

ROCK PARANORMAL PRESENTS:

THE PARANORMAL INFORMANT

REPORTING THE WEIRD AND UNUSUAL IN WI & IL

ISSUE—3:1 FALL 2014 Single Issue Year!

INSIDE THIS ISSUE:

The Big Change in 2015

New Missions, New Structure, New Attitude...

AND MORE, INSIDE!

INCLUDING:

**MORE LOCAL LEGENDS &
AND GHOST STORIES!**

PARANORMAL RESEARCH 101 CONTINUED...

2014-2015 GROUP EVENTS CALENDAR

Psychic Communication Studies

NEW! ASK ROCK PARANORMAL!



TABLE OF CONTENTS:

Legal Jargon/Meet the Team	P.3
Rock Paranormal News: The Big Change in 2015	P.4
Paranormal Research 101: Investigation Tips & Tricks	P.6
More Local Legends, Sightings & Stories	P.9
Herbology Studies Continued...	P.11
Trends in the Paranormal	P.13
NEW! PSYCH101: Studies of Psychic Communication	P.15
2014/2015 Group Events Calendar	P.17
Rock Paranormal's Goals for 2015	P.18
NEW! Ask Rock Paranormal...	P.19
A Note from Team Manager Bob...	P.20
Next Issue Preview!	P.21
END MATTER	P.22

LEGAL JARGON

The Paranormal Informant is written and published for Rock Paranormal by it's founder, Robert Markin, and contains comments and opinions of members, writers, and featured guests/interviewees that do not necessarily reflect the opinions of Rock Paranormal itself, or it's members. Rock Paranormal publishes the Paranormal Informant on a Quarterly basis via free PDF downloads and subscriptions. By submitting works or correspondence in regards to topics featured in the Paranormal Informant, you give Rock Paranormal permission to print your correspondence in any issue of the Informant. The Paranormal Informant is published for informational and educational purposes.

MEET THE TEAM

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 Rock Paranormal.

Erin Rose Tollefsen is the Lead Investigative Researcher at Rock Paranormal, 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.

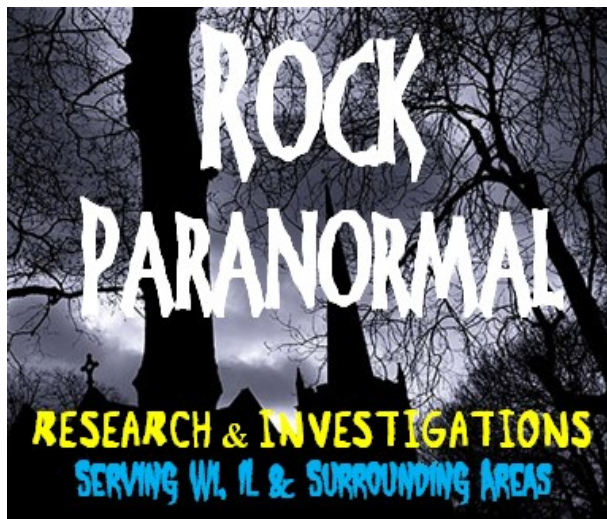
Russell Tollefsen is Rock Paranormal's Equipment Manager. He is in charge of maintaining and setting up investigation equipment, and acts as "video documentarian" during the team's in-

vestigations. . He is married to Erin Rose Tollefsen.

Brittany Cordell recently joined the Rock Paranormal team. She has had an interest in the paranormal for many years, and believes herself to be a "null", which means that paranormal activity won't happen when she is present. We look forward to testing this theory on our upcoming investigations. She is an Apprentice Investigative Researcher.

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.

Rock Paranormal is still accepting applications for new members. For more information, visit our website below.



THE PARANORMAL INFORMANT

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ROCK PARANORMAL

Research & Investigations

<http://www.rockparanormal.net/>

<http://www.facebook.com/RockParanormal>

ROCK PARANORMAL 2015:

The Big Change, New Missions & More...

By Robert J. Markin

SO, I'm betting you've seen the words "The Big Change in 2015" plastered all over our Facebook and website for the last few months. Well, here's the Big News about the Big Change:

I've been spending the last few months reorganizing our operations, updating our procedures, and retraining our members to be more effective researchers. This is all part of our Big Change in 2015.

I am in the process of reorienting the group to be more professional, using knowledge I've gained from my formal business education, and combining that with a more serious approach to our research projects and investigations. For many years, I've worked with "thrill-seekers", or people who were just interested in the paranormal because it looked "cool" on the television, but I've been making great strides to keep Rock Paranormal a serious paranormal research group dedicated to the study, documentation, and education of and about all aspects of the paranormal, while working to help the clients we serve at the same time.

This means I'm in the process of retraining the "Team", and updating some of our documents, such as the group Policies & Procedures Manual, and some of our membership policies.

MEMBERSHIP CHANGES?

You read right. In order for me to be able to find and recruit the kind of team that has a serious dedication to the efforts of the group, I've changed the membership policies a little bit. As a group, we've decided to eliminate the member's ability to "work off" any amount of their membership fee(s), and decided to charge a flat monthly rate instead for

all members. We also instituted training and attendance requirements that must be maintained to be in "good standing" and maintain active status.

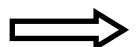
We've also decided to eliminate the Investigation Coordinator position, and instead have altered my position title to "Team Manager" and promoted Erin Rose Tollefsen to the Lead Investigative Researcher position. She will act as my right-hand during investigations, and will be assisting me with some of the administrative operations of the group, like managing our Facebook page.

WHAT ELSE IS CHANGING?

