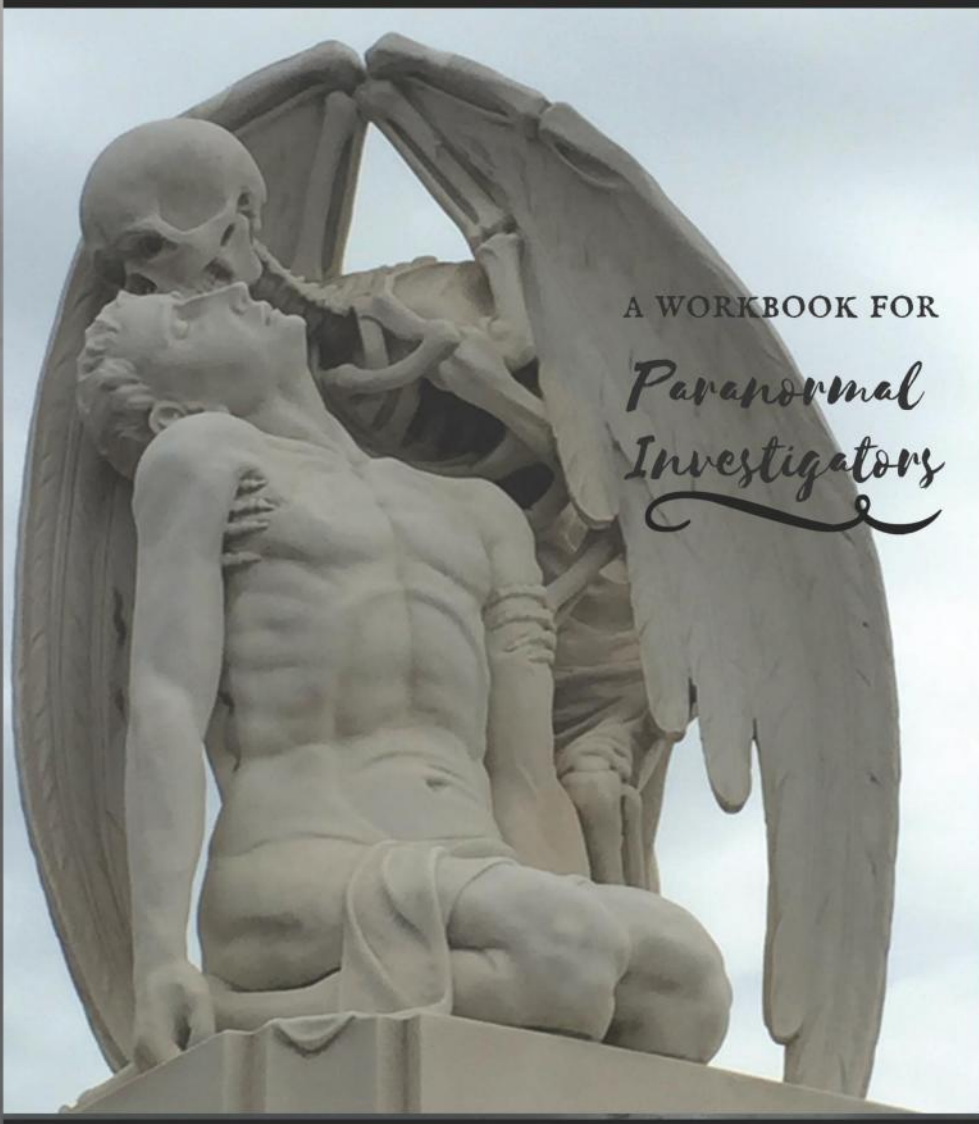


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GHOST HUNTERS JOURNAL



A WORKBOOK FOR

*Paranormal
Investigators*

BY TUI SNIDER

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~

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ABOUT THE COVER PHOTO



I traveled to Barcelona's Poblenu Cemetery specifically to photograph Jaume Barba's incredible marble statue, known as 'Kiss of Death.' As you can see, European cemeteries do not shy away from dramatic symbolism when it comes to funerary art!

