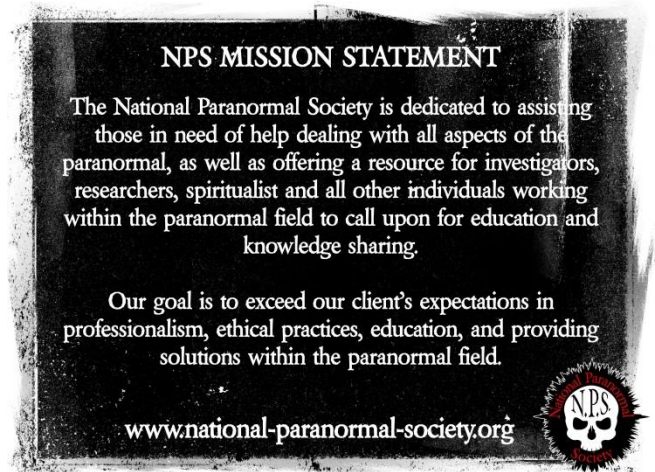


## NPS' Guide to Paranormal Investigating (aka Ghost Hunting 101)

**“How often have I said to you that when you have eliminated the possible, whatever remains, *however improbable*, must be the truth?” ~ Sherlock Holmes**

So you're interested in the paranormal and learning about hauntings, ghosts, EVPs, and the like. Maybe you've enjoyed watching the latest ghost hunting shows on television or seeing the movies that are out surrounding the paranormal. Maybe you've had an experience of your own that you question or that startled you that has you wanting to learn more and find out exactly what is behind that experience. This guide will help you on your quest to learn more about paranormal investigating and might even teach you about things such as photography, the weather, and using common sense along with your gut instinct.



Ready to get started? Let's go!

What is “ghost hunting” or paranormal investigating? Ghost hunting, or paranormal investigating, is the process of investigating locations that are reported to be haunted, or have paranormal activity. Typically an investigation will consist of a team of individuals working together to collect evidence of paranormal activity. These individuals will employ the use of several types of tools and equipment to scientifically measure and record findings. Such tools include EMF meters, digital thermometers, infrared cameras, thermographic cameras, night vision cameras, handheld video recorders, digital audio recorders, and other types of tools such as flashlights, motion detector lights, dowsing rods, pendulums, ghost boxes and various other electronic devices.

Paranormal investigating has several facets to it and certain procedures you should follow. This handout merely covers just the basics – enough to get you started and have you understand how to properly conduct a paranormal investigation. There are further steps you can take for your investigation once you get these basics down such as completing forms that record the temperature and weather outside, the exact location of your site, wind direction, etc. but for someone just starting out it is more important to get the basics down correctly then add on to your procedures from there the additional steps.

## BEFORE LEAVING THE HOUSE

A lot of the information you will read here is mainly just plain common sense but you would be surprised at how many of us can forget basic things in the midst of an investigation.

Make a list of the equipment you plan on bringing with you for your investigation. You might even plan these items out based on the location you are going to investigate - if it is outdoors, indoors, etc. Make sure all your equipment is in good working order, fully charged or has fresh batteries. Also remember to stash additional batteries in your backpack, case or bag just in case you need them later. Battery draining is pretty common when investigating. You might also ensure that you have lens cleaning cloth for your camera or camcorder lenses. Some locations can be dusty or if you are outside you can be facing some dirt filled areas - these can cause potential anomalies which might cause some confusion when reviewing your evidence later. It is a good idea to label your equipment with a permanent marker or label marker so that in the event it gets left somewhere it can be returned to you.

Make sure your cell phone is fully charged. While it is not ideal to carry your cell phone on your person while investigating as it can disrupt other pieces of equipment and cause false positives, it is ideal to have in case of an emergency.

Consider your clothing for the investigation - where are you going to be? Inside? Outside? If you are outside, is it cold out? rainy out? warm out? Check the weather for your location and plan accordingly. If it is cold out consider dressing in layers to stay warm but avoid wearing any materials that might rub and cause noise. You might consider packing hand warmers, foot warmers or even a hat. If you will be outside will you need bug spray, repellent or boots? Dress for your location. You might consider wearing something with a lot of

pockets to help hold items or maybe wear a hunter's vest. Rubber soled shoes are ideal for almost any location - you will get a decent grip on surfaces and your feet as well as your toes are protected. If you are investigating an abandoned building, ensure your feet are properly protected as there may be a lot of debris in the building. The material your clothing is made of is another item to take into consideration. You would want to wear a wind breaker that would interfere with your EVP sessions as you are walking along. The same goes for jewelry and keys - they could clink together or dangle making noise that could potentially contaminate your EVP session. And let's not forget perfume and cologne...some spirits like to emit fragrances and even odors to make their presence known. Don't ruin this experience by wearing a scent that could be confused with an actual spirit.

