

# THE PARANORMAL INFORMANT

Volume 5, Issue 3/4

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# LEGAL JARGON

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## MEET THE WRITERS

**ROBERT MARKIN** acts as writer and editor-in-chief to the Informant, in addition to his duties as team Manager, Administrator, and organizer. He has been researching and investigating the paranormal for nearly twenty years. He is the Founder and Team Manager at Odd Bob Investigations and is the sole-proprietor of Odd Bob Collectibles.

**ERIN ROSE TOLLEFSEN** is the Assistant Lead Investigator at Odd Bob Investigations and has researched and studied the paranormal for also nearly twenty years. She works from home as an Artist for her own company, Kooky Spooky Arts. She has investigated the paranormal with Bob for over 10 years.

**RUSSELL TOLLEFSEN** is Odd Bob Investigation's acting Equipment Manager. He is in charge of maintaining and setting up investigation equipment, and acts as "video documentarian" during

the team's investigations. . He is married to Erin Rose., and is eager to join the hunt.

**JOSEPH HERNANDEZ** is Rock Paranormal's Historical Researcher and Chief Skeptic. He doesn't normally participate in many of the investigations, but he loves researching history and mythology.

**SAMANTHA YONTS** joined Rock Paranormal/Odd Bob Investigations as Investigation Photographer. She has had an interest in the paranormal for several years, and takes wonderful investigation photos for the team.

**MELISSA LeBARON** rejoined the team as an Editor's Assistant. She helps Robert and the rest of the team proofread their articles and format them for this publication! Melissa has a degree in Journalism, and has worked as a reporter for multiple publications. She is a welcome asset to the team!



## THE PARANORMAL INFORMANT

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**ROCK PARANORMAL RESEARCH & INVESTIGATIONS**

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# A Note from Founder “Odd” Bob Markin...

I hope that everyone is having a fantastic summer! Once again, I’ve been left to my own devices to complete the entire issue by myself, so I apologize for the lateness of this issue!

Not much has been happening on the paranormal front these days, mostly because of the relocation and trying to coordinate activities with members in other states. However, with fall fast approaching, I can’t help but feel that this will change quickly.

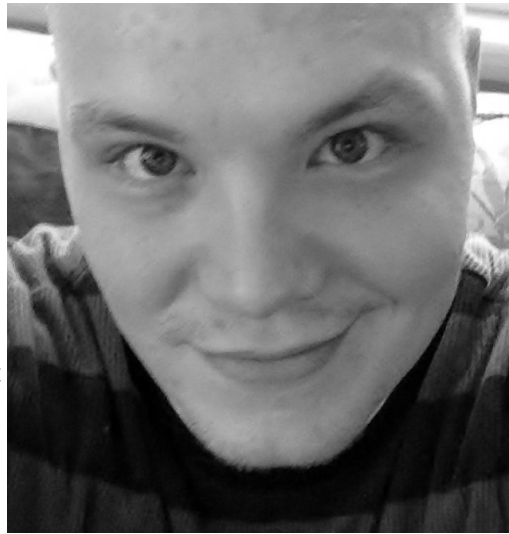
I have some plans for the next year, mostly involving a few activities that I think we would all enjoy. Firstly, is the Haunted Camping Trip. This is a team/invite-only event that will involve a weekend of camping, ghost hunting, and tons of fun. We were going to do the camping trip this year (and still may), but currently are not planning on doing so.

However, I am fully confident that next year will be a great year for activities and events.

I’m also trying to get a group together to attend a few paranormal conventions and conferences next year. Chicago has a few of these events, and I’m really looking forward to checking them out soon.

My Find-A-Grave activities will also be increasing over the next few months. I’ve received a few photo requests from my neighborhood cemeteries, and I am planning on completing them soon. I’m trying to make a day trip/event out of it for interested parties, but will probably end up going solo. More details will come when they are available.

The Odd Bob Online Stores are nearly complete... I know I’ve said this many times, but I al-



ways end up hitting some kind of “hiccup” or road-block, but I finally think all of the big stuff is out of the way. This will tie into a few organizational changes that are coming in 2017 (which will be explained in more detail later).

As always, I am still looking for a few good people to join the team, and would love to hear from some Chicago folks who have a genuine interest in becoming a serious paranormal researcher. For details or information, please email me at: [robert@rockparanormal.net](mailto:robert@rockparanormal.net).

I hope that you all have had a fantastic summer, and I hope you all have an amazing start to your fall season! I know I can’t wait for the leaves to start changing!

Until next time, my friends! Safe and Happy Haunting to you all!

**Founder & Lead Investigative Researcher**

**“Odd Bob”**





# ROCK PARANORMAL / ODD BOB NEWS & UPDATES:

## PARANORMAL INFORMANT TO UNDERGO SOME CHANGES

Last issue, we had several problems trying to upload the issue file to our website servers and publish it to the public. We couldn't even post it to our Facebook page, mostly due to the fact that it was so large it was "over the limit" (hence why we finally had it published in two parts!).

To try and keep the issue under the limits, and to help me personally save some time, I am eliminating a few articles from the Informant. You shouldn't notice that much of a change, the largest being that the "Paranormal Classifieds" will no longer be published.

This change will give me a chance to write more quality articles over a quantity, and keep the e-zine within publishing/web server limitations. Changes will take effect starting this issue.

## ODD BOB ONLINE STORES OPENING DELAYED SLIGHTLY, BUT OPENS SOON!

It took longer that my partner and I originally planned to get all of our stuff (and my starting inventory needs) out of storage back in Wisconsin down home to Chicago. But, now that we've crossed that bridge, I am starting to find the pieces I've been waiting for to finish and launch this project and get the store fronts open and stocked.

It will still take a little longer for the hand-crafted items I plan on listing, and a few other items will be in stock within the next month or so.

Odd Bob Online Stores will open in Late 2016/early 2017. Website and Facebook pages online soon!

## ROCK PARANORMAL TEAM MEMBERS ARE ASKED TO RSVP TO INVITATIONS

Online invitations will soon be sent to Rock Paranormal team members in regards to a few dates and events I am trying to plan for the team for the fall and beyond. Check your inboxes for more information about the events, tentative schedules, and more.