As I said, we're changing some of our processes, and going back to what could be termed "Old-School" Paranormal research methodologies and practices. These will include conducting our investigations with a psychic medium, and utilizing detection methodologies that aren't much in use by many of today's current "famous" investigation teams and crews. We will also utilize methods such as "era cues" and "trigger objects" when deemed appropriate, and are still practicing our "No Provocation" rule.

I've also decided to put some of our bigger plans, namely the Costumes For Kids Campaign, on the back burner for now. I think that this project deserves a lot of time and attention in order to "do it right" and make it the success that it ought to be, and unfortunately, that is more than Rock Paranormal has right now with all of our trainings, changes, and other events. We're not giving up on it, but have decided to file it away for a few years until they can be done the way they should be done.

CONTINUED, Next page...



The Big Change, Continued...

WHAT WILL WE BE DOING?

Rock Paranormal will continue to conduct paranormal research and investigations for private clients and of public locations/reports. We are still a not-for-profit group, and we do not charge for our services. We do accept donations, and you will be able to buy some interesting items from our online gift shop very soon.

Speaking of the gift shop, we've been announcing that it's going to change for a while now. Well, the change is coming at the beginning of 2015. Rock Paranormal is going to feature an online gift shop where we will be selling hand-screen-printed (yes, by the team members themselves!) logo and member-designed t-shirts, used paranormal books and dvds, and some other various paranormal-related items. All of the money generated by the store goes to help us buy new equipment, fund our research and investigation trips, and continue reporting our findings to the public for scrutiny.

THE PARANORMAL INFORMANT

As you know, our online newsletter/e-magazine (the one you are reading!) has had a previously rocky publication schedule due to changing member commitments and other issues that arose through the last few years. We've recommitted to the quarterly publication schedule, meaning four issues every year, starting in 2015. We're also offering free e-subscriptions via email, and we're even adding some new content to spice things up a bit and get some reader involvement (this means you!).

We're going to continue to publish findings of our research, stories of local haunts and encounters, and information about other famous cases. We're also going to continue providing interesting articles about equipment, investigation techniques, and other paranormal and occult topics through out the year. It's going to be very exciting!

ANY UPCOMING EVENTS?

Of course, we have several things in the works, as usual. We're going to start a research project on Starved Rock State park in Illinois. It's rumored to be haunted of spirits of Native Americans that were forced up on the rocks and help hostage to die of starvation. I'm personally looking forward to visiting the location this coming spring!

We're also planning two training investigations to orient the new investigators and re-train the current team members. First one is slated for Spring!

We're also planning to have our first annual team Haunted Camping Trip, where we plan to camp and visit some reportedly haunted locations and document our experiences, do some training, and have some fun. This event will be a members-only event.

We don't have any private investigations at this time, but are soliciting a few interesting locations. I can't reveal too much until I speak to the clients and know their confidentiality wishes. Wish us luck in this department!

READY, SET, GO!

So, now you know all about the Big Change in 2015. I know I am excited, and I know the team is just as excited as I am about our new/old "approach" to paranormal research. I look forward to seeing if our approach helps increase our evidentiary findings and our ability to help our clients.

I hope you all have a safe and happy holiday season. Next issue of the Informant is due out in January, so we'll see you after Christmas! Happy Haunting!

Robert (Bob) Markin

Founder & Team Manager, Rock Paranormal

Paranormal Research 101:

Investigation Tips & Tricks Continued...

By Robert J. Markin

SOME PEOPLE THINK that paranormal investigators just run out to haunted places, find ghosts, run around with equipment and take some readings, and declare a place “officially haunted”, then rave about it on social networking sites.

That’s not quite the case. A serious investigator has several tools and techniques that they employ to get the “job done right”. They also almost always have a “method to their madness” as they work, a kind of ritual so-to-speak, to find out what they want to know about a particular haunting.

Most people don’t realize that there are several steps a serious investigator must take in order to gather enough information about the event and it’s participants to get a “whole picture” of the encounter. It’s much like being a detective, but it also requires some heavy book work and research.

STEPS OF AN INVESTIGATION

Every investigator does things his or her own way, but there are generally accepted steps to complete a paranormal investigation.

1. Interview the clients/witnesses
2. Conduct Historical Research
3. Conduct walk-through with sensitive
4. Conduct additional investigation/vigil(s)
5. Review Evidence
6. Compile Profile/Report Findings
7. Follow-Up with Client/Witness

The first step is one of the most important. When you interview clients and witnesses, you need to provide them an environment where they feel comfortable and can easily open up and talk honest-

ly about themselves, their families, and their experiences. Smack dab in the middle of your local Starbucks may not be the best choice for this interview.

During the interview, you will want to gather as much detailed information as you can about the witness, the witness’ family life, relationships, personal and mental health status, drug and alcohol use, work life, stress levels, and general beliefs. You’ll also want them to recount their experiences in as much detail as possible. It is always best to record the interviews so that you can revisit them later in an investigation.

THE WALK-THROUGHS

After the initial interview, you should do one of two things. If your team works with a sensitive, the lead investigator, the sensitive, and a camera operator should take a walk through of the location first. This way, you can see what the sensitive feels, and if they can provide any additional information that might corroborate your research findings.

You should conduct your team investigation with your equipment, but limit equipment to what is necessary on each individual case. We recommend having no more than a small group of people on an investigation, we prefer a maximum of four, unless the location warrants additional investigators.

You should walk around the location, and conduct EVP recording sessions, take EMF readings, and take multiple photographs. It is best if you can record the investigation with a camcorder or other recording device to document any potential activity as it occurs, but it is not necessary. We suggest the following equipment for an investigation:

CONTINUED NEXT PAGE...