My research frequently takes me to historic graveyards all over the world, and I often share photos on my website: TuiSnider.com. (To grab your FREE copy of a "Quick Guide to the Many Meanings of Hands in Historic Cemeteries," visit: TuiSnider.com)

ABOUT THE AUTHOR

Tui Snider is an award-winning author, photographer, musician, and speaker who specializes in offbeat travel, cemetery symbols, and haunted lore. As she says: “I used to write fiction. But then, I moved to Texas!”

Snider's writing and photography have been featured by a variety of outlets, including *Coast to Coast AM*, *FOX Travel News*, *LifeHack*, *Sky Europe*, *easyJet*, the City of Plano and many more.

Snider's award winning books inspired by the Lone Star state include *Paranormal Texas*, *The Lynching of the Santa Claus Bank Robber*, and *Unexpected Texas*.

In 2016, Tui served as the Writer in Residence for Tarleton State University's *Langdon Review*. She recently taught classes based on her books at Texas Christian University.

Tui has several new projects in progress,



Tui Snider exploring the cemeteries of New Orleans

including a book about quirky burial sites and the stories behind them . To find out when these books will be released, and to keep up with all of Tui's projects, sign up for her private newsletter over at TuiSnider.com.

Tui enjoys connecting with readers all over the world. If you're on Twitter, Instagram, Facebook or Pinterest, follow her and say hi.

Also, if you share photos of yourself using this book, tag them with #GraveJournal and/or @TuiSnider so I can enjoy and comment. I'd love to hear about *your* paranormal investigations!

DEDICATION

To my uber-skeptical hubby, Larry, for cheerfully attending paranormal investigations and exploring haunted hot spots around the world with me. (If any ghosts are reading, take note: Larry is overdue for an undeniable paranormal experience of his own!)

To my dear friend, Teal Gray, for her advice and support. - Simply knowing I can call her to ramble and vent provides such an important safety net. She has pulled my confidence out of the gutter more than once with her generosity, kindness, and wise words!

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I. WHY USE THIS BOOK?

Nearly everyone has experienced a weird event in their life, an occurrence so unusual that it can't be explained by conventional means. Perhaps you saw an apparition standing at the foot of your bed. Maybe you heard the voice of a deceased loved one. Unless you write these incidents down, details get fuzzy over time. Even worse, people often forget these experiences entirely.

Mysterious Whispers in the Office

Back in my office days, a coworker and I had a weird experience. Our office was closed and locked, but the two of us had some work left before we could leave. We were the only ones in the building, and we were in separate rooms. As I sat at my computer, concentrating on the monitor in front of me, I clearly heard someone whisper my name into my right ear. It was a loud whisper. Even though the voice was decidedly male, the only way to make sense of this was to assume my female coworker had snuck up behind me. A quick glance around the room, however, revealed that I was alone. Where had the voice come from? Shaken, I stood up and walked towards her room.

As soon I entered she blurted, "Were you calling me?" Moments before, she explained, she heard a man's voice loudly whisper her name into her right ear. We didn't know what to make of it, so we both went back to work.

This strange phenomenon happened several more times that day. By the time we left, we were quite jumpy, and the

mysterious whisper was all we could talk about on our ride home.

Your Brain has a “Normal Box”

A couple months later, I mentioned the mysterious whisper to my coworker. Much to my dismay, she had completely forgotten it! Although disappointed, I was not surprised.

After something strange happens, we often forget it because it doesn't fit into what I call the “Normal Box.” The Normal Box is the frame of reference for everything normal and expected. When a memory doesn't fit into the Normal Box, our brain often discards it. Since there's no official place to store weird memories, our brain does not treat them with much importance.

That's a big reason I remembered the strange event and she did not. I thought it was an exciting and important event! In fact, after I got home that night, I took a few minutes to write about it in my journal. Looking back at that journal was a good way to test my sanity, as well, because when she did not remember the mysterious whisper, it made me doubt my own memories. Having a written record of the event, however, made me feel more confident that it had actually happened.

