



EYE ON INsight

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WELCOME TO THE INAUGURAL EDITION OF EYE ON INsight

Volume 1, Issue 1
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By Brian Willis, INsight co-founder



Hello everyone, and welcome to the first edition of our newsletter, Eye on INsight! We are extremely excited to have this new forum to communicate with the people who share our passion for the paranormal.

We are confident you will find this newsletter fun, informative, and educational. Our readers will be kept up on the latest happenings with INsight, such as events, investigation results, and our latest tips and techniques in our investigative travels. Once again, welcome to Eye on INsight, we're sure you will enjoy it as

much as we enjoyed bringing it to you!

NIGHT PHOTOGRAPHY

By Jeff Berry, Photo Expert



Night photography refers to photographs taken outdoors between twilight and dawn. Night photographers generally have a choice between using artificial light or using a long exposure, exposing the scene for seconds or even minutes, in order to give

the film enough time to capture a usable image, and to compensate for reciprocity failure. With the progress of high-speed films, higher-sensitivity digital image sensors, wide-aperture lenses, and the ever-greater power of urban lights, night photography is increasingly possible using available light." (http://en.wikipedia.org/wiki/Night_photography)

"The following techniques and equipment are generally used in night photography.

- A tripod is usually necessary due to the long exposure times. Alternatively, the cam-

era may be placed on a steady, flat object e.g a table or chair, low wall, window sill, etc.

- A shutter release cable or self timer is almost always used to prevent camera shake when the shutter is released.
- Manual focus, since autofocus systems usually operate poorly in low light conditions. Newer digital cameras incorporate a Live View mode which often allows very accurate manual focusing.

Luminous lenses with maximum apertures of f/2.8 or wider." (http://en.wikipedia.org/wiki/Night_photography)

Night photography is really no more difficult than daylight photography, it just takes more time. Make sure to set your camera on a good tripod to eliminate any movement or "shake." This goes for any photo taken at 1/30 of a second or slower. Even

at 1/30 of a second your own nervous system or heart beat can cause an image to be blurred or have a shaky look. Use a cable release, a bulb and air release or the self timer on the camera to make sure there is no movement when you release the shutter. If you are using a digital camera try to use one that has an electronic remote to trip the shutter. Make sure to set your shutter speed to allow enough time to capture enough light to properly expose your film or the digital image sensors and get a good image. Use only a wide enough aperture to shorten the time to stop the movement of objects that may be moving as much as possible. Remember the wider the aperture the shorter the depth of field or the less is in focus in front of and behind your subject.

Faster speed films are an option, but

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NEW POSITION

INsight is eager to announce an opening in a newly created position! We are actively seeking someone to fill our Field Member Program Director position! This person should be in our local area, possess strong communication, grammar and spelling skills, and be proficient with computers. Their responsibilities will include tracking and promoting membership, generating renewals, coordinating and planning Field Member events, managing the Field Member MySpace page, and other tasks that support the Field Member program. To apply, click on the following link <http://www.insightparanormal.org/fieldmemberprogramapplication.htm>

NIGHT PHOTOGRAPHY

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even with all of the improvements made to film over the years, the faster the film, the less quality obtained. I recommend a 400 ASA or ISO film as a good all around film. The 800 ASA does not require as much time or you can use a smaller aperture but the quality starts to suffer.

Digital cameras are a little different. "Many digital cameras have a "night" setting. If it is available, this feature needs to be selected. Although most models of digital cameras can create a reasonable night time image, higher resolution cameras produce higher quality low light photographs.

- - Turn off the flash function if at all possible. Use of flash for night photography often results in underexposure of the subject. The flash range on any camera is limited to only several feet.
- - Light is required for night photography, therefore, the best time for shooting tends to be just after sunset or just as the moon is rising.

As more light comes into the camera, the sensor can heat up quickly and create thermal "noise". Noise is simply the white spots that distort the image. For this reason it is best to leave the camera off until ready to shoot the picture or to take night shots during cooler weather. Some digital cameras have a noise reduction feature; again this can be quite effective in reducing the effects of noise and should be selected if available."

