

“UNCOVERING THE SECRETS OF THE SUPERNATURAL:

A GUIDE TO BECOMING A PARANORMAL INVESTIGATOR “



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CHAPTER 1 - INTRODUCTION

Welcome to "Uncovering the Secrets of the Supernatural: A Guide to Becoming a Paranormal Investigator," the ultimate resource for anyone interested in exploring the mysteries of the unknown and unlocking the secrets of the supernatural.

Whether you're a seasoned investigator or just starting out, this book will provide you with everything you need to know to become a successful paranormal investigator. From gathering information and resources, to conducting investigations and analyzing findings, we'll cover it all.

But it's not just about ghost hunting and eerie encounters. This book also covers the importance of ethics and professionalism in the field, as well as common challenges and criticisms. We'll also delve into the history of paranormal investigation and explore the motivations of those who choose to pursue this exciting and mysterious hobby.

Greetings dear reader and fellow shadow chasers, let me introduce myself. My name is Jim Bumgardner and I've been exploring the supernatural practically all of my life especially over the past 30 years. Professionally I have worked in radio broadcasting that eventually transitioned into television and online content creation.

I've had the opportunity to investigate some truly haunted places in Arkansas, including the MacArthur Military Museum in Little Rock (with the most notable experience being a shadowy apparition flew up and past me in the main turret stairwell), the Crescent Hotel in Eureka Springs (where we captured a ghostly face peeking through a glass door in the main lobby to get a look at the visitors snooping around), and numerous locations in Hot Springs and Harrison (where I encountered some of the most active paranormal activity I've ever experienced and documented).

One of the highlights of my career as a paranormal investigator was producing a television show called "Case Files of the Ozarks Ghost Research Society." In this show, we tested out a unique method of investigation that involved conducting three separate investigations at the same location and comparing the results and evidence collected. It was a lot of work in the days when digital tape formatted cameras and some analog audio recording equipment was the norm, but it was worth it because we gathered some truly eerie evidence.

Throughout my career, I've always been drawn to the mysteries of the supernatural and have dedicated myself to learning as much as I can about the paranormal. I've read countless books on the subject, attended numerous conferences and workshops, and have even had a few close encounters with the undead.

After many years of being reluctant to do so, I'm excited to share the supernatural knowledge and experience with you in this book, "Uncovering the Secrets of the Supernatural: A Guide to Becoming a Paranormal Investigator." I make no claims as to being an "expert" in this field as I don't believe anyone can. I can however say that the methods and suggestions found in this book will serve you well whether you're a seasoned investigator or just starting out. My ultimate hope is that this guide will provide you with valuable insights (and a few spine tingling true stories) as you navigate the mysteries of the unknown and consider unlocking the secrets of the supernatural for yourself.

A few things I want you to seriously consider before you embark on your journey into the shadows. First what is your reason and motivation to go on ghost hunts and investigations? Here are some of the main reasons many do...

1. Helping people: For some investigators, the most rewarding aspect of the job is the opportunity to help people who are experiencing paranormal activity. Being able to provide answers or solutions to people who are struggling with unusual occurrences can be very fulfilling.
2. Learning new things: Paranormal investigation often requires a lot of research and learning about history, psychology, and other subjects. Some investigators may find it rewarding to continually expand their knowledge and understanding of the world.
3. The thrill of the unknown: For some investigators, the excitement of exploring the unknown and potentially encountering the paranormal can be very rewarding.
4. Building community: Many paranormal investigators are part of a community of like-minded individuals, and being a part of that community can be very rewarding.
5. Personal satisfaction: Some people may find a sense of personal satisfaction in being able to contribute to the field of paranormal investigation and in pursuing their own personal interests.

With those foods for thought, I also caution you to consider these points as to reasons why someone might NOT want to become a paranormal investigator:

1. It can be dangerous: Some haunted locations may have structural issues or be in areas with high crime rates, which can make them dangerous to visit.
2. It can be stressful: Dealing with paranormal activity and trying to help people who are experiencing it can be emotionally and mentally draining.
3. It can be time-consuming: Investigating paranormal activity often requires a lot of time and effort, and it may not be feasible for someone with a busy schedule.
4. It may not be respected by others: Some people may not believe in the paranormal, and those who investigate it may be met with skepticism or ridicule.
5. It can be expensive: Some paranormal investigators use specialized equipment, which can be expensive to purchase and maintain.
6. It may not provide financial stability: Paranormal investigation is often a passion rather than a profession, and it may not be a reliable source of income.

Ultimately, the decision to become a paranormal investigator should be based on your personal interests, abilities, circumstances, beliefs and mental stability. Odds are you will encounter some very abnormal/ reality shifting experiences and this type of activity isn't for the faint of heart or the mentally / emotionally unstable. Yet, if the compulsion for seeking out answers to the mysteries of the unknown is leading you in this direction, I do strongly recommend that you consider these tips that you should AVOID doing during a paranormal investigation:

1. Don't go alone: It's generally not a good idea to investigate a potentially haunted location on your own. It's always best to have at least one other person with you for safety and support.
2. Don't touch or move objects: It's important to leave the environment as undisturbed as possible during an investigation. Don't touch or move objects unless it is necessary to do so.
3. Don't bring children or pets: Children and pets can be disruptive during an investigation and may not be able to understand the importance of staying quiet and still. It's best to leave them at home.
4. Don't use drugs or alcohol: It's important to be sober and alert during an investigation. The use of drugs or alcohol can impair your judgment and ability to gather accurate information.
5. Don't be disrespectful: It's important to remember that you are a guest in someone else's home or property during an investigation. Be respectful of the location and the people who live or work there.
6. Don't be reckless: Don't take unnecessary risks during an investigation. Stay safe and use common sense.

And now that I've played devil's advocate as best I could, lets dive in!

First things first, let's define what it means to be a paranormal investigator:

Paranormal investigation is the systematic and scientific study of paranormal activity and phenomena, such as ghosts, hauntings, and other supernatural occurrences. Paranormal investigators use a variety of tools and methods, including EMF detectors, thermometers, and night vision cameras, to gather and analyze evidence of paranormal activity. The goal of paranormal investigation is to collect data and various forms of physical evidence to better understand and explain these phenomena, and to seek answers to the mysteries of the supernatural.

Thankfully, many others have come before you and I and have laid out certain standards, expectations and experiences that have helped this study grow in knowledge and scope. In this I feel it is most important to show respect now to those forefathers of the study of the bumps in the night.

The history of paranormal investigation can be traced back to ancient civilizations, as people have always been fascinated by the supernatural and the unknown. In ancient Greece, for example, the Oracle of Delphi was believed to be able to communicate with the gods and provide prophecies to those who sought her guidance.

During the Middle Ages, the Catholic Church was often called upon to investigate cases of alleged demonic possession and other paranormal activity. In the 16th century, the Society of Jesus, also known as the Jesuits, was founded specifically to investigate and combat alleged cases of demonic possession and other supernatural occurrences.

In the 19th and early 20th centuries, paranormal investigation became more scientific in nature, as people began to use methods such as photography and electro-mechanical devices to gather evidence of

supernatural activity. During this time, organizations such as the Society for Psychical Research were founded to study paranormal phenomena and explore the boundaries of science and the unknown.

In the latter half of the 20th century and into the 21st century, paranormal investigation has continued to evolve, with the development of new technologies and methods for gathering and analyzing evidence. Today, paranormal investigation is a popular and growing field, with many organizations and individuals dedicated to studying and understanding the mysteries of the supernatural.

