

## Bumps in the Night!!!!

November 2012 Issue

### Paranormal "U"

#### Debunking Tips – Part 1

By Frank Wurczinger, TnT Paranormal Investigators LLC

A long time ago I heard something that always stuck with me as a paranormal investigator, if you can rule out the possible then all that is left is the impossible. I always felt that before I claim something to be paranormal I need to really look at it from a skeptical point of view and attempt to rule out any possible natural explanations.

Some things I do on investigations is to look around at my environment. I will make mental notes about reflective surfaces, I will look at what the room looks like when a car's headlights pass by. It is also a good idea to listen to what the place sounds like when the air conditioner or heater kicks on. This may help explain some knocks or bangs later on.

An EMF (Electro Magnetic Field) sweep at the beginning of any investigation can help to debunk spikes on your Mel-meter, K-II, Ghost Meter, etc. Our team does a grid room sweep of every room and floor to help determine a baseline reading or any hot spots on our investigations. Mostly debunking EMFs is common sense. If you have a constant high reading more than likely there is an appliance or wiring near making rapid movements. Look for patterns, heating and air conditioning units can cause spikes as well. If you notice your readings drop when the air or heat kick off, you have just debunked it.

For audio evidence it's always good to start the investigation by introducing oneself in the beginning of an EVP (Electronic Voice Phenomenon) session. This is to not only let the spirits know who you are but also to provide a sample of your voice to the data reviewer. It is also important to announce when you enter or exit a room, make a noise such as dropping something, walking, bumping into things and even stomach growls. It's also good to practice calling out or tagging any other noises heard during an investigation, such as external noises, cars, people animals, planes, etc. Tagging noises helps the data reviewer know if they have heard something paranormal or natural. Also try not to whisper. A lot of us talk to ourselves, it's only natural but if you do call this out to the recorder.

Video debunking can get a little tricky at time. Normal everyday things such as insects, dust, hair, spider webs etc. can look paranormal to an IR (infrared aka night vision) camera. We at TnT Paranormal actually spent hours testing how different things look on camera.

Photo evidence can be another tough debunk. With computer program, such as Photo Shop and cell phone applications that allow you to add ghosts to your pictures and the high quality of today's cameras that pick up dust, mold, pollen and other air born particles, it's very difficult to believe a photo is genuine or faked.

If it is possible, the best thing to do is try recreating your evidence. The Sci Fi channel's show *Fact or Faked Paranormal Files* is a good example of recreating and debunking techniques. It can get exciting to catch a paranormal event, but try to keep a level head and rule out natural or explainable causes first. As said on *Ghost Hunters* "When in doubt, rule it out."

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### Debunking Tips – Part 2

By Melissa Tanner, TnT Paranormal Investigators LLC

The following is from the **How to check if your House is Haunted** article.

Have you had weird and unusual things happening at your home and you just cannot make heads nor tails of why? But before you jump to the paranormal, let's first consider some logical explanations for what is happening. Here is a list of a few:

- **Knocks and Bangs** – All houses make noise that is a normal part of the settling and aging process. However, what if your house makes a lot of weird noises. There are a few things you can check: Are all outside shutters secured? Are all doors, windows, storm doors, storm windows, and screens secured? Are the pipes in your house secured? Do you have Central Air? If the answers to all of these questions are yes, then it's possible you have a haunting.
- **Hearing Voices** – Are you hearing voices that you cannot find a source for? Well first check to make sure of a few things: Did someone leave a clock radio, stereo, TV, or computer on? Are you hearing your neighbors? Is a baby monitor on? Do you have a hearing aid? If these questions do not help you find the source then it's possible you have a haunting.
- **Lights go on and off by themselves** – Before you jump to any conclusions on what that means you should first check a few things. Are the lights on a timer, if so have the times been adjusted? Is it a lamp, if so is it plugged in properly? Are the light bulbs screwed in properly? Are the light switches loose? Do you have the correct wattage of bulb in each light fixture? If you check all of these things and you're still having a problem, then you might want to call an electrician. If the electrician cannot find anything wrong, then it's possible you have a haunting.
- **TV goes off and on by itself** – A lot of TVs now days have timers, sleep timers, and other mechanisms that allow them to turn off and on by themselves. A few other things to consider are: Is your remote working properly? Or Does your cable box affect your TV? If after this information you still can't explain the activity, then it's possible you have a haunting.
- **Cold Spots** – Are you noticing cold spots around your home? Basically locations colder than others. If so check to see if there are windows open, drafts coming in around windows or doors, someone adjusted the diffusers on air vents, or something causing an air vent to send air a certain way. If all of these questions don't help you resolve the cold spot, then it's possible you have a haunting.
- **Pets and Children** – Pets and children can be great detectors of paranormal activity because they can sense, see, and hear things that adults can't (that is a whole other article in itself). If you start to notice your pets acting strangely, looking at something that is not there, barking at the corner, etc. Or if you children start telling you stories about an imaginary friend that is so detailed and/or so unique that there is no way they could make it up on their own, well maybe it's not an imaginary friend at all. If you notice these things, it could be that you have a haunting.
- **Electromagnetic Fields (EMF)** – All houses have them, since an EMF is given off of all electronics, power lines, and any other electrical item. It is also a term used in the paranormal field, as there is the theory of spirit energy causing the field to spike if there is no other source. However, it is important to know there are causes of EMF spikes that have nothing to do with the paranormal and everything to do with electrical wires being improperly grounded, living very close to a power grid, or "dirty" electricity.

There are many more things to consider when trying to debunk something. To learn more go to: <http://www.tntparanormal.com/Articles/Article8-How%20to%20check%20if%20your%20house%20is%20haunted%20V2.pdf>.