



★ M.A.R.A.

Merseyside Anomalies Research Association



Members Handbook and Investigation Guide

November 2003

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Mara Investigator Handbook

The Merseyside Anomalies Research Association (MARA) was founded in February 1996. It is a non-profit making organisation whose aims are to encourage, promote and conduct unbiased objective investigation and research into UFO/paranormal phenomena. It aims to collect and disseminate evidence and data relating to anomalous phenomena. The association will also co-operate with persons and organisations engaged in similar research in all parts of the country. MARA also provides support for University undergraduate research.

MARA consists of an informal group of people of all backgrounds and a variety of ages over 18. The group limits itself to a relatively small number of people, composed of individuals with mixed backgrounds who want to actively investigate and research UFO/paranormal phenomena. The primary objective of the group is to be active in investigating and researching such phenomena within Merseyside. Investigation by members has to be done at their own expense (something other societies fail to mention). Association members are open minded and objective in their approach and investigative training is given. All members abide by a code of conduct, treating information pertaining to witnesses and cases with confidentiality.

The ghost phenomenon has time and time again puzzled mankind. Apparitions are seen, voices, footsteps, and knockings are heard, a strange presence is felt, people become frightened, and question themselves, the situation, or both. Many people dismiss these happenings as being superstition, but what happens when thorough research, and in-depth investigations are done to provide us with the answers to our questions?

At MARA, we believe that there are no unnatural phenomenon, just unexplained phenomenon. This means that a disturbance caused by a ghost, demon, angel, ufo etc. can be as natural as a nighttime disturbance caused by rodents, providing the evidence suggests so. The evidence to support this type of activity should be objective, and the evidence to support this type of finding should be clearly recorded. The fact that the event took place makes it natural, just uncommon.

Our scientific goal, is to find out what conditions are necessary for the phenomenon to take place, and document the happenings to the best of our ability. With this information, we can then learn to witness the occurrences more frequently, so we can understand why and how they come to be. This information may also be used as material to prove the existence of ghosts, demons, angels, etc. to non-believers. The term non-believer is used instead of , because all scientists should be s so that wishful thinking does not influence our judgment on an investigation. A generally wants to believe, but requires evidence, and proof to do so, while non-believers will deny scientific results

because he/she cannot conceive the concept of the possibility of the existence of ghosts, or just does not care enough to want to believe.

Mara Standard Operating Procedures

In order to gather the data required to achieve our goal, and prove the existence of the phenomenon to non-believers and s alike, many steps need to be observed to ensure the validity of our findings. **All of our team members are expected to abide by these rules.**

First and foremost, researchers need to be familiar with the phenomenon, and parapsychology's history in researching the phenomenon. While new investigators may have new innovative techniques in performing their investigations, many of the tried and tested techniques of the past will always be useful. Many of the techniques used even a century ago, are still used today by ghost hunters. Reading as much as possible on the subject will help you and any investigation team better understand what to do, what to expect, where to look, etc.

Knowing how to operate, and read your equipment is the second step to obtaining usable data. There are quite a few pieces of equipment that require you to spend time experimenting with the equipment so that you may receive the best results while in the field. For example, an individual can spend a large sum of money on film, purchasing and developing, only to find later, that the camera settings were not adjusted properly, causing pictures to come out too dark, or too light. An important part of the documentation process during that any investigation could be lost due to incompetence, lack of preparation, and not knowing the equipment. More detailed information on the equipment will be dealt with later in this handbook.

Thirdly, investigating with proper ethics is essential. This means, performing your investigations, and research, in a professional manner. When investigating always treat witnesses with the utmost courtesy as they are always key elements to any investigation. Always follow the investigators code of practice, a copy of which can be down loaded from the MARA website and can be found at www.mara.org.uk. A copy of the code of practice is also provided at the back of this handbook.

Proper data recording techniques are essential to completing our research. Every piece of equipment brought with you on an investigation is capable of providing evidence for the existence of paranormal phenomena, and helps researchers to better understand the phenomenon. Keep extremely detailed notes on everything taking place. For example, when recording with audio tape, be sure to make notes of the counter numbers when an artificial sound was created (i.e. someone on the team speaking, dropping something, opening or closing a door, etc.) by writing the counter number and a detailed description of what occurred. The same applies to a phenomenon in which you cannot explain (i.e. apparition was seen, voices and/or noises were heard, objects moved, etc.). This will aid in finding the section of tape with ease in

the future, and will also help you and others in discerning what is an actual EVP and what is not. Again, proper knowledge on operating the equipment is necessary!

