

HOW TO HUNT FOR GHOSTS *Successfully*

BECOME A CERTIFIED
GHOST HUNTER



IMAGINE SPIRIT

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Ghost Hunting has become a global craze for paranormal enthusiasts for the last fifteen years or so. People watching various ghost shows have trekked to alleged haunted locations to see if they too can capture evidence of ghosts. Unfortunately, many are ill-equipped emotionally and technically. Some have even spent hundreds of dollars on equipment without any idea of how to properly use these tools effectively resulting in frustration and perhaps quitting the endeavor all together.

In this course, we will cover many kinds of equipment which are most commonly used for hunting ghosts and how to get started on a budget. There is no reason to go out and a huge amount of money on equipment until you decide whether ghost hunting is right for you. There will be movies to watch to aid you in learning how to use equipment for the best results and, how to carefully analyze evidence.

Amateur or Professional

You will be learning almost all facets of proper ghost hunting by incorporating certain protocols and one of the most important facets of ghost hunting, how to interview clients. By the end of the course, you will be able to conduct a full-fledged ghost investigation with confidence. This does not always mean you will actually capture ghost evidence each and every time in an investigation. More often, evidence is scarce and nothing turns up at all. You will need to be prepared for this eventuality.

Although I will be discussing what science thinks and skepticism on the subject of ghosts and hauntings, this course assumes that these phenomena does indeed exist without argument for or against this assumption. If you had any reservations about the existence of ghosts, you would not be taking this program.

Ghost Hunting Is an Art

I truly believe this. However, it must not be treated as a silly game because this is where people can get into trouble and run into situations

far beyond what they ever expected or can handle. There are countless stories of people that have gone ghost hunting, perhaps on a lark, and upon encountering something paranormal, they wish they had never gone in the first place. Some have even claimed that wayward spirits followed them home. It is apparent that these individuals never took the time or gave thought to protecting themselves from curious or even angry spirits and paid the price dearly by having a spirit attach to them.

Part of successful ghost hunting involves a stable but open mind and, as mentioned, how to use equipment correctly for capturing and analyzing evidence. Photos and film can often render an image that is mistaken as ghost activity when there is actually a logical explanation for what individuals think they've caught as real piece of evidence.

Each lesson has an abundance of valuable and important information so please read each lesson carefully. View all the YouTube movies presented. In class we will be discussing these movies.

At the end of each written lesson, you will read an imaginary case scenario of a haunting, walk through in investigation in your mind, and answer vital questions I've set forth at the end of the exercise.

Lastly, each week you will be introduced to a very haunted place. You will learn about why the locale may be haunted and the different ghostly activities reported there.

KEEP THIS PDF FILE AVAILABLE EVEN IF YOU PRINT THE COURSE FOR THE MOVIE LINKS AND LINKS TO OTHER MATERIALS!

****IMPORTANT: ABOUT THE MOVIE LINKS****

For some, the links to the movies seem hard to click to get to the YouTube Channel. Some of these movies are unlisted. Therefore, I've added a text file with all the links to movies to help you out if this happens to you. Look for: movies.txt in your course materials.

Lesson 1 – The Basics



Do I believe in ghosts? No. But I'm afraid of them.

~Marie Anne De Vichy, Marquise duDeffand

Spirits are everywhere. Some spirits are the specters of deceased humans and some can be defined as non-human. When people think of spirits, or ghosts, they generally think of human type figures. However, there is much more to the spirit world than the typical human classification of entities. There are spirits of animals and nature spirits to throw into the mix. And, just like our real world, spirits can be both pleasant spirits and some malicious, angry, or troublesome.

Ghosts have been called by other names such as spirit, specter, shade, wraith, poltergeist, phantom, presence, apparition, spook, jinn, or even boogeyman. Most human-type spirits you or your team will run across are non-threatening, simply lost or confused, or even indifferent to you. You may even discover that some spirits, and the phenomena associated with them, have no awareness whatsoever. They are part of what we term, a residual haunting and are actually just a picture replaying from the past. Other spirits may only appear for a reason and we call these, purposeful

spirits. Still others only desire to frighten people and attempt to cause harm.

Are All Ghosts Demonic?

It is sad to watch many ghost hunting shows that are purely focused on presenting ghosts as being evil and even demonic. These shows are created for shock and awe and are for entertainment purposes only. The average person watching these episodes may get the idea that all ghosts are demon-like and are the only kinds of hauntings that exist. Some shows like to assert that child ghosts are usually demons in disguise. This couldn't be further from the truth. There is not much we can do about these shows as they are on several channels and show re-runs all the time. We can only do our part by informing people that *most* hauntings are harmless and in some cases are not even an actual haunting at all but replays of residual energy!

