

# Paranormal Primer



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<sup>1</sup> Eye of Raven, Tower of London, July 2010

## Acknowledgments

Most of the material in this pamphlet is from the many classes I've attended by our local paranormal teacher extraordinaire, Loyd Auerbach at *Hypnosis Clearing House* (HCH) in Lafayette, California (see <http://www.hypnotherapytraining.com/parapsych.cfm>). This institute offers an excellent certificate program in Paranormal Studies (as well as many other interesting courses).

I also want to acknowledge my first paranormal teacher, Don Frew, who has given occasional lectures and workshops in the paranormal field for thirty years based on his own experiences and research. He was one of the best presenters at Pantheon 2011, on *Things That Go Bump In The Night, (and what we should do about them)*. In addition to that I have found much material on the internet, television, talking to people in the field on my travels, as well as my own personal experiences.

I am very grateful to the San Francisco Ghost Society <http://www.sfghostsociety.org/> who have included me on their RIPsters guest list and invited me to participate in some of their public events, where I gained incredible first hand experience with this professional TAPS team of ghost hunters. Part of the evening included lectures by experienced ghost investigators who taught professional standard techniques and demonstrated the use of various equipment to capture paranormal evidence.

The Forever Family Foundation: (<http://www.foreverfamilyfoundation.org/>) sponsored a groundbreaking event in January, 2008 – *Investigations of Consciousness and the Unseen World; Proof of an Afterlife*. Speakers included PhDs, MDs, as well as mediums, and it was an absolutely profound conference.

And last but not least, I owe my life long interest in ghosts to my beloved brother Johnny and my best friend Diane, who shared my interest in things ghostly since childhood. And always, to my husband Michael whose tech support and sound advice is always invaluable!

## Definitions of Psi (Psychic, ESP) Phenomena

Please note, the language of this field is ever changing with incoming data and new perceptions, so this “vocabulary” is not set in stone.

### Receptive

**Telepathy** - Ability to pick up emotions, visions, thoughts, occasionally words, from the mind of another sentient. Ability to pick up information without the ordinary use of the five senses, i.e. what we call 6th sense for lack of a better term. There may be, in fact, more than six senses, or another explanations.

**Empathy** - The ability to feel what another person is feeling, or to pick up emotions. An empathic healer is someone who takes on another person’s pain or illness, thus relieving them of it.

**Clairvoyance** - (Clear seeing) Ability to pick up visions. (seeing current events taking place at a distance, or obscured, from present location).

**Clairaudience** - (Clear hearing) Ability to pick up sound (hearing voices that aren’t there).

**Clairsentience** - (Clear sensing) Ability to pick up physical sensation (touch, cold spots, heat, etc.).

**Clairience** - (Clear smelling) Ability to pick up smells (for instance - perfume or pipe smoke of the deceased)

**Clairgustance** – (Clear tasting) Ability to pick up tastes.(a favorite meal deceased used to cook)

**Clairgnosis** – (Clear knowing) Ability to pick up knowledge without a source.

**Note** – Someone who has these psi abilities may be defined as an empath, clairvoyant, clairsentient, etc.)

**Aura** - An energy (color) image around people that can be picked up by psychics. Sometimes health issues, or moods can be read into an aura.

**Precognition** - Ability to see events taking place in the future.

**Retrocognition** - Ability to see events that took place in the past. Great ability for historians, archeologists and re-enactors!

**Radiesthesia** (dowsing) - Ability to find objects through other than the five senses. For instance, using a forked hazel twig to find water underneath the ground, or gold, or lost objects. Most common tools – L Rod, Y Rod, Pendulum, Aurameter.

**Psychometry** - Ability to read the past from an object. Useful for police cases and archeology.

**OBE's** Out of Body Experience. Ability to leave one's own body, travel a distance, and view another place, while body is still resting. (Could be a form of Clairvoyance.)

**Residual haunting** - Psychic recording left at a place, (for instance, a room or building), of a heavily emotionally charged event, such as a violent death. Similar to psychometry, which is an object that holds a recording. This is the most common event that is reported, often mistakenly for a ghost. Queen Katherine Howard's ghost has been reported to run through the halls of Hampton Court replicating the scene prior to her arrest for treason, for over three centuries. What causes hauntings? Unknown. Theory: It is some kind of atmospheric charge, perhaps a heavy constant electric-magnetic field, that can hold a haunted recording. Most persons need to have an inherent ability to see hauntings (sensitives), not everyone in the room will witness it. They are more common in environments that have a source of subtle energy – earthquake faults, volcanic areas, underground streams, inclusions of quartz in stones, etc. I've heard it described as "echoes trapped in time" on Ghost Lab.

### **Expressive (Psychokinetic, PK)**

#### **Macro Psychokinesis:**

**Poltergeists** - Unconscious ability to move objects about. Most reported cases are adolescents that are going through stress. There are also cases of stressed out adults. Getting the person to acknowledge that he/she is the source usually stops the phenomena. Most famous case: The Fox Sisters in the 1800s.