(<http://ezinearticles.com/?Basic-Digital-Photography---Capturing-Night-Time-Images&id=262495>)

PARALYZING FEAR

By Kristen Perkins, *INsight* co-founder



In the dark of night, while sleeping peacefully, you are suddenly aware that a figure is hovering over you. Your eyes fly open, as your heart begins to race and terror begins to fill you. You want to escape, but it feels as

though you're being pinned to your bed! Your chest is heavy, and you're simply frozen. Paralyzed. You are completely unable to move away from this terrifying being. You hear your name, and it wasn't spoken. It was growled, in a low, menacing voice. The room is heavy with the sense that evil is with you!

Is it?

Chances are that the answer to that question is a resounding **no**. The experience is so real, so terrifying that most people doubt it could be anything but a paranormal experience, and they begin to fear that they are in danger. Having personally experienced this, I can say that there really is no way to explain the complete terror to someone who has not been through it. But if it isn't evil, what is it? The truth is, the event was probably not only *not* evil, but not at all paranormal in nature. It is most likely a physical experience known as "sleep paralysis."

Sleep paralysis is quickly becoming considered a sleep disorder by the medical community. The physiology of this event occurs when you are in REM (rapid eye movement) sleep. While in REM, your body enters a state of "paralysis" so that you remain peacefully curled in bed, rather than actually physically moving along with the motions of your dreams. Sleep paralysis occurs when your brain, for some reason, wakes up slightly before your body leaves this state of paralysis. So, your fully functioning brain now realizes that the body is not able to move, and that's when panic sets in. Common descriptions of sleep paralysis include heaviness on the chest, a choking or suffocating feeling, pressure or pain in the arms, back, neck or legs, or the sensation that someone is touching, hugging or squeezing either the whole or part of the body. As if that isn't bad enough, there are common reports of accompanying hallucinations such as tall, dark figures, hovering dark masses, and other terrifying visuals. Finally, there are also frightening auditory symptoms of sleep paralysis. Sounds such as scratching, whistling, wheezing, whispering, growling, laughing or even music have been reported by people suffering through these episodes.

Understanding sleep paralysis is a large step towards resolving it. Often, sleep paralysis can be attributed to stress, lack of sleep or even the position in which you're sleeping. Those suffering from sleep paralysis should honestly examine their stress level, and take steps to reduce the stress that is affecting them. Finding ways to calm before bedtime can be helpful, including reading quietly, a warm bath, or watch-

ing a funny program on television. Avoiding caffeine, alcohol or other substances before bedtime is also advised, as is trying to avoid heavy smoking before bed. Sleep paralysis most often occurs when sleeping on your back, so trying to sleep in other positions will be helpful. (If you find it difficult to avoid turning onto your back, roll up a pair of socks and tape them to the back of your pajamas. This will remind you as you roll over, that you need to stay on your side!)

Even when taking all of the right precautions, sleep paralysis may still reoccur. However, most report that having a new understanding of what is going on makes it less terrifying of an experience, and the episodes become shorter and shorter, until they eventually stop. Remember, even though you feel as though you aren't breathing, you are! Many find that making small movements is helpful in helping wake the body up, in an effort to stop the episode. Moving the eyes left to right repeatedly, moving the facial muscles, wiggling fingers or blinking are all ways to make these small movements.

If sleep paralysis occurs often, and you don't seem to be able to get it under control, it's time to talk to your doctor. There are things that can be done to help put this to rest, so YOU can rest!

Sources:

http://watarts.uwaterloo.ca/~achevne/S_P2.html

<http://www.castleofspirits.com/sleepparalysis.html>

WHY YOU THINK YOU'RE SEEING GHOSTS

By Corey Martin, *INsight Tech Manager*



In the past month, I have encountered two cases where clients were being exposed to high Electromagnetic Fields (EMF). In all of the cases, clients and/or their children were being exposed to these fields while asleep and the culprits ranged from alarm clocks to power boxes that were inches from the client's heads as they slept at night.

While I am not a Doctor, I am a logical thinker and each of the clients appeared to be suffering from Electromagnetic Field Sensitivity better known as EMF Sickness which tends to effect about 10 to 12% of the general population. **Each of the clients claimed that paranormal activity was present in their homes.** Many of the claims were similar and involved seeing dark figures in their homes as well as unexplained lights.

Perhaps you are already familiar with Multiple Chemical Sensitivity (MCS) whereby a patient develops symptoms from exposure to ordinary levels of synthetic chemicals in common use such as perfumes, pesticides, and household cleaning products as well as over the counter medications such as antihistamines.