**** Authors Note*** The first published report of a paranormal investigation is likely the work of the Society for Psychical Research (SPR), which was founded in London in 1882 by a group of intellectuals and scholars, including Henry Sidgwick, Frederic W. H. Myers, and William James, who were interested in exploring the limits of human knowledge and understanding. The SPR was established to investigate claims of supernatural and paranormal phenomena using scientific methods, and the organization published many reports on their investigations over the years. One of the first and most famous investigations conducted by the SPR was the "Census of Hallucinations," which was published in 1894 and detailed the results of a survey that asked people about their experiences with paranormal phenomena. The SPR's investigations and reports played a significant role in the development of modern paranormal investigation and research. The SPR conducted many investigations into a wide range of phenomena, including ghosts, poltergeists, telepathy, and other psychic abilities which helped to establish the field of parapsychology and pave the way for modern paranormal research. The group still exists today. You can reach out to them via their website: <https://www.spr.ac.uk/>*

As mentioned, there are many reasons why people become paranormal investigators. Some are drawn to the thrill and excitement of exploring the unknown and seeking answers to mysteries that are not fully understood. Others may have had personal experiences with the paranormal and are seeking to better understand what they have encountered. I would say my interest stems from a good mixture of both of those reasons.

On the other hand some people become paranormal investigators as a way to connect with loved ones who have passed away, or to find closure and resolution after experiencing a loss. I must admit I am not a fan of this motivator. Reason being that those of that mindset are far more likely to be susceptible to those who may not be so ethically minded in regards to the subject matter. If this is you, I am certainly not judging you nor am I saying don't do this. I am however strongly encouraging you to be very mindful of those who make promises of results. Especially if they have their hand out. Again, most of the paranormal investigators I've worked with or observed are on the up and up but some weren't. So proceed with caution.

Still others may be motivated by a sense of curiosity and a desire to learn more about the world and the phenomena that exist beyond our understanding. Regardless of motivations, on the whole people who become paranormal investigators for the long term are often driven by a sense of purpose and a desire to explore the mysteries of the unknown. They are drawn to this field by a fascination with the

supernatural and a desire to seek answers to the mysteries of the paranormal world which I'll bet you are as well. Just like me and these most famous seekers:

Ed and Lorraine Warren: Ed Warren was a demonologist and Lorraine Warren was a clairvoyant and medium. They were a husband-and-wife team who investigated and wrote about paranormal activity, including the Amityville Horror case.

HARRY PRICE: Harry Price was a British paranormal investigator and author who is best known for his investigations of Borley Rectory, which was dubbed the "most haunted house in England."

JOHN ZAFFIS: John Zaffis is a paranormal investigator and expert on the supernatural who has appeared on numerous television shows and is the author of several books on the paranormal.

JASON HAWES AND GRANT WILSON who together launched "T.A.P.S." which was featured in the first of its kind reality show "Ghost Hunters" and "Ghost Hunters International" that was wildly popular on the SyFy channel from 2004-2016.

ZAK BAGANS: Zak Bagans is a paranormal investigator and television personality who hosts the Travel Channel's "Ghost Adventures." While I've always taken his antics with a grain of salt, I do appreciate the impressive collection of historical artifacts that are legendary in paranormal / metaphysical circles.

These more modern personalities are great and all but the forefathers of methods of investigations and data collection as we know them today, most certainly deserve some respect and notoriety in these pages.

Here are several notable paranormal researchers of the early 20th century that I find fascinating and worthy of you taking the time to study and learn from (even without a syndicated television show or social media feed).

WILLIAM HOPE: William Hope was a British spiritualist and photographer who claimed to be able to capture images of ghosts on film.

SIR ARTHUR CONAN DOYLE: Sir Arthur Conan Doyle was a British author and spiritualist who is best known for his Sherlock Holmes mysteries, but he also wrote extensively about his belief in the existence of ghosts and the afterlife. This one was a true shocker to me. I was a huge fan of Sherlock Holmes as a kid. To then as an adult learn more about the man behind the great sleuth and his fascination with the metaphysical and spiritual studies was mind blowing to me. I really recommend researching more of his story and collections.

SIR OLIVER LODGE: Sir Oliver Lodge was a British scientist and inventor who conducted research on psychic phenomena and the afterlife.

CHARLES RICHEL: Charles Richet was a French physiologist and Nobel laureate who conducted research on psychic phenomena and the afterlife.

Overall, these early 20th century paranormal researchers made significant contributions to the field and laid the foundation for future research and investigation into the supernatural that have kept this study alive and moving forward for so very long a time.

Now that you've gotten to know a little bit about me and a tease of some of my spooky adventures as well as (and most importantly) the trailblazers of the study, let's continue this journey into the business of "the boogeyman".

In the following chapters of "Uncovering the Secrets of the Supernatural: A Guide to Becoming a Paranormal Investigator," we'll go over all the nitty-gritty details of getting started in the field. We'll talk about the tools and equipment you'll need to properly investigate a haunted location, how to conduct a thorough and effective investigation, and how to analyze and interpret the evidence you collect and do so in a morally and ethical way.

CHAPTER 2 - GETTING STARTED

As with every journey of a thousand bumps in the night, it all starts with one. IN this chapter we are going to break down the key things to consider before you take your first K2 reading. Here are a few of the most important things to consider when getting started as a paranormal investigator.

EDUCATE YOURSELF: In being a paranormal investigator, it's important to learn as much as you can about the field. This means reading books and articles, attending conferences and workshops, and keeping up with the latest research and developments. You don't want to be that investigator who mistakes a misbehaving thermostat for a ghost (trust me, it's happened). Movies and television shows are great but are also have a heavy lean towards entertainment value. That's fine but can give you unrealistic expectations of what a paranormal investigation or encounter actually looks like. That's not to say that they're all bad. I've put together a list of some that I have personally found to be great starting points in learning more about the field and share those in the Appendix section found in the back of the book.

ASSEMBLE A TEAM: It's often helpful to work with a team of investigators, as different people bring different skills and perspectives to the table. Plus, it's always more fun to have a group of like-minded weirdos and "normies" alike to share in the spooky experiences. Just make sure you've got a good balance of skeptics and believers, or things could get heated.

GET THE RIGHT EQUIPMENT: Make sure you have the necessary tools and equipment for conducting investigations, such as EMF detectors, thermometers, and night vision cameras. One of the biggest things to always keep plenty of on hand are batteries and portable chargers. Don't skimp on quality here - you don't want your equipment to malfunction in the middle of an investigation. There's little worse than having a camera or recorder fail due to mechanical reasons when you're in a true happening.

ESTABLISH PROTOCOLS: Develop a set of guidelines and protocols for conducting investigations, including how to gather and analyze evidence and how to interact with clients. Trust me, you don't want to be making things up as you go along. As I've said for decades in the broadcast and video production businesses, the best productions come from the ones that had the best pre production. Also to remember, if you are the team leader be just that, a leader. Be there to direct the crew. Everyone will appreciate it even if they aren't the biggest fans of "rules".

PRACTICE CRITICAL THINKING: It's important to approach investigations with an open mind, but also to use critical thinking and skepticism to evaluate the evidence and determine what is and is not paranormal activity. Don't let your excitement (or your fear) cloud your judgment - keep a level head and don't jump to conclusions.

RESPECT THE LOCATION: Always be respectful of the location and the people involved, and make sure to obtain permission before conducting an investigation. You don't want to end up on the evening news for trespassing (or worse).