Investigation Tips & Tricks Continued...

THE EQUIPMENT LIST

1. Notebooks and sketch pads
2. Pens and Pencils, erasers
3. Cameras and batteries
4. Flashlights (if at night)
5. First Aide Kit
6. Camcorder
7. EMF/Mel Meter
8. EVP Audio Recorders (At least 2)

You can also add other equipment as needed. We also recommend bringing envelopes, baggies and gloves to gather potential evidence for analysis, as well as dust masks and a cell phone. A laptop can make a great tool, as it allows you a mobile place to work on your evidence, plus if it is equipped with a webcam, it doubles as a recording instrument.

THE INVESTIGATION PROCESS

You should walk around the location and document (in your notebooks) any strange sensations, feelings, encounters, noises, and the like. Really, pretty much anything and everything that happens (you never know when that weird growl you heard was actually someone clearing their throat in another room!). You should also create a map of the location at the start of the investigation, and take base readings of the property, noting strange fluctuations on the map for investigative reference.

You should also attend multiple investigations. Just because a single investigation doesn't yield any results, doesn't mean another one won't, either! And, if the event is reported to happen during the day, investigate during the day. You don't always have to investigate at night to capture evidence of a haunting.

After you have completed all of your investi-

gation vigils, you should then do two things: review your evidence and compile your profile.

REVIEWING EVIDENCE

Reviewing the evidence is probably one of the most tedious tasks of a ghost-hunter. It takes hours of listening to most often white noise, or reliving the investigation word-for-word multiple times at different volumes and through various filters. It also involves extensive analysis of photographs using multiple analysis techniques, and watching hours of footage.

You should never review your evidence the same night as your investigation vigil. Often times, you will be drained of energy after an investigation, and it's best to review your evidence with a fresh set of eyes and lots of energy (you'll need it to get through it all!). We recommend reviewing your evidence the next day or even the following day.

You shouldn't jump to conclusions when you do find potential evidence. Bring it to your Lead Investigator's attention, and review it as a team. You may want to consider going back on an additional vigil to attempt to locate any possible natural or man-originated sources for the phenomenon, or attempt to gather additional evidence to confirm your theories.

COMPILING YOUR PROFILE

After you've completed your review of the evidence, compare all of your findings (and the findings of the sensitive) to that of your historical research. Are there any similarities? Are there any matches/collaborations of evidence? Make notes of any pieces that seem to "go together" for additional inquiry.

Is there a pattern to the encounters? Does it seem to corroborate with a specific person of ...

CONTINUED ON NEXT PAGE...

Investigation Tips & Tricks Continued...

Interest from your research? Who is the phenomenon targeting? Does it seem to be focused on any one individual? Or caused by an individual as an agent? This information needs to be “assimilated” and analyzed thoroughly.

You need to look for connections between all of the puzzle pieces, and see how everything “fits” together to make the phenomenon occur. Genuine haunting activity usually have some type of Spirit or entity with distinct attributes or personality, while psychic phenomenon usually have an agent, or person who is causing the phenomenon to occur. You need to use your findings to tell the difference, and make a determination as to the either paranormal or natural nature of each case.

(NOTE: Sometimes, you’ll come across people who are hoaxing phenomenon for whatever purpose, and it is best to just excuse yourselves and leave.)

Compile a “Master Investigation Report”, or a “Spirit Profile” as some call it. This is basically the same as a criminal or forensic profile, but your profile subject is the event in question.

You should include all background information about the property and it’s inhabitants that is pertinent that came up during your investigation and research. You should also include all evidence that was gathered during the investigations, as well as information from the witness interviews to compile this master report/profile.

You should use all of the evidence and information gathered, including the other investigator’s journals and the findings of the medium/sensitive, to make an opinion about the case.

Is it a haunting? What evidence do we have to support that? What type of haunting is this? Do we have any information to support this claim? What are the recommended steps for the client to

take next? How are you going to proceed?

THE FINAL STEPS

After you build your Spirit Profile, you’ll have to reveal your findings to the client/witness. Rock Paranormal provides the client with a “Master Investigation Report”, a CD with copies of photographs, audio files, and any associated reports/reviews. It is also important to recommend a set of next steps to the client, and encourage continual contact.

Why recommend steps? Well, nine times out of ten, your clients will contact you because they not only want to know what is going on in their house, but how they can fix the problem. This resolution can come in many ways. Some people just want to know something is there, but others may want help to make it stop. These folks you’ll have to work hard for to provide them with the outside resources and contacts they will need to help them in their endeavor. This may mean referring them to a psychologist, a religious clergy member, or to a psychic medium for additional help.

Don’t just barge in, take pictures, declare their home haunted, and leave. As a serious paranormal investigator, it is your unspoken duty to provide whatever assistance is in your power to the people who you take on as clients. These people are looking to you for help with their paranormal problems, and if you can’t give them the help they need, you should help them find it however you can.

We also encourage continual contact with the client. You never know when activity might spike and warrant an additional investigation, or whether the activity might actually cease for a client.

It’s always good practice to let them know you are always within reach and that you do your best to do whatever you can to help them.

LOCAL LEGENDS, SIGHTINGS & STORIES

Ghosts, Creatures, and Aliens from Right here near our Zipcode:

By Robert J. Markin

HAPPY HALLOWEEN, Boils & Ghouls! It's that time of year where the trees are losing their leaves, pumpkins are getting carved, and kiddies (and adults!) are getting dressed up in costumes to for their chance to scare (or score) on this haunting holiday!