Other items to consider...medication that needs to be taken in the evening - you should already be carrying a first aid kit with additional medications that may be needed in an emergency. Will you need to bring a chair if you will be outside or in an abandoned building? Think about bringing a cooler full of water and drinks to stay properly hydrated as well as some snacks - many of us like to drink an energy drink when investigating and snack on something while manning home base with the DVR system! Make sure your first aid kit has hand sanitizer in it as well as different sized bandages, antibiotic ointment, pain reliever, dust masks and even gauze. You might consider preparing an essentials bag that has toilet paper, tissues, paper towels, your first aid kit, and other items you might need for any investigation location.

Be sure whatever research notes you have taken on your location are packed with your equipment for reference once you get on site. Don't rely on memory to provide you with much

needed facts later. Make note of spirits that have been noted at the location but also be open minded to encountering additional spirits that may show up as they are everywhere and some like to get around, often pausing at some places for a while.

Finally, consider every worst case scenario that could possibly happen and be prepared for it. Does your vehicle have a good spare tire and jack in the event a flat tire happens? Do you have jumper cables in case your car battery goes out? Is your vehicle in road trip shape? Do you have plenty of gas? Is your insurance card, GPS system/directions, phone charger and toll tag in the car? If your road trip consists of being

on the road for several hours you might consider checking into a reasonable hotel to get some rest prior to driving back. Do you everything you need to get by until you return home - credit cards, toiletries, clothing, etc.? Additionally, if you become ill or need to be hospitalized and unable to communicate how would anyone know who to contact? Make sure you have a list of phone numbers with names to call in the event of an emergency along with a list of medications you take which should be kept in your wallet along with your health insurance card or a copy of it. You might also consider entering an ICE or "In Case of Emergency" number in your cell phone.

## THE BASICS OF THE HUNT

1. **Get permission.** Before stepping foot onto any property be sure you have explicit permission from the owner to conduct your investigation. You might even get something in writing in addition to having to sign a waiver form.
2. **Never go on an investigation alone.** Things could get dangerous on a physical and spiritual level so be sure you have at least one partner with you at all times. Carry a cell phone with you but be sure it is on vibrate during your investigation.
3. **Do your homework.** Research your location prior to your investigation for the history of not just the current but the past. This includes interviewing people who have had experiences at the location. Be prepared to debunk.
4. **Ensure your equipment is ready to go.** This means fresh batteries, extra batteries, cleaned lenses, packing done in a manner to prevent damage and free of debris. Ensure you have fresh recording supplies for audio and video recordings if your devices require memory cards or tape. You don't have
5. **Be positive.** Promote a positive energy and be respectful of the deceased. In doing so you are more likely to get a response from a spirit since they are not threatened.
6. **Conduct a walkthrough prior to investigating.** Take plenty of pictures for comparison later when you are reviewing your findings. Focus more on the area where hauntings have been reported.
7. **Smoking and alcohol don't mix with investigating.** Cigarette smoke is the main cause of a false positive and drinking during an investigation just ruins your credibility.
8. **Log it, write it down.** Make sure you make notes during your investigation as to what you see, hear or feel. In addition, note whenever you may have contaminated evidence with a

simple cough or sneeze so that you can debunk those sounds later during evidence review.

9. **Never wear perfume, cologne or a distinct scent on your investigation.** Generally a spirit will let you know that they are there simply by emitting some type of fragrance. Friendly entities will

emit a pleasant fragrance while unfriendly ones will emit foul odors.

10. **Never form a conclusion on-site.** You want to closely review your findings prior to reaching a conclusion and you may need to do a follow up investigation to answer questions you may come across while reviewing your findings.

## ARRIVAL ON LOCATION

You arrive on-site excited and ready to go; what do you do first? Take a deep breath, relax and focus. You need to gather your things, decide what you need immediately and what you can come back for later, or take to a safe room if one is available, and what you will want on hand while investigating.

Most locations, including private residences, you will have someone greet you. You will receive information on where to stay out of, where you can use electrical outlets, where you can set your stuff, etc. Generally you can expect to receive a tour of the location once you get there and get settled with your things. Don't forget to ask questions during the tour as well as take your walk-through pictures for comparison when you get home to do review. Some locations may want you to sign a liability waiver as well. Remember, be respectful and listen to what you are told.

If you are working with a team on-site you may have already decided how the team will be split up for the investigation. If not, after the tour and walk-through would be a good time to talk about how you are going to approach the evening's investigation. Each team leader should have a radio in the event of an emergency, or at least a cell phone with the contact numbers for the other leaders. This might also be a good time to pull out your recorders and go around having each team member say their name in a regular tone of voice followed by a whisper so you are ready ahead of time with tagging of audio files for review later.

Prior to starting your investigation we suggest you say your prayers of protection. No one should be forced to join in but everyone should be respectful of those participating in the team prayer.

## INVESTIGATING

Investigations take time, patience and a lot of work. You may not see or hear anything at first when you begin investigating but that doesn't mean when you go back through your pictures and listen to your audio recordings that you won't find anything! Ghost hunting is nothing like what you see on TV shows - you don't always get continuous activity so you have to be patient.