**Thought Forms** – Projection of a single or group mind to create an entity that can be perceived by the group and others. For instance, when people see a "ghost" of a character from a book, it is most likely an entity which was created by the minds of the people who have read that book. This phenomena also explains famous haunted sites, like the unfortunate Queen Catherine Howard at Hampton Court, as well as manifestations of scary children's traditions like Bloody Mary and the Bell Witch. These images or entities are constantly being fed by the energy of the percipients.

**Group Entity** – a New Age phenomena where an entity is created by many spirits to form a "benevolent being" that can communicate through channeling. These spirits can be deceased humans, masters, or even aliens.

**Telekinesis** - Ability to move objects solely through consciousness (not through physical means), for instance levitation. Many supposed crisis-adrenaline related feats of strength may, in fact, have been levitation.

**Materialization and Dematerialization** - Ability to make object disappear and reappear. This can be subconscious, and explain why objects disappear and then mysteriously reappear, much to our annoyance. This can be stress related psychic phenomena. (Also

called JOTT). A *negative hallucination* is an alternate explanation for this - where we don't see what actually is there.

**Psychic Recording** - Ability of machines, such as tape recorder, camera or video, to pick up psychic phenomena.

### **Micro Psychokinesis:**

**Psychic Healing** - Ability to manipulate particles within the body in order to effect a healing on self or other living beings (animal, plant, human). A basic tenant of attitudinal healing - that we can mentally influence our own health (Theory of Mind over Matter). Energy healing systems, such as Reiki, may work on this principal.

**Stigmata** - Ability to make physical marks or cause physical condition on self. People reported to be "possessed" sometimes show this kind of physical evidence on their bodies.

**Metal Bending** - Ability to manipulate inorganic materials, such as metal spoons.

**RNG Effect** - Ability to manipulate electronic equipment, such as a Random Number Generator. This also explains why some people are extremely functional or dysfunctional with electronic equipment, such as computers. A person who hates computers could go through the same range of motions as someone who likes computers, and the computer will crash. This is the subconscious PK sabotage, similar to poltergeist phenomena, but on a micro-level.

**Spiritualist:** (Survival or separation from physical body phenomena)

**OBE's** - Out of body experiences, where the person can project his/her consciousness outside her physical body and view events at a distance. This can happen purposely, as in the case of an adept, or unconsciously, as in some dreams.

**NDE's** - Near Death Experience. Same as an OBE, only caused by a near death experience. The person can either come close to dying, or be clinically dead and brought back to life. Many reported cases, as medical technology improves and the dead are revived - such as drowning victims.

**Haunting** - Emotional imprint on surrounding area (room), that can be seen long after a person has left or died. Often mistaken for ghost.

**Apparition/Ghost.** Similar to OBE and NDI, only the spirit's body has deceased. Also called **intelligent haunting** or **interactive haunting** (because the spirit can interact with the observer). This spirit/soul may remain in a physical environment due to fear, intent, strong emotional ties, loneliness, etc. Eventually, most spirits move on to another realm, which has been reported in many NDI cases as a light, with a cultural sentient guide and setting. I.e., we perceive the afterlife according to our expectations, but the great light at the end of a tunnel effect is almost universal. (Although I have heard that some people report a bridge leading to a garden. It does vary by culture.) Most apparitions are "crisis

apparitions” and appear shortly after death. Apparitions can be of living people (also called *bi-location* or *doppelganger*).

**Ghosts** have no body, and no senses, so their existence depends on psi ability. In this way, they project an image of themselves into the experient’s mind, or the environment. Usually, only a *sensitive* can see or hear them. Occasionally, the ghost has enough energy, or is near enough to a power source (such as a magnetic/electric field) that it can move physical objects that even non-sensitives can’t miss. This also explains why ghosts are clothed and appear at different ages (self image projection). Some ghosts, with negative self images, project a distorted or monstrous image. Some ghosts may deliberately project frightening images (which can explain a perception of demons). Experiment - a group sighting of a ghost would be seen perspectively, i.e., the front would be seen by people in front, side by people at the side, and back by people in the back. It would be interesting to note if all sides were seen equally clearly, even the back (where it is difficult to project a self image).

**Psychomanteum** - A special dark mirrored chamber used in ancient times (by the Greeks) and currently re-invented by Dr. Raymond Moody, to enable persons to see the ghosts of their dead family and friends by the use of preparatory therapy, subtle lighting in a dark room, solitude, and mirrors. I have experienced this process as a volunteer for ITP, and the results were absolutely phenomenal. See the website for the Institute of Transpersonal Psychology (ITP) in Palo Alto, California at: <http://www.itp.edu/currents/editorials/psychomanteum.php> .

**Reincarnation** - Common belief in many countries (for instance India), that the soul returns to a new body after a period of time after death. Memory of past lives is veiled to all but adepts, so that we can focus on the life we are living. Past life regression (through hypnosis) and spontaneous memories do seep through our consciousness.