With that being said, here are some more stories and legends of ghosts, hauntings, Aliens and creepy cryptid creature sightings, all right here from our own backyards! The Stateline Area is a crazy co-habitat for all kinds of the strange and unusual!

THE 2ND HAND SPIRIT

Elsing's 2nd Hand Shop of Stoughton, Wisconsin was investigated in 2008 by PIM, The Paranormal Investigators of Milwaukee. The group brought along two sensitives, and many pieces of scientific measuring equipment. They made contact with spirits, and also photographed some strange anomalies on camera/film. There were also some strange EMF spikes and one investigator experienced the strange smell of roses while in the building, no one else could smell them.

Not only is this place reportedly haunted, but they have an interesting collection of items to choose from. Visit Elsing's 2nd Hand Shop at 421 E Main Street in Stoughton.

For more information on PIM's investigation at Elsing's, visit www.paranormalmilwaukee.com

SANITARIUM SPIRITS

The Dane County Department of Human Services building on Northport drive in Madison, Wisconsin is housed in what was once called the Lake View Tuberculosis Sanatorium. Sitting atop of

a majestic hill, this Sanatorium reminds you of something from a scary movie involving an old hospital. People sled down the hill in the winter months, and the walking paths behind the building into the woods provide a great scenic hike during the fall.

However, this place is rumored to be haunted, not only by the spirits of patients who died of tuberculosis, but of Native American Spirits as well. Some people report an "evil" presence in the woods and cemetery behind the hospital. We have visited this place before, and did experience some interesting experiences. We felt like we were being watched and followed every where we went. The batteries in the equipment (brand new, bought from the store two minutes before we arrived) wouldn't stay charged, and the photos that were captured were very grainy and hard to view (see below). Once, we thought we saw a shadow moving, but after seeing it once, it didn't reappear.



Photo of start of walking paths behind Sanitarium Hill, taken by Director Bob and friend during night visit to cemetery...

LOCAL LEGENDS CONTINUED...

A COUNTRY HAUNTING

This place will give you the creeps just driving up there, however, you have to go through private property to get here, and I wouldn't recommend trespassing. There is a long, curving gravel road lined with trees. It leads up to an area surrounded by trees and a small woodsy area. There is a clearing ahead. To the right, you drive past a decrepit chicken coop, then you'll come to an opening in the road that leads to a big clearing. To the left of you is what remains of a home, to the left is what remains of a barn. You've arrived.

We investigated this place many years ago, and try to make it back when we can. This place makes all of your hairs stand on end, and even though there is supposedly no man-made electrical lines or sources on the property, strange EMF spikes and odd cold-spots are detected all over this property. Cameras refuse to function, and EVP recorders only record static. But that's not even the strange part.

To story of this place, as local legends tell it, is that it was once owned by a wealthy man and he lived there with his family. They had a wealthy plantation, and he had many workers, who lived on site (you can still find the brick and concrete foundations of many small out buildings on the property, which match the description of the "help's" quarters.

There are variations on what happened next. Some say he had a drinking and gambling problem, and ended up having to sell off all of the farmland surrounding his plantation (and his help) to pay off debts. Others say that he just went crazy and started secluding himself in the house, and sold the land off to pay off his accruing debts from not working and being ill. Either way, the land surrounding his house

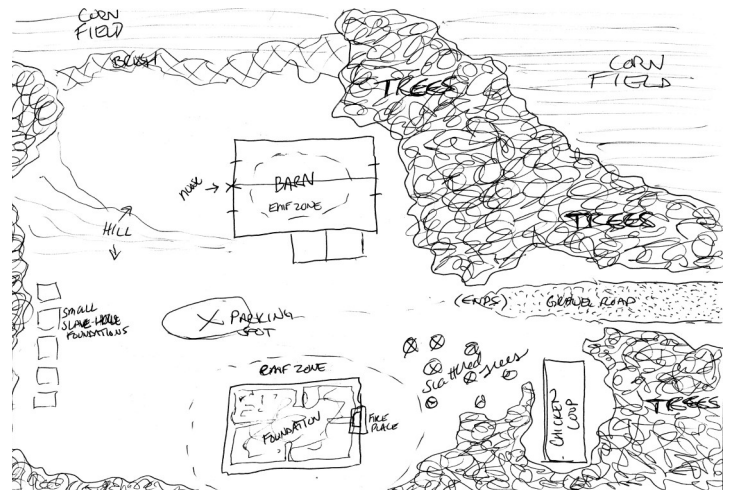
was sold off to other families, and his help left when they no longer had work.

One night, the man went crazy and burned his family (and himself) alive in their home. The foundation of the house does seem to corroborate this story, and the land stood vacant for years.

The first time we visited this location, the barn was still on the property. However, there was a noose hanging in the barn. It definitely creeped us all out, and we didn't stay very long. The second time we visited, the noose was cut down. The third time, the barn was burned down.

We inquired into local historians and newspaper articles, but couldn't find anything to substantiate the fire or the noose. We did hear that someone had "heard" that a man was hung in the barn, and they cut him down after they killed him. The person then said that if the barn was burned down, it was probably "to hide the evidence". Although we cannot establish much of the historical facts of this location, all of the local "stories" we hear about the property apparently seem to correspond with events that appear to have happened at the location.

The location of this property has been obscured to prevent unauthorized trespassing.



Sketch of location by Director Bob Markin (not to scale).

HERBOLOGY STUDIES CONTINUED:

More Herbs & Their Practical & Magical Properties...