Ghosts in Ancient Times

Recorded history shows that belief in ghosts and hauntings go back well over two thousand years. Although sightings of ghosts had been claimed for centuries, to our knowledge, it seems no one in those times was much interested in seeking them out. Much of this had to do with ancient superstitions and just being just plain scared stiff of spirits.

In ancient Mesopotamia, the living and the dead were closely connected. Once a person had died, they became a *gidim*, or "death spirit". The spirit was said to be a shadowy creature, sometimes appearing to friends, family, and loved ones and, always recognizable as the person that they had been in life.

In ancient Babylonia, it was believed that ghosts wandered the night. They weren't the specters of spirits that we think of today when someone mentions ghosts. Back then, it was thought that ghosts could possess the bodies of living animals. Their curious belief maintained that evil spirits

were supposedly able to possess wild dogs and lions, which were driven to hunt for purposes of ridding their world of these evil things.

Ancient Chinese philosophers routinely wrote about the nature of ghosts and how humans should deal with them. In early times of Egypt, Greece and Rome, ghosts and hauntings were common knowledge. They appear in ancient rituals and works of literature such as *The Egyptian Book of the Dead*, *The Iliad*, and *The Odyssey*. Roman historian, Pliny the Elder, recorded of the story about a notorious house in Athens where no one was able to live. Every night, the most horrible sounds would be heard coming from the house. The sound of rattling chains would fall on the ears of anyone nearby. Perhaps this is where the idea of “rattling chains”, first became closely associated with ghosts. Those who tried to inhabit the house were often awakened by the ghostly presence of an old man—dirty, disheveled, and laden with chains. His specter was seen lingering day and night. Pliny tells us that ultimately, the house was all but abandoned to the ghost.

The World Today and Ghosts

Almost every culture from indigenous to long established countries have left us with some type of belief in spirits and perhaps a fear being haunted by the dead that has filtered down through the ages. The ghosts of today are no different than ghosts recorded in the distant past. Time makes no difference to the kinds of ghosts and hauntings people, or groups, experience. It is only how each society treats their ghosts that is different.

In the modern world, many cultures pay homage to the dead including America’s celebration of Halloween. Halloween originated from an ancient Celtic harvest festival called, All Hallows' Eve. To offset this, the Catholics celebrate the day after Halloween, November 1st, as “All Saints Day” and November 2nd is “All **Souls** Day”. The Hispanic culture honors the dead to “keep them happy” by celebrating the annual Día de Muertos, or “Day of the Dead”. In Chinese culture, the fifteenth day of the seventh month in their lunar calendar is called “Ghost Day” and the seventh

month in general is regarded as the “Ghost Month”. This is a time in which ghosts and spirits, including those of the deceased ancestors, come out and visit the living. In these festivals, the living descendants pay homage to their deceased ancestors to appease them.

Buddhists and Taoists perform rituals for the benefit of ghosts. They are known to hold frequent ceremonies to lighten a ghost’s *suffering*. Family members of a deceased person often request this all-important ritual which is a natural part of their society. Monks and priests build altars specifically for the deceased person and throw rice or other small foods into the air in all directions to distribute them to the ghost. They believe that this will aid in releasing the ghost from Hell.

“Ghost sickness” is a cultural belief among some Native American peoples in North America, notably the Navajo and some Muscogee and Plains tribes. People that are preoccupied and/or obsessed with the deceased are believed to suffer from ghost sickness. Reported symptoms can include general weakness, loss of appetite, symptoms of suffocation, recurring nightmares, and a pervasive feeling of terror. The sickness is attributed to ghosts (Navajo: ch’íidii) or, occasionally, to witches or witchcraft. Sacred and complicated rituals are still practiced today to rid a person, or persons, of this sickness and to release them *from the ghost’s grip*.

The Spirit World Comes Out of the Closet

100 Years ago, the practice of Mediumship, séances, and contacting the dead was a highly popular pastime in much of Western Europe and America. With no radio, television, or Internet to entertain them, there was not much else to do. Groups of people would congregate in each other’s homes and attempt to summon spirits. Yet, there were few people that would actually venture out and actively research ghosts. This would soon change.

The late 1700s to the 1800s was definitely a time for spirits and ghosts. From mediums to séances to ghost stories, the public could not get enough. Perhaps this is due to the fact that the Spanish Inquisition was an unpleasant memory no longer relevant to society. The times of being tortured and put to a horrible death for even casually mentioning supernatural occurrences, was no longer a reality.