## ROCK PARANORMAL RECRUITING NEW TEAM MEMBERS IN CHICAGO AREA!

With my move means the move of the Rock Paranormal HQ. We are now happily settling into our new home in Chicago, Illinois. As our current members cannot always be as active as they'd like on investigations due to distance, I am looking for a few good people to add to my new local team.

More information and a complete description of the member responsibilities is included later in this issue of the Informant. For more details or to apply online, visit: [www.rockparanormal.net](http://www.rockparanormal.net).

## MORE CHANGES ARE COMING SOON!

2017 will bring quite a few changes to both Rock Paranormal and Odd Bob Online. I can't give away too many details yet, but if you've read any of the past articles about changes to our group (many of which did not come to pass), you may find hints as to what is to come.

More details and information will be included in the next two issues of the Paranormal Informant! Check out the website and Facebook pages to stay up to date on all things Rock Paranormal and Odd Bob!

# HAUNTS & SIGHTINGS

***Compiled by Robert J. Markin***

You may have noticed that the name of the column has changed from “Chicago Haunts” to “Haunts & Sightings”. I’ve decided that this will allow me to feature more than just Chicago Haunts, but haunts, legends, sightings, and more from not only Chicago, but surrounding areas in the Midwest and beyond!

I am also combining the “Living with the Paranormal” submissions into this column, allowing me to share with you haunts and sightings from everywhere!

## THE H.H. HOLMES MURDER CASTLE

*Chicago, Illinois*

It all started on the corner of 63rd and Wallace, in what is now the Englewood neighborhood of Chicago in the late 1880s. A woman, Mrs. Dr. Holden, owned and operated a small drugstore in the then independent community. With the increase in demand for her services, she found herself needing an assistant, and to her surprise, found a perfect match in a Dr. Henry H. Holmes.

It wasn’t long before Dr. Holmes became the store’s manager, but that wasn’t enough for Holmes. Suddenly, in 1887, Mrs. Dr. Holden disappeared and was never found. Holmes announced that he had purchased the store from Dr. Holden before she “moved out west and left no forwarding address”.

A few years later, he acquired a large lot across the street and he began building what he told others was a “hotel” for the upcoming Columbian Exposition. He never officially named the building, but it became known as the “Murder Castle” before

too long.

H.H. Holmes, whose real name is Herman Mudgett, was a medical school graduate who was known to have an affinity for animal cruelty. He also had an affinity for insurance fraud, and would often take out insurance policies on “loved ones” (which were really corpses from the morgue he worked in) and claim the policy on these bodies. When he would be paid, he would dispose of the bodies.

When constructing the building, Holmes had many rooms and chambers built with hidden passages, trap doors, secret stairwells and more. He had gas lines installed into rooms so he could suffocate innocent victims and then lower their bodies into his secret “chamber of horrors” in the basement where he would dispose of their bodies after he conducted “experiments” on them.

The “castle” was complete in 1892, just in time for the Columbian Exposition. Holmes announced he would be renting rooms to tourists coming for the exhibition, and by the time the expo was over, more than fifty people had seemingly vanished without a trace from the event.

Not only did Holmes find victims through his lodging advertisements, but he also advertised jobs for women, many of which who came looking for work and never left.

In 1894, Holmes was arrested for the first time, not for murder but for one of his previous fraud schemes. While in jail, Holmes told one of his fellow inmates about a scheme to fake his own death and collect on the insurance. CONTINUED





## HAUNTS & SIGHTINGS CONTINUED...

... Holmes promised to pay the inmate a share of the proceeds if he would help him find a lawyer that would assist him with the fraud. The inmate provided a name, and Holmes hatched his plan.

Upon his release, he set the plan in motion, and surely enough, in September, faked his death. Upon collecting the sum of his insurances, he failed to pay the inmate who had helped him, which was Holmes biggest mistake.

After his arrest on the fraud charges, police were granted access to his home, but they weren't prepared for what they would find. A labyrinth of hallways, rooms with no windows, hidden stairs and passages, and more. Gruesome details of his victims began to come out as police started to connect Holmes to his "other" crimes.

A short time later, the castle burned to the ground. Neighbors heard three explosions in the night, and minutes later, the building was engulfed in flames. It took less than an hour for the structure to cave in on itself.

Eventually, a US Post Office was built on the site. However, that doesn't stop the reports of haunting moans and cries that people passing by hear coming from the grounds, or the fact that animals are terrified to even be near the property. Many postal workers have also reported strange phenomenon including noises and odd feelings.

H.H. Holmes was found guilty of multiple crimes, including murder, and was hung to death on May 7, 1896.

### THE HAUNTING OF STARVED ROCK

#### *Starved Rock State Park, Illinois*

Originally settled by American Indians for thousands of years before French settlers arrived, this now State Park is a scenic woodland complete

with canyons, trails, cliffs and more. Many legends surround this state park in Utica, Illinois, most concerning the spirits of murdered Native Americans.

It is rumored that once upon a time, Potawatomi Indians trapped a group of Illiniwek on the cliffs, and starved them to death (which is how this park allegedly got its name). This is the source of main haunting, which includes seeing lights, apparitions, shadows and hearing strange sounds. But it doesn't end there.

In 1960, three women were also murdered in the park, and although their bodies were found and their killer captured, their spirits are said to still roam the park.

It is also rumored that a rich French man buried over \$100,000 in gold and treasure in and around the area that the park now occupies, having told his priest about it upon his deathbed. Searches have been made over the years, but nothing has yet been found.

The haunting continues at Starved Rock State Park, with new reports coming in sometimes daily to the Park Administration Office. The park is open to the public.

