

Ghost Hunting Guide

April, 2021

Published by the San Benedetto Paranormal Museum

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Welcome to the Hunt!

When you were a child, you saw things differently. There were possibilities. There was magic.

And then you became an adult.

Boo.

But we don't have to stop looking for the magic. It's there, and we seek, because deep down, we believe there is more to this world. The perils of adulthood may have forced us to knuckle down, to be practical. But deep down, we know. There's more, just beyond.

However, while ghost hunting may ask us to see things with the innocence and open-mindedness of a child, it's by no means a childish pursuit. (Though it should most definitely be fun). If you want to pursue the unknown, you need a plan. This guidebook is that plan.

Within these pages, dear reader, you will learn how to prepare for a ghost investigation, how to manage it, and how to analyze any data you collect afterward. For simplicity's sake, therefore, we've divided this guidebook into three sections:

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Before

One does not simply charge into a potentially haunted house. One might be met with an angry owner and possibly angrier dogs. Not to mention rotting floorboards to fall through or other hazards. A ghost investigation takes prep work.

Safety First

It's important not to do an investigation on your own. So be sure to gather a group of likeminded investigators.

Research

So you think you've found a haunted house, asylum, or prison? Great. Before you do anything, do some research on not just the building, but the area within a half mile radius. Historical societies, libraries, and the internet may all present sources of information. Did a violent crime occur there? Did anyone die in the house? Is there a major power line beneath the house?

And importantly, who manages the building now?

Get Permission

You'll need to contact the owner/manager of the building to get permission for your ghost hunt. Trust me, it beats getting arrested. Be sure to ask permission to visit it during the daytime before your planned night investigation. If possible, get a schematic of the house.

Map in Daylight

Before the investigation, do a walkthrough of the building noting any hazards, places you may want to set up equipment, or particular rooms for investigation. Pay special attention to any water, fireplaces, and mirrors. These tend to

be portals for interdimensional entities and spirits.

Also note any electrical outlets or other potential sources of electromagnetic energy which may give you false positives on EMF readings. In fact, if you have an EMF device, use it during the daytime. It will help you find any of these potential hot spots, and provide good basis for comparison if you do get any EMF spikes in “normal” places during your nighttime investigation. So make note of your daytime findings.

If you have a medium on your team, he or she should also do a walkthrough at this time to set a psychic baseline and record any initial impressions.

Also, decide ahead of time which investigators will take which parts of the house. We recommend rotating investigators between rooms. However, nothing’s more irritating than getting to an investigation and wasting time arguing over room picks.

Some Notes on Timing

While it may be tempting to conduct a ghost investigation when the “veil is thin,” these are also the times when the spirits are the most powerful, and any negative spirits can cause you the most trouble. This is especially true when you’ve got a medium or psychic on your team. So never conduct an investigation during a full moon or dark moon, void of course moon, solstice, equinox points or cross quarters.

Ideally, water-phase moons (i.e. Pisces, Capricorn, and Scorpio moons) are best for psychic investigations. There are sites available online to tell you



what moon phase occurs on a certain date if you're not sure. (Moon signs are not the same as astrological sun signs, which run the course of a month. Moon signs only last around a two and a half days).



Ghost investigations typically occur between 11 PM—2AM, when things have quieted down. This seems to be when ghosts are more willing to come out to play.



During the Investigation

Equipment

A ghost investigation can be as simple or as complicated as you want it to be. Fortunately, your cell phone will take care of most of what you need (camera/video, audio recordings, and flashlight). Unfortunately, ghosts are known to suck batteries dry. If you are going to rely on your cell phone, make you bring a portable charger for backup.

Here are the basics:

- Camera/Video recorder
- Soft cloth for cleaning the camera lens
- Audio Recorder
- Flashlight
- Notebook and pen
- Water
- First aid kit
- Extra batteries

Advanced Equipment:

- EMF Detector¹
- Temperature Detector
- Motion Detector



¹* The San Benedetto Paranormal Museum sells an excellent combo EMF and temperature device at a very reasonable price.

Before Entering the Building

Before entering, many investigators like to add a bit of spiritual protection. This could be as simple as saying a prayer or visualizing yourself inside a globe of protective white light.

When Entering the Building

When entering, say aloud: “We’re only here to investigate, not to pass you over into the light. We’re just here to talk with you. We don’t want you to hurt us, and we don’t want to hurt you.” Spirits tend to be more friendly when they know your intentions.

Never be disrespectful to the dead. It’s just rude.

Room Rotations

Investigators should spend on average thirty minutes to an hour in each room. This may not be possible depending on the number of rooms and number of investigators you have. Because ghosts may be more interested in certain investigators, its useful to rotate people so that each investigator gets to spend time in each room (though not at the same time).

Gathering Evidence

Be sure to record the time and the base temperature when you enter each room.

Spend time taking photos and video of each room, as well as recording audio. Be sure to clean your camera lens so no smudges or dust particles are mistaken for haunted activity. If you’re in a dirty place, you may need to clean the lens repeatedly.

Note: if any investigator coughs, talks, or makes any sound while recording audio or video, that investigator should immediately identify himself or herself. E.g.: “Sarah, stomach growled.” That way, when reviewing the audio and/or video, any such noises won’t be mistaken for a ghostly presence.



If anything odd occurs, e.g. an object moves or there’s an odd sound, the temperature drops suddenly, you get an EMF spike, an investigator gets a weird/creepy feeling, etc. note it in your notebook, including the time, location, other investigators nearby, and any details.



After the Investigation

Go home. Relax. You've had an adventure. Enjoy the afterglow! Wake up the next morning with fresh eyes.

Now's the time to review the evidence you've collected, and this is where a dose of healthy skepticism comes in handy. You'll need to scrutinize any evidence for false positives.

Bugs and floating dust frequently present as orbs. If it moves with an air current or bobs like a flying bug, it's probably not a ghost. If, however, it interacts with the investigators or other objects in the room, it may be a genuine spirit. Orbs that move quickly rather than drift aimlessly also are more likely to reflect a ghostly presence.

Other things to beware of include mistaking someone's breath in a cold room for a spirit, cigarette smoke, and even thumbs in the camera lens or long hair waving in front of it. All of these can be mistaken for spirits. (FYI, it's best not to smoke during an investigation).

If you do find promising evidence of the spirit world, be sure to send a copy to the San Benedetto Paranormal Museum, and we'll post it in our blog!



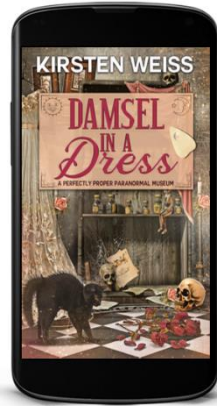
Read more about the paranormal museum in *Damsel in a Dress!*

Bridesmaid duties can be deadly...

Maddie Kosloski has more than wedding cake on her plate. She's managing her paranormal museum, helping her best friend Adele with wedding plans, and trying to prove that Adele's vintage wedding dress is most definitely not haunted.

But when a bridesmaid turns up murdered, Maddie has to solve the crime to save the wedding. As her bouquet of suspects grows, and everyone's alibis have the ring of truth, Maddie begins to doubt this wedding will go off without a hitch.

If you love laugh-out-loud mysteries, witty heroines, and a touch of the paranormal, you'll love *Damsel in a Dress*, book 5 in the Perfectly Proper Paranormal Museum series of novels. Read this twisty cozy mystery today!



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