

GREAT LAKES PARANORMAL RESEARCH TEAM

EMF WORK

There is much more information about EMFs than this writer will be able to include in this article. Things can get quite technical and complicated really fast. This document is meant to be basic and practical for paranormal investigations. But it leaves a door open for you to continue to seek information about EMFs, feel comfortable choosing instruments and how to read EMF levels as you investigate.

It is important to understand EMFs. This has come to our attention I would say perhaps, the last 10 years of paranormal investigations. EMFs are all around us, all the time in our environment. EMF stands for Electrical Magnetic Field. This is what runs through electrical wiring, cables, stoves, clocks, etc. When EMFs are spilling out of poor wiring, we call this “dirty electricity”.

High levels of EMF can affect people. We have learned in the field the various ways people react. Labs and electricians also are aware of these issues. High EMF levels have been known to cause headaches, nausea, fear/edginess, skin rashes, tingling, lightheadedness, and worst case scenario hallucinations/visual experiences. This writer actually gets skin rashes in areas where the EMF levels are high.

When we talk about “high” levels, you might wonder, what is considered a high EMF level. Acceptable levels are around .5-1. Above a 1 should be noted. Take the measurement up close to the target, whether it be a stove, a TV, a plug, etc. Then take the measurement a foot away. If a foot away registers zero, all is well. That would be considered normal. If at a foot away you still get a reading, make note of it. Measure again 2 feet away and make note of the reading. Clocks of all kinds register high EMFs. Many people have clocks next to their beds and are exposed for at least 8 hours a night. If there is a clock registering a high EMF, make note of it and let the owner know. A level 5 and above needs to be noted and how far reaching is it. You will run into higher levels than a 5, usually around basement electrical boxes or basement wires running through a basement. Those can go from 50 and above. Make note of how far reaching those readings go. If there is good and up to date wiring, well sealed electrical boxes, you should get zero. But at some point in your search, you should find some EMF levels around a building. EMF readings .5-1 are quite normal in any building.

All buildings have some level of EMF. To truly get an estimate of what amount EMF level is for a particular house, you would have to track and measure it for at least 24 hours. EMF levels fluctuate, the point would be to get an average. However, in paranormal investigations, we are only in a building for a specific amount of time, usually 4-8 hours. It is rare that a team would do a 24 hour investigation. That would be exhausting and impractical to a point. You get good and sufficient data whether you are there for 2 hours or a max of 8. 24 hour investigations are killers and don't give much more data than an 8 hour investigation. So we focus on finding any wiring or electronics that could be impacting a family or individuals and we move on.

Keep in mind that children are even **more** susceptible to EMF levels than adults are. GLPRT team actually had a case where a child was hallucinating often and seeing strange things in the basement. Once we got into the investigation, we found the electrical box down in the basement for the entire home, was not appropriately sealed/covered. We were able to track the EMF waves. They were moving

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in a circular motion away from the box and back again. The levels were off the chart. Any time the child would go down to play in the basement, he would hallucinate, see things or people. The parents were not sure what to make of it. Once our team figured it out, we shared our information with the parents. Of course they were relieved there was an easy fix, their child was fine and there were no monsters or strange people hanging out in the basement with their child.

You might wonder, where does the EMF issue enter into the paranormal? Well, if there is no possibility of electronics, wires or cables causing the issue, we have interpreted this as *possible* paranormal activity. It does not mean that is an absolute truth in every case. The house/building could be susceptible to stray EMFs from an unknown source. It is really important you scout the area out really well. That would also include those large electrical towers you find near homes. They can give out an enormous amount of energy. Be aware if you go into an older home or building. They tend to have older wiring that can be spilling EMF all over. In some basements you will find copper tubes, which contain wiring for a building and might be spilling EMFs. We call these areas with a lot of old wiring and tubes of wires, “fear cages”, because they cause people to be on edge, experience fear or a feeling as if someone was watching them. So be alert if a client says something like “it feels like someone or something is watching us”. This could be a sign of an area with an overload of EMF levels. WIFI can also trigger signs of EMF levels. So if you are in a building wired for WIFI, be aware.

