

Ghost Hunting - What NOT to Do

1. Trespassing. Always get permission before investigating private property. Several years ago, there was a news story about a ghost hunter who trespassed on private property to investigate a haunted house. The person who lived in the house thought the ghost hunter was a burglar, pulled out a gun, and shot him. (Fortunately, the ghost hunter was OK.) This is NOT a situation that you want to experience, so always get permission before exploring private homes.

2. Being fearful of Spirit. There's no need to be fearful of the spirit. Spirit cannot hurt you. Ghosts are just people living in another dimension, or perhaps on another plane. They have no superhuman powers (with the possible exception of enhanced telepathy). They cannot "curse" you or physically harm you. In most situations, ghosts will not follow you home (unless you purposely invite them to). Ghosts haunt a location, for a reason. If they could leave, usually, ghosts remain on Earth because they're fighting reality, and want to change an event from the past. In other cases, they may have a message to pass on, or a small task to accomplish. Other ghosts are emotionally attached to a particular person or place, and have a hard time releasing this attachment. It's important to remember that ghosts do not exist to cause destruction, harm and evil. Unfortunately, Hollywood portrays ghosts as harmful creatures—which causes people to irrationally fear ghosts. You should be far more concerned with the human beings you might encounter when ghost hunting. An irrational fear of ghosts will prevent you from experiencing amazing things, and learning more about the paranormal.

3. Ghost Hunting Alone. Never ghost hunt alone. Some haunted locations are secluded—so you should always take precautions. An ideal ghost hunting group is a team of 3-6 people. At the very minimum, make sure you have one other person with you. What would happen if you fell, twisted an ankle, and there was no one available to help you?

4. Investigating a haunted location without telling someone where you are headed. Always make sure someone at home (or at work) knows where you are headed. This way your friend knows where to find you.

5. Drinking, smoking, or starting a fire at the ghost hunting location. A ghost hunt is no place for cigarettes, alcohol, drugs, or fire. Cigarette smoke can look like ghostly apparitions in photographs, and alcohol can distort your senses.

6. Taking pictures while facing the sun or moon (or at a right angle to the sun or moon). Avoid taking pictures while facing the sun or the moon. The light can flare off the camera lens and create a false anomaly. A bright or full moon can cause flares too. For best results, try to have light sources behind you when snapping a photo. Be very careful when shooting pictures indoors. Many objects can reflect off your flash, creating orbs or ghostly apparitions. Windows, TV's, metal items, glass, polished furniture, and polished floors can all reflect off your flash.

7. Daring or threatening spirits/ghosts to appear. Never dare or threaten spirit to appear. You might get your wish, and spirits aren't always friendly if you have threatened them. Always show respect for others around you – this includes ghosts/spirits, and property owners.

8. Ignoring your intuition or gut feelings. Don't ignore your intuition when ghost hunting. If you think you should explore a certain area, follow your intuition. If you feel upset or disturbed in a particular room, there's probably a reason for it. Investigate. This does not mean that everything you feel is true. However, following your inner guidance can help you in certain situations.