

What Are We Doing?

When I first became involved with the social media side of the paranormal, there was a lot of drama. It seemed to be all about *me, me, me*. After a while, though, I honestly thought things were moving in the right direction. People were beginning to work together, share ideas, and genuinely try to find answers. I even said on my podcast that I believed we were headed in the right direction. I don't think we'll discover all the answers in our lifetime, but I do believe we'll get there eventually.

Somewhere over the last few months, however, I feel like we've taken a huge step backward.

I don't blame one person, one group, or even the paranormal field as a whole. Something simply changed. We've started moving in the wrong direction. Are we becoming so desperate to find answers that we'll label almost anything as paranormal? Are we so desperate for likes, followers, and respect that we'll believe anything without questioning it?

Many of you know I host a podcast. My show has always been simple—it's about you. It's about giving paranormal groups a chance to introduce themselves so people can get to know the individuals behind the logos. I also use it to learn. It has opened my mind to many different possibilities within the paranormal.

Lately, though, it has also made me stop and ask one simple question:

What are we doing?

Before I continue, I want to make something clear. Everything in this article is my opinion. Some people may disagree with me, and I may even hurt a few feelings. That isn't my goal. My hope is simply that this article encourages people to question what they're doing and why they're doing it.

I still believe in **paraunity**. I know many people think it doesn't exist, but that's my opinion. I work with a lot of great groups, and many of the techniques I'm about to discuss are techniques they use. I genuinely want to believe people aren't doing these things simply for clicks and attention.

Many of these methods have existed for decades—some even date back to the Victorian era. The problem isn't necessarily the techniques themselves. The problem is that very few people stop to question whether they actually work. Are we using them because they're effective, or simply because people before us did?

Ouija boards. Table tipping. The human pendulum. Phone apps. Haunted dolls.

Personally, I think most of it is nonsense.

Before you stop reading, let me explain.

When Did One EVP Stop Being Enough?

Are we so desperate that everything has to be paranormal?

Think back to when you first started investigating. I know for me, if I found one clear EVP after listening to eight hours of audio, I was thrilled. That single piece of evidence was enough to tell me there was something I couldn't explain.

Fast forward to today.

Now people expect nonstop activity. Every investigation has to produce incredible evidence. Every video needs something dramatic. It feels like investigators believe they have to prove themselves to everyone online.

Here's some news:

You don't have to prove anything.

The only person you have to satisfy is yourself.

If you honestly believe you're collecting good evidence, that's what matters—not your followers, not your friends, and certainly not strangers on social media.

One word perfectly sums up where I think we've gone wrong:

Apps.

We've become so fascinated with social media that we're relying on phone applications that literally say **"For Entertainment Purposes Only."**

Most of these apps are simply word banks that randomly generate words.

I honestly believe that 95% of investigators could record a random list of scattered words—

"Outside... Fred... Three... Get out... No... Yes..."

—and play it during an investigation. Someone would almost certainly believe they were communicating with a spirit.

"What is your name?"

"Outside."

"Oh... you're outside?"

"Do you want us to leave?"

"Next to you."

"Oh wow... you're standing next to me."

Really?

What are we doing?

Is this actually bringing us any closer to understanding the paranormal?

Personally, I'd rather get one legitimate EVP every eight hours than spend the night staring at my phone.

Haunted Dolls

This is probably where I'll upset the most people.

I have a lot of friends who collect haunted dolls, and I don't have a problem with people collecting them.

My question is much simpler.

Are haunted dolls bringing us any closer to the answers we're looking for?

My answer is no.

I believe the vast majority of haunted doll content exists because it attracts views and followers.

Most of us got into paranormal investigating for one of three reasons:

- We had an unexplained experience.
- We wanted to know what happens after we die.
- We watched paranormal shows and became curious.

Where do haunted dolls fit into any of that?

Now, do I believe objects can carry an attachment?

Absolutely.

But if a spirit is attached to an object, I believe that object was probably important to them during life—a family piano, a favorite chair, a wedding ring, a desk, or something that held real emotional value.

Could a doll hold a spirit?

Sure.

Do I believe even close to the percentage people claim?

Not even remotely.

Just because something is old or creepy doesn't make it haunted. It makes it an old, creepy doll.

Then comes the social media part.

If people truly aren't doing it for attention, why does every newly acquired doll immediately get introduced online?

It gets a name.

A personality.

A backstory.

We've already spent years naming spirits inside locations without any historical evidence. Apparently now we're doing the same thing with dolls.

I'll admit it—I recently brought two dolls back from the UK for friends.

Are they haunted?

Probably not.

That's just my opinion.

The next time you're investigating and see dozens of dolls sitting around a supposedly haunted location, ask yourself why they're there.

I'll come back to that when I talk about Ouija boards and table tipping.

Ouija Boards

Do Ouija boards work?

I honestly don't know.

Nobody can prove they do.

Nobody can prove they don't.

Many people claim to have had incredible experiences using them, and I respect those experiences.

My issue isn't whether the board works.

My issue is much simpler.

We investigate locations because we're trying to learn about **that location**—its history, its people, and whatever may still remain there.

So why would we intentionally introduce another spirit into the environment?

If you believe Ouija boards open portals or invite outside entities, then why would you use one inside a historic location you're paying good money to investigate?

If that's what you believe they do...

Do it at your own house.

Don't potentially interfere with the location you're trying to study.

To me, it shows a lack of respect for both the history of the building and whatever may actually be there.

Table Tipping

Table tipping is often described as a Victorian-era investigative technique.

I've watched it.

I've researched it.

I've asked countless people how it supposedly works.

The answers are all over the place.

Some people say spirits move the table.

Others say spirits temporarily influence the participants.

The truth is...

Nobody actually knows.

People claim they know, but there's no evidence beyond, "It's the spirits."

Throughout history, humans have always searched for explanations.

Ironically, when it comes to the paranormal, we're often willing to accept almost any explanation without questioning it.

I'm not convinced.

I simply have too many questions.

If spirits can move the table, why do investigators have to keep their hands on it?

I know the answer is always "energy."

But if spirits can supposedly throw objects off shelves—as many people claim—then why couldn't they move a small three-legged table without anyone touching it?

Another question.

People often buy antique tables specifically for table tipping.

So...

Is the spirit already attached to the table when you buy it?

Or are you asking a spirit to attach itself to your antique table?

I've had several conversations with friends who strongly believe in table tipping.

Many tell me it's emotional and that I need to experience it.

They also say it often connects with spirits close to you.

Again...

Why are we inviting outside spirits into another location?

Do that at home.

Personally, I don't need an antique table to communicate with loved ones. If they want to communicate with me, they can do so without a piece of furniture.

The Human Pendulum

Finally, we have the newest trend—the human pendulum.

It's certainly interesting.

But anytime you introduce human influence into an experiment, I believe you've immediately introduced bias.

Many people insist they weren't consciously swaying.

I believe them.

But subconscious movement is real.

The human mind is incredibly powerful. If we want something to happen badly enough, we may influence the outcome without even realizing it.

I'd like to see someone perform the experiment while wearing noise-canceling headphones and under controlled conditions.

Maybe someone already has.

I just haven't seen it.

Final Thoughts

These are simply my thoughts on some of the trends I've been seeing in the paranormal field.

I know many people will disagree with me, and that's perfectly fine.

In fact, I hope they do.

If we never question our methods, never debate our beliefs, and never challenge each other, then how are we ever going to get closer to understanding what we're actually experiencing?

If you believe in these techniques, keep using them.

Belief is powerful.

All I'm asking is that you question them.

Question everything.

That's how real progress is made.

Don't get Trapped.