

5 steps to start investigating the paranormal

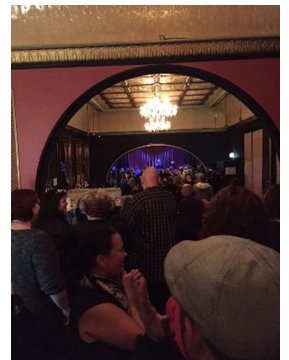
1) Attend paranormal events

Get out there!

Network, mingle and explore. Out of all the methods this one gets the best results. And this is for a number of reasons.

- You learn from others who have investigated before
- You get to meet others who are probably in the same situation as you

If you attend many events over time with



2) Read, read, read!

Yes, there are tones and tones of great resources out there that can help you get started. Anything from beginner style books to research papers from para-psychological societies.

Knowledge is strength and there is always research being conducted in different areas of the paranormal... you just need to know where to look.

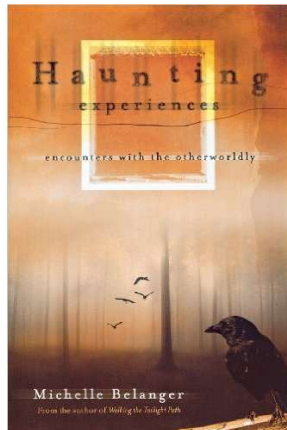
Amazon.com is a good start. Type the word parapsychology in the search field. This will give you loads of different books on the topic.

You can also search other online bookstores using the same wording too. There are many many books out there packed with useful information.

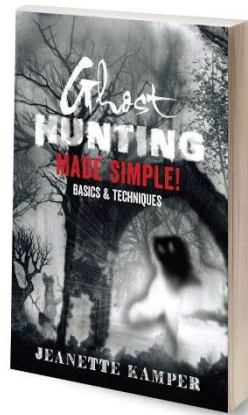
To get you started, here are my recommendations of some of the books that have helped me.

Beginners

Michelle Bellanger's Haunted experiences which delves into the types of experiences people have from a psychic side.



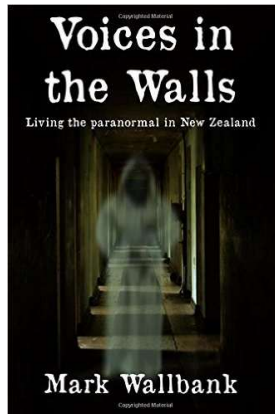
Ghost Hunting Made Simple by Jeanette Kamper who is an investigator based in Sydney and collated her experience with running tours over the years into this hand book.



Chasing Ghosts Texas Style by Brad and Barry Klinge from Ghost Lab. Not only is it about the places they investigated but why they chose certain paranormal experiments so they could test and try out different ideas.

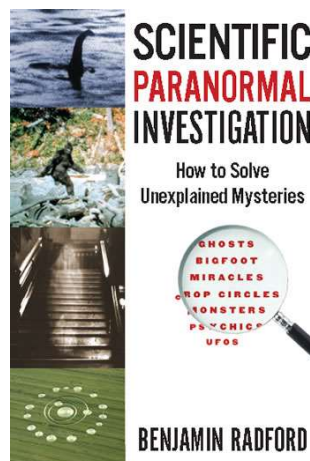


Voices in the Walls by Mark Wallbank which not only has stories and experiences of other investigators from his own team Haunted Auckland but also different theories and “how to’s” mixed in with some good old fashioned advice.

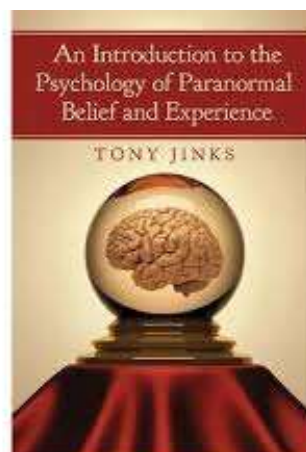


Advanced

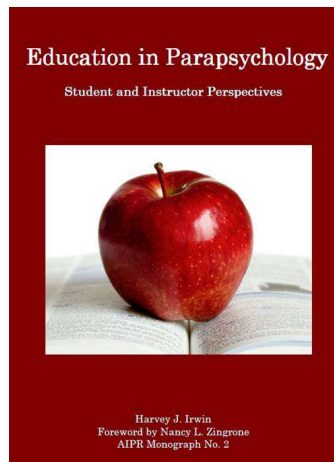
Scientific Paranormal Investigation by Benjamin Radford. This book was a real eye opener and a great book to delve into the more sceptic side of investigating without feeling like you need a degree in physics.