If your intent in participating in a paranormal investigation is to have a ghost chase you or to get scared or startled, you might want to consider staying home and renting a horror flick. Most individuals on an investigation are dedicated to the research and investigating that goes into the investigation itself. Your getting easily scared or startled, running and screaming or freaking out can be a major distraction to those trying to seriously research for paranormal activity.

Focus on the investigation and always try to debunk first before jumping to a false conclusion. If something should happen during the investigation just remember, you have teammates with you. Take a deep breath and begin debunking the activity. If it was a sound could it have been the wind, another teammate or the house settling? If you felt something could it have been your clothing getting caught on something, a teammate brushing by you or your camera strap falling down?

Once you have ruled out all outside influence, THEN begin your techniques to communicate and see if you get a response. Cameras should be ready to take pictures, camcorders should be rolling and you should have already turned on your digital voice recorder. Begin asking questions "Did you throw that object? Could you do it again?" "Did you just knock? Could you knock like me?" (Knock on a wall, door or piece of furniture so that the spirit can imitate you.) Speak in a normal voice, if somewhat quiet voice when doing your EVP work.

Be aware of your surroundings. What floor of the building or house are you on? Where is the nearest exit? Do you feel any drafts from windows, doors or hallways? What normal

activities take place at the location? Where are your teammates? Remember - NEVER go off by yourself!

Provoking spirits is NEVER recommended! Try to do or say something normal that might trigger a reaction. If you are in a church, stand up at the pulpit and read a verse from the Bible. If you're in a hospital, pretend to be a patient needing help or open drawers and/or cabinets pretending like you are looking for something in particular asking for help to find it - a bandage, gauze, etc. If you hear music playing and you recognize the tune, try softly singing a little bit of it, just doing that may draw attention and bring a spirit closer to interact with you.

If you have a medium or sensitive with you don't depend on them to lead you straight to the action. They all work on different frequencies and while they may pick up something in one area they may not necessarily pick up everything on the location. If you have more than one with you, they may pick up on different things on the location where they may not necessarily match up. This is because they function on and pick up on different frequencies.

## EVP (ELECTRONIC VOICE PHENOMENON) SESSIONS

EVPs are recordings of voice or voice-like sounds that are not audible to the human ear. The frequencies of these sounds are reportedly well below the range of sounds that can be perceived by the human ear. Typically, but not always, they are short having a length of only one word or a short phrase. You will want to use a digital voice recorder for EVP sessions and it is even recommended to have two or three recorders – one that you keep on you and begin recording on from the time you arrive until the time you leave; one that you use for EVP burst sessions; and one that you use during EVP sessions as a stationery recording in the room.

The additional recorders allow you to see if you capture anything different on one than the other. It is also a good idea for review when you hear something on one recorder to check for it on the other recorders.

Let's look at how to capture EVPs and then we'll look at how they are classified.

## Capturing EVPs

Below are some basic tips for capturing EVPs:

- Have extra batteries on hand for your voice recorder.
- Speak clearly, never whisper. If someone is whispering make sure and audibly notate that on your recording.
- Keep your recorder away from your mouth.
- Turn off your cell phone or at least set it to vibrate during your EVP session.
- Keep cell phones away from equipment as it could throw distortions on cameras, tape recorders and even EMF meters.
- When you begin your EVP session, catalog as much information on your recording as possible:
  - State the time
  - State the location (what floor, room number, etc.)
  - How many people are with you conducting the session
  - Each person should state their name to have a reference later to their voices
- Be as specific as possible when providing information.
- Do not let anything hit the recorder such as a lens cap or other piece of equipment.
- Talking during the session is okay as long as you do not talk over other people so that EVPs can be clearly distinguished later.
- Audibly note any sound heard as well as notating coughs, sneezes, sniffles, shuffling of feet, etc.
- Do not wear or carry noisy items such as loose jewelry, pocket change, or keys.
- Record in short session to make review easier.
- Ask simple questions and allow at least 20 seconds for an answer. Spirits have

to draw energy to communicate with us so it may take a bit for them to answer.

- Remember, there are spirits all around us so don't get too attached to one spirit that you forget to address the others.

## Sample Questions to Ask

Here are some ideas of questions you may want to ask during your EVP session. Be creative and focus your questions around what you learned when doing your research of the location.

- Is there anyone here who would like to answer some questions?
- Are you male or female?
- What is your name?
- Are you married?
- Can you make a noise for me/us?
- Can we take a picture of you?
- Do you want us to leave?
- Do you know you're dead?
- What year is it?
- Why do you like it here?
- Do you want to leave this place?
- Do you want me/us to pray for you?
- How did you die?
- Would you like for us to pass along a message to someone?

Remember, friendly spirits are more willing to communicate when you are giving off positive energy. Experiment with taking turns asking questions – especially if there are members of the opposite sex on your team. Sometimes spirits will respond to one gender over another. Never yell or threaten a spirit – even if they are friendly, they could become angry and pose harm. Ask simple, short questions; less is more. Ask three or four questions then leave...if they have more to say they will let you know.