Always be al of the situation you and your team are investigating. Try to find a more likely cause for the disturbance, always exhaust the possibility of any natural explanations to explain problem before concluding that ghosts, angels, demons, etc. are the cause.

Make sure you inform the parties necessary about what you will be doing at the investigation. People that call you, already feel in the dark about what is happening to them, so the more you speak with them about what you will be doing, the more comfortable they will feel. This will also give you and your team more credibility.

Make sure you and your team all know what they will be doing at the investigation (i.e. what equipment they will be in charge of, what locations they will be covering, who they will be working with). If your team is left in the dark, there will be more chances for mistakes, and more opportunities to bumble an investigation.

Never, ever investigate on your own. There are quite a few reasons why:

- 1) Safety, just in case you need help, and bite off more than you can chew.
- 2) Second opinions, so that you may have corroborative thoughts on events that occur during an investigation.
- 3) Company. Being by yourself can be mentally taxing. There will sometimes be hours of silence, in lets face it, a situation that can rattle your nerves and frighten you a team will help keep your mind focused on the job in hand

Guidelines to the use of basic equipment.

Compass- Used in the detection of ghosts. The theory behind the use of the compass is that ghosts are composed of or move through an electromagnetic energy field, energy that can affect the needle on a compass, indicating a ghost is present.

Candles- Light is always necessary, especially if your flashlight batteries die or fail to operate. Candles are yet another tool in the detection of ghostly breezes.

Flashlight- For light, naturally.

Thermometers - Ghosts have always been associated with sudden temperature changes, drops and rises. To better understand the phenomenon, keeping accurate records of these changes would be beneficial. These devices can also be used to detect if a ghost is present by locating, what we call, a cold spot (area the where temperature seems to be dramatically cooler than the surrounding temperature).

Audio Tape Recorder (Recording Electronic Voice Phenomenon)- A tape recorder serves as an excellent documentation device during an investigation or for witness interviews. The tape recorder is also known for having the ability to record voices or sounds from ghosts, not present to the human ear at the time of recording, but occur when the tape is played back. Often times these recordings are very muffled, and require the volume to be raised considerably.

How to record effectively: Make sure that you use a microphone other than the one on your recording device. Built in microphones can often record the sound of the reels turning, and when there is dead silence, the grinding sound made by your recorder can ruin your investigation.

Also, make sure that you always use brand new tapes. When recording over a tape that has been recorded on before, sometimes the sounds on the original recording come through on the next recording. For example, if you use a tape for an investigation that has been used before, if the recording heads do not full erase the previous recording, you may hear bits of this when playing back your investigation tape (it will sound real muffled like an EVP).

Some researchers will not use the second side of an audio tape when taping an investigation. It has been known to happen in the past, that EVPs may sound on the opposite side of the recorded tape. For example, if you record on side A of a tape, side B may contain EVPs. It is then up to the researcher, their budget, and their patience to decide if they want to use only one side of a tape, or two.

Always be sure to take note of the counter number on your tape recorder when noise is made by a living being. Have a notebook handy to mark these down in. This will help you to discern what was made by you, your team members, or others around during the investigation, and what is an actual EVP.

Always avoid whispering when tape recording. If you are going to say something, be sure to say it loudly, so that you may not mistake it later on for an EVP.

Be sure to use good tape. Buying the bargain brand audio tape is obviously not a very wise decision to make when attempting a recording of EVPs. Always get high grade tape made especially for recording live.

Why EVPs Happen: There is no exact reason as to why the EVP phenomenon occurs, but researchers do have their theories. The most probable theory is that because ghosts are made up of electromagnetic energy, and audio tape is magnetic, spirits have the ability to influence the polarity of the tape, therefore imprinting a voice or sound. Other theories involve spirits' voices being on another plane, or too high for our

ears to hear, but can be recorded by the device anyway. And yet other theories state that EVPs are the product of the human mind imprinting on the tape, or radio frequencies being picked up accidentally.

Camera- The camera was probably the first piece of complicated equipment used in ghost hunting. Always use a good 35mm camera with high speed film.. You may also want to experiment with infrared film, but it is quite expensive, and difficult to use. It may take you several attempts at photographing in the night to get a proper development, and be sure to always use black and white infrared film (colour film can cause unwanted colours in development that make it difficult to discern what is a ghost and what is not).