An Introduction to the Psychology of paranormal belief and experience by Dr Tony Jinks” which is a little more wordy but for such a complex subject Dr Tony Jinks does a great job.



Education in Psychology by Harry J Irwin which gives you a good basis on what studying parapsychology actually is.



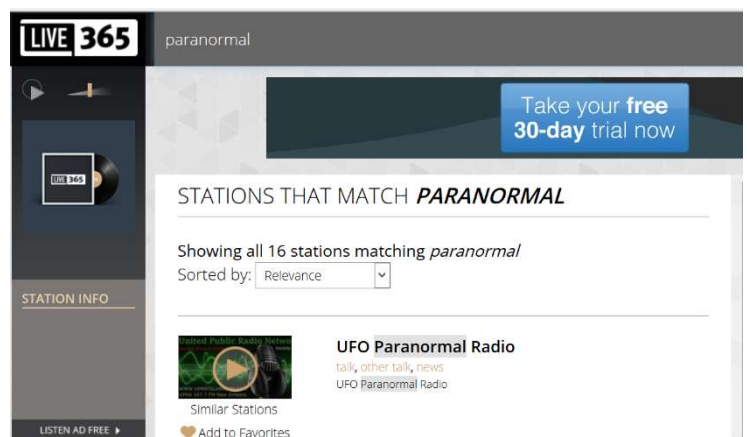
3) Listen

There are hundreds of podcasts and interviews broadcast over the internet for free.

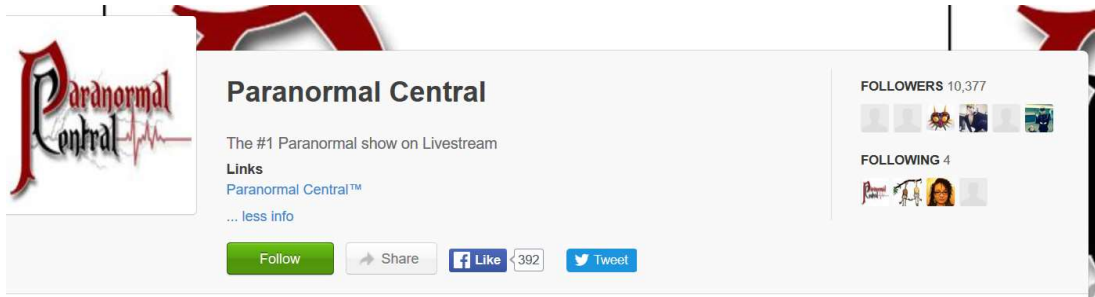
Live paranormal.com is a good place to start



Also check out Live365 and search the word paranormal



Paranormal Central is another one which is broadcast through a channel called “Live Stream”.



Para X Radio



And of course the podcast for paranormal investigators produced by yours truly called “Access ParaCast”.



Trust me there are possibly hundreds more so have a look and listen to what is being produced and find the internet radio or podcast for you.

4) Join paranormal forums and Facebook groups

This can also include liking Pages of paranormal teams. If you haven't found out just yet there is a huge paranormal community on facebook and it's exploded in recent.

I also recommend joining groups and liking pages of paranormal teams that are worldwide or from other countries because it gives you more exposure to different ways other countries may investigate the paranormal but also their most haunted locations or places... articles... Videos...or where there are the most bigfoot or UFO sightings. Whatever paranormal topic suits your fancy.

5) Attend courses, conventions and workshops

Why is this different to just attending paranormal events? These will tend to be education focused as opposed to just having the paranormal investigation

If you live in the UK:

ASSAP run courses but best to check their website for the latest ones via <http://www.assap.ac.uk/newsite/htmlfiles/Investigations%20training.html>



Association for the Scientific Study of Anomalous Phenomena
Paranormal Education and Research Charity

Dr Ciaren O’Keefe who appeared in the series “Most Haunted” is someone who also has an academic background and runs online courses. He does this through the “School of Parapsychology.”

Info can be found via <https://www.facebook.com/The-School-of-Parapsychology-SCOP-123993784335553/?fref=ts>



If you live in the USA:

There is the Parapsychological Association where you can become a supporting member and find out all the latest events, news and even their own bookstore.

<http://www.parapsych.org/home.aspx>



There is also the Rhine Education Centre which also offer online courses and are the longest running society of its kind in America.

<http://www.rhineeducationcenter.org/edu/>



For Australia

There is the Australian Institute of Parapsychological Research which offer a Certificate in Parapsychology and an Advanced Certificate in Parapsychology.

<http://www.aiprinc.org/>



Or, you can just head over to the Access Paranormal website where there are paranormally focused events, courses and workshops listed for each state in Australia www.accessparanormal.com