A few more notes, if there is an occurrence such as someone bumping furniture or a car pulling up outside, be sure to vocally mark it by saying "Note: We heard a loud thump in the hallway."

You may think you will remember these things later but you would be surprised what you might forget.

### **Classifications of EVPs**

There are several different classifications of EVPs. They basically fall into four categories: Class A, Class B, Class C and Class R.

#### ***Class A***

For an EVP to receive this rating it must be a very clear voice and everyone who listens to it agrees on what is being said without being told by someone else what it says. These voices do not need to be amplified or cleared up using a computer sound editing program but can be clearly heard through the device. It does not have to be loud, just clear about what is being said. The Class A EVPs are the best voices of the dead captured and the rarest to record.

#### ***Class B***

An EVP that can be understood and most people agree on what is being said will be classified as a Class B. These might not be understood by everyone who listens to it and it might even sound like it is saying something completely different to some people. This class of EVP might need to be amplified using a computer sound editing program before they can be clearly understood. For this rating the

voice must be fairly clear and easy to determine what most of the words are when being analyzed by a computer. This is the most common class of EVP to capture.

#### ***Class C***

A Class C EVP will be the worst quality voice that you can capture. It is nearly impossible to understand what is being said even with the assistance of a computer program. These are often just whispers or mumbled words that might even sound robotic. The voice cannot be understood but you still know it's an EVP because of the fact that no one was talking during the recording session and human sounding voices can be clearly heard in the background.

#### ***Class R***

A Class R rating means the EVP will have a meaning when played in reverse. Some will have a meaning when played normally and a different meaning in reverse. When this happens the EVP will receive two classifications. For example, a Class A EVP with excellent and clear meaning in reverse as well will receive a Class A-RA rating. Meaning it was very clear to understand both forward and in reverse. It can have a Class A-RC rating because that would mean that it could not be understood in reverse causing it not to be a Class R EVP. You may have a Class B-RB or a Class A-RB.

## **TAKING PICTURES**

More experienced photographers can probably give us a better idea of the technicalities of cameras, flashes and the like so we won't address those topics here. If you want to learn more about these types of topics we would suggest contacting a local photographer in your area who is not associated with the paranormal or reaching out to our sponsor, Scott Frederick with Scott Frederick Photography. There are also additional pointers regarding avoiding false positives on the National Paranormal Society website under the Photography tab.

As we mentioned initially in the Arriving On-Site section, be sure and take pictures of the location prior to beginning your investigation. These pictures will be vital to your review process once you get home so that you can compare back to them when you think you may have caught something. This is an important step in debunking.

When an investigator is documenting with pictures, always remember the 1, 2, 3 rule - take three pictures in row when you are taking

pictures of the location. This gives you a chance of showing movement as well as a sudden appearance or even disappearance. Be sure you watch where your fingers are on the camera - keep them away from the lens itself as well as preventing them from blocking your flash. You would be surprised how many people think they have caught a shadow figure in a picture only to realize it was the tip of their finger blocking the flash. Be aware of what you are wearing - caps and bulky clothing can sometimes cast shadows. Tuck away any camera cords, neck straps or the like to prevent them from swaying or swinging into the picture. Don't worry about reviewing the pictures as you go unless you saw something with your own eyes; otherwise you might lose the opportunity to snap activity around you.

A few tips to keep in mind while you are taking pictures and shooting video:

- Avoid taking pictures or video during any kind of weather conditions or where smoke is visible. This can contaminate your findings.
- Hold your breath when taking pictures on a cold night.
- Hold the camera still as movement will distort the photo.
- Never take photos of shiny or reflective items.
- Learn and know what your equipment can and cannot do. Test it out before going on an investigation.
- Never take a photo or video towards a light. It will create a glare and destroy any possible evidence you may or may not have.

## THINKING OUTSIDE THE BOX

In addition to your typical equipment and techniques, there are a few tricks to keep in mind as well.

A dollar bill or tape measure can be handy when it comes to referencing the size of something or for movement. You could place something like a ball at the end of the tape measure, ask the spirit to move the ball, leave to conduct your research in another area of the location then come back and see if the ball has moved.

Baby powder, or even flour, can be a great trick for catching footsteps. Make sure you bring a tarp or black plastic table cloth to use for this so that you don't mess up the client's location. Sprinkle it down on the tarp or table cloth and throughout the night return to see if it has been disturbed. If you do capture something, use the dollar bill beside it then take a picture to give an idea of the size.

Flashlights are handy little tricks of the trade as well. Used not only for safety and finding your way around in the dark, they can be handy communication devices by turning the off and asking a spirit to communicate through it by turning it off or on. Be sure that the flashlight you use does not turn on easily by vibrations of such things like the air conditioning unit. Sometimes you might want to use more than one flashlight so always have a few on hand with fresh batteries as well as extra batteries nearby in case you need them.