Digital cameras may also be used. The advantages are many: the costly necessity to buy film is eliminated, developing time and cost is eliminated, and one can view the pictures taken during the investigation instantaneously. This sure can make ghost hunting cheaper and easier, but at what price? Your authenticity and credibility can suffer greatly because of the following reasons:

There are no negatives. There is no way to prove that the pictures taken were not doctored in a software program such as Photoshop. With a negative, a researcher, non-believer, and sceptic alike can send a film manufacturer, such as Kodak, the negative, and get an official response as to what is on the film. When researchers hear that what is on the film is unexplainable by professionals (i.e. the people who make the film and know the film), their chances of believing what you have is proof of the existence of ghosts is more likely.

Another flaw in digital photography is the resolution of the pictures being taken. When analysing spirit photos, often times enlargements need to be made for a closer look at what is in the shot. Sometimes, what we believe to be a ghost, may actually be a reflection from a stop sign for example that you would not have seen if the picture were not blown up. With a digital photo, enlargement usually leads to very grainy viewing with blocks of coloured pixels showing, when zoomed, that somehow make up the photo when shrunk. Analysing a blown up digital photo is almost impossible to do unless you are dealing with a very sophisticated digital camera.

I would recommend using a digital camera along with a camera requiring film. You now have two similar means of data recording, and may even be able to help ghost hunters of the future understand spirit photography using digital cameras, as a pioneer in the research of the ghost phenomenon using new equipment. One can now compare the photos gathered from both the camera using film, and the digital.

What to Look for in Your Photographs: There are four main classifications that have been made through the years, and researchers from different organisations refer to them with different names, and perhaps even elaborate on sub-classifications. We will cover only the basic descriptions.

The Orb: A ghost photograph resembling a ball of light, more commonly in authentic photos are the orbs quite dense in nature. Very transparent orb photos should be analysed carefully, examining the environment in which the photos were taken, and if necessary precautions taken (i.e. making sure fog, rain, mist, and insects were not present. These elements can all create orb-like entities in photography. To test for their presence, one should shine a bright light on the area in which you wish to photograph. Fog, mists, and insect swarms (mosquitoes, etc.) will be more visible now. Without the light, fog, smoke, mists, and insect swarms cannot be seen.

The Vortex: A ghost photograph in which a streak(s) of light is/are made across the picture, usually white in colour. Be careful that you are not photographing your camera strap, hair, or fingers when taking shots. At various distances, these objects can almost pass for a vortex, but are still distinguishable. What the vortex is, no one is sure, but theories exist that perhaps it is the means in which a spirit travels from our world to the next, dimensional portals, and ghosts moving at tremendous speeds. We're sure other theories exist as well, and they too may be correct.

Peculiar Mists: Otherwise known as ectoplasmic mist, these photos generally contain a mist, varying in colour, usually grey, but sometimes seen in green, and black, that was not present when the photo was taken. Theories exist that these mists are the spirits energy either gathering or separating. Again, take precautions to make sure you are not photographing fog, smoke, breath moisture, or exhaust.

Also, do not attempt to find faces or other human/non-human formations in the mists! If you find anything this could prove to be highly subjective and are now creating for yourself, another phenomenon, that you really have nothing to back up your claims with.

Human Forms: These pictures are the most rare type of spirit photography to get that is authentic. This is true only because they are the easiest to fake! Trick photography is becoming more and more realistic as technology advances, and this makes our jobs that much more difficult.

What to do to Help Ensure an Authentic Ghost Photograph:

1. Make sure that your camera strap is not in front of your lens. In fact, we advise removing the strap all together to truly ensure the validity of a vortex photo.
2. If you have long hair, make sure that your hair is tied back and/or placed under a hat so that no hair gets in the way of the camera's lens.
3. Make sure that your fingers are clear of the camera lens.
4. Make sure that your lens is clear of dust, and moisture before shooting.
5. Make sure that the lens cap is off.

.Why Does Ghost Photography Happen: No researcher knows exactly why the phenomenon of ghosts on film happens, but there are theories. The camera takes a picture of a moment in time, freezing everything that was happening at that moment, and committing it to memory or film. The human eye only interprets what is around us by the intake of light, which is constantly changing. Perhaps the eye cannot see the spectrum of light at which ghosts exist, but the camera, on the other hand, because of its ability to freeze a moment in time, may be able to capture the spectrum of light at which a spirit does exist. After all, the camera lens acts, gathering pictures by the use of light, as the human eye does. Other theories such as one stating that spirits are moving too rapidly for the human eye to see, but not for the camera to catch, can be very supportive as well, and may be combined with other theories. There is no one correct reason as of the current date.

