

The Safety Sheet

In the case of a haunting or potential haunting, this is your safest course of action. When in doubt, leave encounters with the paranormal to those educated and experienced to handle them.

1. **Do not give recognition to the spirit.**

This includes naming it, speaking to it, attempting to record it, or commanding it to leave. Do not experiment or toy with your potential haunting.

2. **Do not use any communication device.**

Paranormal, mystic, or psychic means of communication – even played for fun – can be dangerous. This includes a Ouija board, séance, pendulum/plumb bob, runes, automatic writing, and tarot cards. If you have begun using any such means of communication, cease immediately.

3. **Do not assume you know the spirit.**

Don't take the chance that you're being fooled if the spirit appears in the form of a friend or relative; knows information only one person would know; or if you were reaching out to communicate with a particular person (see #2).

4. **Create a positive environment.**

Settle arguments and tension currently in the house. Find out if there is any tension that you aren't aware of; have a family meeting if necessary. Do not let the activity drive your family apart.

If you are religious, use appropriate prayer (or the equivalent in your faith) to ask for protection and for the removal of the spirit.

5. **Contact a reputable, client-centered paranormal group.**

This group should not charge for their services nor make any guarantee to find or remove something from your home. Their focus should be on supporting your family and helping you resolve the issue, not purely on documenting what is happening. They should have contact with specialists and/or religious that can step in should the situation warrant.

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