EMF Sickness is also another environmentally triggered illness like MCS and produces symptoms in the patient exposed to common levels of electromagnetic fields from electrical sources in the environment: power lines, motors, computers, etc. EMF Sickness patients often are also MCS patients.

In short EMF Sickness is a condition in which a person experiences physical and/or psychological symptoms that they report to be aggravated by electric or magnetic fields (EMF) or other electromagnetic at exposure levels tolerated by the general public. Below is a list of some symptoms. Sadly this list is not complete as High EMF fields are also suspected of aggravating multiple mental disorders.

Common mild symptoms are: Ringing in ears (high pitch), Headaches, Tiredness, Sudden bursts of blurry vision, Temporary memory loss (during high volume cellular traffic), Loss of appetite, Constant burping (even on empty stomach), Neck/Nose swollen, Muscle pains, Burning sensation on the skin and Rashes on the skin.

Less common severe symptoms can include: Brain Tumors, Skin/Bone/Blood Cancer, Feelings of dread and deep depression, Seeing lights and figures out of the corners of eyes, Seizures, Paralysis, Stroke Arrhythmias, enlarged thyroid, Testicular and ovarian pain, Internal bleeding and Redistribution of metals in the body.

A lot of people ask me what can they do to minimize their exposure to high EMF fields. I would first suggest moving your bed away from leaking EMF sources such as powerboxes inside or outside of your home. EMF fields travel through wood and brick so move your bed away from them. Move all (plug in) alarm clocks away from your bed and to the other side of the bedroom.

Also don't use things like cell phones and laptops as often as you have been. When using a desktop computer make sure you are at least two and a half feet away from the monitor. Drink as much high quality water as you possibly can, particularly when you have heavy exposure to EMFs such as when flying, driving long distances, or working on electronic or electrical equipment. If your work exposes you to EMF take short breaks regularly. Try to limit your exposure to florescent lights including the new trendy cork-screw types currently replacing normal lights. The ballasts in these types of lights put off a large amount of EMF.

Did you know that:

- You can reduce the EMF exposure from your hairdryer **90% or more** by arranging to hang the dryer on a wall hook, get a flexible plastic hose for the nozzle, and direct the hot air to your head with the hose!
- Dr. David Carpenter, Dean of the School of Public Health, SUNY was quoted as saying that he estimates that 10% to 15% of all childhood cancers may be due to exposure to **residential** power lines!
- That electric fields are measured in units of volts per meter (V/m) and magnetic fields are measured in units of Gauss (G) or Tesla (T). 1 tesla = 10,000 gauss.
- Epidemiological studies in Sweden by Maria Feychting showed that individuals exposed to high magnetic fields at home and at work had **3.7 times the risk of developing leukemia** compared to those not exposed.
- That 2 recent research reports have identified **elevated risks of breast cancer** among women working in jobs with presumed higher than average exposure to EMFs.
- One study (Ahlbom & Feychting, 1993) reported that at 2 mG and above, exposed children were 2.7 times as likely to develop cancer as unexposed children, and at 3 mG and above, the odds rose to **3.8 times** as likely!
- Another study (Wertheimer & Leeper, 1986) stated that couples who use either **electric blankets or electrically heated waterbeds** had a significantly higher miscarriage rate!

HAUNTED HUMOR

Last week, our group comedian was stumbling over words and uttered “paramental” when he meant to say “paranormal.” After having a pretty good laugh at poor Corey’s expense, we started giving funny definitions for the word. This weekend, on the way home from our investigation in Shamrock, Texas, Melissa suggested that we could make Jeff Foxworthy style jokes, substituting the word “paramental” where Foxworthy uses “redneck.” It’s just too much fun to keep to ourselves, so I’m going to ask that our readers submit their own paramental “Foxworthy style” jokes, to appear in our next newsletter! Send submissions to newsletter@insightparanormal.org.

Here’s one to get you started:

“If you’re looking at pictures of a friend’s new baby and are more interested in the orbs in the background than the little bundle of joy...youuuu might be paramental!”

So, let’s hear them! Hey, who said paranormal research can’t have a funny side?