TO SUBMIT CONTENT, SIGHTINGS,  
LOCATIONS, STORIES, OR TO ASK  
QUESTIONS OR WRITE LETTERS TO  
THE EDITOR, PLEASE EMAIL:

**ROBERT@ROCKPARANORMAL.NET**

I LOOK FORWARD TO HEARING  
FROM YOU! HAPPY HAUNTING!  
~Founder Robert "Odd Bob" Markin~

# Vampires in Myth, Legend & Reality

*By Robert J. Markin*

When you hear the word “vampire”, the image that comes to most people’s minds is that of a pale, dark-haired noble with some type of Eastern-European accent wearing a cape that drinks your blood and sleeps in a coffin lined with dirt. Or, in today’s modern media, perhaps even someone with ripped abs and hard-as-concrete skin that sparkles.

Either way, almost every person has some idea of a vampire, even if their definition of a “vampire” differs from another’s. Vampires have been part of human mythology as far back as written history. Stories of creatures returning from their graves at night to suck the life out of the living to sustain eternal life have plagued our lore for centuries.

## **WHAT EXACTLY IS A VAMPIRE?**

That is a good question, although one that might not be completely answered. In general, we think of vampires as “undead creatures who feed off of the blood of the living (their life force) in order to maintain their eternal existence”. Although this is a good general description, it doesn’t fit the entire realm of vampire folklore, and not all vampires seemingly fit into that particular definition.

For example, not all vampires are actual resurrected corpses. Some, such as revenants, are ethereal forms, much like a ghost or spirit, and are usually associated with being “demonic”. Sometimes, vampires are alien beings from another planet (not human), or from an animal race (think “Bunnacula”).

The only real common characteristic of a vampire is the fact that they need to drink blood (or somehow drain living things of their life energy) in

order to survive. Other than that, a vampire can really be anything or anyone...

Modern vampires are people who believe themselves to be vampires, and often partake in blood-letting/sharing or psychic vampirism to satiate their needs (more on this later).

## **BRIEF HISTORY OF VAMPIRES**

The first known written appearance of any use of the word vampire happened in 1047, when the Russian word ‘upir’, which later became “vampire” was used to describe a “wicked prince”.

It made random appearances in history until the 1700s, when a “vampire crazy” swept through the countries. Then, it began to appear more steadily in both myth, legend, and written words.

Bram Stoker released Dracula in 1897, with film versions immediately following, including its 1927 English release.

Starting in the 1950s, vampires began to pop up more and more frequently in media such as books, movies, and comics. This trend continues into today, where vampire movies such as “Twilight” are box-office sensations for new generations.

## **VAMPIRES IN MODERN MYTHOLOGY**

Today, vampires are widely known throughout pop culture, with movies such as “Twilight”, and TV Shows with vampire characters running amok. You can’t go very far today without coming upon some type of reference to a vampire or seeing a preview for the next big Vampire Blockbuster. So what has changed?

CONTINUED...





# Vampires in Myth, Legend & Reality, Continued...

... first and foremost, you don't really see vampires being depicted as "scary, evil demons" anymore. Movies like "Twilight", and shows such as "The Vampire Diaries" have turned once fearsome creatures into heart-throbs. They've turned scary into sexy (which unfortunately, seems to happen a lot in today's day and age) and made what was once something you actually feared into something you wanted to become.

We've romanticized the idea of the half-demon undead creature who lurks in the darkness to kill unsuspecting victims into a emotionally-torn person who just wants to be "normal", someone who shuns away his "evil side" because he wants to "do good and be loved like a 'normal' person".

Although some vampires may indeed just want to be "loved", they are still creatures of the night. They are still blood-thirsty demons, and have been feared throughout all of time, except for in today's society.

Today, we embrace the vampire. We welcome it into our homes (a bad idea) and want to spend Saturday evenings cuddled up with them in front of the TV. But, if we knew actually encountered a real vampire, our position might change.

## SIGNS OF VAMPIRISM

When vampirism was most rampant, in the pre-Victorian era, many would-be Van Helsing and fledgling vampire hunters swore that there were ways to tell if a vampire really was a vampire. Usually, this involved digging up the body of the suspected undead and examining it for signs of vampirism.

These signs included continued hair and nail growth, blood around the mouth or other orifices, and various other detection methods. If a suspected undead were found to have these characteristics, they would chop off the head, burn the body, and rebury it (usually elsewhere).

However, modern medicine has revealed that many of the things that were considered signs of vampirism, such as continual growth of hair and nails, as well as fluids appearing to come out of the bodies various orifices, are all natural parts of decomposition.

Later, as the vampire myth evolved (and mostly thanks to Mr. Stoker's novels), other ways of identifying a vampire came to light, including:

1. an aversion to silver, holy objects/symbols, and garlic
2. They are unable to cast a reflection in the mirror
3. They are obsessive-compulsive, meaning that they cannot leave knots untied, and they must count things

The general descriptors of pale, bad breath, long nails and the like were still generally accepted. However, as the myth evolved over time, several of these characteristics were either changed, omitted, or forgotten all together.

For instance, "True Blood" vampires have an aversion to silver and sunlight, whereas "Twilight" vampires can stand directly in the sun and not be affected ("Twilight" vampires actually fit the description of Faeries more than vampires, but that's an entirely different column of it's own!).

However, it was generally acknowledged that vampires must sleep in the earth of their homeland, which is why their coffins are always laden with dirt. This has also all but disappeared from modern vampire mythology, as most of them don't even sleep in coffins anymore.

## THE MODERN VAMPIRES

Today's vampire is most likely not going to be anything like the vampires of myth and legend. Although the possibility... CONTINUED



## Vampires in Myth, Legend & Reality, Continued...

... of a modern day Lestat prowling the streets of London after ages of dark sleep intrigues us, it's most likely not going to become reality. Modern vampires are much more complex.

Today, there are real vampires among us. I'm not talking the ones that are half-demon and have "weird faces" when they are hungry. I'm talking of real life vampires walking every day around you. You probably are friends with a vampire and don't even know it.

Today's vampires are more secretive. They work in covens, much like witches. Some of them simply enjoy pretending to be one of the undead, others believe that they truly are vampire. Some drink blood, others merely "psychically" consume your life force, but both usually only take willing "victims".

Role-playing games like "Vampire: The Masquerade" have provided a means for these individuals to meet up and act upon these fantasies (or realities, however you look at it). An entire sub-culture of real vampirism in both blood-letting and psychic forms goes on around us everyday.