Video Camera- Used in the documentation of witnesses, documentation of the team, surrounding environment, full coverage of the location being investigated, and hopefully to record a paranormal event. Often times, one will view a video tape of the area being investigated and see nothing on the tape, but when it is slowed to frame by frame, the investigators can be very surprised at what actually is on the tape.

To Ensure Better Video: Make sure that the lens cap is off, the lens is clean, proper adjustments to camera settings were made, and a high quality tape was used.

Data Recording Techniques

Now that you have read about the various tools used for gathering useful data for ghost research, we can discuss a tool that will be used after your investigation. This tool is extremely powerful when used correctly. The tool I speak of is The Data. The information that you and your team gather is the only tangible piece of evidence you can provide to a sceptic and non-believer, short of them actually witnessing the ghostly event with their own senses. If there is one flaw, or one variable not considered, in the evidence presented that could influence a

sceptic / non-believer to believe that the evidence provided has another explanation other than a spirit, angel, demon, etc. your teams credibility will suffer. This is why proper precautions must be made before, and during, an investigation. The following is a suggested outline for how to go about recording your data in a manner that will hold up to scrutiny by sceptics and non-believers alike.

Written Records:

When arriving at the location of an investigation, always keep written records of:

1. The team members present.
2. Who is leading the team.
3. Where the location is
4. Time of arrival at the location
5. Environmental conditions of the location (time of day, temperature, precipitation, etc.)
6. What equipment is being used, and who is operating the equipment.
7. Brief history of the location, and the location's history with the phenomenon.

Note: You may wish to enter in the names, location, equipment, and history before arriving to save time, and enter the time and environmental conditions when arriving.

Other written records should include the following:

1. Whenever audio tape recording any voice, noise, object that is moved, or any other human or ghostly event that occurs, write down the
 - a) Time of the event
 - b) Audio and video tape counter numbers
 - c) Detailed description of the event (where, with whom, etc.)

This procedure will save you a great deal of hassle in finding events on tape, and perhaps help explain peculiar happenings. For example, if when listening/watching to your audio/video tape after an investigation, and you come across an EVP, you can now check your written documentation of events to see if the counter numbers you heard the EVP at during playback of either the audio or video tape correspond to counter numbers of an event that took place during the investigation.

2. Whenever sweeping an area with the EMF Detector, always write the following:

- a) Time of sweep
- b) Readings received
- c) Environmental conditions during reading (temperature, humidity, barometric pressure, etc.)
- d) Description of unusual readings (what the reading was, fluctuation of the reading, where, etc.)
- e) Description of any other events that may have occurred while the readings were done that are significant (i.e. apparition was seen, objects moved, etc.)

3. When taking temperature readings, always write down the following:

- a) Time of temperature reading
- b) Significant temperature changes, and where, how much difference, fluctuations, did the temperature change move in location, etc.
- c) Other environmental conditions during time of unusual temperature reading.

4. When taking photographs of a ghostly occurrence (i.e. objects moved, footsteps were heard, etc.) while the happening is in progress or directly after, always write down the:

- a. Time of the photographs
- b. Picture numbers from the camera
- c. Settings used on the camera while taking the pictures

NOTE: When taking photographs, always remember to remove your camera strap, tie back long hair, be sure that the lens is clean, be sure that fingers are not creeping into the lenses view, and that precautions for environmental conditions were checked before shooting.

5. When video taping an odd happening, always write down:

- a. Time of the occurrence
- b. Counter numbers of the time of occurrence
- c. Settings used on the camera while filming

Audio & Visual Data Recording

A vast multitude of video cameras would be any ghost hunters dream, but unfortunately video cameras are expensive, so again, your budget plays a major role in your documentation. Also consider, the more video cameras your team uses during an investigation, the more hours will be needed to view the playback. We would recommend using at least two video cameras during investigations so that one video camera may be mobile (covering many locations), and the other camera may be concentrated on the investigators (capturing their operation of the equipment, writing down events that are occurring, etc.).