By Robert J. Markin

As fall comes to a close, we are all beginning to wonder when the snow is going to start falling. And, once the snow starts falling, the noses start running and some of us end up with either a cold or the flu.

I don't know about many of you guys, but I prefer to try and put as much natural stuff in my body as possible rather than chemicals and drugs. (Although, sometimes there just isn't a better cure than some cough syrup from your local pharmacist!)

With that in mind, I've decided to dedicate this issue's Herbiology common to herbal cold & flu remedies. You probably have some of these things already in your house, and if not, you can pick up a small batch from your local grocer or herbalist relatively inexpensively.

HERBAL FEVER REMEDY

You will need:

- 1 oz. dried Elder flowers
- 1 oz. dried peppermint leaves
- 1/2 pint distilled water
- Honey to sweeten (if desired)

Boil the water. Mix the herbs and place them in a quart-sized saucepan. Once the water is boiling, pour over the herb mixture. Cover, and allow to sit and steep in a warm place for 10-15 minutes (do not boil the herbs and water together!). When steeped, strain into another sauce pan, and serve warmed. Add honey to sweeten if desired.

Drink this tea a few times a day at the onset of fever to help your body cleanse and detoxify.

PEPPERMINT-ROSEMARY-ELDER TEA

This is another variation of the Herbal Fever remedy, but instead you will make a batch of dry tea for continued use.

You will need:

- 1 C. Dried Black Elder Flowers
- 1 C. Dried Irish Moss
- 1 C. Juniper Berries
- 1 C. Peppermint leaves
- 1 C. Plaintain
- 1 C. Rosemary leaves

Mix all of the herbs in a large bowl. Then, store in an air-tight container for later use. When ready to make tea, steep 1 TBSP of the herbal mix in 1 C of boiling water for 15 minutes. Then, strain, reheat, and sweeten with honey. Drink this tea twice daily to help your body cleanse and detoxify.

GINGER TEA

Ginger is an antiviral, and this tea helps to break up mucus, congestion, and fight viral agents. This is also excellent if the stomach is affected.

You will need:

- 2 TBSP Grated Fresh Ginger
- 2 C Water

Add water to pan, add grated ginger to water. Boil mixture together for 15 minutes. Remove from heat, and let continue to steep for 10 minutes. You can either strain the ginger out or leave it in, and drink a cup as needed.

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HERBOLOGY STUDIES CONTINUED:

Some other herbal tips that can help you stay healthy and happy during the cold and flu season include:

1. Make a warming tea with ground cinnamon, cayenne, and ground ginger. Add small amounts to warm water to taste. (Helps you sweat it out!)
2. If you are having problems sleeping, try drinking cups of chamomile tea twice a day to help calm nerves and relax your body.
3. Use inhalations of chamomile, eucalyptus, or thyme. These can be made by boiling herbs in water, and using a towel over your head to inhale the hot “fumes” as they come off the pot. This will help loosen mucus, heal the throat, and help to open nasal passages and bronchial tubes.
4. Horsetail (the herb, not the actual horse’s tail!) inhalations (See above) reduce the swelling of the body’s mucous membranes.
5. Elderberry extract has been found to reduce the

severity of symptoms and duration of the flu. Using an extract that contains at least 5% flavonoids and take twice daily.

6. Garlic also helps to detoxify the body. Taking garlic pills/supplements (500mg) or eating a garlic clove 3 times a day for up to five days will help your body rid itself of toxins and cleanse.

ROSE PETAL ANTI-DEPRESSION TEA

To fight off the winter blues, you will need:

20-30 rose petals

2 Cups Water

Put the rose petals and water in pan and bring to boil. Boil for 15 minutes. Remove from heat, and allow mixture to steep while it cools completely (approximately 15-30 minutes).

Once cool, bottle in air-tight container. Take a “shot” 2-3 times per day to help fight depression. Rose petals are believed to reduce seasonal and other forms of depression.

THE PARANORMAL INFORMANT

Read about Rock Paranormal, its research and investigations, study psychic communication, Herbology and Witchcraft with Bob, learn about investigation techniques and tools, and come with us as we visit all kinds of strange and haunted places!

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www.rockparanormal.net

Trends in the Paranormal

Techniques, Media, Discoveries and More...

By Robert J. Markin

EVERY YEAR there are more and more discoveries in the paranormal field. Whether it be new equipment, repurposing old equipment, finding new haunted locations, or establishing new methods of practice, things are always changing in the paranormal field. This year, we're spot lighting some of the interesting trends in the paranormal field we've noticed in 2014:

Enough with the Provocation, Already!

Has anyone else noticed an increase in the amount of groups and people who are using direct provocation as a method of attempting to make contact with spirits? Personally, I can't think of anything more dangerous, not only for the investigators but for the clients and people who live and reside in those locations.

If you anger a spirit enough for it to start showing evidence, that's great that you got all of that evidence. However, you'll be leaving within a few hours, and who is to say that the activity you stirred up will cease once you leave?

It all started with shows such as Ghost Adventures (I enjoy the show, but not what they prac-

tice) and people more and more are using this method in an attempt to illicit a response from the alleged spirits.

Has anyone considered the ramifications of this type of methodology? Sure, you are going to make the spirit possibly manifest in some fashion, but now you've angered that spirit, who is to say what is going to happen to those clients who sought you out for help with their paranormal problem?



This method can cause great increases in paranormal activity not only during the investigation, but can cause an overall increase for the client as well, which is usually the opposite of the intention of the client having called in your group to investigate their

claims of activity. Instead of helping, you just made things worse.

