

Director's Note

Are ghosts real?

What are ghosts? What are spirits? The word “ghost” is of Germanic origin and means spirit. We often refer to religious narratives as spiritual, while ghost stories are supernatural. In the classic ghost story, designed to give us a scare, we look at ghosts as entities outside of ourselves. But what if ghosts are something that haunt from the inside?

What is it that can haunt from the inside? Memories and experiences. Some remain in the subconscious and some resurface at unexpected moments. Traumas, especially from early childhood and those of a sexual nature, live on often below our day-to-day level of awareness. They can become somaticized and expressed through anxiety, depression, and physical disease. These are the ghosts that truly possess. And it is this energy that some people are more sensitive to perceiving.

This opera invites us to explore: What haunts us? What ghosts are looking back when we look in the mirror? Who in our life might be able to pick up on the subtleties of past troubling experiences? Each one of us can bring light to the shadow, face our inner demons, and become truly saved.

—Joachim Schamberger