Trigger objects are wonderful tricks of the trade. Items such as toys, balls, balloons, tools, etc. make great trigger object to elicit responses. Children spirits are drawn to such items and you might even get them to interact more when using something that they are attracted to.

Dowsing rods can be tricky to use as the most important part in using them is establishing what positions will be used for neutral, yes and



no. The Crew uses the rods pointing straight forward as neutral, crossing as yes and pointing away as no. Think of a control question to determine whether you are dealing with an intelligent spirit or not. Something like asking if your middle name is John or something similar

to determine if the spirit answers correctly. Keep your hands steady as you conduct your dowsing rod session. You may find some playful spirits would like to twirl the rods round and round - let them have fun spinning the rods as you capture it on video.

## HAUNTINGS

A haunting is a recurring presence of a ghost, demon, or similar supernatural being at a specific place. A haunting can occur anywhere. Belief in hauntings and ghost is worldwide and recorded throughout history. Anthropological evidence indicates it was common in prehistoric times. Typical researchers of hauntings consist of parapsychologists, paranormal investigators, historians, folklorists, anthropologists, and of course, skeptics. Let's take a look at the different types of hauntings.

### ***Intelligent***

The entity is aware of its surroundings, including living people who are present within the area. The entity's classification can be benevolent, benign or malevolent.

### ***Residual***

It is believed that a residual haunting occurs when an entity visits the same place and performs a repetitive act. The entity is not cognizant of any living persons who are present within the area and often times is not aware of its surroundings as we see it today. These types of hauntings typically occur after a tragic event and the repetitive acts display a portion of the event as it happened. Sometimes the residual act is of a mundane act the individual repeated often in life. Generally these entities are not considered an actual ghost but instead an imprint of energy left at the location due to the tragic event.

### ***Benevolent***

This haunting is of a protective nature. It is felt that the entity is a loved one looking to protect the living people within an area in which a demon or other possibly violent entity exists. These ghosts are often found to be related to the living persons within the area but have also been found to be closely connected to those being attacked.

### ***Malevolent***

This haunting occurs when a ghost or demon seeks to inflict harm on the living within an area. It is believed that this occurs because the entity is angry about events that occurred in its life, is jealous of the living, or is a malicious personality in general who is seeking attention or being defensive of its home and wishes current living persons to leave, or is sad and wants others to acknowledge its sadness and feel its misery. Poltergeist activity is often confused with a malevolent haunting; usually it is a spirit seeking attention. A demon can be present if a murder occurred in the area. These types of hauntings are rare but do exist. We will briefly go into demonology – just enough to give you a basic understanding of them.

### ***Benign***

This type of haunting occurs when the entity is unconcerned with the living or unaware of their presence in the area. This type can also be connected to an intelligent or residual haunting.

## PRAYERS OF PROTECTION

If you choose to say prayers before and after your investigation, here are a few of our favorites we like to use. All prayers should be said in a circle with all team members holding hands. Concentration on the words of the prayers is important so that the prayer maintains its power.

### PRAYERS FOR BEFORE THE INVESTIGATION

#### **St. Michael's Prayer**

Saint Michael the archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

#### **Calm Protection Prayer Prior**

Heavenly Father, we gather here tonight as investigators to better understand the universe you have given us. We ask you to watch over us, to guide us and keep our minds focused and free from fear. We ask for your protection from any that would do us harm and hope you will give understanding to those we seek, assuring them of our intent and that they have nothing to fear from us as investigators. Again we ask you to see us safely through this night. Amen

#### **Strong Protection Prayer Prior**

Our Heavenly Father, we come to this location tonight to better understand the unknown. We do, as investigators, know that there are dangers in searching for these truths. We come

to you and ask you to protect our hearts, minds, bodies, and souls from any and all inhuman, malevolent, foul, or evil spirits. We call on your Arch Angel Michael to stand by our sides. We ask your guidance, so we may get through this night safely without harm to your children on either side. We once again ask that you protect us from all harm and danger. Amen.

#### **Prayer Before the Hunt**

May we be strong in the Lord and in the strength of his Might! St. Michael, the archangel, shall defend us and be our protection against all evil and negativity on all levels. May the Divine light of the Archangels and all the Ascended masters surround us with their love. We call on Metatron and ask that all negative thought forms, lost souls, negative residues, negative elementals, and fragments be permanently healed and taken into the light, that all may be freed according to the highest will of God. May we be purified and blessed upon every level of our being, in the work we do, and be given more Divine power and protection. Thy will be done! Thank you and Amen.

### PRAYERS FOR AFTER THE INVESTIGATION

#### **Closing Prayer**

In the name of Jesus Christ, I command all human spirits to be bound to the confines of the cemetery. I command all inhuman spirits to go where Jesus Christ tells you to go, for it is he who commands you. Amen.

#### **Calm Protection Prayer After**

Lord, thank you for seeing us safely through this investigation. We brought no spirits with us and ask you let none follow us from this location, other than the loved ones we carry with us always. Finally, we ask for your continued protection to see us safely home. Amen.