### VAMPIRES EVERYWHERE!

In today's digital day-and-age, you can Google vampires and find pages upon pages of information about the mythology of vampires, legends of vampires past, and even meetup groups of real vampires. It is important to understand that although these individuals are vampires, they have a creed to follow.

Modern vampires follow a creed that states that they cannot willingly harm an unwilling victim. This means that they have to have your permission before they can drink from you (in either form). There are a few exceptions, as there always is, such as the famous "Rod Ferrell" incident (I will not go into this here, you have Google, use it).

However, it should be noted that he was an individual acting out of individual interests, not the representative of the whole vampire underground. These people are honest, hard-working individuals, many of which you wouldn't even suspect... your neighbor, your co-worker, your doctor... but at night, they become one of the undead and partake in any number of forms of vampirism. It is only because of the stigma attached to vampirism that these individuals have to hide who they are (we don't need someone thinking they are the Slayer to start killing good people simply because they identified themselves as 'vampire').

### THE EVERLASTING UNDEAD

Although today's modern vampires are very unlikely to actually live forever, the legend of the vampire has stuck around for centuries. Today, more and more movies, television shows, books and other media are being created and produced about vampires, forever staking (pardon the pun) their place in pop culture and history, but will it ever die down?

Someone once said that to believe in something is to give it power. Is the fact that we have been telling vampire stories and legends for centuries, and will continue to do so for centuries to come how the vampire will endure into eternity? Do we give the vampire it's unending life because we choose to believe and embrace the lore and sometimes, even make it reality?

Only time will truly tell, but if our current trend towards reliving and remaking history continues, I'm sure even more vampire movies, books and media are coming our way, ensuring that even if the actual vampire doesn't live forever, the myth and the legend will go on for eternity...

*For more information about vampires, vampire mythology, and more, visit your local library today!*



# All About Find-A-Grave.com

*By Robert J. Markin*

Many times on our website, we report that we are conducting “Find-A-Grave” activities, and someone always ends up asking “What is Find-A-Grave?”. That’s an excellent question, and one that I’d love to tell you all about.

Find-A-Grave.com is a website run in association with Ancestry.com that helps connect people with burial records of their family. The database contains literally hundreds of thousands of entries from all across the globe, with new information being contributed every day.

The website allows users to build “memorials” for loved ones, upload pictures and biographical information, and locate long-lost relatives. Anyone can join Find-A-Grave, and you can even volunteer to work as a “Photo Taker”.

## WHAT WE DO FOR FIND-A-GRAVE

A few members of the team, myself included, belong to Find-A-Grave as contributing members. We work on a volunteer basis, and do various tasks to assist Find-A-Grave manage it’s database. Some of these tasks include transcribing monuments for the database, others involve locating duplicate or incorrect listings and updating the information, but my favorite part of it is the Photo-taking opportunities.

We are on a list of volunteers that can be asked to take photos of nearby monuments and markers. Basically, someone finds the Memorial Page of their loved on (or perhaps they build it) and have no photos of the marker. They can then put in

a photo request for that particular grave in said cemetery, and someone like us picks up the request, goes to the cemetery, takes the photos, and uploads them to the memorial page for the individual. This way, this person may not have to travel great distances to be able to see their loved ones grave.

## IT SOUNDS LIKE A LOT OF WORK

It is and it isn’t. The work part comes from finding the monument with sometimes little to no known information. Sometimes, you have specific information such as a plot number to quickly locate the subjects, other times all you have are names and dates (and sometimes not even that!). This is where it gets a little harder, because then you actually have to look for a single grave amongst hundreds (if not thousands!).

That’s why we turned it into a type of game. We make a type of scavenger hunt out of it. We usually plan a day (or days) and pick out a few cemeteries (or just one if it’s a biggie!), take a picnic lunch with us, and make a day trip out of it. We have a contest to see who can find the most graves, have lunch, do some grave rubbings, and take lots of pictures.

To some, spending a day in the cemetery sounds kind of morbid, but we thoroughly enjoy it. It’s very peaceful, relaxing, and we get to help people out while we “work”. What a good way to spend a day, in our opinions.

After we are done, we post the photos to the website and spend... CONTINUED



## All About Find-A-Grave.com, Continued...

... some time researching the history of the location, famous markers/interments, and the like. We've even come across some quite famous graves, and even historic pioneer graves in our travels.

simply maintain online pages and memorials and search at anytime without having to volunteer your time, but Find-A-Grave is a collective, so it works best when more people contribute.

### HOW DO I JOIN FIND-A-GRAVE?

That's simple. All you have to do is go to [www.find-a-grave.com](http://www.find-a-grave.com), and you can search through their online database. If you want to setup a memorial page, request photos, or manage the memorial pages of your loved ones, all you

have to do is register with the site (it's completely free) and away you go.

You do not have to volunteer like we do to participate in Find-A-Grave. You can register and

I encourage everyone to visit the site and

check it out. You can find out where famous folks are buried, or even where your long-lost cousin rests. I've found several of my own family members whose graves I couldn't previously locate because of Find-A-

Grave, and I thoroughly recommend it to anyone from the curious to the genealogically-inclined.

*For more information, visit [www.findagrave.com](http://www.findagrave.com)*



Photo taken at Shirland Cemetery, Durand, Illinois by Robert Markin during last year's "Find-A-Grave Scavenger Hunt Roadie". © 2015 Robert Markin

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# Steps to Increasing Your Psychic Awareness

*By Robert J. Markin*

Everyone has moments where they wished they had psychic powers. Perhaps you wanted to know what was on your bosses or your lovers' minds, or perhaps you want to know the winning lottery numbers.

Psychic abilities are a rare gift that come in many various forms. Some people are pre-cognitive, meaning that they simply "know" information before it is presented to them. This is one of the most common forms of psychic ability, and nearly everyone I have ever spoken to experiences this type of phenomenon some time in their life.

