

GREAT LAKES PARANORMAL RESEARCH TEAM

Measuring Temperatures before, during investigations

Why measure temperatures?

It has been known in the paranormal field that energies/entities can manipulate temperatures either on purpose or accidentally. We need to know and understand the normal temperatures of a home or building so we don't confuse them with possible paranormal activity.

Every building has a temperature, has leakage of heat or cooling. We need to measure those "normal" temperatures of the building: 1- So we can understand the normal flow of temperatures. 2- Not to confuse normal cold or hot spots for a paranormal event. It is all about ruling out and not jumping to unfounded conclusions.

How to measure:

You want to always do your baselines before any investigation. Take temperature measurements before you start to investigate. You can design your own form to record this. You want to have at minimal on your form: Date, time, location temperature was taken and of course the temperature. Be aware of window, ceiling and external door areas, that is where leakage and fluctuation occur the most.

During investigations:

Now that you have information on the usual temperatures of the area you are investigating, now you need to pay attention to the temperatures around you as you investigate. If you notice an odd change of temperature where it usually should not happen, make note of it. If it continues to happen, begin to ask questions to see if there is an energy causing the situation. You can usually ask "it" to either lower or increase the temperature, give an exact number you would like. If nothing happens, nothing changes, just make a note of the temperature you measured at that moment.

If the temperature becomes very, very hot or very, very cold to a degree in which it could harm you or someone else, move away! Best to be safe than sorry. This rarely happens, but it could. Just be aware and prudent. It is not worth the risk. Just make a note and put yourself and your team in a safer area.

What instruments to use:

There are many simple gadgets out there that can do the job. You don't have to purchase the most expensive thing on the market. But here are some good options:

Digital and battery run is best. You really don't need any beeps or blinking lights, just a temperature number will do. It can be helpful if you have humidity number, but not crucial. Here are some samples:



This one is known as a temperature gun. It uses a laser beam and will measure an object and area. Due to the laser aspect, don't point at a shiny surface or at someone's face, for obvious reasons. It is used a lot in construction work. The advantage is that you can scan at a distance. Some give humidity measurement too. This one will cost about \$50 or less.

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This is a thermal gun and is one of the more expensive tools for paranormal investigations. However, it has given us very good results. Up to you how much you can dish out. It is important to learn what each color means as you work with it. It can run about \$200 or more, all depends. You might be able to find a used one or rent one from Home Depot.



This one is very simple, all it does is measure the temperature in the immediate area. Some can give humidity as well. This one will cost about \$7.

I know there are some fans out there that would look into using a phone app. It is discouraged to use a cell phone and an app at all costs, 1- You don't know if the app is really well designed and if it is accurate. 2- Your phone can be messed with, interfered with easily and could give you a bad or poor reading. 3- Those temp apps will gladly eat up the battery on your phone. 4- Some of these apps can be used as a back door to mess or interfere with your phone at a later date. Careful what you download.

With the tools above, you just have the tool. It does only one thing, measure a temperature. There are fewer things that can go wrong with the tool itself.