FOLLOW SAFETY GUIDELINES: Make sure to follow safety guidelines and protocols to protect yourself and your team during investigations. You never know what you might encounter, so it's better to be safe than sorry.

BE PROFESSIONAL: As a paranormal investigator, it's important to maintain a professional demeanor and to act ethically at all times. Remember, you're not just representing yourself - you're representing the entire field of paranormal investigation. Don't be that investigator who ruins it for everyone else.

With all of that said, You're as ready as possible to head off onto your first professionally outlined investigation at a location. So now that you've chosen a spooky location, established your team, rules and gathered all your ghost-hunting gear, it's time to get down to business. It's go time! In the next section, we'll cover the ins and outs of conducting a paranormal investigation. We'll go over everything from how to attempt to communicate with ghosts and the best practices in analyzing and documenting the evidence you collect. So, grab your EMF detector and a notebook and let's get investigating!

CHAPTER III. CONDUCTING INVESTIGATIONS

As this is designed to be a “beginners guide” of sorts, for you more seasoned enthusiasts or investigators, the following list of signs that may indicate that a place is haunted may seem elementary, it is good to have a good understanding of general beliefs as they can serve you well in “speaking the lingo” of paranormal investigating. Some of the more common activities attributed to haunted places include but are not limited to:

1. **STRANGE NOISES:** Some people report hearing strange noises, such as footsteps, voices, or knockings, in haunted locations.
2. **COLD SPOTS:** Some people claim to feel sudden drops in temperature in certain areas of a haunted location. Hence why digital thermometers are very important tools in documenting these unexpected and inexplicable changes in the air around you and others.
3. **UNEXPLAINED MOVEMENTS:** People may see objects moving or hear doors opening and closing on their own in a haunted location. This type of activity is certainly some of the most chilling when they occur as they tend to be very random or serve as an expression of an entity that is either curious as to the happenings going on or want to get your attention to get you to get out.
4. **STRANGE SMELLS:** Some people report strange smells, such as the smell of perfume or cigarette smoke, in haunted locations. Other instances have involved more repugnant odors include sulfur which is thought to be a sign of a demonic or evil entity.
5. **APPARITIONS:** Ghost stories of antiquity report far more of these what appear to be disembodied spirits than tend to be captured regularly. Not that they don't happen and are recorded. They're just rare for whatever reasons. It is interesting to note that with so many having taken an even mild interest in the study of the paranormal and all of the recording equipment readily available that more aren't captured. In my personal experience, I have yet to definitely see or capture one on video or photos. However, on one occasion a very distinct shadow figure emerged on camera for one of the investigators I was working with on the “Case Files” program. It is a truly chilling to review even now all these years later, In that moment as he witnessed and captured it in real time, he was completely frozen with fear.

It's important to note that these signs alone do not necessarily mean that a place is haunted. Paranormal activity is difficult to confirm, and further investigation is usually needed to determine the cause of any unusual occurrences. This is why when investigating any location, I like to secure at least three opportunities at future times to go back for reevaluation and further study in areas where activity was experienced and documented.

It is also very important to be mindful in choosing your locations wisely. When selecting a place for an investigation, consider the history of the place, any reported paranormal activity, and the logistics of accessing the location. It's also a strongly recommended to get permission from the owner or authorities before conducting an investigation. **DO NOT TRESPASS** anywhere. If it is not a clearly

noted and understood place in the public domain (such as parks and preserves, and even then respect hours of access rules and the like). The following bullet points should be taken very seriously.

1. **PREPARE FOR THE INVESTIGATION:** Before you begin the investigation, make sure you have all the necessary equipment and supplies, and that you and your team are familiar with their use. It's also a good idea to familiarize yourself with the layout of the location and to establish a plan for the investigation beforehand. Since many like to do their investigations in the evening and early morning hours it is very wise to map out the location during the daylight hours. No one needs or wants to get hurt. Also to get a better understanding of the possible causes of any paranormal activity, it's important to learn about the true and reported history of the location. This may include researching the background and any significant events that took place there, as well as the architecture and design of the building. Understanding the history of the location can provide context and clues that may help to explain any reported paranormal activity.
2. **CONDUCTING THE INVESTIGATION:** During the scheduled investigation, make sure to follow your established protocols and guidelines. Be thorough and methodical in your approach, and make sure to gather as much evidence as possible. Always document your findings, including any sounds, sights, or sensations you experience. We live in a five sense universe and despite the advancement in recording technologies, we still can't capture smell and feelings.
3. **ANALYZE PHYSICAL EVIDENCE FOUND AT THE LOCATION:** Physical evidence, such as objects or markings found at the location, can be important in helping to understand the possible causes of paranormal activity. Make sure to examine any physical evidence carefully, and consider the possibility of natural or explainable causes. For example, a strange noise could be caused by an old heating system, rather than a ghost.
4. **COMMUNICATING WITH THE PARANORMAL:** If you want to try to communicate with any potential paranormal entities, there are a few different methods you can use. You can use a spirit box or a Ouija board, or you can try using a flashlight or knocking to communicate with the entity. Just be careful not to provoke or upset the entity - you never know how it might respond. Also be aware that these devices can also lead to moments that might (as clearly as I can say this), freak you or others present out. Most people have a preconceived notion of what these tools do and in most cases, do so in a very negative light. Be respectful of those feelings of others but ensure that you yourself understand your expectations of their usage as well.
5. **ANALYZE THE EVIDENCE AFTERWARDS:** As a rule, I feel your investigation is better served to wait until after the investigation to analyze the evidence you've collected. The reasons being that in those moments the room for error in accidentally deleting photos and videos has a high rate of probability. However there are exceptions to every rule. For example, let's say one of your investigators is certain that a particular object moved while they were out of a room where a stationary camera had been set up. It may be good to take a luck to verify that but again be very careful in doing so as it only takes one slip of the thumb to delete some otherwise incredible findings. And to that note, it is also highly encouraged to back up all of your recordings to a third party location such as a PC, cloud service or external hard drive. This may

come across as paranoid but once it happens to you once (like it has me) the paranoia and over caution is justified.

Alright, you've done it - you've survived your first paranormal investigation! But the work doesn't stop there. Now it's time to review your findings and prepare them to be shared with the world. But before that we must be thorough and objective in our review of the data and evidence collected.

REVIEW AUDIO AND VIDEO RECORDINGS: Audio and video recordings can be a valuable source of evidence, but it's important to approach them with a critical eye. Make sure to listen to and watch the recordings carefully, and consider the possibility of natural or explainable causes for any sounds or movements. It's also a good idea to have multiple team members review the recordings, as different people may hear or see different things.

EXAMINE PHOTOGRAPHS: Photographs can also be a valuable source of evidence, but it's important to consider the possibility of natural or explainable causes for any anomalies that may appear in the photos. Make sure to examine the photos carefully, and consider the lighting, composition, and any other factors that may have contributed to the appearance of the anomaly.

CONSIDER THE PSYCHOLOGY OF THE WITNESSES (INCLUDING YOUR TEAM MEMBERS): When evaluating witness accounts of paranormal activity, it's important to consider the psychology of the witnesses. Factors such as suggestibility, expectations, and personal beliefs can all influence what a person perceives and reports. Make sure to consider these factors when evaluating witness accounts, and try to get multiple witness accounts to help triangulate the information. Hold your team members and yourself to these same standards. After all, you all most likely shared in some hair raising experiences and that energy could easily turn into a “mass hysteria” event. Be tactful in approaching this aspect but understand it is necessary for being an unbiased and objective investigator.