The mobile camera is used to cover all locations of the premises, and used mainly in hope to capture significant evidence. The purpose of filming the team is to show s/non-believers what was being done by the investigators at the moment of an odd occurrence. s/non-believers can, and will, be very curious as to what was being done by the investigators, where people were situated during a happening, if the equipment was being operated properly, and much more. To ensure their faith in your capabilities in the field, you can protect your teams credibility by displaying in real time that you and your team were: writing down all requirements from the Written Records section of the MARA Standard Operating Procedures, operating all equipment in a correct and professional manner, etc. Taping yourselves performing the necessary tasks will now become more proof of the authenticity of the data recorded during your investigation.

It is always essential that all observations and sensor readings are recorded accurately. Always stay back and observe any particular hotspots using cameras and sensors, and try not to interact with the environment under observation as this could introduce elements of subjectivity into the investigation.

Merseyside Anomalies Research Association

Guidelines into Conducting Experiments into the Paranormal.

Merseyside Anomalies Research Association Guidelines into Conducting Experiments into the Paranormal.

These guidelines have been produced as a guide to all M.A.R.A members involved in carrying out any form of experimentation.

These notes provide a format in which you can formulate experimental ideas, conduct the experiment and finally present the findings.

Experimentation into the paranormal is encouraged amongst group members, provided that two key factors relating to the conduct of the experiment is adhered to:

The experiment is conducted using an established scientific method.

The experiment is ethical and regard for the safety of all participants is paramount.

Ethics and Safety

All members conducting experiments should ensure that all aspects of the experiment are both ethical and broadly in line with MARA's standard operating procedures.

Does the study you have designed protect your participants in these ways? In addition to being sensitive to your participants, please be aware of your own protection and safety. That is, do not design or conduct a study that compromises your own safety in any way (e.g., collecting data in an unsafe location or at an unsafe time of day).

If any experiment is to be conducted under the Mara banner it is essential that you get approval at an open monthly meeting prior to starting the experiment. Also keep the membership informed as the study progresses.

Overview of the Scientific Method

The scientific method is a process for experimentation that is used to answer questions and explore observations.

Scientists use an experiment to search for cause and effect relationships in nature. In other words, they design an experiment so that changes to one item *cause* something else to vary in a predictable way. These changing quantities are called variables.

Before planning any form of experimentation it is essential that you have a clear understanding of what is it that you are trying to find out from your experiment? What is it that you are trying to achieve?

Research Your Topic: Investigate what others have already learned about your area of study. Read around the subject and gather information that will help you conduct your study.

The next step is to **State Your Hypothesis:**

After having thoroughly researched a topic, you should have some prediction about what you think will happen in your experiment. This educated guess concerning the outcome is called your hypothesis.

The hypothesis should be worded in such a way so that it can be tested in your experiment.

When carrying out any experiment into the paranormal it should be understood that results can't be predicted so it is essential that the experiment is conducted in an objective manner. Not every question can be answered by the scientific method. The hypothesis is the key. If you can state your question as a testable hypothesis, then you can still use the scientific method to obtain an answer.

Planning The Experiment:

Materials List & Procedure

Materials List

What type of equipment will you need to complete your experiment?

Make a materials list being as specific as possible, and be sure you can get everything you need before you start.

Procedure

Now that you have come up with a hypothesis, you need to develop a procedure for testing whether it is true or false.

A little advance preparation can ensure that your experiment will run smoothly and that you will not encounter any unexpected surprises at the last minute.

You will need to prepare a detailed procedure for your experiment so you can ensure consistency from beginning to end. Think about it as writing a recipe for your experiment. A step-by-step list of everything you must do to perform your experiment. Think about all the steps that you will need to go through to complete your experiment, and record exactly what will need to be done in each step. Type your materials list and procedure in a word processor and retain this with the rest of the experiment documentation.

This also makes it much easier for someone else to test your experiment if they are interested in seeing how you got your results.

Conduct Your Experiment

Test Your Hypothesis by Doing an Experiment:

It is also important to take very detailed notes as you conduct your experiments. In addition to your data, record your observations as you

perform the experiment. Write down any problems that occur, ideas that come to mind, or interesting occurrences. Be on the lookout for the unexpected. Your observations will be useful when you analyse your data and draw conclusions.

It is recommended that you get a project notebook so that all your information is kept in one place (don't use loose-leaf notebooks, you want to make sure all your information stays together). The data that you record now will be the basis for your research paper and your conclusions so capture everything in your project notebook, including successes, failures, and accidents. If possible, take pictures along the way, these will later help you explain what you did. Be as exact as possible about the way you conduct your experiment, especially in your measurements and note taking.