PARANORMAL TERMINOLOGY

EVP (ELECTRONIC VOICE PHENOMENA) Disembodied "voices" and sounds imprinted on audio recording devices.

COLD SPOTS AND DRAFTS - AN EXPLANATION FOR POSSIBLE PARANORMAL ACTIVITY



By Doug Levick, INsight Investigator/Home Inspector

One very common phenomenon people often relate to paranormal activity is the 'cold spot'.

Most everyone is familiar with it. The temperature of the air in a particular area is significantly lower than the surrounding air. The temperature can vary anywhere from 2-3 degrees to 20 degrees or more. These spots are sometimes stationary, other times they seem to move. While this phenomenon could very well in some instances be a sign of paranormal activity, in others it may be something quite mundane; a draft.

No building is perfectly sealed. Although newer buildings (especially homes) are much better sealed than in the past, they are not built absolutely airtight. As a result, outside air can, and will, infiltrate the interior of a building. If the temperature outside is lower than inside, a cold spot can be created wherever that outside air collects or passes.

There are obvious sources for natural cold spots we are all familiar with, especially in older buildings; doors and windows. Poorly sealed or just old and worn, they can leak a lot of air from outside. This is the first thing I look for when our team comes across a cold spot. There are other culprits that most people may not consider, though. Electrical outlet & switch boxes and phone & cable plug boxes can be surprisingly large sources of air infiltration, too. This can actually be a more likely source of a cold spot in a newer home than the doors and windows of the house. Until very recently, air infiltration around boxes on exterior walls wasn't given much consideration by builders. In my professional career, I have seen instances where electrical boxes on exterior walls have leaked as much air as the doors and windows. I don't think most people would even think to check these areas when they feel a cold spot.

Another potential source of air infiltration is a loose or poorly connected HVAC duct in the attic. This is especially true in the winter when the cold air of the attic can use the ductwork as a conduit directly into any room in a building. This is also much more likely to form a cold spot in or near the middle of a room away from the more obvious sources we are more likely to think about. To a lesser degree, under floor ductwork can create a similar situation. If natural air currents in a building are just right, colder air can literally be siphoned up out of the ductwork into a room. This would be very uncommon at best, however.

Of course, not all cold spots can be explained away by drafts. A drafty door, window or electrical box, or leaky duct can hardly be the reason for a cold spot much colder than the ambient air temperature of an air conditioned building on a hot summer night. They are something that needs to be considered and checked for thoroughly any time a cold spot is encountered, though.

DO RADIOS PLAY ON YOUR EMOTIONS?

By Michelle Belanger



In traditional divinatory techniques, "stereomancy" is the practice of divining through the elements. In this age of technology, however, the word has come to develop another meaning entirely: divination through the songs that play on your radio, iPod or computer. It's hardly an official method of divination, but how many of us have experienced this phenomenon? You start your morning commute, and as you thread your way through the traffic, certain songs start playing on the radio that eerily echoes your thoughts or current mood. Or you have your iPod on shuffle, but the same song keeps coming up over and over again. Something in the lyrics seems to be a message geared specifically to you, and later in the day, that message seems to come true.

It's easy to read too much into the things that randomly occur around us, but messages out of apparent random actions is what most divinatory techniques are all about. Divination can be seen to function on one of two principles. Either, there is a greater force that governs events in the world, so that patterns emerge, even from apparent chaos. Fans of fractals and chaos theory can even skip the implication that this guiding force is divine — in modern chaos theory, the force that causes complex patterns to emerge from the chaotic input of numbers in a fractal is simply a mathematical value known as a "strange attractor."

The other possibility is perhaps even more earth-shattering in its implications. Can we, as humans, have an influence on the apparently random activity that occurs around us? One researcher, Masaru Emoto, seems to have proven that human emotions can affect the structure and appearance of water crystals. At the more obscure ends of modern scientific theories, there are notions that the very act of observation can influence the activity of the thing being observed. This is known simply as the observer effect, and it suggests a profound and mysterious relationship between observation and apparently random phenomenon.

