuns physically abused kids, and when his parents found out they transferred him and his siblings to public school.
    - ▶ Up until his death, he was spiritual and believed in the "Great Mystery."

17. "Is there anything you want to ask me?"

- ◆ How is mom?
- ◆ "She's good."
  - You're tearing up, Raina's hands are shaking. You don't remember how Eliza was reacting.
- ◆ How's step-dad?
  - "He's good too."
- ◆ How's Angel?
- ◆ Angel, my childhood cat, that I took with me between my parents' houses.
  - "He's good too."
  - Your hands shake. Tears run down your cheeks and snot into your mouth. Your mouth is dry and you can hardly think straight. You're glad the lights are off and your friends can't see.

18. Could this all have been fake? Could my friends have been pretending to be my dad to make me feel better about the situation I was in?

- ◆ Lots of people believe using a Ouija board is fake and try to science away any experience someone might have had.
- ◆ Did this experience, for whatever reason, make you question how your dad even died?
  - Yes.
- ◆ When you tell this story to other people, do they believe you?
  - It depends on the person.

19. If this was real, could my dad's energy, through me, be strong enough to communicate?

- ◆ Kinda like in *Interstellar*?
  - How love can transcend time and space?
- ◆ That's what I want to believe. But who's to say?

20. Make sure to say "Goodbye," say a final prayer, and take a drink of cool water before putting the board away and going to bed.