WRITE YOUR REPORT: Once you've analyzed the evidence, write a report summarizing your findings. Be sure to include all relevant information, including the history of the location, any reported paranormal activity, and the results of your investigation. Make sure to include any supporting evidence, such as audio and video recordings, photographs, and physical evidence. If you are serious about your study this is a no-brainer. It also serves as a physical archive of the investigation and a year, two, five or ten more down the road, your future self and other enthusiasts will appreciate the freshness of the documented findings free from the fog that can cloud recollection that comes over time.

Now that you've sifted through the shaft, it's time to prepare for the truly scary part: Public presentation. In the next section, we'll go over how to effectively do this, including how to choose the right format for your presentation, how to use supporting evidence to make your case and getting mentally and emotionally prepared for those skeptics (and perhaps jealous and ignorant types) who will certainly appear like a poltergeist to throw rocks at your findings and philosophy.

CHAPTER IV. PRESENTING FINDINGS

After putting together all of your findings its important to choose the right format for your presentation. When doing so, consider the audience and the purpose of the presentation. Will you be presenting to a group of fellow investigators, or to a lay audience? Will you be presenting them in a formal setting, or informally? The format of your presentation should be appropriate for the audience and the purpose. Regardless, the following tips will help you do this smoothly.

1. **ORGANIZE YOUR PRESENTATION:** Before you begin your presentation, make sure you have a clear and logical structure in mind. Start with an introduction that sets the stage for your findings, and then move on to a summary of the investigation and your key findings. Be sure to include any relevant background information, such as the history of the location and any reported paranormal activity. Make sure the room you will be presenting in has the necessary equipment necessary so that the audience will be able to see and hear the evidence clearly and with ease.
2. **USE SUPPORTING EVIDENCE:** To make your case, be sure to include supporting evidence in your presentation. Along with the audio and video recordings, photographs, and physical evidence you have make yourself a bullet point list for each that explains how it supports your conclusions.
3. **BE OBJECTIVE:** In doing a presentation, it's important to be objective when sharing your findings. Don't let your personal beliefs or biases cloud your judgment. During the questions and answers portion of the event be open to the possibility that there may be natural or explainable causes for any phenomena you've observed that the attendees may put before you. This study is one that should always include healthy debate. While you “know what you know” there may be certain perspectives you yourself may have not considered. Plus, those points of contention may help you in future investigations.
4. **USE CLEAR AND CONCISE LANGUAGE:** When presenting your findings, use clear and concise language that is appropriate for the audience. Avoid jargon and technical terms that may make the audience feel disconnected from the presentation. When this is unavoidable, explain any concepts that may be unfamiliar to the audience.
5. **PRACTICE YOUR PRESENTATION:** Before you give your presentation, make sure to practice and fine-tune your delivery. This will help you to be more confident and articulate when you present your findings and will also help in the outlaying of evidence on monitor screens.

All of these things are very important to sharing your findings in a professional and ethical way. In the next chapter we will cover many of the things to look out for to ensure that you hold yourself and others to realistic and appreciated standards that are in the best interest in all involved with the study of the metaphysical world of the paranormal. The standards will most certainly help you grow and open more opportunities for you along the way because you will ensure your ethical and professional reputation.

CHAPTER V. ETHICS AND PROFESSIONALISM

One way to get more experience as a paranormal investigator is to join a local investigation group. These groups often have regular meetings and conduct investigations together, which can be a great way to learn from more experienced investigators and to meet other like-minded individuals. Just be prepared for some heated debates about the existence of ghosts - these groups can get passionate. Some of the things to take into consideration in growing include:

1. **OBTAIN TRAINING AND CERTIFICATION:** Depending on your goals and the requirements of the organizations you're interested in joining, you may need to obtain training and certification. These programs can provide you with the skills and knowledge you need to be a successful investigator. Just make sure to choose a reputable program and to follow through with any necessary continuing education requirements.
2. **NETWORK WITH OTHER INVESTIGATORS:** Building relationships with other investigators can be a valuable resource. You can learn from each other's experiences, collaborate on investigations, and provide each other with support and guidance. Just make sure to choose your ghost-hunting buddies wisely - you don't want to end up with a bunch of spooky scammers.
3. **KEEP UP WITH THE LATEST RESEARCH AND DEVELOPMENTS:** To stay current in the field, it's important to keep up with the latest research and developments. This may involve reading relevant books and articles, attending conferences and workshops, and participating in online communities and forums. Just make sure to approach any new information with an open but critical mind.
4. **MAINTAIN PROFESSIONAL STANDARDS:** As a paranormal investigator, it's important to maintain professional standards and to act ethically at all times. This includes being honest and transparent with your clients, being respectful of the locations you investigate, and following safety guidelines. Remember, you're representing not just yourself, but the entire field of paranormal investigation.
5. **ATTEND CONFERENCES AND WORKSHOPS:** Another way to learn and network in the paranormal investigation field is to attend conferences and workshops. These events often feature presentations and demonstrations by experts in the field, and can be a great opportunity to learn new techniques and to connect with other investigators. Just be prepared for some late nights and too much caffeine - these events can be intense. This also gives you the opportunity to learn more about developing your own presentations as well as opening the door to sharing them with those particular groups.
6. **PARTICIPATE IN ONLINE COMMUNITIES:** Online communities can be a great resource for connecting with other investigators and sharing information and experiences. Just be prepared for some online drama and do not be afraid to walk away once those things rear their heads. You are striving to be a professional. As such, a serious paranormal investigator is in it for the facts not the drama, Your journey will most certainly involve removing yourself from the herd and having to cull away those that prefer soap operas to true reality.

7. **FORM YOUR OWN TEAM:** Of course, the best way to gain experience as a paranormal investigator is to conduct your own investigations with folks who share just enough of the same perspectives and goals but different enough to encourage and grow each others knowledge base. This can be a great way to practice your skills and to learn from your own experiences. Do remember, it's absolutely okay to be very selective as to who you let into your ranks. It's not a matter of being snobbish to expect a certain level of professionalism from those who will be sharing many long nights and creepy moments with you. Investigating the paranormal isn't for the faint of heart.

Now that you've learned all about conducting investigations and presenting your findings, it's time to move on to what can be considered the most frustrating part of your journey as a paranormal investigator: dealing with skeptics. It can be tough out there in the "normal" world, especially when you're trying to convince people that ghosts are real and they hold convictions that maintain that all of this talk is absolute nonsense and chicanery. But don't worry, because in the next section we'll give you some food for thought that can help you handle those pesky skeptics and keep your investigations and presentations running smoothly. So let's dive in and see what to expect and how to deal with the naysayers!

CHAPTER VI. COMMON CHALLENGES AND CRITICISMS

In this space of paranormal investigation, do be considerate that the majority of your friends, family and co-workers are no where near as open minded to study and your activities. And that's okay. In fact it's healthy. Their skepticism can help you stay grounded in your own mind as in these adventures you will most likely come to face with some reality shifting experiences. It is for this reason that I want to lay out for you the things to take into consideration in regards to how maintaining your own integrity despite the slings and arrows that come your way. Keep this principles in the front of your mind and dealing with the haters will be far less destructive to your confidence, motivation and sanity. You be the best you and no one can fault you. In fact it will most likely help them gain respect for your activities and findings. These next bullet points are the standards I myself have always clung to:

RESPECT THE LOCATION AND THE PEOPLE INVOLVED: When conducting an investigation, it's of the utmost importance to respect the location and the people involved. Always make sure to obtain permission before conducting an investigation, and always be mindful of any potential risks or hazards so that you protect yourself and your team mates. Responsible leadership basically. And always be respectful of the people who live or work at the location - they may not be as enthusiastic about the paranormal as you are.

