

## **An Introduction Summary to Paranormal Research** by Russ Bennett

### **Introduction**

The intent of this article is to be a stepping-stone for all people newly entering the field of the Paranormal. The article is not so in-depth that it takes a college degree to read, but rather it is designed to give a quick overview of how to get started. Far too often a person will jump right into the field without the proper knowledge needed to begin the research. Knowledge in the field is critical. Knowing what to do, where to do it at and how to go about doing it are probably the most essential skills there are.

### **The Ethical Researcher**

It is important to point out that the researchers integrity is scrutinized by the masses all the time. A young researcher will often feel discouraged because his or her data is being put down and deemed invalid. It's this scrutiny that challenges the honesty of many researchers and can cause many to become unethical in their practices. In an effort to gain concrete unexplainable data, some researchers resort to falsifying information or leading information so as to appear noteworthy. Unfortunately, these unethical practices occur more often than not and have given the field of Paranormal Research a bad reputation as nothing more than a hobbyist's plight.

As a new researcher, one should never falsify information. If it isn't real, then it isn't real. If it is questionable, then present it open for interpretation and discussion. The quickest way to failure and hitting rock bottom is by falsifying collected data. One person falsifying collected data will, unfortunately, represent the entire field of researchers in the Paranormal.

Along with falsifying data, some researchers have a tendency to lead their data in an effort to make their research look noteworthy. Leading data means to present data that is in no way paranormal but to suggest it as such. An example of leading data would be to snap a picture of an ecto cloud, but knowing that the mist was from a person standing nearby smoking a cigarette. The researcher knows it's not real, but still presents it as a real paranormal event. The researcher may label it as 'Ecto Cloud' and offer no further description to the audience. Although, not truly falsifying information, the researcher is leading viewers to believe it was an actual event. When presenting data, we must ensure that the data is clear, concise and accurate.

### **Research Methods**

There are two types of research methods mostly used in the study of the Paranormal. The first is by using a scientific method, and the other is a subjective research method. Each has their benefits as well as negatives.

The scientific method is the process by which scientists, collectively and over time, endeavor to construct an accurate (that is, reliable, consistent and non-arbitrary) representation of the world.

At an upper level, the scientific method consists of four steps:

1. Observation - Observing a phenomenon
2. Formulation - Formulation of a hypothesis as to how the phenomenon occurred.
3. Prediction - Predict what should happen
4. Experimentation - Test your hypothesis

The scientific method relies on tried and tested tools that capture quantifiable data to base findings as facts. The problem with the paranormal is that events that happen are random and quite hard to reproduce. With such tools as [A.R.C.A.D.I.A.](#) we can turn the random and otherwise immeasurable to something concrete and highly quantifiable. [A.R.C.A.D.I.A.](#) is still in its infant stages but it is the beginning of a new era for paranormal research.

The subjective method is an individual experience. It is based on how one feels in certain circumstances, areas, or events. Some may mention that they feel tingling on their skin, or the

hair is rising on the back of their necks. Subjective research relies on tools such as individual senses, dousing rods, pendulums and the like. Individuals feel rather than collect. A downside is that subjective data is not measurable. Sure, someone can feel dizzy at a certain location but how would one measure it?

### **Respect**

A researcher should respect all areas that are entered. This means picking up trash that might otherwise be left behind, and not damaging or taking anything from the premise. If owners and caretakers see that paranormal researchers care about the locations they are researching they will tend to be more open and receptive to the researchers presence the next time they visit. Researchers should always try to leave areas in better shape than it was when they arrived.

When in cemeteries, researchers should never reorganize, or take displays left on gravesites. Many customs believe that spirits are bored or need a fond memory of their former life and as such loved ones place items for them on the gravesite. Whether you believe this or not, we as researchers, will never move, touch, manipulate, or take anything from a gravesite. Stealing is wrong, and disrespecting the dead and/or living is wrong.

In structures that are being investigated, researchers need to be conscientious of those that own the structure. We should never tear down walls, remove gratings, or roll up rugs unless we are expressly given permission. We need to treat these structures better than we treat our own homes.

Lastly on this topic, we should respect the laws of the United States. Trespassing is trespassing and it is illegal. One should never go into a location without written approval from the owners. If you are caught trespassing you will be thrown in jail and you will be regarded as a vandal rather than a researcher. Respect the laws!

### **Tips**

1. Dress appropriately – wear clothes that shield from the elements and the environment
2. Ask permission to enter structures and graveyards
3. Don't smoke during an investigation or hunt
4. Don't wear perfumes or smell good stuff while on hunts and investigations – a lot of times our olfactory senses are used in paranormal research. I'll get to that in another article.
5. Bring tons of batteries
6. Bring extra flashlights and bulbs
7. When using tape recorders or digital recorder – rule of thumb - Use an external microphone
8. Always carry something to write with and write on – a scuba divers pad and grease pencil are ideal.
9. If using digital cameras, ensure you have at least a 5.0 mega pixel.
10. If you don't have a 5.0-mega pixel digital camera then carry a 35mm camera with at least 1000 speed film.
11. Be mature and open minded

### **Conclusion**

Paranormal research is fun, insightful, and educational. As researchers we need to know that our data that we present as individuals is looked upon and scrutinized by others that will classify all researchers together. It is important that what we report is clear, concise and accurate. Getting our data should be done with tremendous amount of respect to all people, places, and things. Showing respect and mature attitudes will leave doorways open for researchers in the future.