Most investigators don't take the time to think about what their presence is already going to do to the activity. Many times, activity increases after a paranormal team visits even without the use of provocation, why would you want to "stir the pot" so-to-say, and make things possibly even more worse for the client?

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Paranormal Trends Continued...

Ghost Boxes & Ovulus Devices

There has been a varied amount of success with ghost boxes again in recent times. Many shows have been using them, and an increased amount of teams are using them on their investigations as well. However, there are two sides to every tale. Some investigators swear by these devices, while others swear them off.

The purpose of the ghost box is that it is rigged to scan through all the multitudes of AM and FM radio frequencies at a high speed. By doing this, the box produces a kind of “white noise” that is believed to be accessible by spirits for communicative purposes. This is where the dispute begins.

The ghost box does produce some interesting results for some teams, but you have to take into consideration the fact that you are scanning radio waves. These can have radio stations that are playing music, radio plays, talk news shows, and other stations that will be a part of your scanning range.

This can mean many strange, odd words, phrases and sounds might come through during an investigator’s use of such a device, which could then be passed as “evidence”, when it is really just a man-made occurrence that was misconstrued by the investigator.

Personally, we’ve had mixed success. Sometimes, it seems that the device is giving us answers to our questions, other times it seems just like we are scanning all of the radio stations and getting a lot of “noise”.

The same goes for use of the Ovulus or other devices that ghosts are somehow able to manipulate to form words. Some investigators argue that “if these are spirits, some of them hundreds of years old, how do you expect them to know how to manipulate a piece of modern technology in order to

communicate?”. It brings up a good question. Exactly how are the ghosts able to manipulate these technologies to communicate with us? I have to stop and think, if I were a ghost from the past, would I even have a clue on what an electronic machine is? And even if I do, how would I know what to do to make it work?

There are too many variables in my opinion to make either of these devices a very effective way to gather real attestable “evidence” of a haunting. You can’t prove that the voices that came through the Ghost Box weren’t from a stray radio broadcast, and you can’t for certain say that a ghost 100% could manipulate the Ovulus device enough to make it work.

Although some teams swear by these devices, we at Rock Paranormal encourage you to use them with caution and only as an investigator’s tool, but not as a source of definitive evidence. These devices can definitely assist in opening communication with the spirit realm, but don’t take every hit you get as proof positive of the paranormal.



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PSYCH101: Studies of Psychic Communication

Studying Spirit Communication Methods, Beliefs, and Ideas

Research Study By Robert J. Markin

Hey folks. You're looking at a brand new section here in the Paranormal Informant. What we have here is part of my continued studies into the paranormal.

What we're going to start here is a column in which I am studying all about Psychic Communication. As you may or may not know, I am a sensitive. I am not psychic, I cannot tell the future, nor am I medium, I cannot see/speak with the dead. However, sometimes, I just "know" things, and I've always had a sensitivity and empathy to people/places/things.

When I was studying my pagan religious roots, I came across an author named Raymond Buckland, who writes one of the best series of books on Witchcraft, Wicca, and the Wiccan religion ever published (IMHO). When reading his list of Published Works, I found that he did a great deal of other "occult" studies, much like myself. I stumbled then across his book, *Buckland's Book of Spirit Communications*, and ordered a copy as soon as I read the title.

This book is written in the same style as some of his other books, very "textbook"-esque, which for people like me who love learning, provides a great way to further study the content and materials discussed in each chapter. It's setup just like a regular school work book, complete with end of chapter questions, exercises and case studies to enrich the content. I loved using his *Complete Book of Witchcraft*, and I know this book is going to provide me with a great learning experience, and I've decided to share my journey with you along the way.

Each issue, we will feature a short discussion

about the particular topics I am studying, and I will detail my experiences and information from the book to you. We will also feature a write-in column where readers can submit their own responses and ideas to questions posed by the author, myself, and other readers.

Some of the topics we will be covering include:

- **Mediumship & Possession**
- **The World of the Spirits**
- **Spiritualism: History, Development & Religion**
- **Spirit Guides/Communication techniques**
- **Dream interpretation**
- **Talking Boards/Automatic Writing/Spirit Photography**
- **Physical Mediumship**

And so much more! Explore your own psychic prowess, and endeavor to learn how to communicate with the spirit world with me every issue!

In this issue, I'd like to talk about **Mediums**. Mediums are people who can contact the spirit realm in various ways.

Some mediums, like Amy Allen on the well-known television show *Dead Files*, physically interact with the beings on the spiritual plane. These types of folks are also known as physical mediums.

Mediums that cannot directly interact with spirits have to do so in various ways. That includes channeling and possession.

CONTINUED, Next Page ->

PSYCH101 Continued...

Channeling is where a medium goes into a trance-like state, and allows him/herself to act as a “conduit” for the spirits to communicate through.

In Raymond Buckland’s book, his studies have shown that channeling has been done throughout the ages, since the ages of the cave-men. Evidence has even been found that indicates that it was used in Egypt and it is even found in the Bible (Buckland, 2004).

It’s been common in our heritage to consult with mediums, or to attempt our own communication with the spirits through various practices and rituals. Even the great composer Wolfgang Mozart was said to have “heard the music in his head, and then simply just wrote down what he heard”, and many attribute this to a form of channeling (Buckland, 2004).

Another way that mediums communicate is through **possession**, and I think we all know what that means, no description required. But for those of you who may not know, it means that the medium allows the entity/entities to take full control of their physical bodies. This can be especially dangerous in certain situations where you are dealing with malevolent or violent entities.

There are countless stories where mediums have gone on paranormal investigations and have been possessed by some dark entity or violent spirit, and ended up assaulting or attacking the researchers.

