

GHOST HUNTING: TO DO

DO:

Do learn some basics of what parapsychologists and psychical researchers have learned about apparitions, hauntings and poltergeists.

Do learn how to actually use the technology ghosthunters so like to use these days. Learn what the devices are *designed* to detect (it's not ghosts), and learn the limitations of the technology. Learn about false readings. Learn what sorts of things can give you unusual (non-paranormal) images on film and digital media when taking photos and video. Learn what sorts of things might cause unusual sounds on audiotape.

Do learn interviewing skills so you can question the witnesses appropriately.

Do look for non-paranormal explanations for both the overall case you investigate *and* the individual events reported by the witnesses. Question *everything*.

Do realize that some explanations can be rather bizarre without being paranormal. Look for unusual and rarely seen "normal" explanations.

Do take note of people's experiences and perceptions. Consider working with psychics or sensitives, as long as they are "team players" and are willing to be questioned about what they experience (in other words, work with psychics who can admit they are not always right).

Do pay attention to what you experience yourself, but always look for alternative explanations.

Do take special note of instances when the technology AND the humans are perceiving *something* out of the ordinary *at the same time*.

Do combine all data from technology with the experiential reports of the witnesses and any perceptions of psychics/sensitives, your teammates and yourself.

Do ask lots of questions.

Do respect the people in the location you investigate. Put their needs *above* your need to "get something."

GHOST HUNTING: NOT TO DO

DON'T:

Don't go to any location without full permission of the owner/person(s) leasing or renting and inhabitants. Don't "investigate" a public location (restaurant, museum, hotel) without permission.

Don't go alone.

Don't jump to conclusions.

Don't believe technology over human perceptions (DO remember that none of the tech has been designed to detect "ghosts").

Don't scare people with pronouncements of ghosts unless a) you're sure of what's going on and b) they can handle such news.

Don't leave the situation and the people without some kind of resolution or referral for further help. Don't leave without giving them good information about psychic phenomena.

Don't involve the Media without discussing all that encompasses with the people involved at the location.

APPARITIONS, HAUNTINGS & POLTERGEISTS, Defined

Apparition: An apparition is our personality (or spirit, soul, consciousness, mind or whatever you want to call it) surviving the death of the body, and capable of *interaction* with the living (and presumably other apparitions). This is the true definition of a ghost.

Haunting: A location (or object) holds/records information about its history. Our own psychic abilities allow us to pick up certain play-backs of this history, including sightings of people. However, these are recordings, not conscious beings. Referred to as "place memory" and "residual hauntings."

Poltergeist: Physical effects, such as moving objects, in a situation caused by the subconscious mind of a *living agent*, generally someone in the household undergoing emotional and/or psychological stress. Effects are caused by psychokinesis (PK).

Paranormal Investigation Checklist

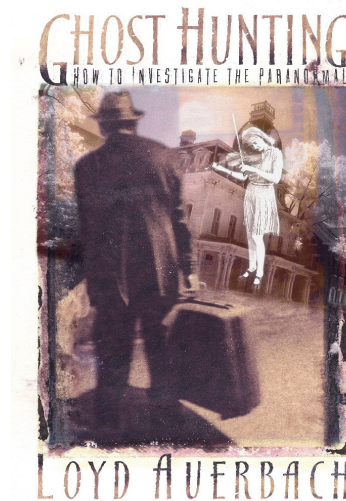
- 1) Ask as many questions as possible before going on the investigation
- 2) Confirm that the phenomena/experiences are still going on, that there is more than one witness, and that there's a need to investigate at all
- 3) Explore normal causes for the reported phenomena *before* going
- 4) Don't go alone
- 5) Gather what equipment you think you may need, especially recording devices (camera, tape recorder, video camera, paper and pen)
- 6) Avoid publicity and debunkers
- 7) Make sure all witnesses can either be interviewed on site or are otherwise available. Also make sure non-witness residents of the place are available for interview.
- 8) Ask *lots* of questions: conduct in-depth interviews
- 9) Look for *normal* explanations for the individual incidents and overall case
- 10) Look for relationships between the people and the events
- 11) Gather data with detection devices and psychics/intuitives. Try the characteristics checklist (see www.mindreader.com/opi)
- 12) Observe!
- 13) Discuss the data gathered (from interviews, detectors, sensitives and investigators' opinions) to make an assessment
- 14) Decide what to do next: Further visits, education, resolution techniques or a combination (or nothing at all).
- 15) Write up a report – if for no other reason, so you can keep track of cases.

GHOST HUNTING DOs & DON'Ts

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