FOLLOW SAFETY GUIDELINES: In protecting yourself and your team during an investigation, make sure to follow any existing safety guidelines and protocols for a location. This may include wearing protective gear, such as hard hats and reflective vests, if necessary. It's also a good idea to have a first aid kit on hand, just in case. And always be aware of your surroundings - you never know what you might encounter.

MAINTEIN CONFIDENTIALITY: If you're working with clients, it's important to maintain confidentiality and to respect their privacy. Don't share their personal information or the details of the investigation without their permission. And if you're presenting your findings to the public, be sure to protect the identity of your clients unless otherwise agreed to. And on that note, get it in writing by way of standard release forms.

ACT ETHICALLY: As a paranormal investigator, it's important to act ethically at all times. This means being honest and transparent in your dealings with clients, and being mindful of any potential conflicts of interest. It also means respecting the rights and beliefs of others, even if you don't agree with them. Remember, you're representing the entire field of paranormal investigation - don't be that investigator who ruins it for everyone else.

BE PROFESSIONAL: To maintain credibility and respect in the field, it's important to maintain a professional demeanor at all times. This means dressing and behaving appropriately, being reliable and punctual, and communicating effectively with clients and team members. It's also important to be open to constructive criticism and to continuously improve your skills and knowledge. After all, you're not just investigating ghosts - you're also building your reputation as a paranormal investigator. And while it may seem obvious, I must point out that one should never, EVER, EVER, use any type of drugs (including alcohol and tobacco) during an investigation. Not only does it have the potentiality of

contaminating your evidence it also shows disrespect to all those involved from the clients to the entities you are hoping to encounter. Plus, being drunk and scared can get you and others hurt. And yes, this comes from instances I've witnessed where the "investigators" conducted themselves in these manners. Don't do it. Please.

Alright, paranormal pros, we've covered a lot of ground in a pretty short book. To recap, we've learned about getting started as a paranormal investigator, conducting investigations, presenting our findings and dealing with skeptics. Now it's time to wrap up this tome and reflect upon all that we've learned together.

CHAPTER VII. CONCLUSION

Well, primed and prepped paranormal investigators, we've come a long way on this journey together. But now, it's time to wrap things up and reflect on all that we've learned. This book has been a very long time coming for me and now seeing my way to it's end and into your hands has been quite a wonderful ride filled with lots of magical moments and memories. It's in those that I wrote this guide to serve as a tool and "treasure map" of sorts, to help those of you who were like I was in the earliest days of my desires to learn more about the things that have gone bump in the night since recorded history started.

As you've learned, being a paranormal investigator requires more than just a love of ghost stories and a shiny EMF detector. It requires an understanding of history, scientific principles all the while being able to suspend disbelief and a commitment to professionalism and ethics.

Remember, the field of paranormal investigation is constantly evolving, so be sure to stay up-to-date on the latest research and developments. And above all, have fun! Investigating the paranormal can be a thrilling and rewarding experience, as long as you remember to be safe and respectful.

While it has been a fantastic journey, again I do want to stress that studies such as these can come with some less than pleasant experiences and events. Not so much from the unseen world you're trying to bring into the light, but from fellow humans that can be far scarier. So, proceed with caution in your collaborations and conversations. And always remember to be mindful of your personal intent in doing these things. I'll even go so far as to say right those intentions down and keep that piece of paper or note card where you can see it effortlessly. Your mental and emotional health may very well depend on it.

I do hope the information, tips and tricks that have been shared here serves you well and that you feel more confident and prepared to conduct your own investigations. It is also my strong desire to give you far more use value than the cash value you paid for it. To that end, the remainder of this book consists of six appendices that I feel will help you even more in your plans. Plus, I've also included some bucket list places that I myself would like to explore. And maybe in those we'll have a serendipitous moment or two and cross shadows in this desire to uncover the mysteries of the supernatural.

Jim Bumgardner – 01/08/2023

APPENDIX A – Checklists

I. Getting started:

- Choose a location to investigate
- Gather necessary equipment and supplies
- Familiarize yourself with the layout of the location
- Establish a plan for the investigation

II. Conducting investigations:

- Follow established protocols and guidelines
- Be thorough and methodical in your approach
- Gather as much evidence as possible
- Document your findings
- Communicate with the paranormal (optional)

III. Analyzing evidence:

- Review audio and video recordings
- Examine photographs
- Analyze any physical evidence
- Consider the possibility of natural or explainable causes

IV. Presenting findings:

- Choose the right format for your presentation
- Organize your presentation
- Use supporting evidence
- Be objective
- Use clear and concise language
- Practice your presentation

V. Continuing your education:

- Join a paranormal investigation group
- Attend conferences and workshops
- Read books and articles
- Participate in online communities
- Conduct your own investigations

VI. Maintaining professionalism:

- Be respectful of the location and the people involved
- Follow safety guidelines
- Act ethically

- Be professional

VII. Evaluating evidence:

- Learn about the history of the location
- Analyze physical evidence
- Review audio and video recordings
- Examine photographs
- Consider the psychology of the witness

Appendix B –

Famous Arkansas Ghost Stories

Where I've been and brief recap of reflections and findings.

WOODSON LATERAL

One of the most popular popular ghost stories in Arkansas is the legend of the. This one is truly close to my heart as it is right down the road from where I grew up and it's mystery captivated me and my earliest memories of curiosities about the paranormal.

Woodson Lateral is a stretch of road that is part of Highway 365 south of Little Rock. According to legend, the ghost of a woman haunts this road, appearing to drivers late at night. Some say they've seen her ghostly figure standing by the side of the road, or walking along the shoulder. Others claim to have felt a presence in their car, or heard strange noises while driving on the Woodson Lateral. Some believe that the woman was killed in a car accident on this stretch of road, and that her ghost remains there to this day.

While I have never personally seen or experienced this tale, I did have a most fascinating experience just past where this “vanishing hitchhiker” tale was to have originated. Back in 2002, while testing out a new video camera, a friend of mine explored the area and discovered something far more interesting that no one has seemed to really explore. The “Kykendall Indian and Negro Slave Cemetery” is located in the bend of the lateral and directly across the road from a pretty precarious drop off into a deep creek.

After returning from shooting some footage with the new camera, I sat down to review the footage and was chilled to the bone by an EVP recording. In it a young woman's voice could be clearly heard saying; “Help me.” Following this discovery, return trips were made to the area but I was never able to capture any other forms of activity.

THE CRESCENT HOTEL

The Crescent Hotel in Eureka Springs is perhaps the most well known haunted hotels in the country. Many ghostly encounters have been reported at the hotel, including the ghost of a former patient who

died while being treated at the hotel's onetime cancer hospital. Some say they've seen him roaming the halls, still wearing his hospital gown.

THE MACARTHUR MILITARY MUSEUM

The MacArthur Military Museum in Little Rock is rumored to be haunted by the ghosts of former soldiers. Some say they've seen ghostly figures in military uniform, or heard the sound of footsteps and voices when no one is around.

THE OLD MILL

The Old Mill in North Little Rock is a popular spot for ghost hunters, with reports of ghostly apparitions and strange noises. Some say they've seen the ghost of a former mill worker, or heard the sound of the mill's machinery even though it's not in use.