A lot has been made of this by arm-chair quantum physicists, but one experiment, which is on-going, really stands out. It involves a black box known as a Random Event Generator. The box randomly generates two numbers, a one and a zero, rather like the heads or tails of a coin. According to the laws of chance, these two options should each come up 50 percent of the time in a random dispersion. But one scientist, a Professor Jahn, wanted to see if human thought could influence the random generation of the numbers. His experiments in the 1970s led to a number of these black boxes being installed in universities around the world where they tantalizingly seem to predict major world events. Does the REG prove the underlying principles of divination? Scientists are still working on that one, but maybe you should pay a little more attention to that song playing on the radio right now.

INsight COLLEAGUE SPOTLIGHT —

Mikael Marelli – Founder of P.A.A.R.S. (Pocono Area Anomalistic Paranormal Society)

By Corey Martin, INsight Tech Manager



Hello there, I am Mikael and I the founder of PAARS, I have been interested in the paranormal for about as long as I can really remember. I had always been fascinated with things of an odd nature but when an event happened in my life, I was even more interested in finding out about it. Back in '97 I was presented with a photo from a friend depicting an odd formation in it, an old interest felt rekindled and I started seeking answers for it. The internet was still fairly new to the family and I would spend hours searching and reading about accounts, and before even that I would read books dealing with the subject, gaining a knowledge in the field and various protocols and started up a very small group. In 2006, I moved to Oklahoma, meeting up with a group of investigators that got me back into it and fueled my desire to be a part of this field even stronger than before. Shortly after I returned to the east coast and couldn't find any local groups so I took it upon myself to form an establishment that people could contact to help aid them in coming to conclusions of their claims.

Interesting facts about Mik and PAARS:

1. Mikael has worked with INsight Paranormal on various projects and also works for The Atlantic Paranormal Society as an Administrator in their chat room.
2. Since returning to Pennsylvania and forming PAARS, Mikael has been featured in multiple media outlets and continues to take cases from all over his coverage area.
3. PAARS utilizes seven investigators and state of the art equipment setting a higher standard of service for their clients.

INsight MEMBER SPOTLIGHT — INsight By Kristen Perkins, INsight co-founder

Each month, we will feature a Member Spotlight section, featuring one member of INsight. However, we felt it might be appropriate this first month to feature INsight, the group, in our member spotlight! So, here's a little about how we started, where we've been and where we hope to go!

INsight Paranormal was formed in 2006 by three original Co-Founders: Kristen Perkins, Brian Willis and J.T. Daquin. Our purpose was to create a group which operated upon the basis of science, examined evidence critically, and strove to educate ourselves and others as we grew in our experience. In the beginning, we took great pains to lay the groundwork for our group, outlining policies and procedures, setting up the business aspects, and bringing aboard enthusiastic, motivated people who we felt shared our vision and commitment. It was important to us that our foundation be a strong one, before ever beginning to operate as a fully functioning group.

As we moved through the process, we have found our strengths and have learned to emphasize them. We have also learned some weaknesses, and use them as chances to grow or change direction. As a result, INsight is now a well-established, tightly-knit group who not only works well together, but who have become great friends.

Looking back, so much has changed since the day we sat around my kitchen table and asked, "Where do we start?" We are well into the process of becoming a registered non-profit organization. We have an active and busy calendar, requiring us to schedule "off days" in advance, simply to take a break from investigating. We are working on exciting new programs, including a field member program, training events and other ways to actively involve INsight in the community. More importantly, we are doing something we find fascinating, rewarding and educational with people we know, trust and enjoy! What more could a group ask for?

So, who really IS INsight? We are parents, sisters, brothers, friends, sons, daughters, husbands and wives. We are professionals in our chosen careers, students embarking on *new* careers, and people who hold value in being honorable, trustworthy and genuine. We are people with a strong desire to learn as much as we can, to develop new methods and materials and to make our contribution in any positive way possible to the field of paranormal research.

Ultimately, INsight Paranormal is a reflection of you; people with a common purpose and goal that have reached out to actively seek the truth about things we do not completely understand. With the help and support of readers such as you, we have no doubt that we will be able to proudly say our contributions to paranormal research will be a positive one!

THE EYE OF HORUS

Many have asked why INsight chose the Eye of Horus for our logo. When forming INsight, the Co-Founders wanted to establish from the beginning that we were interested in the more scientific approach to investigating. However, we also acknowledge the value of using our own senses during investigations. We began to research symbols that embodied qualities of both science and the senses. Our search led us to the eye of Horus.