Have you ever received a random phone call, only to know exactly who is calling and why before you even check the ID? Or perhaps you get a random visitor and the same situation applies? Yet another example is calling someone just before they were about to call you... The most common form is that of "Déjà vu", having "been there and done this before" and knowing how events will play out before they actually do.

These are all common forms of pre-cognition, or "pre-knowing", and nearly every person has experienced this in one form or another. Most people just chuck it up to "intuition" or "coincidence" without assigning a psychic connotation to the phenomenon.

Some forms of pre-cognition come in the form of premonitions of events yet-to-come (seeing the future). But it doesn't stop there.

Other forms of psychic awareness are mediums and spirit communicators. These individuals can actually speak to (and often for) the dead, and have a deep connection to the "other side".

There are also more types of "brain" or psychic powers, many of which involve moving objects with your mind or other such powers. Here, we are going to focus mostly on building the precognitive and spirit communication powers within ourselves.

## **CAN ANYONE BECOME A PSYCHIC?**

Yes, although some people have an easier time getting in touch with these abilities than others who may have to work years before they make any progress.

People with a natural inclination to believe that they possess such abilities will more likely be able to "tap into" these "powers" more easily and readily than someone who doesn't believe in the phenomenon. As with most magic practices, belief is part of the power of the phenomenon.

There are many books written by scores of authors about the subject, ranging from scientific analysis of subjects with apparent psi-abilities to laymen and spiritual workers. A quick Google search will no doubt find you hundreds of websites of people who claim to have psychic abilities or that claim to have ways to increase your awareness. I should forewarn you that anyone who wants you to pay for their services is most likely a fraud, and unfortunately, there are many, so be careful!

## **HOW DO I START TO PRACTICE BUILDING MY PSYCHIC AWARENESS?**

There are several methodologies that have been provided over the years, but for simplicity, I have selected exercises from Raymond Buckland's "Complete Book of Spirit Communication", which is an excellent resource... CONTINUED



# Increasing Your Psychic Awareness, Continued...

... for anyone interested in a serious study of the subject.

It should be known that there are various ways in which psychic information presents itself, and you must be open to the experience in order to perceive the information. Sometimes, you may be provided with images or sounds, other times simply tastes or textures or colors. Rarely are you presented with a “complete picture”, and oftentimes you will find yourself trying to fill in the gaps in the information you have been provided with by the spirits.

Before trying any exercise, I would highly recommend conducting a cleansing of yourself and your space, and you should always try to work in a sacred, protected circle (for more information on this, see previous issue).

This is not a requirement, as you can do this exercise easily and without all the trimmings, but the circle adds a layer of protection during your training to help keep negative energies from attaching themselves to you as you develop your abilities and have little to no control over them.

## EXERCISE YOUR PSYCHE

After you have cleansed yourself and cast your circle (if you choose to do so), get into a relaxed, meditative state. This can be done in a variety of ways, usually through breathing exercises designed to calm and center yourself in preparation for your work.

Once you are in a meditative state, imagine that you have a volume control switch. See the volume control switch in your mind, and see that it is set to “0” on a scale of 0-10.

Reach out with your psychic mind, and turn the “volume” on the switch up a notch. Feel the energy raise in yourself and project out from your body. Listen with all of your senses to see if you can

pick anything up. Write these feelings/findings down for later review/analysis.

Now, what happens when you turn that notch to level 2? 3? 10? It would be best to start slow at first, only “taking it up a few notches” until you become more comfortable with the experience, and then you can go “all in”.

Practice this several times a week for a few weeks, and see if you start noticing any increase in your abilities to “know things”. I wouldn’t bet on the lottery just yet, but over time you will learn what is “good” versus “random” information. Don’t forget to turn the volume on your “dial” all the way back to “zero” before you end your session, else you will leave yourself open to continue receiving psychic impressions.

After your exercises, research your notes. Were you right about anything? Did anything you write down come to fruition? By doing this, it helps you know the “feel” of information as it comes so you know whether or not you can trust it. It takes time and development, so don’t worry if you don’t get anything right at first... you just have to find the right information in the jumble of psychic information you are tapping into.

## CONTINUED STUDIES

Once you get past the initial phase of your training, I would suggest trying other methods to help hone your ability. I would also suggest speaking to a reputable medium or paranormal group that can help put you in touch with appropriate resources and activities to help further enhance your new found abilities.

If the exercise provided doesn’t seem to help, try another. If you believe you have a genuine ability, it’s only a matter of time before you find the best way for **you** to tap into your own innate psychic abilities. BEST OF LUCK!

# PARANORMAL RESEARCH 101:

## Presenting Evidence to Clients

*By Robert J. Markin*

Once you've done your research and completed as many investigative vigils as you think are necessary on a case, you complete your spirit profile (see previous issues) and prepare to present the evidence to your clients.

This is one of the most important steps in the process, as this is part of the reason the client contacted you in the first place: they want to know what is going on and see what evidence you have collected to confirm their own suspicions!

This is a delicate, multi-step process. Different people and groups do this differently, but this is the preferred method used by Rock Paranormal and all of its research team.:

The first step is to review all of your evidence gathered during your vigils and your research findings, and review them for accuracy. Part of making a spirit profile is making inferences from the available information about the phenomenon, and you are basically just "double checking" your work to make sure that the information you will be presenting to the client fits with the evidence and research gathered.

If it doesn't match up, you may have to do some more analysis and/or research/investigation before deciding to present your findings to the client. (This doesn't mean to leave the client in the dark throughout the process.. I always encourage my investigation leads to involve the client as much as possible without giving away too much information about our findings, as you don't want them to jump to any conclusions before you present your final findings!)

Once you have reviewed all of your findings,

pull out and set aside all of the pertinent evidence you have gathered. This may include any photographs, videos, EVP recordings, scientific analysis of physical evidence, investigative reports, research findings such as newspaper articles or historical records, and any other information pertinent to the phenomenon.

In some cases, it's beneficial to create a PowerPoint presentation to help organize your presentation of the evidence to the client, in others, it's easier to just review the few pieces of evidence directly without having to put in extra work.

In either event, once you've gathered this information, and confirmed your findings, you will set up the meeting with the client. Arrive a few moments early to make sure you can get set up and have everything you need.