THE MOUNT HOLLY CEMETERY

The Mount Holly Cemetery in Little Rock is home to the ghost of a former Civil War soldier who is said to still be guarding his grave. Some visitors have reported seeing him standing watch over the cemetery, or hearing the sound of his footsteps as he patrols the grounds.

THE GURDON LIGHT

The Gurdon Light in Gurdon is a mysterious phenomenon that has puzzled people for decades. Some say it's the ghost of a former railroad worker who was killed on the tracks, while others believe it's a natural occurrence. Regardless, the light has been the subject of many ghost stories over the years.

Haunts I'd still like to explore in my home state

THE CAPITAL HOTEL

The Capital Hotel in Little Rock is rumored to be haunted by the ghost of a former guest who died in one of the rooms. Some say they've seen his ghostly figure in the hallway, or felt a presence in the room where he died.

THE OLD STATE HOUSE

The Old State House in Little Rock is said to be haunted by the ghost of a former governor who was assassinated at the building. Some say they've seen his ghostly figure wandering the halls, or heard the sound of his footsteps in the empty chambers.

THE GARVAN WOODLAND GARDENS

The Garvan Woodland Gardens in Hot Springs is home to the ghost of a former caretaker who is said to still be looking after the gardens. Some visitors have reported seeing him tending to the plants and flowers, even after his death.

THE HERMITAGE HOTEL

The Hermitage Hotel in Hot Springs is rumored to be haunted by the ghost of a former guest who died in one of the rooms. Some say they've seen his ghostly figure wandering the halls, or felt a

There are so many, many more haunted hot spots in the Natural State and I'd encourage any one to make some travel plans to explore this "Land of Opportunity" and not just as a paranormal investigator.

Appendix C – Equipment

While it is not necessary to have all of the following equipment to conduct an investigation (a smart phone and a pad and paper can do amazing things) it never hurts to add more tools to your arsenal of gadgets and gear. Here are some of the pieces I have personally used over the years.

EMF (Electromagnetic Field) meter: This device measures electromagnetic fields, which are known to fluctuate in the presence of paranormal activity. Some believe that ghosts can manipulate or generate electromagnetic fields, and an EMF meter can help to detect these fluctuations.

Infrared thermometer: This device measures temperature differences, and is often used to detect cold spots, which are believed to be caused by the presence of a ghost

EVP (Electronic Voice Phenomenon) recorder: This device is used to record audio, and is often used to capture ghostly voices or other unexplained sounds.

Geiger counter: This device measures radiation, and is sometimes used to detect the presence of ghosts, as some believe that ghosts emit radiation.

Dowsing rods: These metal rods are used to detect the presence of ghosts, and are believed to move or vibrate when a ghost is nearby.

Night vision cameras: These cameras allow you to see in low light conditions, and are often used to capture ghostly apparitions or other unexplained phenomena.

K2 meter: This device measures fluctuations in electromagnetic fields and is believed to be sensitive to the presence of ghosts.

Ovilus: This device is used to communicate with ghosts, and converts electrical signals into words or phrases.

Spirit box: This device scans radio frequencies and is believed to allow ghosts to communicate by manipulating the audio output.

Motion detectors: These devices are used to detect movement, and can be used to alert you to the presence of a ghost.

Appendix D – Famous Haunts in the United States

There are so many stories and reports of paranormal activity around the country. These are barely a snapshot of all the ones I have on my bucket list. With time and space still being a thing in our 3 dimensional, 5 sense reality, I would most certainly like to explore at least one in every state in the nation. I share my list with you in the hopes of encouraging you to make your own paranormal bucket list that could make for an amazing road trip.

Alabama: The ghost of the Boyington Oak in Mobile is said to haunt the tree, which is located on the grounds of the University of South Alabama. According to legend, a student was killed by lightning while studying under the tree, and his ghost now haunts the area.

Alaska: The ghost of the Golden North Hotel in Skagway is said to haunt the hotel's hallway, where a former employee was killed in a fight. Some say they've seen the ghostly figure of the man walking the halls at night.

Arizona: The ghost of the Jerome Grand Hotel is said to haunt the hotel, which was once a hospital. Some say they've seen the ghost of a nurse who died in the hospital, or heard the sound of footsteps and voices when no one is around.

Arkansas: The ghost of the Woodson Lateral is a popular ghost story in the state, with many people claiming to have seen the ghost of a woman who haunts the stretch of road south of Little Rock.

California: The ghost of the Queen Mary, a retired ocean liner turned hotel, is said to haunt the ship. Many people have reported strange occurrences on the ship, including the sound of footsteps and doors slamming when no one is around.

Colorado: The ghost of the Stanley Hotel in Estes Park is said to haunt the hotel, which was the inspiration for Stephen King's "The Shining." Some say they've seen the ghost of a former employee who died in the hotel, or heard the sound of a child playing in the empty halls.

Connecticut: The ghost of the Litchfield Law School is said to haunt the school, which was once a jail. Some say they've seen the ghost of a former prisoner who was hanged on the property, or heard the sound of footsteps and voices when no one is around.

Delaware: The ghost of the New Castle Court House is said to haunt the building, which was once a courthouse and a jail. Some say they've seen the ghost of a former prisoner who was hanged on the property, or heard the sound of footsteps and voices when no one is around.

Florida: The ghost of the St. Augustine Lighthouse is said to haunt the lighthouse, which was once a lookout for Confederate soldiers during the Civil War. Some say they've seen the ghost of a former soldier who fell to his death from the lighthouse, or heard the sound of footsteps and voices when no one is around.

Georgia: The ghost of the Stone Mountain Confederate Memorial is said to haunt the memorial, which was once a Confederate military base. Some say they've seen the ghost of a former Confederate soldier on the grounds, or heard the sound of footsteps and voices when no one is around.

Hawaii: The ghost of the Queen's Bath is a popular ghost story in Hawaii, with many people claiming to have seen the ghost of a woman who drowned in the natural pool. Some say that if you go to the pool at night, you can hear the sound of her screams.

Idaho: The ghost of the Old Idaho Penitentiary is said to haunt the prison, which was once home to notorious criminals. Some say they've seen the ghost of a former prisoner who was hanged on the property, or heard the sound of footsteps and voices when no one is around.

Illinois: The ghost of the Bachelor's Grove Cemetery is a popular ghost story in Illinois, with many people claiming to have seen the ghost of a woman in a white dress who haunts the cemetery. Some say that if you go to the cemetery at night, you can hear the sound of her cries.

Indiana: The ghost of the Willard Library in Evansville is said to haunt the library, which was once a mansion. Some say they've seen the ghost of a former resident who died in the mansion, or heard the sound of footsteps and voices when no one is around.

Iowa: The ghost of the Villisca Axe Murder House is a popular ghost story in Iowa, with many people claiming to have seen the ghost of a woman who was murdered in the house. Some say that if you go to the house at night, you can hear the sound of her screams.

Kansas: The ghost of the Sallie House is a popular ghost story in Kansas, with many people claiming to have seen the ghost of a young girl who haunts the house. Some say that if you go to the house at night, you can hear the sound of her footsteps and the sound of her playing.

Kentucky: The ghost of the Waverly Hills Sanatorium is a popular ghost story in Kentucky, with many people claiming to have seen the ghost of a former patient who died in the hospital. Some say that if you go to the hospital at night, you can hear the sound of her screams.