Ensure that all environmental conditions are clearly monitored and recorded. Scientists run experiments more than once to verify that results are consistent. This may not always be possible in the area of paranormal experimentation.

Analyse Your Results:

At this stage, you want to be organising and analysing the data that you have collected during the course of your experiment in order to summarise what results your experiment has shown.

Data Analysis & Graphs

Take some time to carefully review all of the data you have collected from your experiment. Use charts and graphs to help you organise the data and patterns. Did you get the results you had expected? What did you find out from your experiment?

Really think about what you have discovered and use your data to help you explain why you think certain things happened.

Calculations and Summarising Data

Often, you will need to perform calculations on your raw data in order to get the results from which you will generate a conclusion. A spreadsheet program such as Microsoft Excel may be a good way to perform such calculations, and then later the spreadsheet can be used to display the results. Be sure to label the rows and columns--don't forget to include the units of measurement (time temperature, etc.).

Conclusions

Draw Your Conclusion: This is your opportunity to explain the meaning of your results.

How did your results support or contradict your original hypothesis?

If the results of your experiment did not support your hypothesis, don't change or manipulate your results to fit your original hypothesis, simply explain why things did not go as expected. If you think you need additional experimentation describe what you think should happen next. Scientific research is an ongoing process, and by discovering that your hypothesis is not true, you have already made huge advances in your learning that will lead you to ask more questions that lead to new experiments.

Report Your Results and Conclusion: Since you are performing an experiment, you should write a report, and this can also provide the basis of a Researcher article.

Research Paper

At this point, you are in the home stretch. Except for writing the abstract (described below), preparing your research paper will just entail pulling together the information you have already collected into one large document.

Here are the basic elements of a scientific research paper:

Title Page

Table of Contents

Abstract: The Abstract is a short summary of the project and includes the key highlights of your experiment: purpose, procedure, and conclusions.

Objectives: State the purpose or hypothesis upon which the project is based.

Materials and Procedures: Indicate the materials and procedures used in your project. Briefly describe your experiment or procedures.

Results: Summarize the results of your experiment and indicate how they pertain to your purpose or hypothesis.

Conclusions/Discussion: Indicate if your results supported your hypothesis or enabled you to attain your objective. Discuss briefly how information from this project expands our knowledge about the category subject.

Acknowledgments: This is your opportunity to thank anyone who helped you with your project, from a single individual to a company or government agency.

Reference List / Bibliography.

Table and Figures: Include tables, charts, and photographs that further help explain your experiment and results.

The Bibliography

You should list all the books or written sources of information about your topic that you have used in your study. You may have additional information from the Web if appropriate.

Examples

There are standards for documenting sources of information in research papers. Following are standard formats and examples for basic bibliographic information.

Books

Format:

Author. Title: Subtitle. Place: Publisher, Date.

Examples:

Allen, Thomas B. *Vanishing Wildlife of North America*. Washington, D.C.: National Geographic Society, 1974.

Searles, Baird and Martin Last. *A Reader's guide to Science Fiction*. New York: Facts on File, Inc., 1979.

Magazine & Newspaper Articles

Format:

Author. "Title of Article." Title of Periodical Date: First page.

Examples:

Kanfer, Stefan. "Heard Any Good Books Lately?" *Time* 21 July 1986: 71.

Kalette, Denise. "California Town counts Down to Big Quake." *USA Today* 21 July 1986, sec. A:1.

Website or Webpage

Format:

Author. Title. Editor. Date. Institution. Access Date URL.

(simply omit any information that you do not have)

Examples:

Lightning injures four at music festival. Terry Devitt. August 2, 2001. *The Why? Files*. <http://whyfiles.org/137lightning/index.html>.

Article from an Encyclopedia

Format:

Author. "Title of Article." Title of Encyclopedia. Date.

Examples:

Pettingill, Olin Sewall, Jr. "Falcon and Falconry." *World Book Encyclopedia*. 1980.

Radio or TV

Format:

"Title of Episode." Name of Show. Channel, Date.

Examples:

"Latch-Key Kids." *Hour Magazine*. CBS, 15 Nov. 1983.