### **Strong Protection Prayer After**

We are speaking to any and all entities who have chosen to follow us out of this location. We command all human and inhuman spirits whom want to follow us home to stay at this location. You are not allowed to attach to us or our equipment. We bind you to this location and command you to return to where you came from. We do this with the authority Christ gave us. Heavenly Father, we ask you see us safely from this location and protect us on our journey. Amen.

### **Simple Closing Prayer**

In the name of Jesus Christ, I command all human spirits to be bound to the confines of the cemetery. I command all inhuman spirits to go where Jesus Christ tells you to go, for it is he who commands you. Amen.

### **PROTECTION PRAYERS (to be said after an opening prayer)**

#### **Pre-Investigation Prayer of Protection**

Heavenly Father, God of the Universe, we all come to you in prayer tonight for our protection. Please protect our bodies, souls, equipment, and all personal possessions from any harm. We ask that you send your angels to guard us against all evil and malevolent spirits and protect us with your white light. We give permission to your angels to intervene for us on our behalf. We pray that you allow the spirits to show themselves to us and allow us to obtain evidence of their existence. Lord, let our endeavors tonight not be in vain. Please allow us to have a safe and eventful investigation tonight. We pray that no spirit or ghost, of evil will or intention, be allowed to attach themselves to any of us or our belongings and that they not be allowed to follow us to our homes or enter therein. We pray Lord that you also protect all of our fellow paranormal investigators from any harm tonight and allow us all a safe journey to our homes. We pray these things in the name of the Father, the Son (Jesus Christ) and the Holy Spirit. Amen.

### **Closing Prayer**

God bless every corner of this house, may peace dwell within. Protect all that come and go, whether friend or kin. Bless every door and window pane, and every ceiling and wall. Bless every closet, nook and cranny, crawl space or basement, bless it all! Bless the roof and ground surrounding with your protective love and light. Hold us in your love care every second of every day, in every way from early morning into sheltered night. Let all be in your complete perfection as you intended. Release all negativity into your confirmed light that is extended. We thank you and expect your miraculous intervention. Clearing all with purification, love, peace and joy as divinely intended. Amen

#### **Simple Protection Prayer**

Visit Lord we pray this place, and drive from it all the snares of the enemy, let your holy angels dwell here to keep us in peace, and may your blessing be upon it evermore through Jesus Christ our Lord. Amen.

#### **The Hedge Prayer**

Trusting in the promise that whatever we ask the Father in Jesus' name he will do, we now approach you, Father, with the confidence in our Lord's words and in your infinite power and love for us. With the intercession of the blessed Virgin Mary, mother of God, the blessed apostles Peter and Paul, the blessed Archangel Michael, our guardian angels, all the Saints and Angels in Heaven, and holy in the power of his blessed name, we ask you Father to protect us and keep us from the harassment of the devil and his minions. Father, we ask that you build a Hedge of Protection around us and to help keep the hedge repaired and the gates locked so that the devil and his minions have no access or means to breach the hedge except by your expressed will. Father we know that we are powerless against the spiritual forces of evil and

recognize our utter dependence on you and your power. Look with mercy upon us. Do not look upon our sins, O Lord; rather look at the sufferings of your beloved Son and see the victim whose bitter passion and death has reconciled us to you. By the victory of the cross, protect us from all evil and rebuke any evil spirits who wish to attack, influence, or breach your Hedge of Protection in any way. Send them back to Hell and fortify your hedge for our protection by the blood of your Son, Jesus. Send your Holy Angels to watch over us and protect us. Father, all of these things we ask in the most holy name of Jesus Christ, your Son. Thank you Father for hearing our prayer. Amen.

#### **Ring of Protection Prayer**

In the name of all that is goodness and light, surround our circle in the white light of holy protection. We ask that no harm befalls or follows the protected circle and that our quest benefit all who are among us. In the name of all that is goodness and light, we thank thee for your protection of holy white light. Amen.

#### **Ground Blessing**

Our help is in the name of the Lord who has made heaven and earth. The Lord be with you and with your spirit. Let us pray. Lord God almighty, bless this land. May health, chastity, conquest of sin, virtue, humility, goodness, and meekness flourish here. May the law be observed in its fullness, and thanks be given to God the Father, and the Son, and the Holy Spirit. And may this blessing always remain on this land and on those who live in it, now and forever and ever. Amen.

#### **St. Christopher Prayer for Travelers/Prayer for a Safe Journey**

Lord, we humbly ask you to give your Almighty protection to all travelers. Accept our fervent and sincere prayers that through your great power and unfaltering spirit, those who travel may reach their destination safe and sound. Grant your divine guidance and infinite wisdom to all who operate automobiles, trains, planes and boats. Inspire them with due sense of duty and knowledge and help them guide those entrusted in their care to complete their travel safely. We thank you, oh Lord, for your great mercy and unending love to all mankind and for extending your arm of protection to all travelers. Amen.

