



## Introduction to Ghost Hunting – Part Three

A free course by Fiona Broome, founder of HollowHill.com

Welcome to part three of our free, four-part course in basic ghost hunting, presented by Hollow Hill, the ghost hunters' website. <http://www.HollowHill.com/>

If you have any questions during this course – or as a ghost hunter – be sure to let us know at Hollow Hill. Use the Contact link at the top of every webpage (or from our homepage, if you're reading one of the old pages).

This lesson appears online at  
<http://www.hollowhill.com/courses/IGH/part3.htm>

Be sure to listen to Fiona's additional information at  
<http://www.HollowHill.com/courses/IntroGhostHunting-Part3.mp3>

In this week's lesson, we'll talk about finding haunted places, and how to evaluate them.

This may be the most challenging lesson in this series. It may take you more than a week to complete, or even longer. Have patience! This is a really important series of steps, and mastering this lesson will make a big difference in your future success as a ghost hunter.

### Baseline... yourself!

Most ghost hunters take baseline readings at haunted sites, before they do any serious research. It's vital to know if the refrigerator emits enough measurable EMF to affect readings in the next room. If the old "instant on" TV holds electrical charge long after it's turned off, you need to know that. And so on.

However, there's another important baseline reading: Yourself. Unless you have a good sense of how you normally feel – and how you feel on the day of the investigation – it's difficult to tell when something external has affected you.

For example: Let's say you've had a difficult week at work. Your girlfriend, boyfriend or partner has been cranky, and your dog chewed up your favorite shoes. As a result, you haven't been sleeping well.



On Saturday morning, before an investigation, you're woken up when a neighbor's child accidentally hits a baseball through your kitchen window. After you get dressed and calm down a little, you have an argument with the neighbor about who's paying for the damage.

It's *not* a good start to the day.

At an investigation that night, if you don't take these factors into consideration, you could attribute your anxiety to a residual energy haunting... when the "residual energy" is actually your own.

This is why we always recommend checking your baseline emotional and psychic "temperature" during a calm, average series of days.

We also suggest double-checking the morning before a ghost hunt, as well as immediately before the ghost hunt.

### How to do a baseline check

There are two basic baseline checks. The first is your *average* mood and temperament.

Baseline check #1: For at least three days in a row, pause when you first wake up. Even before you get out of bed – possibly before you even open your eyes – see what your emotions are like. Are you happy, sad, or somewhere in between? Are you feeling calm, a little anxious, or even a little eager?

What about your physical wellbeing? How's your energy level? Did you have a restless night after watching a suspenseful TV show? Do you need more sleep, and do you have time to get it?

Or, do you feel refreshed and ready to leap tall buildings in a single bound?

Consider every aspect of your mental, emotional, spiritual, psychic, and physical wellbeing. If possible, even before you get out of bed, jot notes about this in your ghost hunting journal.



(If you wait until later, you may forget exactly how you felt. Accurate notes and observations are essential.)

This gives you a good idea of how you feel on an average day. It's what you'll use when you compare your feelings the day of the ghost hunt, and during the investigation.

If you don't see a clear pattern within three days, keep checking each morning until you're confident of your personal, average baseline.

If you're still not sure, see if you can remember your most vivid dream of the night before. At the conclusion of the dream, were you happy, sad, energetic, tired, bored, or excited? How people feel in their dreams often reflects their personal baseline emotions.

The second baseline check – or checks – occur the day of the ghost investigation. There are at least two times when you should check how you're feeling.

Same-day baseline checks: The morning before the ghost hunt, do a similar check when you first wake up. This doesn't have to be as extensive. Mostly, you're comparing how you feel on that morning, against how your average morning is.

As usual, note this in your ghost hunting journal.

Later in the day, *right before the ghost hunt*, pause for another self-check. This can be as informal as a momentary reflection while you're stopped at a red light.

However, when you're a new ghost hunter, I recommend stopping a few minutes before you reach the haunted site. Note especially how anxious or eager you feel, since that heightened sensitivity can affect how you perceive the energy (and perhaps the entities) at the site.



(Your increased sensitivity can be an asset, as long as you're aware of it.)

If you're feeling significantly different than you did when you woke up, jot a few notes about this. Later, you'll review your investigation results with those feelings in mind.

There is a third time when you may want to check how you're feeling, and that's after the investigation. See how the ghost hunt affected you. Check if you're taking some of the site's energy home with you.

(Generally, we like to go to a coffee shop after a ghost hunt, and discuss what happened. That often provides necessary closure so we don't remain psychically or mentally connected to the events of the evening.)

Though this can become an easy habit for some ghost hunters, some of us need to be reminded of regular baseline checks.

If you have a pre-investigation checklist – for example, a list of tools to bring with you and equipment to double-check – add your baseline checks to that list, as a reminder.

## Tools for beginning ghost hunters

As we've often said, it's not necessary to use any tools during a ghost hunt. In an earlier lesson, we recommended carrying some symbol of spiritual protection, but even that is optional.

Many people like to shield themselves spiritually before entering a haunted site. You may say a prayer. You might envision yourself protected by a pink bubble of loving energy. You may prefer to think of yourself shielded by a vivid blue light shining down from the heavens above.

Different people like to use different images or spiritual protections. Especially for beginners, unless your belief system is vehemently opposed to anything connected with Deity, we recommend some simple prayer, routine or simple ritual before beginning a ghost investigation.