One of the first things you should do is thank the client for the opportunity to investigate the location/phenomenon, and ask them if any additional phenomenon have occurred since the last visit/vigil. Document any events for incorporation into the profile at a later date.

Then, you will present all of your investigative findings. This will include any photos, videos, or EVP recordings from any of the vigils conducted on site. (It is important to note, that when presenting EVP evidence, you should ask the client what they hear before offering what you hear... getting a second opinion never hurts, and they may notice something that you had previously missed).

After presenting all the evidence gathered during the vigils, you will then want to proceed to

your research...

CONTINUED



## ParaRsrch101: Presenting Evidence, Continued...

... including any and all pertinent information gathered that seems to fit with the phenomenon in question. This could include historical records, such as property ownership or birth/death records, newspaper clippings about events related to the phenomenon (or possible causes), and the like.

You will then explain to the client how the research contributes to your findings. What does this certain article mean about the spirit in the home? How does it relate to the phenomenon detected in the location? Are there correlations of the research/phenomenon?

Explain to the client what your final findings are, and how you came to that particular conclusion. Reference any of the materials you have gathered.

Ask the client if they agree with your findings, but don't get argumentative with them (remember, you are here to help them, not belittle them or make them feel stupid... again, since they deal with the phenomenon on a more regular basis than you or anyone else in your team, they may have additional insights into the case/findings that you had not previously considered). Discuss the findings and the research openly with the client, and allow them to review any materials they wish and ask questions. Do your best to answer any questions they may have.

After the review, it is time to determine the next steps with the client. Often times, spirits just want people to know they are there, and once they know who they are, the activity often dissipates over time. Other times, the phenomenon may continue without impedance, but because of your research, the client is satisfied and chooses to live with the phenomenon on more understanding terms. In rare, extreme cases, the client may want to consider moving or relocating, but should be warned that certain types of phenomenon tend to "follow people" and that moving may not solve the issues, and that more

"drastic" measures may need to be taken (including house blessings, exorcisms, and the like).

It will then be up to the client how to proceed after you make your recommendations. You should then assist them with locating the appropriate resources they may need, such as psychological help, a priest, or an experienced demonologist. In no circumstance should a novice investigator EVER try to conduct an exorcism. Your inexperience may cause the phenomenon to get worse, and you should defer to experienced professionals who deal with these particular phenomenon on a regular basis.

If the client prefers, you may help them conduct a simple house cleansing/blessing, but you should also inform them that the blessing sometimes has a counteractive effect and may increase the activity in the home rather than decrease it, and continue only with the clients' express consent.

Once you've completed the review and determined the next steps, you should then thank the client again, and encourage continual communication. Leave them a copy of the Spirit Profile and any associated evidence that was gathered. Follow up with the client at regular intervals. I usually follow up initially after two-three weeks just to see how things are going and determine if any additional help is needed. Then, I follow up about 2-3 months after that, then at the six month interval I check back one more time. After that, I usually follow up annually to ensure that everything is still running smooth. If nothing continues, you may then wait for the client to contact you in the future, and ensure that they have your up-to-date contact information.

This is not necessarily a perfect list, and is subject to change based on each group's preferences. However, this is generally accepted practice with nearly every professional group.



## FAMOUS CASES:

# WAVERLY HILLS

*By Robert J. Markin*

Perhaps one of the most well-known haunted places in the United States has to be Waverly Hills. Nearly everyone I've ever talked to has at least heard of the place, even if they don't know where it is located or why it is considered haunted.

### AMERICA'S MOST HAUNTED PLACE

Waverly is considered to be "America's Most Haunted", and is visited by thousands of tourists every year, hoping to see something supernatural. Reports of strange sounds and lights, phantom footsteps and voices, and even sensations of being touched have been reported repeatedly throughout the years.

Waverly has also produced some of the most interesting ghost photographs and EVP evidence of any other location in the United States. Evidence is still being gathered at every tour!

### WHY IS IT THE MOST HAUNTED?

Waverly Hills opened in 1910 as a tuberculosis (TB) hospital, but the original building couldn't accommodate all of the sick and dying patients that were coming through the doors, so in 1924, construction began on the current building that still occupies the site today. It was completed and opened

in 1926, and was then considered to be the "state-of-the-art" treatment facility for TB patients. However, as modern and cutting edge as the facility was, the disease continued to run rampant and claim the lives of hundreds of thousands of individuals all over the U.S..

Many experimental (and often bloody and gruesome) procedures were conducted at Waverly, but despite their best efforts, many of the patients died during their stay. So many bodies were coming out of the hospital that a special "body chute" was constructed which would allow the bodies to be carried out to the train tracks and be hauled away to be presented to their families without the other patients seeing them (and thus, becoming despondent about their chances of survival).

In the 1930s, tuberculosis was on the decline, and by the 1940s, new medicines had come out that pretty much wiped the disease out. In 1961, the hospital was closed and the last patients discharged. However, it's history doesn't end there...

### THE GERIATRIC SANITORIUM

After closing in 1961, it reopened a year later as "Woodhaven Geriatrics... CONTINUED ➡

## FAMOUS CASE: Waverly Hills Sanitarium, Continued...

... Sanitarium". However, as a result of the mistreatment of patients, unusual experimentation on the patients, and general lack of health standards (the building wasn't being properly maintained and was already starting to fall apart), conditions forced the state to close the facility in 1982 for good.

For twenty years, patients in the Geriatric center had to deal with being left alone all day in dirty clothes, not being fed or bathed, and or were forced to undergo controversial and experimental treatments such as electro-shock therapy. Budget cuts from the state in the 60s and 70s forced the home to cut back, resulting in less upkeep, less nursing staff, and even more problems.

It's no wonder that with the combination of terror, misery, sadness, cruelty and death, which was sometimes violent and unexpected, that the walls of Waverly Hills echo with the shadows of its dark past.

### WHAT TYPES OF PHENOMENON HAVE BEEN REPORTED AT WAVERLY?

Reports have flooded the desks of paranormal researchers even when the building was operating as a Geriatric's center. It is rumored to be haunted by an unknown number of spirits, but

there are a few which make their presence known.

