

# GREAT LAKES PARANORMAL RESEARCH TEAM

## Passion for the paranormal?

Being curious about something is never a bad thing. But keeping healthy and a balanced dose is important. The paranormal is a very wide and expansive field, it can be bottomless! Best to begin to take it one step at a time.

Focus on what you want to learn about first. It is important to start with the basics such as some of the basic questions in the field, what is paranormal? What is not? How do you debunk an issue? Etc. This will help narrow things down a bit and help you get a more realistic understanding of the paranormal.

Finding the right tools can be very controversial. There are many tools being thrown into the market for paranormal research these days. The new tools on the market blink, beep, flash and vibrate and look very official. However, not all tools are reliable or serve any good purpose what-so-ever. Sometimes the sellers are just hungry for your money. What tools are the best for this unpredictable field is the question. One thing is important to keep in mind, you don't want to use unpredictable tools for an unpredictable field. The paranormal can be very random, very faint or have an outburst of energy that can affect you or your tool. For this reason, you want tools that are predictable, that you are clear about what the tool does, that it is of sturdy construct, that you can easily tell when the tool is malfunctioning and you understand how or where to send it for repair if something goes wrong.

Getting into the paranormal can be risky. History has shown us that this is not quite the innocent field. It has proven problematic. The biggest threat has been going into abandoned buildings or certain areas without permission, not knowing the building or the field you just stepped in can quickly lead to getting seriously hurt or losing your life all together. The paranormal did not get you, it was carelessness on top of breaking the law. Going into homes can be just as precarious. If you are not knowledgeable regarding home contaminants, you could stick your head, foot or hand where you should have not! Just another bodily injury or illness you were not prepared for.

The manifestations of the paranormal are not always fun, fascinating or interesting either. They can have outburst of energy that can convert your fancy tool into a piece of toast or cause physical harm to you in a flash. That is one reason you want to use the tool and not yourself when interacting with the paranormal. You want to keep things safe for you, your client and your teammates. Better a broken tool, then a burn, being pushed, or scratched. Just not worth a hard-core run-in with something you can't see or hear. As

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you can see, this is not a field to play with. Following safety rules, will make all the difference in keeping you in the field for years to come.

Understanding and interpreting the evidence is key. People sometimes scares themselves beyond belief. It is important to know what can be considered evidence and what needs to be tossed out and not considered paranormal at all. This is where things get a bit bumpy. Controversies and disagreements still abound in the field. Some groups in the paranormal want to go with their heart and emotions. This group tends to use unconventional methods that focuses only on the emotional side of things. This can just lead to more unpredictability, guessing and lead to the wrong answers or more questions than they started with. The other camp wants to get as close to the truth as possible. They have a way to sort things out. They gather info, sort things into categories, are able to figure out what is paranormal and what can be explained. Yes, it is more work. But using what is known as the scientific method, can prove to be more stable in getting to the bottom of things and gives you a solid structure that can help tease out the questions and find answers you needed.

Overall, we need to keep in mind that we are emotional and rational human beings. Once you put yourself into a situation, the conditions have already changed just because you stepped into it. Keep a balance in how you approach the paranormal, keep it simple and avoiding one extreme position or the other is the best approach. An open mind will help you grow and have room to learn in the field.

If all else fails, consult!