## **WRAPPING UP**

As with anything, practice allows you to get better with your investigation techniques and methods. Remember to be patient throughout your investigation. A lot of work is put into preparing for your investigation and you shouldn't expect to get something right away. Most of the time you will think you had a non-productive investigation only to get home and hear a few EVPs you caught.

## GLOSSARY OF TERMS

**Anomaly** – an irregular or unusual event which does not fit the standard rule or law. An anomaly is something that cannot be explained by currently accepted scientific theories. Anything weird, abnormal, strange, odd or difficult to classify is considered an anomaly.

**Anthropomorphic** – ascribing human form or attributes to a being or thing not human, especially to a deity; resembling or made to resemble a human form.

**Apophenia** – the spontaneous perception of connections and meaningfulness of unrelated phenomena.

**Apparition** – appearance of a spirit.

**Aura** – invisible to the naked eye, it is a glow surrounding an individual and changes color and form depending on the mental and physical well-being of the individual.

**Automatic Writing** – when a person can produce writing that is not their own writing style and can convey messages from the deceased.

**Channeling** – the method in which mediums allow themselves to be used in order to manifest something which comes from outside themselves.

**Clairvoyance** – supernatural power of seeing people, places, things and events outside the space and time of natural viewing.

**Crypto-zoology** – the branch of paranormal research which deals with the exploration of legendary creatures.

**Déjà Vu** – seeing or doing something completely new but having the distinct feeling that the experience had been done before.

**Demon/Demonic** – a supernatural malevolent spirit that causes harm and/or extreme emotional distress.

**Demonology** – the study of demons

**Disembodied Voice** – a voice that is heard in real time (unlike an EVP) that is not coming from any corporeal form.

**EMF (electro-magnet field)** – classically, the electromagnetic field is a physical influence (a field) that permeates through all of space, and which arises from electrically charged objects and describes one of the four fundamental forces of nature – electromagnetism. Ghost activities can sometimes cause changes in the electro-magnetic field and are measured with an EMF meter. There is a theory that a high amount of electromagnetic energy can cause poltergeist activity but also a theory that these same high energy levels attract spirits.

**Empath** – an individual who is particularly sensitive to the psychic emanations of his or her surroundings, even to a degree of telepathically receiving and experiencing the emotions of others in their proximity. Obviously, psychic empathy can be regarded as a mixed blessing and the empath must learn to gain a measure of control over this ability.

**Entity** – an entity is something that has a distinct, separate existence.

**ESP (extra sensory perception)** – perception that involves awareness of information about something (such as a person or event) not gained through the senses and not deducible from previous experience.

**Evil** – refers to the morally or ethically objectionable behavior or thought.

**EVP** (electronic voice phenomena) – the communication by spirits via tape recorders or digital voice recorders. These communications cannot be heard at the time but will be audible when the recordings are played back. They are classified into four classes: Class A, Class B, Class C and Class R.

**Class A:** Must be a very clear voice and everyone that you let listen to the recording agrees on what is being said by the ghost or spirit. Everyone who hears the voice must come to the same conclusion about what it is saying without being told by another investigator. These voices do not need to be amplified or cleared up using a computer sound editing program but can be clearly heard straight from the recording device. It does not have to be extremely loud but it must be clear on what is being said. Class A EVPs are the best voices of the dead captured and are the rarest to record.

**Class B:** Can be understood and most people agree on what is said. These might not be understood by everyone who listens to them and might even sound like it is saying something completely different to other people that listen to the recording. This class might need to be amplified using a computer sound editing program before they can be clearly understood. To get this rating the voice must be fairly clear and easy to determine what most of the words are when analyzing with a computer. This is the most common class of EVP captured.

**Class C:** The worse quality voices that you can capture. It is nearly impossible to understand what is being said even with the help of computer enhancement. These are often just whispers or mumbled words, or might even sound robotic. The voice cannot

be understood but the investigator still knows that it is an EVP because of the fact that no one was talking during the recording session and human sounding voices can clearly be heard in the background noise.

**Class R:** Must have a meaning to it when played in reverse. Some EVPS will have a meaning when played normally and a different meaning in reverse. When this happens it will have two classifications. For example, a Class A EVP with an excellent and clear meaning in reverse as well would be titled a Class A-RA, EVP. This means it was very clear to understand both forward and in reverse. It cannot have a Class A-RC because this would mean that it could not be understood in reverse which would not be a Class R EVP. You may have a Class B-RB or a Class A-RB, etc.

**Exorcism** – the practice of evicting demons or other evil spiritual entities which have possessed a person or object. This is an ancient practice that requires great skill and should not be attempted by anyone except trained clergy members.

**False Positive** – believing something to be true when in fact it isn't.

**Ghost** – a non-corporeal manifestation of the spirit or soul of a dead person that has remained on Earth after death.

**Ghost Hunting** – the act of using scientific instruments to detect and attempt to communicate with spirits.

**Guardian Spirit** – a spirit who protects and guides a particular person.

**Haunting** – to inhabit, visit or appear in the form of a ghost or other supernatural being. There are four distinct types of haunting: Residual, Intelligent, Poltergeist, and Demonic.