During your first two or three ghost hunts, whether or not you use any tools, spend most of your time observing. You're looking for two things.

First, you're noticing what's going on around you. You're listening for odd noises (or odd silences).

You're watching for strange lights, shadows or figures, especially in dark corners and reflective surfaces. (Mirrors, window panes, and shiny surfaces can sometimes reflect ghostly images.)

All of your senses should be on alert. Some people hear ghosts, some people see them, some people can feel them (breath on their faces, necks, arms). Other people feel changes in movement; the "wading through molasses" feeling at NH's Gilson Road cemetery is an example.



But then, notice what's going on *internally*. Are you feeling energized and excited, or a little drained of energy... or both? Are your emotions significantly different from you felt that morning, or before you arrived at the site? (This is where your baseline checks are important.)

Observations such as these are the core of ghost hunting. That's very important! Tools such as cameras, EMF meters, etc., only confirm that something *odd* is going on at haunted sites.

However, many investigators rely on ghost hunting tools... and not just for documenting paranormal events.

### Tools for a sense of comfort



Whether you use a camera, video or audio recorder, EMF meter or hiking compass, an Ovilus or Puck, or other tools: They serve a dual purpose.

Of course, it's exciting to confirm your perceptions with physical, scientific evidence. It's thrilling when an EMF spike occurs seconds after you felt a chill. If a photo shows a strange shadow where people often see a ghostly figure, that indicates something unexplained at the site.

However, many ghost hunters use these tools for a second purpose.

When you place your attention on something very real and physical, it can be a relief – a temporary break – from the almost overwhelming feeling that *something's* going on... something that you can't explain, can't really identify, and can't control.

I'm talking about a comforting step back into the "real" world of camera settings, counters on audio records, and EMF meters that usually behave as predicted.

But, I'm also talking about the camera that stops working, the cell phone that abruptly loses a connection, or the EMF meter that's flashing or beeping for no apparent reason. It's a distraction. It shifts your attention to something that's still very physical and part of our "normal" world, even when the paranormal affects it.

Anything that gives you a few minutes' focus on something other than ghosts... it can be a necessary break. When you encounter ghosts – especially when they're very different from what you expected – you can experience a profound and frightening sense of vulnerability.

The only times ghost hunting tools can be problems are:

- when they distract other team members, or
- when you rely on them too much, or
- when ghosts (or other entities) use them to frighten you or others.

### Tools: Personal differences and choices

Whenever professional ghost hunters gather, conversations almost always lead to the topic of tools and measuring devices.

What's interesting is that different tools work for different ghost hunters... and some of them won't work at all.



A ghost hunter may get great results with photos but nothing in EVP recordings. Or, she may do well with dowsing rods and not with a pendulum. (In our experience, very few people achieve reliable answers with a pendulum. We admire those who can use a pendulum well.)

We've seen an Ovilus talk and talk to one person, and go totally silent in the hands of someone else.

Similarly, some ghost hunters hear ghosts, yet others see them, physically or psychically.

Nobody's sure why these differences occur, but it's important to note them.

Just because someone *else* is getting great results with a particular tool, or perceiving something (even dramatically) that you don't... it doesn't mean that you're a less competent ghost hunter. It simply indicates that, like every other ghost hunter, you are unique and the spirits react differently (or affect people and things differently) around you.

## Preparing for your first ghost hunt

Your homework for this lesson includes visiting a haunted location, or at least a place that's supposed to be haunted.



However, be sure to remember your previous lessons. Find someone (preferably two or more people) to go ghost hunting with. Even if you're meeting a group of ghost hunters, take a friend along for safety, moral support and grounding.

Research the location, and see it in daylight; don't just show up at night without a good idea of the layout or floor plan.

For your first ghost hunt, choose a place that's not too isolated and not in a dangerous area. (That said, some of the most profoundly haunted sites are often isolated... and popular locations for drug deals.)

Ideally, select a site that's been recommended by someone you respect, and someone who's encountered something "odd" there.

Plan to spend no more than an hour at the site. Half an hour may be as long as you can tolerate.

As soon as you get to home (or to a coffee shop), jot your immediate thoughts into your ghost hunting journal.

A day later, review those notes and any other evidence that you found – photos, EVP recordings, and so on – and add your thoughts, now that you've had time away from the site and its spirits.

### Recommended homework

These steps are recommended but not required. If you follow them, your ghost hunting experiences are likely to be better.

1. For a minimum of three consecutive (and average) mornings, do a baseline check of your mood, energy, physical health, etc., and jot notes in your ghost hunting journal.
2. Identify one or more friends who will go ghost hunting with you.
3. Select a day, time and location for your first ghost hunt.
4. Research the site, online and at the public library. Confirm as much as you can about the site's history and folklore.
5. Do another personal baseline check, then visit the site in daylight.
6. Stay at (or return to) the site around dusk. (If it's a return visit, be sure to run another baseline check on your emotions, sensitivity, energy levels, and so on.)
7. Observe your external and internal experiences.
8. Leave when you're starting to feel stressed or tired, or when the site closes.
9. Record your notes as soon as possible.
10. The next day, review your notes and any evidence from the visit. Add your current thoughts and observations to your notes.



Your next lesson will arrive in about a week. In the meantime, if you have questions, use the 'Contact us' link at [HollowHill.com](http://HollowHill.com). Though we can't personally answer every question, we'll do our best to respond with notes in future lessons, and/or with articles at our website.