Where there is no reason for an EMF reading to appear, it is said that this *could* be an energy or presence causing an EMF level. Always make note of the event and check again to make sure there is no wiring or electronics near the area. Entities have been known to be able to manipulate / cause EMF readings to go up or down. You could possibly use this to communicate. But do remember to keep your distance, it could begin to affect you. If EMF levels begin to sky-rocket for an unknown reason, this could be a sign that something is about to happen. Something might make a popping sound, something might fall over for no reason, something might appear, make a strange noise, or affect all your instruments and shut everything down. Just be cautious, patient and alert at these moments. If things start happening out of control, remove yourself from the area and let things calm down. It all might be fascinating, but you want to prevent an incident. Better safe than sorry.

How will you distinguish between EMFs from electronics/other sources and an EMF that might be paranormal activity? This is where hair splitting starts and the investigative / logical thinking comes into play. If the EMF you are picking up does the following, it is probably not paranormal:

1. Has a pattern, flashing at the same intervals. It is important to time it to see if there is a pattern.
2. Is steady and does not change. Then you know some source of man-made EMF is crossing the detector.
3. You ask questions, or give instructions and there is no answer through the EMF detector. The flashing from the detector is very random, erratic and does not correspond at all to directions of questions.

What if it seems to answer and follow directions the investigator gives? This is why it is very important to have questions already designed and ready to go. At the moment of excitement, it is possible to

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forget really important questions. However, always check to see if there is interference. But if things are going well, learn all you can about what and who is answering.

1. Stick to yes and no answers.
2. Make sure you record your session, audio and visual.
3. If you plan to take photos, ask for permission. If you show respect, they will show respect as well.
4. Lay down some safety and ground rules. No touching from either side, use the instruments available for communication, keep your distance, you can't come home with us, etc.
5. Try to figure out what time period they/it is from
6. Check to see how many are there, 1, 2, 3 of "them"
7. Do your best to see if it is "human".
8. Find out if the person knows where they are.
9. Sometimes a person might not know they have passed on. In the opportune moment, let them know gently and with respect. They can become upset or confused. Be patient, give them time.
10. If you find out you are talking to something "else" other than human, be cautious. They don't know you and you know little to nothing about "it". But still learn all you can as long as safety is kept.
11. If things don't seem right or comfortable, close the conversation and move on.

Open and close an EMF-EVP session. It is important to always open the conversation. But as in any conversation, it is also important to close it. Conduct it as any EVP session with date, time, people present, etc. Once you have learned all you can or the energy faded, make sure you also make it clear when the EMF-EVP session has come to a close. Then move on to the rest of the investigation. Don't let any doubt linger if you have finished the conversation or not. Make sure it is clear you are done and you will be moving on. Up to you if you invite an active energy to accompany you through the rest of the investigation. Just make sure you check to see if it is something new you are interacting with or the same entity you were talking to a few moments ago.

Malfunctions, when things seem to go wrong. Know that sometimes EMF detectors can go dead. Batteries can stop working or the EMF detector can malfunction. Either it malfunctions due to defect or something has interfered with the EMF detector on purpose. If this happens, you can use the old stand-by's. Using knocks as a form of communication is one of the oldest methods we have in the paranormal. If knocks start to get out of control and turn into very loud bangs, you know you have to back off a bit. You can ask 1 knock for no and 2 for yes. Knock for as many people are in the room, etc. It is not uncommon for instruments to stop functioning during an investigation. So don't panic or get too frustrated if the EMF detector and other tools stop working. No need to think the investigation has to stop. Learn a few old ways of investigating in case this happens, such as asking for knocks, ask for the energy to move something, etc. Not everything has to happen using electronics. True that it helps and it is important to record, but sometimes you just have to be patient and have a back up plan.

Learning about EMF's and impact of other electronics. In this field learning never stops. Do your own research and learn from other investigators. Experience is an important part of all of this. Learn all you can about EMFs and how and how not to read them.