Thankfully, Buckland promises to mainly deal with communicating with the spirit realm and channeling, so we can just skip the whole possession deal.

In the first chapter of his book, Buckland provides a great **exercise for raising your energy/vibrations** that I am going to share for you to try at home on your own:

RAISING YOUR VIBRATIONS

There are some various ways to do this. Buckland suggests imagining a “dial”, similar to a “volume switch”, that you can change your energy setting with. You can practice raising it and lowering it by practicing relaxing, meditating, and then imagining this “control knob”, and “calibrating” it. Turn it all the way down and “feel” what it feels like, and then vice-versa.

IN THE NEXT COLUMN:

I’m hoping that in the next issue, I’ll have some interesting questions and responses to the questions and ideas from this article to talk about next issue! My question for you guys is, do you have any experience with psychics, mediums, or sensitives? If so, what experience do you have? What can you tell us about it? Do you recommend them for use in paranormal research?

Write me and tell me about it!

Rock.paranormal.bob@gmail.com

(Anyone who writes by submission agrees to allow Rock Paranormal to publish their letter to me in the Paranormal Informant publication.)

In the next issue, we will be discussing:

- The World of Spirits
- The Spiritual Body
- We’re also going to learn about Jeane Dixon, who is one of the most well-known and slightly controversial psychics of recent times.

I can’t wait to talk to you all next time, and I look forward to reading all of your letters!

Until next time,

Robert (Bob) Markin

Founder & Team Manager, Rock Paranormal

2014/2015 Group Events Calendar

Meetings, Fundraisers, Trainings & More!

By Robert J. Markin

NOVEMBER TEAM MEETING

Saturday, November 22nd, 2014

Manager Bob's House - Noon to 230p?

SPRING TRAINING INVESTIGATION

Saturday, April 4th, 2015

Meeting Point TBD - 1pm-4pm

There will be no Team Meeting in December

We wish you a safe & happy Holiday Season!

APRIL TEAM MEETING

Saturday, April 15th, 2015

Location TBD - Noon to 2pm est.

JANUARY TEAM MEETING

Sunday, January 18th, 2015

Location TBD - Noon to 3pm

PARANORMAL INFORMANT Issue 4:2

Sunday, April 26th, 2015

PARANORMAL INFORMANT Issue 4:1

January 25th, 2015

MAY TEAM MEETING

Sunday, May 17th, 2015

Location TBD - Noon to 2pm est.

GIFT SHOP GRAND RE-OPENING!

Sunday, February 8th, 2015

For More Details, Visit our website:

www.rockparanormal.net

For More information, Visit our Website:

www.rockparanormal.net

FEBRUARY TEAM MEETING

Saturday, February 21st, 2015

Location TBD - Noon to 2pm est.

MARCH TEAM MEETING

Sunday, March 15th, 2015

Location TBD - Noon to 2pm est.



Rock Paranormal's Goals for 2015

When you are trying to get yourself moving in the right direction, it's good to set some goals for yourself (or in this case, our organization) to help yourself set markers and milestones along the way that mark the achievement of your goals.

chase a few pieces of equipment, and additional funds would be used to help fund the Starved Rock Research Project and the Haunted Camping Trip. We believe that this is an easily attainable goal once the new Gift Shop is up and running, and we also do a fundraising event.

MEMBER-RELATED GOALS

1. To bring on 2 new members in 2015, bringing our total team to 7 members. One must be brought on-board no later than April 21st.
2. To complete the Investigative Researcher's Training Course for all current and new members before Spring outdoor "Ghost Hunting" season starts. (March 15, 2015 estimate)
3. To get 100% attendance at all monthly team meetings, special training events, and fundraisers.

FUND-RAISING GOALS

Rock Paranormal would like to try to raise \$500 in donations and "gift shop" generated-sales to pur-

OTHER GROUP GOALS

Rock Paranormal plans to host the following events in 2015:

1. Haunted Camping Trip (Team Event)
2. Haunted Halloween Fundraiser - October 2015

Rock Paranormal also plans to start the Cemetery Clean-up Crew in the 2015 year.

Rock Paranormal also plans to conduct two training investigations, and to complete the Starved Rock Research Project during the 2015 year.

It's lining up to be an exciting New Year for Rock Paranormal! We hope you come along for the ride!

COMING SOON!

THE NEW ROCK PARANORMAL GIFT SHOP!

Featuring Rock Paranormal Logo & other unique, one-of-a-kind, hand-printed Shirts and Hoodies! Also featuring an intriguing selection of new & used Occult, supernatural, and paranormal books, DVD movies, and more!

COMING EARLY 2015

Check out Our Website for More Details!

www.rockparanormal.net

ASK ROCK PARANORMAL:

Answering Your Questions about the Paranormal & Occult...

By Bob & The Rock Paranormal Team

Welcome to the first ever Ask Rock Paranormal Column! Here, we'd like to answer your questions about the paranormal, UFO's, aliens, occult, spirits, or what ever else you can think of! Remember, answers you receive will be our opinion and based on information or research that we have located in relation to your questions. With that being said, bring on the questions!

Q: How do you guys feel about using psychics or mediums on your investigations? Do you think they can actually help an investigation, or hinder it?

- Robert, Wisconsin

A: Joe, we here at Rock Paranormal feel that the use of mediums, psychics, and other sensitives is a benefit to the research team. You have to remember that we are dealing with the possibility of spirits and/or other manifestations of energy that even today we know very little about. It's only a benefit to have someone who can identify and/or communicate with these entities/apparitions on hand to help gain information about the haunting. This is especially important if you can get information that corroborates your historical research. So, yes, we do believe they are an asset to the team. The trick is to find a reliable, trained medium. A good medium/sensitive isn't afraid to provide references, and some will even agree to do readings/be tested for accuracy.

