

For release, April 2016  
Q&A with Authors of

# *Spirits of Amoskeag*

## *The Wounded Heroes of the Manchester Mills*

By **Lois Hermann** with **Peter Paulson**

### **How did you get involved in spiritual work?**

**Lois:** Over 20 years ago, Hewlett Packard moved me to New England to develop training materials and ultrasound systems. We rented a nice home where my 7 year old daughter saw the spirit of a lady. We were told that Judy had lived in the house and shot herself in my basement. What would you do if you had a ghost in your home? I invited a healer and priest to help. Instead of blessing the house, they said I needed to learn how to do this, and gave me some pointers. I helped Judy, yet it didn't stop there. My daughter continued to see them and I continued to help them. This started my journey of spirit communication.

### **You are a medical professional; how did you get into hypnosis?**

**Lois:** During the same time, my 3 year old son had developed severe migraines and night terrors. I first learned Reiki to take away his headaches, then went on to learn hypnosis and would guide him to sleep safely in the clouds with the angels. As a hypnotist, I have extensive training in Spirit Release Therapy, with training by priests and transpersonal hypnotists. My clients come for many reasons, and often there are spirits around them. I do not see them, yet communicate with the spirits through the client. All are helped in the process.

### **When did you get involved with the stories in this book?**

**Lois:** In 2003 I was hired to investigate numerous deaths and accidents at an assisted living facility outside of Manchester, NH. The deaths were of the employees' family members, not the elderly residents. The statistical odds were staggering. I agreed to take on the job. As a hypnotist, I guided the woman who hired me into hypnosis where we identified over 300 spirits that wanted attention. Excavation work was going on the facility grounds and the spirits wanted their bodies found. A lead spirit named David said he would take the young ones into the light if we promised to tell their story. We promised, and helped them into the light. As we gathered information to write the story, the woman who hired me took another job. Life got in the way, and their story was abandoned for 10 years.

### **What happened to cause you to start writing the book?**

**Lois: I met Peter** at a networking event in 2014. He was an out of work business professional who asked me if I dealt with "baggage," and I knew exactly what he meant. He wanted help boosting his confidence to get back into the job market, and offered to help me write a book. I had many ideas about books to write, so took him on as a client. Peter was feeling better, getting good job offers. That spring, I fell and broke my arm. In my healing meditation, a voice said "What about our story...you promised!" I remembered the promise from 10 years earlier. On investigation, we found that since we did the clearing 10 years ago, all activity had stopped. They kept their promise, now it was my turn to keep ours.

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### **How did you go about writing the book?**

**Lois:** Since Peter was doing so well, we decided to pursue writing the book. With Peter in trance, we called an advisor from the light to show us what we were to write. Archangel Michael appeared and took Peter into the Amoskeag Mills, showing him the stories that needed to be told. I recorded the sessions and researched some of the information to corroborate what we received.

**Peter:** Since childhood, I have interacted with spirits, both good and bad. Working in trance with Lois, I made numerous journeys into the past to uncover the secrets. Some of these young mill-workers suffered unimaginable cruelty. I joined Lois in the effort to find their hidden story, to create this book as told by our Guides and the earth-bound spirits.

### **What was it like in the mills?**

**Peter:** The Amoskeag Mills in the 1880s were very busy. The noise in the multi-floored buildings was constant, echoing down the brick streets between the buildings. Carriages on the cobblestone streets only added to the din. Inside, workers were lined up together. Whirling leather belts powered the weaving machines from drive shafts bolted under the ceiling. Interior lighting came from large exterior windows that barely lit the lint dust in the air. Workers of all ages worked together. Safety devices didn't exist, and the water-powered machinery couldn't be stopped in an emergency.

### **How did you feel about your journeys?**

**Peter:** I witnessed clips of the children's lives, and many times felt their anguish. I met a very concerned woman named Marie who fought hard to find her lost orphans. I felt her deep, soul wrenching concern when no one would help her. The stories of all those affected by these wounded heroes is hard to believe. It happened all the same.

### **What was the story they wanted told?**

**Lois:** During the great mills, the huge hydro-powered machines required care. The small children were used to oil and repair them. Called the "Great Unspeakable," there was a decree that if a child was injured, there were considered expendable. This crime affected all of society at that time.

### **What is it like to work together?**

**Lois:** We became great partners, helping spirits, friends, and family. With guidance from Spirit, we created this book, and continue to clear spirits and gain insight for the next book. Peter and I now offer clearing sessions for those experiencing spiritual interference in their lives.

### **How are the spirits doing, and what is the message they want us to share?**

**Lois:** The spirits are safely in the light. Many have returned to thank us. They want to be remembered as the hard-working young people they were. Let their stories remind us that we need to take care of our children in order to nurture a healthy society. We each must do our part.

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