**Mediumship** - The ability to contact the dead. In some cases the medium channels the discarnate entity, and in others she alone can hear it, and transmits the message to others. These entities often have specific messages for their living friends and relatives. (The Spiritualist Movement became popular with the Fox Sisters mid 1800’s.) The practice of séances and spirit rappings commenced. Later mediums used ectoplasm, spirit horns and other devices. Most were frauds. Harry Houdini exposed many of them. Conan Doyle was fascinated - a strong proponent of mediumship. We now have a new generation of very strong mediums, like John Edwards.

**Automatic writing** - A form of mediumship where the medium’s hand is possessed by an entity, or it dictates messages to the medium. Medium’s have also been known to channel art and music from the dead.

**Channeling** - Ability to contact beings from other realms, not necessarily human in origin. Aliens, angels, deities, demons, animals, etc. In some cases, there are group entities, such as *Michael*, with several people channeling him/them. Groups have been known to create independent entities, such as *Athena* from their sessions, which seem to operate independently of any individual. *Ouji boards* also may work on a group gestalt. People

channeling (or attending channeled sessions) should focus on the information. Value it if you learn something useful. There is no guarantee that the entity is who she/he/it says he is. Sentient beings are human or human-like, and can be wrong, mischievous or psychotic. Question: Why can't entities communicate in their native tongue? Possible answer: They are communicating in concepts, which we interpret in our own language. (Like the universal translator from sci-fi) Question: Why can't we ask the entity to communicate in its own language to prove its validity (*xenoglossy*)? Answer: I don't know if anyone has tried. There have been occasions where people have spoken in tongues (*glossalalia* - nonsense), and recorded cases through reincarnation where people have spoken in another language, unknown to themselves.

**Spirit Rescue** - a modern technique of ghost psychotherapists who try to contact ghosts and negotiate or release them from negative situations. For instance, the ghosts in Glamis Castle in Scotland, who had been tortured and stuck in the vaults. These people may be releasing hauntings rather than apparitions. Hauntings can be released by "over-taping" the incident – i.e. creating an incident such as a wild party that has more energy than the initial "tape".

**Possession** - Similar to medium or channeler, in that a person's physical body is taken over by another sentient entity. In many cases, this is involuntary, and the relationship is destructive. In other cases, such as religious possession, it is an empowering experience, with the person still in control (and able to terminate the relationship). Some spiritual traditions encourage possession by deities, such as in some African based religions such as *Umbanda*.

**Shamanism** - The psychic phenomena of today were the shaman's or witch's skills of yesterday. Prophets, seers, mystics, Druids, priestess's, sybil's, etc., may well have been people whose cultures encouraged the development of psychic skills, and supported them in those roles in their society. Many groups in the *neo-pagan movement* (such a *Wicca* and *Druidism*) attempt to re-create a modern version of those ancestral cultures. We study and practice psychic skill development within our covens, groves, circles, and groups. The term *Shaman* originally referred to the native medicine people of the regions in and around Siberia.

**Scrying** - Ability to use certain tools (crystal ball, mirrors, Runes, Tarot, Ogham, omens, bones, etc. ) to focus psychic abilities (telepathy, precognition, retrocognition, psychic healing).

**Note:** Phenomena can have more than one cause. For instance, there can be both hauntings and apparitions at the same site. Also, psychics can have more than one ability, such as clairvoyance and clairaudience.

## The Science of Parapsychology

The scientific study of spontaneous events and anomalies that cannot be explained through contemporary scientific process. In other words, events that defy normal explanation, are referred to as paranormal events.

Current fields of science that touch on parapsychology are psychology, physics and anthropology.

Psychology is needed to eliminate non-extraordinary reasons for events. An extremely dysfunctional family could be causing, and misinterpreting paranormal events. A stressed out marriage can cause poltergeist activity, rather than “demons, ghosts or psychic attacks”. A person with low self esteem may be vulnerable to psychic manipulation. Counseling skills are essential to negotiate an investigation. Many people simply need to be referred to therapists.

The study of physics is a good background for understanding how extraordinary forces can work in the physical universe. Particularly an understanding of electro-magnetic forces. Hot spots for psychic activity have high readings of electro-magnetism and vast temperature changes - either hot or cold. Thermographs record high temperatures, which cannot be felt, i.e. they are picking up something we cannot identify.

Anthropology teaches us the wisdom of native cultures all over the world that have accepted and used paranormal forces throughout their histories.

Medically, the pineal gland has been discovered to be the site of serotonin and melatonin, which controls sleeping and dreaming patterns. These may have an influence on psychic abilities. Recently, it has been discovered that psychic events show up in brain scans with a pattern similar to epileptic episodes - bursts of electric activity.

Another good skill to have in detecting fraud is stage magicanship. These experts can eliminate practical jokes, deceptions and fraud. (Loyd Auerbach has a background in this, which has helped him to discover fraudulent cases. A very useful expertise.)

Other necessary skills are technical - the ability to use computers and electronic equipment. Increasingly, electro-technology is being found useful in this field and equipment is being developed to detect ghosts and paranormal activity.

Mechanical, plumbing and construction skills are an asset - the ability to understand architectural/mechanical forces in order to detect natural causes for strange noises such as ghostly footsteps which could be explained as swelling floorboards, popping joints, faulty pipes, etc. (For example the TAPS teams started off as Roto Rooter plumbers!) People with these abilities are the front lines of paranormal investigations, because they can eliminate anything caused by natural forces before committing to a full scale investigation.