In regard to Horus, ancient Egyptian legend tells us that the right eye represents the sun, and the left the moon. More specifically, the right represents concrete factual information controlled by the left brain. It deals with words, letters, and numbers and those things which are describable in terms of sentences or complete thoughts. It approaches the universe in terms of male oriented ideation. The left represents abstract aesthetic information controlled by the right brain. It deals with esoteric thoughts and feelings and is responsible for intuition. It approaches the universe in terms of female oriented ideation. We use the Left Eye, female oriented, right side of our brain for feeling and intuition. Together, they represent the universe.

In the Ancient Egyptian measurement system, the Eye Of Horus represented a fractional quantification system to measure parts of a whole. The entire eye measured 1 heqat, and each of the parts of the eye measured fractions of the heqat. Each one of these fractional parts, also represented one of the six senses recognized by the ancient Egyptians.

$\frac{1}{2}$ was represented by smell, symbolized by the side of the eye in a form of the nose. $\frac{1}{4}$ was represented by sight or the sensation of light, symbolized by the pupil. $\frac{1}{8}$ was represented by thought, symbolized by the eyebrow. $\frac{1}{16}$ was represented by hearing, symbolized by the side of the eye in the form of an arrow pointing towards the ear. $\frac{1}{32}$ was represented by taste, by the sprouting of wheat or grain from the planted stalk, symbolized by a curved tail. $\frac{1}{64}$ was represented by touch, symbolized by a leg touching the ground, or what can also be thought of as a strong plant growing into the surface of the Earth.

Upon learning this and much more about the Eye of Horus, It was clear to us, that we had finally found a symbol that represented the basic philosophy of INsight Paranormal. We must use each of our senses, combined with logic and science, in order to gain a clear picture of how to proceed with investigating, researching and continuing to seek answers to our questions. This, too, inspired our motto: INsight Paranormal Investigations – Where sense and science meet.

WHAT'S THE PLAN?

By Melissa Hinkle, *INsight* Field Researcher



The first time that I was part of a paranormal investigation, I was struck by the similarities it had to an archaeological “dig”. Before an archaeologist ever turns a spade of dirt at a site, they must develop a plan of action, because they won’t get a chance to go back for “do-overs” – you can’t go back and “un-excavate” a site. The archaeologist has to develop a plan that will include tools and personnel needed for the work, mapping of the area and the work as it progresses, research of the area and/or people involved with the subject, and the means of analyzing the data in order to tell the story of what happened at the site.

There are parallels to these steps in a paranormal investigation. Quite often a group will only have one chance to visit a site, so they have to get their information correct from the start. Even if they do have the chance to return, things usually don’t happen exactly the same way twice at an investigation, so they need to be ready. Questions need to be answered beforehand, such as “how large is the area, how many investigators will we need, do we need investigators who specialize in one area or another, what type of equipment will we need, what about power for the equipment, is the area safe for us to walk around”, and so forth. It is also a good idea to have a basic knowledge of the area or building through photos or sketches, and to map out your “finds” or evidence so these can be examined later on for patterns or groupings, or to see if something nearby could be causing interference that is assumed to be paranormal activity. Research should be done to develop a sense of the history of the area or building, as well as interviews with owners, residents, and neighbors, if possible. All of these things go together to help explain any activity that may be experienced, or to prove that the “activity” actually has a common, everyday explanation.

So don’t just show up for an investigation, jump out of your vehicle, and run around willy-nilly with your EMF meter and camera! Get a plan first! You’ll be glad you did later on!

EXPLAINING INsight’s TRANSDUCER

By Audie Perkins, *INsight* contributor, foreword by Kristen Perkins

Foreword: *INsight* embraces opportunities to try new aspects of investigating with new equipment. In a discussion last year with my Brother-in-Law, Audie, the topic of recording EVP with transducers was raised. I became highly interested in what he was saying, and asked if *INsight* could borrow the prototype he made. He graciously allowed us to do so, and we’ve had some very interesting results from its use. To hear a sample of a recording from the transducer, listen at <http://media.putfile.com/Owasso-Transponder-EVP>.

The following is Audie’s explanation of what this item is, and how it works.