Hauntings that Captured Public Attention

Notable haunting cases such as *The Drummer of Tedworth* (1662), *The Epworth Rectory Ghost* (1716), and *The Bell Witch Haunting in America* (1817) became the hot news items of the day. These three cases, all considered to be cases of poltergeist activity, ignited the public's imagination. Investigations into these hauntings, usually by a clergyman and other well-meaning individuals, yielded very little and there was no way to prove or disprove the alleged supernatural events. Ghost investigating had not yet been standardized into a system and there were no rules for an objective investigation to take place. Read about in Wikipedia:



Epworth Rectory

[The Drummer of Tedworth](#)

[The Epworth Rectory Ghost](#)

[Watch Our Movie On "The Bell Witch"](#)

Exploring the Supernatural

Around 1859, a Mrs. Catherine Crowe of Edinburg, Scotland, took on the subject of spirits and ghosts and wrote an extensive book on reported cases of Scottish ghosts called, *The Night Side of Nature*. This book became an instant sensation throughout the British Isles. Although attacked by some critics for not having enough proof behind her stories of

hauntings, the book was praised by others for its treatment of the cases with solid commonsense and objectivity.

It seems Mrs. Crowe was way ahead of her time as it would be another thirty years before investigators approached the supernatural and actively investigated claims of hauntings.

The British Society of Psychological Research

The [British Society of Psychological Research](#), often referred to as the SPR, was founded in 1882 with its founding members being the brightest minds of the day. The SPR was the first organization of its kind in the world. Its stated mission was "*to approach these varied problems (meaning paranormal phenomena) without prejudice or prepossession of any kind, and in the same spirit of exact and unimpassioned inquiry which has enabled science to solve so many problems, once not less obscure nor less hotly debated.*"

Early members of the SPR included the famous chemist William Crookes, physicist Sir Oliver Lodge, Nobel laureate Charles Richet, noted psychologist William James, and poet classicist, Frederic W. H. Myers. From these luminaries, the science of Parapsychology emerged. Initially the areas of study were to include thought-transference, Mediumship, the physical phenomena associated with séances, mesmerism, and apparitions and haunted houses. Even with a set purpose, there were some heated arguments about just precisely it was that the society wished to accomplish. Although the beginnings of the SPR seemed more geared towards investigating the authenticity of Mediums, eventually the society took on the subject of ghosts, ghostly manifestations, and the paranormal in general. Not to be left out, in 1885 the Americans formed their own paranormal investigative branch called, The American Society of Psychological Research with close ties to their British counterparts.

As the new millennia came and went, others decided to get into the area of paranormal research. Independent ghost hunters soon emerged and notably among these was Harry Price. Price was originally a journalist who was also an opportunist. With his journalistic career waning, he had the bright idea of investigating alleged hauntings throughout England and writing articles about them. He knew the public was ravenous about everything supernatural and hoped this would be his great comeback and ultimately his pathway to fame. And, in a way he was right but not in the way he thought. We'll be discussing Harry Price more in future lessons.

When we die, our mental state and what we were feeling at the time of death, is what we take with us.

What Happens When We Die

Upon passing, we immediately leave both the physical body and ¹etheric body and join with our ²astral body which takes us through the crossing over experience. Many people describe this as the "Tunnel of Light" experience. The spirit of the soul decides at that time whether or not they will cross fully into the light. Most souls do it automatically with no hesitation. Some individuals, however, due to a traumatic or sudden death, might somehow miss or refuses the crossing over experience.



¹ Etheric Body is thought to be a rarified substance that is an exact duplicate of our physical body and is a part of us until we die.

² The Astral Body is much like the Etheric Body, however, it can leave the physical body at any time and travel to any dimension outside of space and time.

They become earthbound – at least for a while. They will always have the opportunity to cross to the light. Any earthbound spirit could be the cause of a haunting situation dependent upon their state of mind at passing. Despite the nomenclature earthbound, earthbound spirits are not always menacing. We'll be discussing the classifications of ghost shortly.

Note: It's important to know that when we die, our mental state and what we were feeling at the time of death, is what we take with us.

Classifications of Ghosts

Ghosts and hauntings can be observed nearly every location on Earth from the highest mountains of Tibet to the deepest jungles of South America to the depths of the ocean. As mentioned, ghosts can appear in any form. They might be seen completely solid like a living person to semi-transparent. They can appear as fully formed body (called a full-bodied apparition) to perhaps missing a head or limbs. They seem to walk normally, glide, or even hop, like the Po Ghosts of China. Ghosts have been reported to appear in full color, all white, grey, blue, or as a dark shadow. They can materialize dressed as if from a bygone era to wearing modern clothing. In most instances, ghosts usually appear in human form as children or adults, but they could be the form of an animal. For example, many people report seeing the apparitions of beloved pets that have died.

