



What to Do if You Witness Paranormal Phenomena

Ghosts & Spirits...



Even though haunting-type events can be a bit scary, bear in mind that approximately 90% of all hauntings can be explained by natural occurrences.

Even if your case is one of the few that involves genuine phenomena, don't panic. Contrary to what you may have seen on TV, ghosts and spirits cannot harm you. View ghosts in the same manner you would view any other human being.

When a ghost or spirit shows up, there is usually a reason. Therefore, it helps to acknowledge the spirit by speaking out to him or her just as you would when a benevolent stranger shows up at your door. Firmly and directly let the spirit know that he or she is trespassing on your property without permission (this is a boundary violation). Do not become emotional nor show fear. Tell the spirit that you are not in a position to help and that you respectfully demand that he or she leaves your home immediately. You may need to repeat your demand if the activity does not subside. Again, vocalize your demands firmly, directly, and without fear or anger.

If the paranormal activity persists, you may need the help of qualified and professional paranormal investigators who can verify and resolve the activity. You should be able to find a local group with an online search.

It is also crucial that you use the *Anomalous Activity Journal* on the next page to document and record the details of your experience. Try not to compare notes with any other witnesses if possible. Be diligent in recording any and all details of the event including what you were doing when the activity erupted and who witnessed it. In any case, do *not* be afraid.

UFO Sightings...



As with other paranormal phenomena, the vast majority of UFO sightings can be explained by natural occurrences. Try to rule out stars, aircraft, freak cloud formations, promotional and advertising blimps, balloons, and other types of natural phenomena.

If you have seen something truly strange, use the *Anomalous Activity Journal* on the next page to document and record the details of your sighting. Be sure to record the direction the craft was going, the event duration, the time of day/night, the approximate angle in the sky, and the shape of the craft.

To estimate size, use common and known units of measurement, such as a football field (100 yards x 160 feet, or 91.4 meters x 48.8 meters). To estimate distance, use known landmark distances for comparison (if available). Understand that estimating distances and altitudes is very difficult (if not impossible) for anyone.

Try to sketch the shape of the craft as best you can while the sighting is still fresh in your mind. To the extent possible, do not discuss your sighting with any other witnesses before investigators have an opportunity to interview everyone. If you do not personally know other witnesses, try to get their contact info in the event investigators want to get their perspective.

Once you have documented your sighting, please visit www.MUFON.com to locate an investigator. Otherwise, you should be able to find a local group with an online search.

Alien Abductions...



Abduction experiences are, perhaps, the most difficult for an individual to bear—especially alone. If you believe you have had an abduction experience, we strongly encourage you to contact www.MUFON.com. Do not let fear of what others may think dissuade you from seeking help.

Please use the *Anomalous Activity Journal* on the next page to document anything you can remember about your experiences.

Anomalous Activity Journal

	Event Date	Event Time	Event Length	Event Description Briefly describe the event including specific details that might help the investigators	Witness Names
1					
2					
3					
4					
5					
6					
7					
8					
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