Q: What is a shadow person and are they evil?

- Anna, Illinois

A: Anna, shadow people, or shadow walkers as some of us have termed them, are believed to be dark entities that walk this earth. Not all of them have malicious intentions, but some of them are rumored to be the cause of foreshadowing certain events or appear at the height of some paranormal activity. Some people believe that they are manifestations of demons or "evil" entities, which in most cases hasn't been substantiated. Many spirits appear in the shadow form, we at Rock Paranormal believe that it may be easier for spirits to

manifest as dark shadows than it is as visible mists or other forms. You can't really just "judge a ghost by it's color", simply because an entity that was "evil" in life may not appear as a shadow walker, just as a person that was good may not appear as an white see-through apparition like we all expect them to appear as. You really have to take the "intent" out of the analysis and take each sighting on a case by case basis. In one instance, the shadow person may have "dark" intentions, and in another it may not. You shouldn't assume just because this type of apparition has been sighted, that this is automatically an evil spirit or a demon. :-)

Q: What types of equipment do you take on when you go out on an investigation?

- Joe, Wisconsin

A: We take our notebooks, pens and pencils, sketch paper and supplies, a few digital cameras, a few EVP recorders, an EMF/Mel Meter, and a digital camcorder. The most important tool, however, is having an open mind. You never know what you will encounter on a case, and you need to keep an open mind to all possibilities when conducting your research and investigations.

Do you have questions you'd like answered?
Write us using our email below, and perhaps
you'll see your question and it's answer in the
next issue of the Informant!

Rock.paranormal.bob@gmail.com

A Note from Team Manager Bob:

A Personal Note from The Team Founder & Manager...

By Robert J. Markin

GREETINGS! I hope you all have had a fantastic year! I know here at Rock Paranormal, things have just been busy, busy, busy!

With 2015 coming just around the corner, and our “Big Change” causing many switches and flips to take place in our organizational structure, operational procedures, and our group as a whole, I just wanted to take some time to tell you all a little more about why we do what we do.

Personally, for me, it starts a very long time ago. I grew up hearing stories about “Herby”, the ghost that lived with my parents until my little brother was born. I was mesmerized. I was hooked, and as soon as I saw the movie “Ghostbusters”, I knew what I wanted to be when I grew up. (My mother was also very into Halloween, which didn’t help turn my interests in any other direction!)

After maturing a bit, and doing more research into the paranormal, I found out what a paranormal researcher actually does. It’s not all fancy proton-spewing, ghost-trapping nuclear backpacks and handy traps (although I will admit, I was hoping by the time I did grow up, these things were really invented! :-D), I was even more excited at the prospect of learning the history of different people, places, and things, and at the prospect of capturing evidence and proof of the paranormal, and being able to share my experiences with others was too good to let it just be a childhood dream.



I’ve worked at several incarnations of paranormal groups in the past, OPIAR, WISP, and even the time my friend Joe and I just studied the paranormal with no particular name or label. However, it always ended up becoming stagnant or stale, and things just fell apart before we could actually try to accomplish anything big. I won’t let that happen with Rock Paranormal.

I’m excited that we’re instituting the “Big Change” program to take Rock Paranormal to the “next level” in becoming a serious investigation organization. I’m also excited to be planning our first ever fundraising events, and I’m also excited about all of the training classes and exercises we are organizing for the coming year. I’m kind of hoping that we can try to take a few trips this year to some interesting new places.

As you can tell, it’s going to be an exciting upcoming year for us. I’m getting all decorated for Halloween, and hoping to see lots of folks this year for Trick or Treat! It’s been a good, quiet year for us, and I’d also like to say that I’m sorry we weren’t able to keep Mary around for a while longer. She was a great investigator, but from what I hear, she’s been doing just fabulous. Good for her and good luck on her new ventures.

Happy Holidays, and Happy New Year! Have a safe and happy winter season!

Our next issue is due to come out in January (Winter) 2015. It’s going to be jam-packed with all kinds of paranormal tid-bits. We’ll see you then!
Sincerely,

Robert (Bob) Markin

Founder & Team Manager, Rock Paranormal



IN THE NEXT ISSUE OF THE PARANORMAL INFORMANT

The next issue of the PARANORMAL INFORMANT is due out in February/March 2015. It's going to jam-packed full of paranormal peculiarities, so be sure to check it out!

ARTICLES IN NEXT ISSUE INCLUDE:

More Local Legends, Sightings & Stories!

The Return of "Living with the Paranormal"!

PSYCH101: The World of Spirits

Para-Research 101: Using an EMF Meter in the Field

Recent Midwest UFO Sightings in the News

PARA-SPOTLIGHT: Paranormal Underground

Rock Paranormal News & Updates

Famous Hauntings

The Starved Rock Research Project

& SO MUCH MORE...

Check it out Winter/January 2015!

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for more information.

Contact Rock Paranormal

Rock Paranormal was founded and is operated by Robert (Bob) Markin. If you are contacting us in regards to an investigation request, please email:

bob@rockparanormal.net

If you would like to submit something for the Paranormal Informant, such as a response to our PSYCH101 Column, a Question for Ask Rock Paranormal, or any inquiries to the editor/publisher of the Paranormal Informant, Robert (Bob) Markin, can be directed to:

rock.paranormal.bob@gmail.com

Check out our website for more information.

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