Not all ghostly manifestations are apparitions or menacing, shadowy figures. Some will make their presence known by moving objects, causing banging or tapping noises, or alerting inhabitants of their presence in the form of smells such as perfume or tobacco. Often a cold breeze or sharp drop in room temperature will signal a ghostly presence. Other ghosts might make their presence known by either gently touching a person, or if the ghost is angry, will often attempt a more hostile form of contact.

If a ghost is the result of a residual playback, they may be witnessed as going about their daily business as they did in life and pay absolutely no attention to living persons that are seeing them. Or is the replay of an entire event.

Here are some general reasons why a ghost may be haunting a location and making its presence known. It could...

- be stuck on the earth plane and is crying for help
- needs desperately to relay a message
- refuse to accept status of their death
- have been a suicide and it feels too unworthy to cross over
- be scared, shocked, or confused by its new state of existence
- want to make sure loved ones left behind are taken care of
- for some reason, be vengeful, angry, mean, and petty
- be in strong denial about an afterlife
- have met its death by trauma, e.g., war, an accident, attack, or murder
- desperately want to get a message to someone
- have unfinished business it feels compelled to complete
- want the last word
- Not want to leave its riches or material holdings behind
- be unable to leave a loved one still living
- have a curiosity or desire to hang around and observe others
- not want to meet its creator out of fear and guilt from having lived a unkind and uncaring life
- feel more comfortable in staying in its familiar living environment

Truthfully, we do not know all of the reasons a ghost might be lingering. And as you will learn, not all ghostly apparitions of any sort are not actual ghosts at all but are artifacts left over from a previous time.

Ghosts vs. Spirits

People often ask me about the differences between ghosts and spirits. Although frequently used interchangeably, there is a difference between

the two. **Spirits** are souls who have gone to the light and have been through a life review. I call these “³pure form spirits.” If there is a need to do so, they are able to cross back over to our side of the ⁴veil and communicate with or make themselves known to us in some fashion. They usually do not create problems or attempt to harm the living. However, they may make their presence known for a specific purpose known only to them. Still, we do not consider pure form spirits as being ghosts. Ghosts on the other hand, usually have *not* gone through the crossing over experience. For various reasons, they have chosen to stay on the earth plane and have an agenda for not crossing to the astral plane. They might remain quiet and unobtrusive or make their presence known by an overt display of moving objects or just by frightening people any way they can. It takes a lot of energy to manifest, so a ghost is thought to usually have a purpose for making its presence known.

Intelligent Spirits, as with any astral being, vibrate at a faster rate than humans. This is why they are not often seen unless they wish project a mental image of themselves to one or more people.

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Non-Human Ghosts

Non-human entities are those beings that have not lived a human existence and are not considered to be ghosts in the truest sense. They come from a different realm than spirits. However, they will make their

³ It is the pure spirits that Mediums usually communicate with.

⁴ The boundary separating the plane of spirits and the earth plane.

presence known offensively and often attempt to cause harm to the living.

Spirits with a Purpose:

Some spirits seem to have a mission or purpose behind their appearance. These kinds of spirits have the need to complete unfinished business. In cases such as these, the spirit feels they cannot completely leave the earth plane until they do so and will cross back from the plane of spirits in an attempt to complete their mission. These spirits may even become stuck and might forget why they came back in the first place. When seen, they could appear as though they are trying to desperately communicate something but no voice is heard.

Another kind of purposeful ghost that is often reported is a deceased individual who returns shortly after death to visit his/her intimate family members one last time. Other reasons for a ghost being present might be for the sole purpose of calling attention to a terrible wrongdoing that was done to them in life -- such as being murdered. There are instances of a ghost that only seems to want be noticed or acknowledged by the living. They will try just about anything to get the inhabitants' attention. In more rare cases, there have been documented stories of ghosts delivering a message of impending death or disaster. Whether benevolent or malicious, all these types of ghosts usually end up only frightening the witnesses by their ghostly presence regardless of their reasons for being there.

How Do Ghost Hunters Determine What Kind(s) of Spirit They Have Encountered?

This is where the real detective work begins. If you are participating in an investigation on your own, with a group, or with a professional team, you will first start the painstaking process of determining if a ghost is genuinely lingering in the location you are investigating. If through the many ways you are incorporating to detect them, you decide that you have