Common sense and well developed powers of observation. Good people instincts (lack of gullibility).

It doesn't hurt to have psychic abilities oneself. Working with psychics, and recording our own psychic experiences often increases our own psychic threshold. The Boggle Effect, cultural non-acceptance, religious inhibitions, and self doubt, inhibit our psychic abilities.

### **Magic(k) and the Paranormal**

Those who are members of "Magickal Communities" such as Wicca, Ceremonial Magick and Druidism bring their own unique skills to the Paranormal Realm. An expert on this is my old teacher Don Frew. In his class, "*Things that go bump in the night, and what to do about them*" he suggests that we go back to traditional techniques such as "drawing a magick circle" of protection (i.e, *warding* the circle) and inviting the ghosts to communicate with us. He abhors the technique of "provocation" which he feels is rude to sentient beings and leaves the living residents to deal with angry ghosts.

*Provocation* (not recommended) is a technique where investigators try to get ghosts to react to them by being rude or threatening.

*Talismans* – Some investigators use or wear talismans of various types to protect or entice ghosts. The San Francisco Ghost Society sells a "spirit stone" made of limestone, which they claim enhances paranormal activity, even electronic equipment's ability to pick up same. Quartz crystal is often used in the same way, and has been used in magick for centuries. Investigators have been known to wear religious icons (Cross, Star of David, Pentacle, etc.) for protection against negative forces. There is no scientific data to back up these practices, but as much of it is about mental energy, my advice is - if it helps, use it.

## **Principals of Time**

In order to understand precognition (seeing things before they occur) and retrocognition (seeing the past), one has to take into consideration many alternative concepts of time.

Time itself may be an illusion.

All time may exist at once, and a psychic can skip around the time scale and view different event.

There may be parallel universes caused by cataclysmic events.

There may be several possible futures, and the psychic can see the most likely one and the time of the reading.

Once that future is seen, it can be changed, thus proving the psychic “wrong”.

Earthquakes may be the picking up of waves that emanate from stressed rocks before the quake. Animals have been known to pick these up consistently, a few hours beforehand.

## Equipment

Unfortunately, the most useful equipment is prohibitively expensive. They are often rented for use for televised shows, such as Sightings and TAPS. This equipment is mostly developed for other industries, such as the EPA, or medical equipment, that can be used by parapsychologists.

Some of the equipment is so complicated (needs to be calibrated, etc.) that trained specialists are needed to operate them. Note: Apparitions have been known to sabotage equipment if they don't want to be recorded, photographed, or taped. Also, ghosts can drain the batteries of equipment.

This is a partial list of the more affordable equipment that most ghost hunters use today:

**Tape or Cassette Recorder** - To record the apparitions – Electronic Voice Phenomenon (EVPs). Also can be used to tape the accounts by witnesses

**Trifield meter** - EPA equipment for about \$120 which reads a certain range of electro-magnetic and microwave energy. If there is activity, the readings will be higher, and can be followed. This is a small, hand held piece of equipment.

**Video Recorder** – to videotape phenomena (such as poltergeist activity).

**Camera** - especially Polaroid - Sometimes the phenomena will appear on film (or video), even if it wasn't seen. People now use digital to good effect.

**Thermograph Camera** - for detecting temperature changes - cold spots (Black/blue) and hot spots (red).

**Magnetometer** - Greater range of magnetic readings. Note: the earth's magnetic field rises and falls. Some types of psychic activity happen more at peaks (psychotelekinetic and precognition) and some types more in magnetic valleys (telepathy and clairvoyance). PK and precog need more magnetic energy to manifest, and ESP needs less interference. I.e. atmospheric conditions may create a window of opportunity for different manifestations.

**Map** - Either hand drawn or computerized to accurately pinpoint activity, meter readings, witnesses, etc.

**Dowsing equipment** – some investigators simply work with pendulums or divining rods, (which is a helluva lot cheaper than the above equipment!)

**K II EMF Meter** – detects ELF and VLF ranges. Can be set off by entities in answer to questions. I have used this, and find it very responsive. One has to be careful to get a baseline reading, making sure there is no electronic interference, for the readings to be valid.

## Conducting an Investigation

At initial contact (phone) ask questions (see Appendix A in ESP, Hauntings and Poltergeists by Loyd Auerbach) to see if phenomena is paranormal, and warrants further investigation.

Ask if this is a past or current event. If it is not still occurring, there is nothing to investigate.

Stories need to be collaborated - it is better if there is more than one witness.

Ask questions about the experient (past experiences, religious point of view, etc.)

Ascertain if the person is credible, or looking for attention, publicity, or psychotic.

If the problem has another origin, refer them (therapy).

Eliminate the alternative possibilities. Knowledge of architecture, wiring, plumbing is helpful here. Whatever is left, however improbable, is fact, according to Sherlock Holmes.

Calm experient's fears. Let them know that this experience is within the range of normal human experiences, and that the entities cannot hurt them. They can only frighten people into hurting themselves (like backing over a railing or falling down the stairs).