The 25 Questions (Albert Budden Form)

Guidelines for Determining the Development of Electromagnetic Hypersensitivity (EH)

Adapted from *Electric UFOs: Fireballs, Electromagnetics and Abnormal States* by Albert Budden (London: Blandford, 1998)

1. Do you frequently get severe shocks from door handles, car bodywork, and other surfaces?

 Y N

2. Do you feel uncomfortable in synthetic materials, such as acrylic, polyester, or nylon?

 Y N

3. Are you sensitive to perfumed products, aerosols, cigarette smoke, gasoline, natural gas, make-up, aftershave, and similar substances.?

 Y N

4. Does electrical equipment go wrong or behave oddly in your presence?

 Y N

5. Are there any foods or drinks that you either avoid or consume large amounts of? Do you have food allergies, for example, to chocolate, coffee, milk, orange juice, food with artificial colouring or flavours, or wheat products?

 Y N

6. Did you have a happy childhood? If no, give reason(s) briefly.

 Y N

7. Do you ever have hairs on your body stand on end, feel suddenly cold or overheated, or experience tingling or numbness?

 Y N

8. Do you ever get a metallic taste in your mouth?

 Y N

9. Do you get *deja vu* strongly and often?

 Y N

10. Do you ever get the overwhelming sensation that someone is in the room with you, watching, although you cannot see anyone?

 Y N

11. Are you very sensitive to light? (Sunlight? Flickering light? Do you wear tinted glasses?)

 Y N

12. Are you sensitive to medications, especially antibiotics?

 Y N

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|----------------------------|
| 13. Do you have what could be called psychic experiences, such as ghostly encounters or out-of-body-experiences (OBEs)? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 14. Do you find that objects in your home go missing or sometimes seem to behave oddly in any way? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 15. Do light bulbs or batteries seem to last for a very short period of time in your home? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 16. Have you ever been close to a lightning strike or suffered major electrocution? Or defibrillation? Or electro convulsive therapy (ECT)? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 17. Do you ever see small lights darting about the room? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 18. Does fluorescent light bother you at all? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 19. Do you ever have periods where you lose all concentration, feel over-heated, see light flashes, lose muscle power in your legs, or feel tingly and heavy? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 20. Are there any of the following features near your home: a quarry, radio mast, power lines, reservoir, hill, military base, TV or radio station, radio ham? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 21. Does time ever seem to slow down or pass in a flash? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 22. Have you ever had periods of time for which you cannot account? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 23. As an activity, do you write very much? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 24. Have you ever had the experience of everything going very still, timeless, and silent? | <input type="checkbox"/> Y | <input type="checkbox"/> N |
| 25. Do you ever get painful electrical rippling sensations under the skin? | <input type="checkbox"/> Y | <input type="checkbox"/> N |

Introductory Explanation into the Code of Practice for UFO/ Paranormal Investigators

For a numbers of years there has been an increasing interest to the UFO and Paranormal phenomena, and as a result there has been a growth in the numbers of small individual local and regional groups that have been set up to investigate and research the activities of such phenomena.

However, very few have demonstrated a strong structural set up and various techniques into investigating cases have been seen. It was necessary for the Merseyside Anomalies Research Association to adopt already developed regulations regarding the behaviour of an investigator and researcher during contact with the witnesses, the public, official bodies and the media.

We have used a Code of Practice that was created by a number of people from a variety of organisations. The terms and agreements where discussed over a number of meetings and concluded with an official Code in April of 1982.

Though it was predominantly set up by UFO organisations and individuals, I strongly felt that this Code should also include those who investigate the Paranormal, especially as there is evidence to show that the UFO phenomenon might be related to the Paranormal field. Therefore, with some slight alterations to the Code (inclusion of the words "Paranormal" and "researchers" only) a Code of Practice is now used and abided by all members of the Merseyside Anomalies Research Association who are active investigators and researchers as a means of protecting the Association, members, witnesses, public and official bodies who come into contact with the Association.