The ghost of a little girl has been seen and heard multiple times by various witnesses. It was even believed to be photographed once (see photo this page). Some investigators have even recorded EVPs that contain the voice of what sounds like a little girl talking, and a toy ball has been seen to roll around and/or move on its own accord.



Alleged photo of the little ghost girl taken by a visitor to the location. This photo was uploaded via Reddit, and shows what appears to be a smoky-like apparition of a small, child-like form. (Photographer Unknown)

Another famous ghost would be that of a Nurse that hung herself in room 502. As the story goes, the nurse, a young woman, found herself pregnant out of wed-lock, and her lover refused to accept the baby for reasons unknown. Knowing the stigma that

came at the time with being a single mother, she instead chose to kill herself (and her unborn child). It is reported that she hung herself by her neck, but because of short staff, wasn't found for several hours and patients simply had to stare at her hanging body.

People have reported hearing a woman's voice and seeing a figure that appears to be a nurse walking around the halls of the sanatorium, perhaps checking on the welfare of her patients. There is also a very good picture of what appears to be a full-bodied apparition of... CONTINUED



## FAMOUS CASE: Waverly Hills Sanitarium, Continued...

... the woman (featured this page) which clearly shows a head, shoulders, torso, and parts of legs.

Other phenomenon, including “imp-like” creatures, glowing eyes, shadow walkers, and more have been reported over the years by various witnesses.

Overall, Waverly Hills continues to remain one of the most active paranormal locations in the United States, and new evidence of activity is being gathered all the time from tourists, investigators, and even the staff and owners themselves.

With it's dark history and wide range of phenomenon ranging from phantom noises to full-bodied apparitions, it's no doubt that Waverly will continue to hold it's title as “America's Most Haunted Place” for many more decades to come.

### CAN I VISIT WAVERLY HILLS?

Surprisingly, you can! Current Waverly Hills owners have opened the hospital to tour groups in the spring/summer/fall seasons. There are public

tours, private tours, and even Paranormal Investigations that you can attend (more details are on their website, which is listed in the references section below).

The prices are surprisingly reasonable, and the owners are using the profits to restore Waverly Hills to it's original condition. They also recently added an option to stay on sight overnight during the investigation tour, which sounds utterly amazing to me and I can't wait to visit!

### ADDITIONAL READINGS & RESOURCES:

Taylor, Troy. “America's Most Haunted Places”: Waverly Hills Sanatorium. Website: [https://www.prairieghosts.com/waverly\\_tb.html](https://www.prairieghosts.com/waverly_tb.html)

Waverly Hills Tours Website: <http://www.therealwaverlyhills.com/#!tours/vy4b6>

Waverly Hills on Wikipedia: [https://en.wikipedia.org/wiki/Waverly\\_Hills\\_Sanatorium](https://en.wikipedia.org/wiki/Waverly_Hills_Sanatorium)



Photo of the nurse that took her own life at Waverly Hills in Room 502, and a photo of the full-bodied apparition which appears to match her physical characteristics. This photo was uploaded via Reddit, and the original photographer is unknown. This is considered one of the best photographic pieces of evidence of paranormal activity at Waverly.

# CRYPTID CREATURES: The Mothman

*By Robert J. Markin*

**Between November 1966 to December of 1967, the town of Point Pleasant, West Virginia found themselves being terrorized by a strange creature in the night.** The creature, later to become known as the “Mothman”, is one of the most famous cryptids, right up there with Nessie and Bigfoot.

The sightings all started on November 15, 1966, where two couples reported that they had seen a strange “man-sized bird creature”. However, they weren’t the first to see the Mothman. A few days before, five gravediggers claimed that they saw a man-like creature fly through the trees over their heads, but they didn’t report their sighting until after the newspapers ran the couples’ stories.

The creature was described as having a ten-foot wingspan, large glowing red eyes, and a dark, furry or feathered body. Over the next few days, sightings continued to pour in. Many of the witnesses were credible, such as firemen, police officers, and city officials. Others were made by business owners and other townsfolk.

Sightings continued all the way until December 15, 1967, when the Silver Bridge collapsed, killing 46 people. After the collapse of the bridge, the

Mothman wasn’t seen in Point Pleasant again, which caused many to believe that the two events are connected somehow.

This creature has not been reported by others, but similar stories with equally eerie similarities can be found doing a few Google searches (I am not including them here, but encourage you to do some outside research on the subject. It’s very fascinating!)

In 1975, John Keel wrote the book “The Mothman Prophecies”, which alluded to a supernatural connection between the Mothman sightings and the collapse of the Silver Bridge. This was later converted into a movie of the same name starring Richard Gere in 2002 (on a side note, this is a great movie and I highly recommend it... I haven’t seen any of the “sequels” yet, so watch those at your own risk).

After the release of the movie in 2002, Point Pleasant held it’s first annual “Mothman Festival”, after which they erected a 12-foot statue of the creature (image next page), which was unveiled at the following year’s festival. The festival still runs to this day, and is held on the third weekend of every September.

CONTINUED





# The Mothman, Continued...

... In 2005, the Mothman Museum and Research Center was opened.

Since the encounters, numerous books and movies have been created about the subject, and the Mothman has even made “cameo” appearances in video games such as Castlevania: Portrait of Ruin, or in popular songs written about and dedicated to the creature (Blitzkid: Genus Unknown, Ekidna Orgy: Mothman).

## THE INVESTIGATION OF MOTHMAN

As soon as reports started coming in, investigators started salivating. The prospect of investigating a previously unknown creature is tempting for any scientist or paranormal investigator alike. Researcher and Skeptic Joe Nickell was one of the people who independently researched and investigated the Mothman case.

He indicates that a large number of hoaxes followed the initial publication of the first sightings, which he believes contributed to the large number of sightings that occurred after that point. He also notes that when people believe there is something strange out there, they may also unintentionally misidentify objects such as airplanes or known terrestrial creatures like birds.