Involve (empower) the experient. Get them to talk to the ghost, get them to participate. Give them as much power over the situation as possible. Make them part of the investigative team.

Investigate the premises.

Interview witnesses (record or take notes). Find out who else they have talked to about the phenomena.

Set up recording equipment.

Take readings with whatever equipment you have.

Draw a map of the area, with positions of events, witnesses and readings.

Establish patterns - time, atmospheric conditions, witnesses present, psychic impressions, etc.

If it's poltergeist activity - find out what the affected objects represent to the experient. Get them to find another method to relieve their stress (therapy, physical activity, etc.)

Ask experients to research the history of the site, to identify phenomena.

(From Ghost Lab) Use “era cues”. If you have information about the hauntings, recreate the circumstances to see if it will provoke a reaction.

Warning: In this litigious society, be sure to have release forms signed so that you cannot be sued. Also, work in pairs, so you have a witness to your actions, and cannot be maligned or libeled. Be especially careful when children are involved.

# Photography

(Notes from lecture by Sharon and Anne Leong – Ghost Photographers, and members of the San Francisco Ghost Society)

Photos are categorized according to their credibility, A being the most credible, C being the least.

**Class A** is beyond the range of scientific explanation. Therefore, most likely – paranormal.

**Class B** is possibly paranormal, but inconclusive.

**Class C** is Normal Phenomena – false positives. Sharon and Anne showed many examples of what can fool people, but on closer examination, there are logical explanations. Common false positives include:

- wrong shutter speed
- movement when picture is taken
- smoke or fog
- flash artifacts
- pollen
- bugs
- dust orbs
- lens flare
- reflections off of mirrored
- glass and shiny surfaces
- finger in front of lens
- hair in front of lens

## **Electric Voice Phenomena (EVP)**

(notes from lecture by Tony Anderson, EVP Specialist  
and member of San Francisco Ghost Society)

Evidence gathered by recorders are classified by credibility, A being the most credible, C being the least.

**Class A** – Word(s) understood by several participants without any electronic enhancements (to isolate sound from background noise).

**Class B** – Word(s) understood by participants after being cleaned up electronically (isolating from background noise).

**Class C** – Word(s) inaudible, but participants agree that they sound like some kind of speech. May not agree on what was said. Subjective hearing?

Common EVPS include:

- Whispers
- Guttural
- Growling
- Melodic or Sing Song voice (more often female for unknown reason)
- Mechanical (robot sounding)
- Inverted - voice will imitate participants speech, but invert, or switch words around
- Mimic – Voice mimics what was just said by an investigator, even mimicing the voice
- Stilted – monotone voice
- Non-English – foreign language

Some Basic Rules when recording EVPs:

- When turning on recorder, wait about 30 seconds before speaking into it. You might get evidence right away, and don't want to talk over it.
- Log the date and members present, and any other essential information (locations, time, etc.)
- Tag any accountable noises so that they can be eliminated later, and not confused with entities voices. A motorcycle outside might sound like a growler, children passing outside might sound like ghostly children, etc.
- Try an interactive technique – do incomplete actions like reciting familiar poetry like, "Hickory Dickory Dock, the Mouse ran up the \_\_\_\_\_". The ghost might fill in the well known gap. Try singing familiar songs, then letting it continue song. Try clapping and stopping to see if it will continue the beat.
- It wouldn't be a complete ghost investigation if "GET OUT" were not recorded! i.e., it is a very typical reaction.

## **Resolution of Investigation**

### **Acceptance**

Not everyone wants to get rid of their ghosts. Many are fascinated, and actually want to show them off. These people may only want to negotiate with their ghosts over personal boundaries and privacy. They should be encouraged to talk to the ghosts themselves. If they do not believe they can, a psychic can be called in to translate messages.

Ask the ghost why it is here, what is its purpose. Perhaps it's trying to warn people about something or give them important information (like where the family gold is hidden). If you are qualified and the spirit needs it, offer ghost therapy or guidance.

### **Resistance**

Remind experients that they have the power to resist the influence of the ghost. Suggest that they surround themselves with an impenetrable white light.

### **Exorcism**

This is a ritual that will, hopefully, influence the spirit to leave, or relieve the mind of the experient. It is also called "laying the ghost". It can be as simple as negotiating with the spirit, explaining that it is time to move on, or as complicated as calling in a Catholic priest and going through the whole process (assuming, of course, that the spirit is a Catholic). Other possibilities are to create your own ritual of exorcism based on your own beliefs; annoy the ghost into leaving with bad music (rap, country, rock n roll, or whatever it would object to); flashing lights, a noisy party, etc.

### **Over Recording**

If a room feels bad, or is haunted, the atmosphere can be recorded over with a tape de-gausser, electro-magnets, or replaced with positive emotions. (For instance, a loud party, rambunctious sex, or a powerful ritual.)

### **Spirit Rescue**

Erasing uncomfortable hauntings, or offering therapy to a disturbed spirit with the goal of moving it on the next plane of existence.



