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Ghost Hunting 101 – You Can Hunt Ghosts Too!!

By Gloria Young

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During each lecture I do, people ask me if I can explain in simple terms how to hunt ghosts. Following each question, I chuckle and tell them that it isn't as hard as it seems, in fact, anyone can do it. What does it take to be a ghost hunter? Let me tell you exactly what you might need to be a ghost hunter. As time goes on, you may wish to increase your arsenal of items to become more proficient.

There is no special piece of equipment you need to be a ghost hunter. The list is simple and can be interchanged for anyone's personal needs.

Let me take this opportunity to explain what we believe ghosts to be. Ghost hunting is merely theory and conjecture. Through the study of many different theories and scientific reports, we have derived the possibility of where ghosts come from. The bodies we wear are merely a shell for the energy we hold inside. We came from energy before we were born and we will return to energy when we die. This is simple physics as well as the circle of life. Ghosts are made up of this energy. When we die, it is presumed that we have come from this energy and therefore, that is what we will return to. We dispose of this body that we have worn out so completely and the energy leaves it. Remember, ghosts are people too. They have died and become ghosts keeping the same attitudes, personalities and emotions they had when they were alive. So, if you were a crabby, grumpy person in life, you will be a crabby, grumpy person as a ghost. If you were a happy, peppy person in life, you will be the same as a ghost.

That being said, the first item on our list of necessities for ghost hunting is keeping an open mind. The best thing you can do for yourself every day besides showering and cleaning yourself up is to meditate. Meditation is good for your body, mind and soul. It opens you up to what surrounds us every day. It allows your mind to breathe and to think. You are able to completely free yourself from all the stress and repetitive tasks you must undertake each day. Meditation is something I suggest doing daily. This is a great start for a ghost hunter. Keep an open mind and with it you will be able to feel, hear and possibly, see ghosts. While doing that be sure to keep an open mind to the possibility that ghosts do exist. You want to be sure to keep the positive feelings and energy going. They will feel more welcome and you will feel better as well.

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Next, have a flashlight. It doesn't matter where you choose to do your ghost hunting, a flashlight is imperative. Night time is the best time for ghost hunting and you need to see where you are going. If you decide to enter a cemetery at night, besides getting permission first, you want to make sure you are not falling into the open grave that is to be used for someone in the future. You don't want to be tripping over sticks, logs, rocks or anything else and you don't want to twist your ankle in a smaller hole merely because you didn't see it. If you want to keep yourself in a bit more secrecy, you can get a flashlight with a red lens. This limits the light but still allows you to be able to see where you are going.

You will want to have a companion. Never, ever, EVER go anywhere by yourself. If something happens to you, no one will know where you are going. It is a good idea to tell someone, anyone where you will be going for the night, then take a companion with you. If you fall and hurt yourself, who will go

for help? Who will be able to help you? A companion not only can validate and authenticate anything that happens to you but might also save your life.

With that companion, bring a cell phone and make sure you have service. Sometimes, even though you might have a good cellular plan, you won't get service in certain areas. Make sure you have the phone for those times you may find yourself lost or in trouble. Carry it somewhere that it won't fall out of your pocket or be destroyed if you fall and can be easily reached.

Also, take a whistle. If you are two women, please take a whistle. Although you may be in a secluded spot, having a whistle just may help you in times of necessity.

Take a camera. Take any camera. There should be no particular camera you take with you. It can be a still camera, videocamera, disposable camera, 35 mm camera. Be sure you know how to use it, take extra film and be sure to take at least two extra sets of batteries. When dealing with ghosts, sometimes they may need the energy from your camera or the batteries and you may find they drain quickly. It's not that they are bad batteries unless you have had them in your home for two years or so. Ghosts sometimes need energy to produce an outcome and this is one place where they may derive the energy from.

A pad and pencil to mark down any unusual events, times, locations and perhaps a map of the area you are investigating is a good idea. Again, you are wanting to validate any paranormal activity.

The last thing you may wish to consider is a cassette recorder for recording EVP (electronic voice phenomenon). You can use the recorder and "talk" to the ghosts and with any amount of luck, you may get them to talk back to you. Ask them questions or just talk to them and see if you get any response in return. Ghosts can be friendly and just suddenly talk to you or they can be grumpy or have an attitude (remember, you could be bothering them too) and say not very nice things. BUT, in over ten years of ghost hunting, I have never come across any evil or malevolent. I am not saying they don't exist, I am merely saying I have never been confronted by one.

