

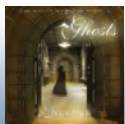
1. Introduction
2. Public Ghost Hunt
3. Plan your investigation location
4. Clothing
5. Equipment
6. Organisation on the Night
7. Ghosthunting Kit
8. Table Tipping
9. Glass Moving
10. Electronic Equipment
11. Trigger Objects and other tools
12. Noises and base readings
13. Recording evidence
14. Protection Visualisation
15. Prayer
16. Energy building
17. Meditation
18. Group energy building
19. Conclusion

Some other Workshops in the Series



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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

GHOSTHUNTING

WORKSHOP

JACKY NEWCOMB AND BARRIE JOHN

A GUIDE TO GHOSTHUNTING

Protection Meditation

Get yourself in a comfortable position, and visualise your feet firmly grounded to mother earth. Take 10 deep breaths, and then visualise a large golden ball of light in front of you; the ball is bright and warming and it glows with power as you look into it with your third eye...that psychic space between your eyes.

As the ball moves slowly towards you, I want you to reach out in your mind and touch the ball of light and bring it closely to your chest. As it moves closer you feel the warmth begin to surround you. As this happens imagine that your favourite colour is also surrounding you; feel it warming your body and notice how it makes you feel safe. At this point I want you to open your crown chakra (the energy centre at the top of your head), and visualise a source of energy connection between you and the higher realms.

Now try to remember a specific period in your life or in your past that means something to you; this could be a connection with a loved one in spirit or a favourite memory of being a child (i.e. a beach, a holiday, a house, a friend). This is your SAFE place, and at anytime during the event or investigation you can take yourself back here. Remember this comfortable feeling – you can recall it at any time.

If you feel your energy getting low during the night, or you are struggling to connect, go back to your favourite place and ask spirit to join you.

At the end of the night, always make sure that you go through the process again in reverse to put you back into the original place where you first started.

Always treat spirit with the respect that you would like your loved ones to be shown.

About Barrie John

Barrie John is a multi award winning Psychic Medium and works both nationally and internationally as a Clairvoyant, Spiritual Tutor and Commercial Paranormal Investigator.

Barrie is an experienced TV medium, radio broadcaster and published columnist who has a loyal following. He is also professional toastmaster and a public orator, and regularly speaks about the Paranormal World, his experiences as well as any many other subjects.

In 2008 Barrie appeared in Series 10 of LIVING TV's Most Haunted, working successfully alongside the Most Haunted Team.

Since then his career has gone from strength to strength and he now consistently commands large audiences at his Demonstrations and Ghost Hunting experiences.

He has appeared regularly on BBC Radio, International Radio and has been interviewed by many of the well known Paranormal and Spiritual Magazines.

To keep him grounded, Barrie contributes to his local community by doing both charity work, and caring for vulnerable adults.

To learn more about Barrie John please look at the following links:

www.barriejohn.com
www.psychicphonereadings.org.uk
www.barriejohnghoststories.com
www.housebusting.com
www.housewhisperer.org.uk



Health and Safety

- Each event is different and therefore, you have to follow your own instincts.
- Do a daytime inspection of the venue and remember it won't appear the same during the darkness.
- Always ensure that you have carried out a Risk Assessment and completed method statements of the venue prior to the team or guests arriving. A method statement and risk assessment is a legal document, and may be needed by your insurance company should there be a basis of a claim.
- Ensure that you know where your team or guests are at all times.
- Always have a back up torch, mobile phone and also Emergency Contact Numbers in case of accidents. A first aid kit and a qualified first aider should be on every event without fail.
- Make sure you have staff on hand to help you. Your team might include; first aiders, a medium and security staff.

Make sure that your insurance covers you and your team/guests at any venue.

Basic Safety

NEVER ALLOW; Matches, Candles, Naked flames, Alcohol, Non Prescribed medication



About Jacky Newcomb

Jacky Newcomb is a multi-award winning, Sunday Times best selling author (with over half a million copies of her books sold in English alone).

Jacky is a columnist for fate & fortune magazine and has published many hundreds of articles about all types of psychic phenomenon in magazines all over the world. She has written on subjects as diverse as lucky black cats, magic wands, psychic children and haunted locations.

Jacky is a regular radio guest and has appeared as a guest expert on Psychic Live, The Lorraine Kelly Show (LK Today) and This Morning.

Jacky is a regular speaker and workshop facilitator and has recently presented the pilot of a brand new ghost hunt TV show. She has been interviewed numerous times by the national press including; The Daily Mail, The Daily Express and The Daily Mirror.

To learn more about Jacky, you can visit her website:

www.AngelLady.co.uk

www.JackyNewcomb.com