## **Professional Parapsychology Today**

There is no license to be a paranormal investigator because it is not a legally recognized profession like doctor, nurse, massage practitioner, police, fire, lawyer, etc. So there is no board to license applicants, and anyone can call themselves a psychic investigator.

But if someone wanted to do it professionally, they could go for a degree or a certificate – like the one HCH offers, even though it has no legal standing. People who want a shingle to hang out usually get a masters in psychology and tweak their case load, or they are scientists with PhD's who spend years obtaining professional credibility then risk it by acknowledging their interest in the paranormal.

I thought of another way. What if people got a Private Investigator's license, but then specialized in paranormal investigation? The down side is that the classes would probably have nothing to do with paranormal investigation, but the up side is that one would be a "licensed investigator", and could simply take the cases that interest them, as a specialty!

Interestingly, another set of professions that lend themselves to paranormal investigation is the construction business. Note the popularity of the TV show, TAPS. These structural experts, builders, electricians, plumbers, carpenters, have the unique ability to eliminate all possible causes of reported paranormal activity (creaking boards, banging pipes, faulty wiring) that can fool the average person. If you are building a team of paranormal investigators, someone from these trades is essential.

### **Other Fields of Parapsychology**

Another field of parapsychology that intrigues me is that of Animal Psychics who can communicate with animals on their illnesses and needs. A closely related field is that of Plant Psychics who can communicate with plants, flowers, trees, etc. In fact, the whole field of non-human soul contact is wide open.

### **Spirit Rescue**

Spirit Rescue is a service provided by spiritualists or mediums who aid and assist a discarnate entity or ghost who has failed to make the next transition in the afterlife after his or her death, and is stuck in his own past. These beings may still be stuck in their old personality, and may be mentally ill, traumatized, depressed, frightened, etc.

This is not the same as releasing a psychic tape embedded in the environment, but of a sentient being who is lost and confused. Many unresolved strong emotions can bar the way to the next level – traumatic death, guilt, fear of punishment (for instance, fear of hell), limiting religious beliefs, etc. These factors can hem a soul in, obscuring the path toward transition to the next level.

A medium will attempt to communicate with the spirit, either vocally, or perhaps through a Ouija board or other means, and basically act as a therapist, reassuring them that their

past life is over and they can move on, or helping them deal in a therapeutic manner with the issues that are blocking the spirit.

In some cases, the spirits are not even aware that they have died, that time has passed, or that there is a “way out”. They may be stuck in a scene of trauma that plays over and over again, without their conscious recognition of the fact. For instance, the spirit may have constructed a negative scene out of guilt, replaying a crime they have committed with no way to resolve it, for fear of “going to hell”. These spirits are in a “recurring dream state” that never abates. These souls are separated through delusion from their own Higher Conscious.

The job of the medium in these cases is to break the reoccurring dream cycle or mental pattern of the spirit. The medium must make contact with the spirit and raise their consciousness above the dream level and offer them the option to move on. The medium can use their own clairvoyant abilities to meld with the spirit and experience what they are experiencing, they might connect in a trance state and channel the spirit, allowing it to communicate. This connection could go both ways, allowing the spirit to see beyond it’s own circumstances and realize the possibility of moving out of its dream state into the light. Another method is for a medium to channel a troubled spirit to work with a hypnotist who can release the spirit from its turmoil.

Dr. William Baldwin pioneered the field of Spirit Release Therapy and has trained practitioners in the specialized techniques.

Dr. Baldwin’s website: <http://www.spiritreleasement.org/>

Spirit Release Foundation: <http://www.spiritrelease.com/>

## Criticism and Defense of Parapsychology

Skeptics, which include most mainstream scientists, and organizations such as the Bay Area Skeptics (who offer \$11,000 for positive proof of a psychic event), purport that there is no scientifically acceptable evidence for paranormal events. They state that the evidence has never been gathered in a laboratory double-blind experiment with reproducible evidence. They do not accept anecdotal evidence (apparently, not even when they witness it themselves).

What skeptics fail to realize is that not all phenomena can be measured by current scientific standards. There are sciences that study phenomena that cannot be predicted, such as psychology and sociology. Parapsychology is currently under the field of psychology until science can come up with a measurable effect. The mind itself cannot be explained by science, and psychic phenomena is all a mental phenomena, that occasionally affects the world materially (such as poltergeists). ESP, and related abilities, are information gathering processes, which cannot be measured in a laboratory. Scientists are reluctant to go out in the field to study psychic phenomena, where it actually occurs.

Other psychic abilities, such as PK, are inconsistent, and not often controllable. Stress, such as being the subject of a study, especially by skeptics, can inhibit the effects. Persons who use psychic abilities for entertainment purposes will often fake the effects, since they cannot predict or control when they are psychically hot. Some effects, such as controlled experiments with moving objects under bell jars, have been proven. I've witnessed it in Loyd Aurbach's class. (So why doesn't the B.A.S. pay up?)

There are no major funders (or grant monies) for psychic studies, and most parapsychologists have to work at other jobs to support themselves. Often the money comes from television shows that are not committed to accuracy.