In case I haven't emphasized this enough, safety is key. You cannot do enough to make sure that you are safe when ghost hunting. Never put yourself in a position that would harm you, your companion or anyone else. Also, make sure anywhere you go that you have permission. If you don't obtain

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permission for anywhere you are investigating, you are trespassing. If you are caught you are going to have to explain to the authorities why you didn't get permission and possibly face time in jail. It also makes it more difficult if not impossible for any ghost hunters to be able to come behind you and gain permission. Be sure to follow the rules.

So having equipment in hand and knowing how to use it, you feel you are ready to begin your first ghost hunt. Decide where you will be going. Make sure you take the length of time it takes to get there into consideration. It would be wise to take a trip there and take preliminary pictures during the day time. You can use these for comparison if you capture something unusual or interesting on your film. Make a map of the area so you know where you will want to walk and also so you don't get lost. Not every place has a fence. Taking a trip to your decided-upon place is also a good idea so you can see what obstacles might be in your way during the day. Returning at night gives you an idea of what you will be confronted with.

Take your trip to your decided-upon destination. Take pictures. Take lots of pictures. Talk to the ghosts that reside there. You can ask permission to take their picture. Some people do this as they feel it

allows them to get pictures. It couldn't hurt and might help. Do the same when you are attempting to capture EVP. Be sure that if you take more than a few people that this is not a giggle-fest. You want to be respectful of the area and the ghosts resting there. You don't want to be playing on any graves or running around if you are in a cemetery. You don't want to be running around anywhere no matter where you are. Try to be quiet, be respectful. Ghosts are people too!!

I hope these hints and techniques help you on your ghost hunts. Remember to be mindful and think. Don't wander aimlessly like you don't know what you are doing. Pay attention. The best thing you can use is your mind.

You can have a great ghost hunt and perhaps get some great pictures if you just take your time and use some common sense. Ghost hunting is fun, pleasurable, interesting and if you read up on the history of the site you are investigating can give you a good idea of just what took place on the ground you are standing on. These are very simple techniques I have given you, use them wisely.

Happy Ghost Hunting!!

Gloria Young has been a ghost hunter and paranormal investigator for over 10 years. She has dedicated her life to researching paranormal activity. She has written, "Faces of a Ghost Hunter" as well as three other books. She founded the paranormal research group, "Ghost Trackers". She has co-produced two documentaries on ghost hunting. (www.ghost-trackers.org)

ghost worlds

By mark rabusseau

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Hello, My name is Mark Rabusseau. I am also known as "Mark the Printer." My wife, Mary Lou and I have been hunting ghost for about 2 years now. It all started when we took a tour of haunted houses of the north side of Pittsburgh. It was not the kind of houses where someone jumped out to scare you. It was a narrated tour, where you stood in front of the house, a brief history of the house was given, along with what super natural occurrences have been experienced. We never entered the premises. That is until we came to the last house. The house was owned by Mr. DeSantis which he beautifully restored to its original Victorian Splendor. While everyone was dispersed on the first floor, I was drawn to the stair case. While I was looking up the steps, I saw a grayish mist travel across the top of the steps and through a closed door. I didn't tell my wife because she didn't believe in ghosts and would probably rib me for what I saw. After 2 hours I could not contain myself, and I had to tell her. She said that's funny, because she saw the same thing but from a different angle. She said she did not want to tell me because of all the years of saying ghost don't exists, she finally saw one. The next day we went back to Mr. DeSantis' house. Without embellishing he ask us exactly what did we see. After telling him, he said that he never told anyone on the tour about the ghost at the top of the steps. He said he had never seen it but guest in his home have reported to him that the ghost has been seen leaving the closed door and going up the stairs.

Since then Mary Lou and I have been ghost hunting with our digital camera and EMF detector. Our best luck has been on the battlefields of Gettysburg. Most of the pictures we have are of orbs which seem to be semi-translucent balls of energy.

When we ghost hunt we follow a list of guidelines such as no smoking, no rain or adverse weather conditions, it must be a clear day with no dust floating around. We don't see the ghost with our eyes, but the digital camera picks up the energy they seem to produce. please view my home page at: <http://hometown.aol.com/mrrab/index.html>

printer, amateur ghost hunter



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