**Residual:** an imprint left behind by an event with high energy that may have been extremely emotional. The manifestations seen are not aware of your presence and will repeat their actions time and time again.

**Intelligent:** a haunting where the entity is conscious and can interact with living witnesses.

**Poltergeist:** an extremely rare occurrence wherein random objects are moved and sounds produced by an unseen force, the sole purpose being to draw attention to itself. The phenomenon always involves a specific individual, frequently a child or adolescent.

**Demonic:** a supernatural malevolent spirit that causes harm and/or extreme emotional distress. Usually associated with foul odors, visible wounds and aversion to sacred objects.

**Incorporeal or Non-corporeal** – without the nature of a body or substance.

**ITC (Instrumental Transcommunication)** – any communication with a spirit that occurs in real time with the help of an electronic device such as a radio or television. The spirits appear on a television in the static or can be heard on the radio in between frequencies.

**Intelligent Haunt** – a haunting where the entity is conscious and can interact with living witnesses.

**Intuition** – an immediate form of knowledge in which the knower is directly acquainted with the object of knowledge. Intuition differs from all forms of mediated knowledge, which generally involve conceptualizing the object of knowledge by means of rational/analytical thought processes.

**Intuitive** – a person sensitive to the feelings of other life forms, as well as signals of nature.

**Ley Lines** – alignments of ancient sites; these are considered to be earth's natural energy lines. Spirits may use these lines as a way of traveling quickly from one place to another. It has also been suggested that where two ley lines cross there is a possible chance of a portal opening to other dimensions.

**Malevolent** – a malicious supernatural force that causes harmful acts to living beings.

**Manifestation** – the materialized form of a spirit

**Materialization** – a ghost appearing visually, suddenly or gradually, sometimes indistinct, sometimes seemingly quite solid.

**Matrixing** – the natural tendency for the human mind to interpret sensory input, what is perceived visually, audibly or tactilely, as something familiar or more easily understood and accepted; in effect, mentally “filling in the blanks.” Refer to Pareidolia.

**Medium** – a person who possesses the ability to communicate with spirits of deceased people, and occasionally animals.

**Metaphysics** – the branch of philosophy concerned with explaining the ultimate nature of reality, being, and the world. More recently, the term has also been used more loosely to refer to “subjects that are beyond the physical world.”

**Near-Death Experience** – an experience reported by a person who nearly died, or who experienced clinical death and then was revived.

**Orb** – name given to typically circular anomalies appearing either in photographs or with the naked eye. They are allegedly the true spirit form and one theory is that these are seen at the beginning of a manifestation. Orbs commonly appearing in photographs or on video surveillance are usually dust, bugs or

other airborne particles; however, those seen with the naked eye may not always be one of these explanations.

**Out-of-Body Experience (OBE)** – an experience that typically involves a sensation of floating outside of one’s body and in some cases seeing one’s physical body from a place outside one’s body.

**Pareidolia** - the imagined perception of a pattern or meaning where it does not actually exist, as in considering the moon to have human features.

**Paranormal** – an umbrella term used to describe a wide variety of reported anomalous phenomena that lacks scientific explanation.

**Parapsychology** – the study of seeming mental awareness of or the influence upon external objects without any physical or energetic means of causation which scientist currently understand. Another definition of parapsychology is the scientific study of paranormal phenomena.

**Poltergeist** – an extremely rare occurrence wherein random objects are moved and sounds produced by an unseen force, the sole purpose being to draw attention to itself. The phenomenon always involves a specific individual, frequently a child or adolescent.

**Possession** – where a person and sometimes an animal becomes overtaken by a being that is not their own.

**Portal** – a doorway, entrance or gate between spiritual and physical worlds.

**Quantum Mechanics** – fundamental branch of physics with wide applications in experimental physics and theoretical physics that replaces classical mechanics and classical electromagnetism at the atomic and subatomic levels.

**Residual Haunting** – an imprint left behind by an event with high energy that may have been extremely emotional. The manifestations seen are not aware of your presence and will repeat their actions time and time again.

**Sacred (Holiness)** – state of being holy or sacred.

**Sensitive** – someone who can sense a paranormal presence.

**Shadow Person** – a being which has never lived on earth and never will. These are often associated with negative energy.

**Sleep Paralysis** – temporary paralysis of the body shortly after work up or shortly before falling asleep. Described as a heavy feeling that some confuse with possession.

**Smudging** – the burning of dried herbs, most often white sage, to purify a house from a malevolent spirit.

**Spirituality** – the act of being spiritual; not necessarily religious.

**Supernatural** – refers to the forces and phenomena that are not observed in nature and therefore beyond verifiable measurement.

**Telepathy** – communication of information from one mind to another by means other than the known perceptual senses.