We’ve been calling this thing “The Transducer” for lack of a better name. Fact is, “transducer” is a generic name for any item that converts some form of energy into an electrical signal, usually to be measured, displayed, or recorded. One example is a digital thermometer. It converts temperature into an electrical signal which can then be measured and displayed. Our transducer, coupled with an audio recorder, records electromagnetic waves as if they were sound. They can then be listened to or even visually analyzed using audio software.

If you own a voice recorder, consider that there are actually two functions happening within the device when you use it. Think of it as two pieces of equipment in one package. 1. The recorder’s microphone which converts sound into an electrical signal. 2. The recorder, which will actually record any electrical signal presented to it within its own limitations.

Most recorders have an input jack; it’s there so you can connect an external microphone. (We’ll talk more about microphones in a separate newsletter one day soon; they deserve an article all their own.) That input jack allows you to electrically disconnect the recorder’s own microphone and to connect your own.

What we do is disconnect the recorder’s mic and connect our transducer. Now the device will record the transducer’s signal instead of the microphone’s signal.

OK, what does this transducer, along with my recorder do? Let me start by telling what it doesn’t do. It does NOT detect or record sound. It detects and records magnetic *waves*...hopefully EVPs! But if you play back what it has recorded, it is presented as sound.

Why? Because every EVP we have ever recorded was not heard live as it happened. They were not actually “sound/audio..” but they were recorded by a “sound/audio” recorder. This made me wonder, “How does an audio recorder record signals that our ears can’t also hear?” The answer is simple: the EVP is electrically induced into the recorder, not by air vibrations (sound) through the microphone.

We're on the web

<http://www.insightparanormal.org>

EYE ON INsight CONTRIBUTORS

A special thanks to all of those who contributed to the first edition of Eye on INsight. Contributions are not just for member's of INsight, anyone can submit an article or joke for the "Haunted Humor" section. Submissions can be emailed to newsletter@insightparanormal.org.

This edition's contributors:

Kristen Perkins Brian Willis Jeff Berry
Corey Martin Audie Perkins Melissa Hinkle
Doug Levick



ABOUT INsight

Located in the Oklahoma City metro area and servicing all of Oklahoma and the surrounding states, we are a team dedicated to objective and proof-driven research of paranormal activity. We strive to assist our clients in explaining unnatural occurrences they may have encountered. Our investigations are based upon factual events and information obtained through research, eyewitness accounts, personal interviews and field study.

Investigations are conducted at no cost to the client. We pledge to handle each case with professionalism and integrity. Your privacy will be respected throughout all phases of the investigation.



SNEAK PEEK AT WHAT'S AHEAD FOR INsight

There are exciting things on the horizon with INsight! We are excited about many of our upcoming investigations and events, and will happily share the details with you about those things when all the information is available!

However, we DO want to give a sneak peak into something we're very proud to be in the final stages of organizing! INsight will be launching a Field Member Program in the very near future! Field membership will be available to those far and wide, who have an interest in the paranormal, a desire to get involved, and wish to communicate with other like-minded people. Varying levels of membership will provide field members with the opportunity to participate in INsight events and public investigations, to attend special classes held by INsight, to participate in a "members only" section of our message forum (also launching soon!) and even to obtain cool INsight Field Member gear! We've worked out a special surprise for the first 20 members to join, and have even planned a way for remote members to participate in events! (No travel required, so don't let distance hold you back!) There's so much more to share about this program, but we're going to make you wait until we have the very last detail in place before we share the rest! So, be watching for our next newsletter! There will be a full explanation, along with complete membership details included in that edition!

INsight PARANORMAL INVESTIGATIONS TEAM

**Kristen
Perkins**



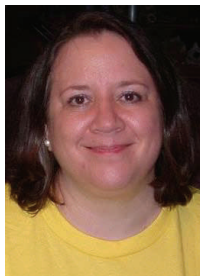
**Brian
Willis**



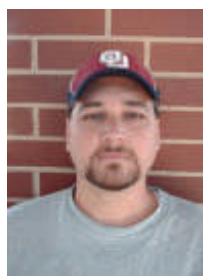
**Corey
Martin**



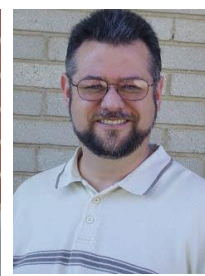
**Melissa
Hinkle**



**Doug
Levick**



**Jeff
Berry**



**Nichole
Blackburn**