The Mothman hasn't returned to Point Pleasant since the collapse of the Silver Bridge, and many believe the sightings were an omen of the impending disaster. (This viewpoint is demonstrated in the movie starring Richard Gere)

## WILL HE RETURN AGAIN?

Unfortunately, we do not have enough information to make that determination. The fact that the large increase in sightings before the collapse of the bridge may have been caused by hoaxers and/or misidentification, combined with the fact that the Mothman hasn't returned to Point Pleasant or been



Statue of the Mothman, erected in Point Pleasant, West Virginia in 2003. The plaque below the statue discusses the sightings and the collapse of the Silver Bridge. This image was sourced from the Wikipedia Archives.

sighted at other locations (although similar creatures and events have been reported), we cannot say for certain that he will return. There is little to no physical evidence and even fewer photographs of the creature, making analysis and possible identification impossible.

Since it is noted that he seems to appear before a disaster, I'm not exactly sure I would want the Mothman to return again. If he did, that would only mean that something terrible was about to happen, and I'm not sure a disaster is worth being able to take a few photographs or try and grab a sample of tissue (if it were even possible). Until he does reappear, we just have to sit patiently and wait...

# Ask Paranormal Bob...



Answering Your Questions About All Things Strange & Unusual...

*Greetings, Boils and Ghouls! Time for me to answer your questions about the Paranormal, Occult, Rock Paranormal and more!*

**QUESTION:** Love your website and your newsletter/magazine thing! I was curious, if someone wanted to start their own group, do you have any suggestions how to [do it]? Anything would help. Thanks! - Pablo V., Indiana

**ANSWER:** Greetings, Pablo! Thank you for your compliment! I'm glad you enjoy them! As for your question, I would start by seeing if any of your friends want to join you.

That's how I started, and my friend Erin Rose is still one of my best investigators! After you have a few people (you don't need a lot, just a couple to help out will do just fine!), you should start collecting equipment. You can hold a rummage or bake sale or even just ask your parents and/or friends to help chip in some money so you can buy the basics: notebooks, pens/pencils, and a camera. You don't need all of that equipment right away to conduct simple investigations.

Next, I would start doing some research by going to

your local library and checking out books, periodicals, and doing some internet research. You may also be able to ask the librarian for contacts to a historian or historical society that can help you decide on some local "haunts" to check out. Then, if you've read the past issues of the Informant, you can follow the procedures I've previously outlined to conduct your investigations and research.

I hope this helps! If you ever have any questions, please do not hesitate to contact me! I'm always willing to lend my expertise and experience with budding investigators! Happy Hunting! -Bob-

**That's it for this issue's Ask Rock Paranormal! Don't forget that starting next issue, this column will be called "Ask Paranormal Bob"!**

**To Submit Questions to "Ask Paranormal Bob", email: [rock.paranormal.bob@gmail.com](mailto:rock.paranormal.bob@gmail.com)**

**By emailing your question, you give Robert Markin and Rock Paranormal permission to edit and publish it online and in the Paranormal Informant E-Magazine.**

**ASK PARANORMAL BOB!**

# Rock Paranormal & Odd Bob Online Events Calendar

## July 2016

### **Paranormal Informant Issue 5:3**

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## August 2016

### **Find-A-Grave Scavenger Hunt**

*Chicago, Illinois, Multiple Locations*

8/12-8/15/2016, Times Vary

## September 2016

### **Find-A-Grave Scavenger Hunt Pt. 2**

*Assorted Cemeteries, Cities, Locations*

Date and Times TBD

Team Members Please RSVP with Availability

### **First Ever Paranormal Photo Contest!**

*More Details Coming Soon! Check our website and Facebook pages for more detailed information soon!*

## October 2016

### **Paranormal Informant Issue 5:4**

*Packed full of Paranormal Goodies!*

[www.rockparanormal.net](http://www.rockparanormal.net)

### **Team "Haunted" Cemetery Roadie**

*Visiting our old Haunts for old times sake!*

Date and Time TBA.

Team Members please RSVP availability.

### **Team Halloween Party**

*Annual Team Halloween Party*

*Beverages, Snacks, Music, Prizes, Games!*

Date and Time TBA Shortly. Check back for more details very soon. RSVP ASAP.

### **New Member Drive/Orientation**

*Looking for new team members in the Chicagoland area! For more information, check out our website:*

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# IN THE NEXT ISSUE OF THE PARANORMAL INFORMANT

The next issue of the PARANORMAL INFORMANT is due out July 2016! It's going to jam-packed full of paranormal peculiarities, so be sure to check it out!

## **ARTICLES IN NEXT ISSUE INCLUDE:**

**Famous Case: The Lizzy Borden Bed & Breakfast**

**Even More Haunts & Sightings!**

**Paranormal Research 101: Hanz Holzer**

**The Out-of-Body Experience**

**2016 Halloween Events Calendar**

**Cryptid Creatures: Faeries and Fae Folk**

**Witchy Ways to Celebrate Samhain (Halloween)**

**Modern Psychic Vampirism**

**& SO MUCH MORE...**

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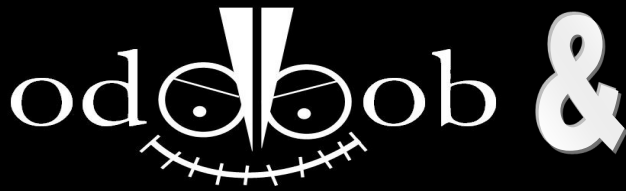
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PROUDLY PRESENT:

# THE PARANORMAL INFORMANT

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## & ODD BOB ONLINE STORES

Rock Paranormal & Odd Bob Online Stores were founded and are operated by Robert "Odd Bob" Markin. You can contact him with questions in regards to this publication, the organization, it's activities, or for investigation team membership information. Please email him directly:

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If you would like to submit something for the Paranormal Informant, such as a classifieds ad, column response, or any inquiries to the editor/publisher of the Paranormal Informant, Robert "Odd Bob" Markin, can be directed to:

[ROBERT@ROCKPARANORMAL.NET](mailto:ROBERT@ROCKPARANORMAL.NET)

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