Louisiana: The ghost of the Myrtles Plantation is a popular ghost story in Louisiana, with many people claiming to have seen the ghost of a former slave who haunts the plantation. Some say that if you go to the plantation at night, you can hear the sound of her footsteps and the sound of her singing.

Maine: The ghost of the Victoria Mansion is a popular ghost story in Maine, with many people claiming to have seen the ghost of a former resident who haunts the mansion. Some say that if you go to the mansion at night, you can hear the sound of her footsteps and the sound of her playing the piano.

Maryland: The ghost of the Antietam Battlefield is a popular ghost story in Maryland, with many people claiming to have seen the ghost of a former soldier who haunts the battlefield. Some say that if you go to the

Massachusetts: The ghost of the Salem Witch Trials is a popular ghost story in Massachusetts, with many people claiming to have seen the ghost of a woman who was accused of being a witch and hanged during the trials. Some say that if you go to the site of the trials at night, you can hear the sound of her screams.

Michigan: The ghost of the Grand Hotel on Mackinac Island is said to haunt the hotel, which was once a hospital. Some say they've seen the ghost of a former patient who died in the hospital, or heard the sound of footsteps and voices when no one is around.

Minnesota: The ghost of the Wabasha Street Caves is a popular ghost story in Minnesota, with many people claiming to have seen the ghost of a woman who haunts the caves. Some say that if you go to the caves at night, you can hear the sound of her screams.

Mississippi: The ghost of the Mardi Gras Museum is a popular ghost story in Mississippi, with many people claiming to have seen the ghost of a woman who haunts the museum. Some say that if you go to the museum at night, you can hear the sound of her footsteps and the sound of her singing.

Missouri: The ghost of the Lemp Mansion is a popular ghost story in Missouri, with many people claiming to have seen the ghost of a former resident who haunts the mansion. Some say that if you go to the mansion at night, you can hear the sound of her footsteps and the sound of her playing the piano.

Montana: The ghost of the Montana State Prison is a popular ghost story in Montana, with many people claiming to have seen the ghost of a former prisoner who haunts the prison. Some say that if you go to the prison at night, you can hear the sound of his footsteps and the sound of his screaming.

Nebraska: The ghost of the Omaha Civic Auditorium is a popular ghost story in Nebraska, with many people claiming to have seen the ghost of a former employee who haunts the auditorium. Some say that if you go to the auditorium at night, you can hear the sound of his footsteps and the sound of his singing.

Nevada: The ghost of the Mizpah Hotel is a popular ghost story in Nevada, with many people claiming to have seen the ghost of a woman who haunts the hotel. Some say that if you go to the hotel at night, you can hear the sound of her footsteps and the sound of her singing.

New Hampshire: The ghost of the Portsmouth Harbor Lighthouse is a popular ghost

New Jersey: The ghost of the White House in Washington, D.C. is said to haunt the presidential residence, with many people claiming to have seen the ghost of Abraham Lincoln. Some say that if you go to the White House at night, you can hear the sound of his footsteps and the sound of his voice.

New Mexico: The ghost of the Hotel La Fonda in Santa Fe is said to haunt the hotel, with many people claiming to have seen the ghost of a former guest who died in the hotel. Some say that if you go to the hotel at night, you can hear the sound of her footsteps and the sound of her singing.

New York: The ghost of the USS Intrepid Museum in New York City is said to haunt the museum, which was once an aircraft carrier. Some say they've seen the ghost of a former sailor who died on the carrier, or heard the sound of footsteps and voices when no one is around.

North Carolina: The ghost of the Biltmore Estate in Asheville is said to haunt the estate, with many people claiming to have seen the ghost of a former servant who died on the property. Some say that if you go to the estate at night, you can hear the sound of her footsteps and the sound of her singing.

North Dakota: The ghost of the Fargo Theatre is a popular ghost story in North Dakota, with many people claiming to have seen the ghost of a former employee who haunts the theater. Some say that if you go to the theater at night, you can hear the sound of his footsteps and the sound of his singing.

Ohio: The ghost of the Ohio State Reformatory is a popular ghost story in Ohio, with many people claiming to have seen the ghost of a former prisoner who haunts the reformatory. Some say that if you go to the reformatory at night, you can hear the sound of his footsteps and the sound of his screaming.

Oklahoma: The ghost of the Skirvin Hotel in Oklahoma City is said to haunt the hotel, with many people claiming to have seen the ghost of a former guest who died in the hotel. Some say that if you go to the hotel at night, you can hear the sound of her footsteps and the sound of her singing.

Oregon: The ghost of the McMenamens Kennedy School in Portland is a popular ghost story in Oregon, with many people claiming to have seen the ghost of a former student who haunts the school. Some say that if you go to the school at night, you can hear the sound of her footsteps and the sound of her singing.

Pennsylvania: The ghost of the Eastern State Penitentiary in Philadelphia is a popular ghost story in Pennsylvania, with many people claiming to have seen the ghost of a former prisoner who haunts the penitentiary. Some say that if you go to the penitentiary at night, you can hear the sound of his footsteps and the sound of his screaming.

Rhode Island: The ghost of the Providence Athenaeum is a popular ghost story in Rhode Island, with many people claiming to have seen the ghost of a former librarian who haunts the library. Some say that if you go to the library at night, you can hear the sound of her footsteps and the sound of her singing.

South Carolina: The ghost of the Old Exchange and Provost Dungeon in Charleston is a popular ghost story in South Carolina, with many people claiming to have seen the ghost of a former prisoner who haunts the dungeon. Some say that if you go to the dungeon at night, you can hear the sound of his footsteps and the sound of his screaming.

South Dakota: The ghost of the Deadwood Hotel in Deadwood is said to haunt the hotel, with many people claiming to have seen the ghost of a former guest who died in the hotel. Some say that if you go to the hotel at night, you can hear the sound of her footsteps and the sound of her singing.

Tennessee: The ghost of the Belmont Mansion in Nashville is said to haunt the mansion, with many people claiming to have seen the ghost of a former resident who died on the property. Some say that if you go to the mansion at night, you can hear the sound of her footsteps and the sound of her singing.

Texas: The ghost of the Alamo in San Antonio is a popular ghost story in Texas, with many people claiming to have seen the ghost of a former defender of the Alamo who haunts the site. Some say that if you go to the Alamo at night, you can hear the sound of his footsteps and the sound of his screaming.

Utah: The ghost of the Salt Lake City Cemetery is a popular ghost story in Utah, with many people claiming to have seen the ghost of a woman who haunts the cemetery. Some say that if you go to the cemetery at night, you can hear the sound of her footsteps and the sound of her singing.

Vermont: The ghost of the Vermont State House in Montpelier is a popular ghost story in Vermont, with many people claiming to have seen the ghost of a former legislator who haunts the state house. Some say that if you go to the state house at night, you can hear the sound of his footsteps and the sound of his singing.

Virginia: The ghost of the Tudor Place in Washington, D.C. is said to haunt the mansion, with many people claiming to have seen the ghost of a former resident who died on the property. Some say that if you go to the mansion at night, you can hear the sound of her footsteps and the sound of her singing.

Washington: The ghost of the Oxford Saloon in Ellensburg is a popular ghost story in Washington, with many people claiming to have seen the ghost of a former bartender who haunts the saloon. Some say that if you go to the saloon at night, you can hear the sound of his footsteps and the sound of his singing.

West Virginia: The ghost of the Trans-Allegheny Lunatic Asylum in Weston is a popular ghost story in West Virginia, with many people claiming to have seen the ghost of a former patient who haunts the asylum. Some say that if you go to the asylum at night, you can hear the sound of his footsteps and the sound of his screaming.