In spite of all this, as science progresses, more confirmative information is coming in. Those scientists that are open minded, and not entrenched in old ideas, continue to discover, on their own, paranormal phenomena. For instance, many doctors have witnessed and documented NDI episodes. Equipment used by environmental scientists can also be used by parapsychologists, such as tri-field meters (which were developed to measure dangerous levels of electro-magnetic activity) have been used to measure psychic phenomena. There are increased readings of electromagnetic pulses in the region of psychic activities. Thermographs have measured cold/hot spots. Phenomena has been recorded, photographed and taped. There is more public acceptance of this study now, so the evidence is mounting.

## **In Summary**

This booklet is the result of class notes from various teachers, classes and workshops, books, movies and TV shows, as well as some of my own experiences in the field. It is just the tip of the iceberg, and is meant to whet your appetite for delving into this remarkable field. If reading this booklet motivates you to study further with local teachers or join your local ghost investigation society, and becoming part of this incredible community, then I have achieved my goal!

Happy Hunting!

## Resources

### **Notable Parapsychologists** (this is just a partial list!)

Loyd Auerbach - Parapsychologist, California <http://www.mindreader.com/>  
Penelope Smith - Animals, California <http://www.animaltalk.net/>  
Geri Ryan - Animals, California (no website)  
Andy Nichols - parapsychologist, Florida <http://www.parapsychologylab.com/>  
Kerry Gaynor - Los Angeles, California  
[http://www.parapsych.org/members/kerry\\_gaynor.html](http://www.parapsych.org/members/kerry_gaynor.html)  
Russ McCarty – parapsychologist (no website)  
Jim Bosworth – parapsychologist (no website)  
Jerry Solving – parapsychologist (no website)  
Peter Jordan - parapsychologist, New Jersey <http://www.temple.edu/ambler/news/312-jordan.htm>  
Chip Dekker – parapsychologist (no website)  
Bill Everest - parapsychologist, Arizona (no website)  
Barbara Gallagher – parapsychologist (no website)  
Sybil Leek - Witch, psychic (deceased) [http://en.wikipedia.org/wiki/Sybil\\_Leek](http://en.wikipedia.org/wiki/Sybil_Leek)  
Karl's Oasis (deceased) [http://findarticles.com/p/articles/mi\\_m2320/is\\_ai\\_20749209](http://findarticles.com/p/articles/mi_m2320/is_ai_20749209)  
Rhea White (deceased) [http://www.parapsych.org/members/r\\_white.html](http://www.parapsych.org/members/r_white.html)  
Allen Wolf - Parallel Universe theory <http://www.fredalanwolf.com/#AK>  
Alex Tanous – parapsychologist <http://www.alextanous.org/>  
William Roll - parapsychologist, Georgia [http://en.wikipedia.org/wiki/W.\\_G.\\_Roll](http://en.wikipedia.org/wiki/W._G._Roll)  
Jon Klimo – parapsychologist <http://www.jonklimo.com/>  
Kathy Reardon – psychic (no website)  
Kevin Ryerson – psychic <http://www.kevinryerson.com/News/2004-04.htm>  
Michael Persinger [http://en.wikipedia.org/wiki/Michael\\_Persinger](http://en.wikipedia.org/wiki/Michael_Persinger)  
Robert Morris - Koestler Chair at Edinburgh U, Scotland (no website)  
Dr. Raymond Moody: <http://www.lifeafterlife.com/>  
John Edwards: <http://www.johnedward.net/index2.htm>  
Chip Coffey: <http://chipcoffey.blogspot.com/>  
Sharon and Anne Leong – Ghost Photographers  
Tony Anderson (EVP specialist)  
Jeff Dwyer - [ghosthunter@jeffdwyer.com](mailto:ghosthunter@jeffdwyer.com)

### **Paranormal Magazines**

Haunted Times: [www.hauntedtimes.com](http://www.hauntedtimes.com)  
TAPS Paramagazine: <http://www.tapsparamag.com/>  
FATE Magazine: <http://fatemaq.com/>

## **Paranormal Organizations**

Time Research (Mt.View) studies human behavior in relation to natural phenomena, like the fluctuating magnetic fields on earth (no website)

California Psychical Institute (with journal) <http://www.socalpi.org/>

Berkeley Psychic Institute <http://berkeleypsychic.org/ShowPage.asp?id=67>

American Society of Parapsychological Research <http://www.encyclopedia.com/doc/1G1-71888391.html>

Center for Paranormal Studies, Florida

TAPS <http://tapsfamily.com/index.html>

San Francisco Ghost Society: <http://www.sfghostsociety.org/>

Sacramento Valley Paranormal Society: <http://sac-valley-paranormal.webs.com/>

## **Forever Family Foundation**

The Forever Family Foundation: (<http://www.foreverfamilyfoundation.org/>) sponsored a groundbreaking event in January, 2008 – *Investigations of Consciousness and the Unseen World; Proof of an Afterlife*. Speakers included PhDs, MDs, as well as mediums, and it was an absolutely profound conference. Just to give you an idea of the emerging interest in this field, I'm listing the main speakers, their credentials and fields of interest:

Fred Alan Wolf, PhD, Quantum Physics and Consciousness Research

Gary E. Schwartz, PhD. Mediumship Research

Bruce Greyson, MD, Near Death Experience Research

Jim Tucker, PdD, Reincarnation Research

Dean Radin, PhD, Psi Research

Arthur Hastings, PhD, Psychomanteum Research

Dianne Arcangel, MS, Afterlife Encounters

Loyd Auerbach, MS, Apparition Research

Robert Brown, Medium

Hollister Radin, Medium

They have an active email list and are trying to get interest groups together in every region to explore psychic phenomena. Their mandate is to "To further the understanding of Afterlife Science through research and education while providing support and healing for people in grief."