Anthony Eccles MARA 1996

Code of Practice

1. The Code is intended to regulate the investigation of UFO/ Paranormal phenomenon by groups and organisations, and by lone investigators and researchers
2. This Code of Practice is based on proposals discussed by representatives of leading national and local UFO organisations on 28th March, 25th April, 1st June and 14th November 1981
3. UFO/ Paranormal groups, organisations and lone investigators are equally invited to subscribe to the Code of Practice
4. Investigators who are members of, or acting under the auspices of, a UFO/Paranormal group or organisation which subscribes to the Code of Practice, must themselves subscribe to the Code
5. A supervisory body, with its members drawn from several leading UFO and Paranormal organisations, will administer the Code of Practice

CODE OF PRACTICE FOR UFO/ PARANORMAL INVESTIGATORS

This Code of Practice consists of Four sections:

1. Responsibility to the Witness
- 2 Responsibility to the Public
3. Responsibility to UFO/ Paranormal investigation and research
4. Practices which are prohibited as part of a MARA investigation

CODE OF PRACTICE

Section One: Responsibility to the Witness

- 1.1. The identity of a witness to a UFO/ Paranormal event is CONFIDENTIAL and MUST not be disclosed unless written consent is obtained from the witness to release such information. (Sect. 3 Para. 4 refers)
- 1.2. The witness MUST be advised of the consequences which may arise if the information specified in clause 1.1 is released.
- 1.3. Insofar as is practical, all interviews shall be by prior appointment.
- 1.4. It is desirable that all interviews shall be conducted by two investigators, and in the event of the witness being a woman or child (under 16 years), that one of the investigators shall be female.
- 1.5. All requests by the witness (or, in the case of a minor, a parent or other responsible person) for a third party to be present during an interview MUST be honoured.
- 1.6. If the witness categorically refuses to co-operate in any way, or to meet another investigator, he or she MUST not be approached further, the option for farther contact resting with the witness.
- 1.7. An investigator MUST not enter or attempt to enter any private property without the permission of the owner, tenant (or occupier), or authorised agent.
- 1.8. Any damage to property caused by an investigator during the course of an investigation (for which the investigator admits liability), shall be made good by that investigator.
- 1.9. Specialised techniques, or equipment MUST not be used during the interviewing of a witness other than by the written consent of the witness and the use of any such aid, or aids, shall be restricted to interviews conducted by fully qualified practitioners. The use of hypnosis shall only be under the guidance of a medically qualified psychologist.

1.10. The witness is entitled to be informed of the conclusions reached if they so request.

1.11. Due consideration should always be given to the health and welfare of the witness.

Section Two: Responsibility to the Public.

2.1 All investigators MUST so far as is practicable, co-operate fully with the police and any other official body, particularly in circumstances which may affect national security. (Sect. 3 Para 4 refers)

2.2 If, during any investigation, a situation is encountered which is, or is liable to become, dangerous to the general public, or result in damage to property, the investigator MUST without delay notify the police or other responsible body, and take all reasonable steps to protect public and property. No information gained during an interview shall be made available prematurely to the news media

2.3 The investigator shall not issue unsupported statements to the news media concerning any case.

2.4 Investigators are reminded that they have no special privilege, and may be required to disclose confidential information to the courts.

Section Three Responsibility to UFO/ Paranormal investigation and research

3.1 The free flow of information shall not be restricted for personal gain, where possible the investigator shall make data available promptly to accredited investigators, with due credit being given to the source of that information

3.2 All interviews regarding cases of high strangeness shall be electronically recorded unless the use of a recorder is objected to by the witness, (or other responsible person in the case of a minor)

3.3 All reports should indicate the persons present during interviews, and their status

3.4 Any information, confidential because of factors inherent within this code, MUST not be made available in the EDITED report Only the EDITED report should be made available for external use (Note - unless released by the witness, the witness's identity is confidential, and MUST not be included in the EDITED report To fully protect witness's in sensitive occupations, it may be desirable to restrict details of the time, place and circumstances of the incident to such UFO/ Paranormal researchers as "need to know")

3.5 An investigator should not discuss his personal theories with a witness during the course of an investigation

February 1982

Section Four Practices which are prohibited as part of a MARA investigation

4.1 The following practices are prohibited as part of a MARA investigation;

Exorcism, Magic Ritual, Séance, use of Ouja boards, alien contact channelling.

4.2 The signing of this code of practice does not preclude an investigator from taking part in any of the above, but they must not be used as part of an investigation.

4.3 If an investigator publishes or tells the public that they are taking part in any of the prohibited practices, they must also state that they are not doing it as part of any MARA activity.

April 2002

4.4 All MARA investigators are prohibited from carrying out or advocating any type of hoax during an investigation, this includes hoaxing for the purposes of a test or a joke. Anyone committing a hoax will be suspended from MARA and will probably have their membership revoked. MARA reserves the right to publicise any hoax they uncover and name individuals involved in the hoax.

November 2002