Use this Book to Help You Remember

I grew up in a haunted house. It wasn't anything diabolical, but at random intervals weird and unexplainable things would happen. These strange things often occurred in broad daylight. Much to my chagrin, they only happened when I was home alone. I'm the youngest in my family, so everyone chalked it up to my big imagination. As a result, I started avidly reading books on the paranormal by the time I was 12.

Because of this, my brain created a place to store anomalous events. I call it the Weird Box. I've been tossing memories into that Weird Box since I was a little kid. When something strange happens to me, I tend to remember it, especially if I take time to write it down.

Create Your Own “Weird Box”

One way to create a Weird Box of your own is to write down any strange experiences you have. When you write something down, your brain understands that it's important to you. There have been many studies about how writing improves your memory. It's especially effective if you write things down using pen and paper rather than your computer.

This is one of the main reasons I created the *Ghost Hunters Journal: A Workbook for Paranormal Investigators*. By having a place besides the Normal Box to put your memories of strange events, you will become better at remembering them.

Even if you never join a ghost hunting team or attend an official paranormal investigation, this book can be useful to you. Plus, wouldn't it be cool if your grandmother had a journal like this and she let you read through it? What an amazing keepsake that would be. Start now, and create a keepsake of your own!

Compare Your Experiences with Others

Anyone who has seen a UFO can call their local chapter of the Mutual UFO Network (MUFON) to report it. MUFON provides a massive database of UFO sightings around the world.

But who are you gonna call when you see, hear, or even smell a ghost? Aside from getting the “Ghost Busters”

theme song stuck in your head, there isn't a central database for paranormal experiences that I am aware of. You have no way of knowing if, for example, if a dozen people in your neighborhood saw the same apparition you did, unless you find a way to keep track of these events and compare notes.

That is another reason I created the *Ghost Hunters Journal*. I think it's time we started sharing our findings with each other. Even if you have been a paranormal investigator for years, keeping a written journal of your experiences can be extremely helpful. Let's see what patterns emerge. Let's see what we can learn!

Also, if you share photos of yourself using this book, tag them with #GraveJournal and/or @TuiSnider so I can enjoy and comment. I'd love to hear what's in *your* Weird Box!

2. HOW TO USE THIS WORKBOOK

Obviously, you know how to read and flip through the pages of a book. I must confess that when I see a “How to use this book” section in a Table of Contents, I often skip over it, or at least, roll my eyes.

So feel free to skip over this section, or at least roll your eyes, as I briefly explain how this particular book is set up. It’s fairly self-explanatory, but there are few things that may not make sense at first glance.

Create Your Own Table of Contents

First off, you may have noticed that a good chunk of the Table of Contents for this workbook is empty. That’s intentional! This allows you to write down the name of each place you investigate on the line with its page number. Or even if you just have a paranormal experience out of the blue, you can give it a chapter title and write it down in this notebook. It’s a simple idea, but I find it incredibly helpful when keeping my own notebooks and journals.

How to Fill Out the Investigation Notes

LOCATION: Use this line to write down the location of your ghost hunt or paranormal experience.

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Paranormal investigations can be quite a thrill. However, if you simply run from one ghost hunt to the next without recording your findings, no one will ever take you seriously. Plus, it's easy to forget important details and get your facts mixed up if you keep them all in your head.

Research shows that writing things down with pen and paper improves your memory of events. That's why Tui Snider created the "Ghost Hunters Journal: A Workbook for Paranormal Investigators." This simple tool that can help ghost hunters better analyze their data, identify trends, and become aware of recurring events that would otherwise be overlooked or forgotten.



Tui Snider (TuiSnider.com) is a writer, speaker & photographer specializing in offbeat sites, overlooked history, cemetery symbolism & haunted lore. Her best-selling books include: "Unexpected Texas," "Paranormal Texas," and "Understanding Cemetery Symbols," among others. She is currently working on several books, including one about quirky and unusual burial sites.

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