## **Good Ghost and Paranormal Movies**

*Ghost*  
*Ghostbusters*  
*The Ghost and Mrs. Muir*  
*The Legend of Hill House*  
*The Haunting*  
*The Uninvited*  
*Poltergeist* (the first 45 minutes)  
*Truly, Madly Deeply*  
*Turn of the Screw*  
*Heart and Souls*  
*Resurrection*  
*Drag Me to Hell, Children of the Grave*  
*Spooked – the Ghosts of Waverly Hill Sanitarium*  
*The Sixth Sense*  
*The Others*

## **Paranormal Television Shows**

Ghost Hunters: <http://www.syfy.com/ghosthunters/>

Ghost Lab: <http://dsc.discovery.com/tv/ghost-lab/about/glossary-of-terms.html>

## **Great Ghost Books**

*ESP, Hauntings and Poltergeists*, Loyd Auerbach  
*Psychic Dreaming*, Loyd Auerbach  
*Reincarnation, Channeling and Possession*, Loyd Aurbach  
*Ghosts and How to See Them*, Peter Underwood  
*The Ghost Hunter's Guide*, Peter Underwood  
*The Encyclopedia of Ghosts and Spirits*, John and Anne Spencer  
*The Encyclopedia of Parapsychology and Psychological Research*, Arthur and Joyce Berger  
*Haunted Houses of California*, Antoinette May  
*The National Directory of Haunted Places*, Dennis Hauck

## **Local San Francisco Bay Area Haunted Sites**

Holmes Bookstore - 14th Street, Oakland, California  
[http://www.holmesbooks.com/index.php?page=holmes&center=history&subpage=oakland\\_hist](http://www.holmesbooks.com/index.php?page=holmes&center=history&subpage=oakland_hist)

Banta Inn - Tracy, California <http://bantainn.net/>

Moss Beach Distillery - Moss Beach, California <http://www.mossbeachdistillery.com/>

Winchester Mystery House - San Jose, California

<http://www.winchestermysteryhouse.com/>

Leger Hotel - Mokelumne Hill, California <http://www.hotelleger.com/>

Sutro Baths – San Francisco

[http://www.google.com/search?q=Sutro+Baths,+haunted&hl=en&rlz=1T4GGLL\\_enUS341US341&tbs=vid:1&tbo=u&ei=KhyuS\\_v1O5DctgO0\\_rWHDQ&sa=X&oi=video\\_result\\_group&ct=title&resnum=1&ved=0CBQQqwQwAA](http://www.google.com/search?q=Sutro+Baths,+haunted&hl=en&rlz=1T4GGLL_enUS341US341&tbs=vid:1&tbo=u&ei=KhyuS_v1O5DctgO0_rWHDQ&sa=X&oi=video_result_group&ct=title&resnum=1&ved=0CBQQqwQwAA)

Queen Anne Hotel – San Francisco

[http://www.hauntedhouses.com/states/ca/queen\\_anne\\_hotel.cfm](http://www.hauntedhouses.com/states/ca/queen_anne_hotel.cfm)

San Remo Hotel – San Francisco

<http://www.sanremohotel.com/>

### **Local Schools of Parapsychology**

HCH, Parapsychology Studies Program

<http://www.hypnotherapytraining.com/parapsych.cfm>

Lafayette, California. You can earn a **Certificate in Parapsychological Studies**

Institute of Transpersonal Psychology (Psychomanteum Research)

<http://www.psychomanteum.org/>

In Palo Alto, California

### **Other Schools of Parapsychology**

University of Edinburgh <http://www.koestler-parapsychology.psy.ed.ac.uk/>

Koestler Parapsychology Unit: <http://www.koestler-parapsychology.psy.ed.ac.uk/teachingOpenStudies.html>

University of Arizona: <http://veritas.arizona.edu/index.htm>

Princeton Engineering and Anomalies Program <http://www.princeton.edu/~pear/>

More information:

Careers in Parapsychology:

<http://www.healthsystem.virginia.edu/internet/personalitystudies/careers.cfm>



## **Paranormal Message Boards**

TAPS <http://www.tapsmainforum.com/>

## **Paranormal Resources**

Crucible Catalogue: [http://www.crucible.org/equip\\_paranormal.htm](http://www.crucible.org/equip_paranormal.htm)

## **Contact Me**

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(Certified by Loyd Auerbach in Parapsychological Studies with HCH in 2006)



Raven, Tower of London, July 2010