Wisconsin: The ghost of the Old Baraboo Inn in Baraboo is a popular ghost story in Wisconsin, with many people claiming to have seen the ghost of a former innkeeper who haunts the inn. Some say that if you go to the inn at night, you can hear the sound of her footsteps and the sound of her singing.

Wyoming: The ghost of the Occidental Hotel in Buffalo is a popular ghost story in Wyoming, with many people claiming to have seen the ghost of a former guest who haunts the hotel. Some say that if you

Appendix E – Glossary of paranormal terms

The following terms are a good starting point in learning the lingo found in paranormal and metaphysical investigations.

Anomaly: Something that deviates from the norm or what is expected.

Apparition: The appearance of a ghost or spirit in a physical form.

Apport: An object that appears suddenly and unexpectedly in a location, often during a séance or paranormal investigation.

Astral projection: The ability to project one's consciousness out of the physical body and travel to other dimensions or locations.

Aura: The energy field surrounding a person, which is believed by some to be visible to those with psychic abilities.

Automatic writing: The act of writing or drawing without conscious thought or control, which is believed by some to be the result of communication with the spirits.

Channeling: The act of allowing a spirit or other entity to speak or communicate through oneself.

Clairaudience: The ability to hear the voices of spirits or receive messages from the dead.

Clairsentience: The ability to feel the presence of spirits or receive messages from the dead.

Clairvoyance: The ability to see visions or receive messages from the dead.

Cold spot: A localized area of cold temperature that cannot be explained by natural causes.

Cryptozoology: The study of mysterious or unknown animals, such as Sasquatch or the Loch Ness Monster.

Déjà vu: The sensation of experiencing something for the first time, but having the feeling that it has happened before.

Demon: An evil spirit or supernatural being.

Ectoplasm: A substance believed to be produced by some mediums during a séance, which is thought to be the physical manifestation of a spirit.

Entity: A being or spirit, either good or evil.

EVP (Electronic Voice Phenomenon): Anomalous sounds or voices captured on electronic devices, such as recordings or videos, which are believed by some to be the voices of spirits.

Exorcism: The act of driving out a demon or evil spirit from a person or place.

Extrasensory perception (ESP): The ability to acquire information without the use of the five senses.

Full-body apparition: The appearance of a ghost or spirit in a complete, physical form.

Ghost: The spirit of a deceased person believed to be able to manifest itself to the living.

Ghost hunting: The practice of searching for and investigating ghosts or other supernatural phenomena.

Haunted object: An object that is believed to be inhabited or possessed by a spirit.

Haunting: The presence of a ghost or spirit in a particular location.

Medium: A person believed to be able to communicate with the spirits of the deceased.

Orbs: Round, glowing balls of light that are sometimes captured on photographs or videos and are believed by some to be the energy or presence of spirits.

Ouija board: A board used to communicate with the spirits of the deceased, with the letters of the alphabet and the words "yes" and "no" written on it.

Poltergeist: A type of ghost that is known for causing physical disturbances, such as moving objects or making noises.

Psychic: A person believed to have extrasensory abilities, such as being able to see the future or communicate with the dead.

Precognition: The ability to see or know events or information from the future.

Psychic attack: The act of using psychic abilities to harm or manipulate another person.

Psychokinesis: The ability to move or manipulate objects with the power of the mind.

Séance: A gathering of people who try to communicate with the spirits of the deceased through a medium.

Shadow person: A dark, shadowy figure that is sometimes seen in peripheral vision and is believed by some to be a spirit or ghost.

Sphere: A three-dimensional, glowing ball of light that is sometimes captured on photographs or videos and is believed by some to be the energy or presence of spirits.

Spirit: The non-physical essence of a person, believed to exist after the person's physical body has died.

Supernatural: Anything that is not explainable by natural or scientific laws and is therefore thought to be the result of divine or otherworldly intervention.

Telekinesis: The ability to move objects with the power of the mind.

Telepathy: The ability to communicate thoughts or feelings to another person without the use of words or physical communication.

Wraith: A ghost or spirit that is believed to be an omen of death.

Appendix F – Recommended Books, Television Programs and Documentary Films

Below are just a tiny sliver of content that can help you grow in your knowledge and understanding of documented paranormal encounters. Never stop investigating and learning!

Ten books on the paranormal that have been well-received by readers and critics:

1. "The Haunting of Hill House" by Shirley Jackson
2. "The Ghost Map" by Steven Johnson
3. "Ghostland: An American History in Haunted Places" by Colin Dickey
4. "The Supernatural Enhancements" by Edgar Cantero
5. "The Uninvited" by Cat Winters
6. "The Demonologist" by Gerald Brittle
7. "The Society of the Dead" by Scott Mariani
8. "The Amityville Horror" by Jay Anson
9. "The Unseen" by Gary Braver
10. "The Other Side" by medium Wendy Alec

Seven of the most well received television shows that deal with true accounts of the paranormal:

1. "Ghost Hunters" (2004-2016) - This long-running show featured a team of paranormal investigators as they explored haunted locations and sought to uncover the truth behind supernatural occurrences.
2. "Ghost Adventures" (2008-present) - This show follows a team of paranormal investigators as they travel to some of the most haunted locations around the world in search of ghosts and other supernatural phenomena.
3. "Paranormal Witness" (2011-2015) - This show featured dramatic reenactments of true paranormal experiences and encounters with ghosts, demons, and other supernatural entities.
4. "Ghost Lab" (2009-2010) - This show followed two brothers as they traveled the country in search of evidence of ghosts and other paranormal activity.
5. "The Dead Files" (2011-present) - This show features a medium and a retired detective as they investigate paranormal activity and try to help people who are being affected by it.
6. "The Haunting of..." (2017-present) - This show features celebrity guests as they recount their own personal paranormal experiences and visit haunted locations in search of answers.
7. "Haunted Case Files" (2018-present) - This show features a team of paranormal investigators as they use modern technology and traditional techniques to try to solve unexplained supernatural occurrences.

These documentaries are also very interesting accounts of the paranormal:

1. "Ghosts of Shepperton Manor" (2010) - This documentary tells the story of the paranormal activity that has been reported at Shepperton Manor in the UK.

2. "The Haunted House Project" (2011) - This documentary follows a team of paranormal investigators as they explore a haunted house in California.
3. "The Ghost Inside My Child" (2014) - This documentary tells the story of children who claim to have memories of past lives and the efforts of their parents to understand and help them.
4. "The Real Exorcism of Emily Rose" (2005) - This documentary tells the story of the real-life exorcism of a young woman in the 1970s, which inspired the film "The Exorcism of Emily Rose."
5. "The Ghost of Flight 401" (1978) - This documentary tells the story of the haunting of Eastern Airlines Flight 401, which crashed in 1972 and was later reported to be haunted by the ghosts of its crew members.
6. "The Philadelphia Experiment" (2012) - This documentary explores the legend of the Philadelphia Experiment, a purported military experiment that involved the teleportation of a naval ship and its crew.
7. "The Haunting of Winchester House" (2009) - This documentary tells the story of the Winchester Mystery House, a mansion in California that was built by Sarah Winchester, the heir to the Winchester rifle fortune, and is said to be haunted by the ghosts of those killed by Winchester rifles.
8. "The Mothman Prophecies" (2002) - This documentary tells the story of the Mothman, a mysterious creature that was reportedly seen in the town of Point Pleasant, West Virginia in the 1960s and was said to be an omen of death.