

how to hunt ghosts how to hunt ghosts

How to Hunt Ghosts: A Practical Guide to Paranormal Investigation

how to hunt ghosts how to hunt ghosts—a phrase that might sound like a spooky chant or the title of a paranormal thriller, but for those fascinated by the supernatural, it's a genuine quest. Ghost hunting, an intriguing blend of science, folklore, and adventure, draws countless enthusiasts eager to uncover the mysteries that lurk beyond the veil. Whether you're a curious beginner or an aspiring paranormal investigator, understanding how to hunt ghosts involves more than just wandering through haunted houses at midnight. It's about preparation, using the right tools, and approaching the unknown with respect and caution.

Understanding the Basics of How to Hunt Ghosts How to Hunt Ghosts

Before diving into ghost hunting, it's crucial to grasp what you're dealing with. Ghosts are generally considered spirits of the deceased, believed to linger in places tied to strong emotions or unfinished business. Paranormal investigators seek to capture evidence of these entities through various means, blending technology and intuition.

The Nature of Ghosts and Paranormal Activity

Ghosts are often described as residual energy or intelligent spirits. Residual hauntings are like recordings of past events, replaying without interaction, while intelligent hauntings involve entities that respond to the living. Understanding these categories helps hunters tailor their approach and interpret findings more accurately.

Common Signs of Ghostly Presence

Knowing what to look for is half the battle. Typical indicators include:

- Unexplained cold spots or sudden temperature drops
- Strange noises such as footsteps, whispers, or knocks
- Objects moving or disappearing mysteriously
- Electronic devices malfunctioning without cause

- Shadowy figures or apparitions

Recognizing these signs sharpens your senses and prepares you for what's to come.

Essential Tools and Equipment for Ghost Hunting

If you're serious about learning how to hunt ghosts how to hunt ghosts effectively, equipping yourself is a must. Modern ghost hunters rely on a variety of tools designed to detect anomalies that the human eye can't perceive.

EMF Meters

Electromagnetic Field (EMF) meters are popular among investigators. Ghosts are believed to disrupt electromagnetic fields, and spikes on an EMF meter can indicate paranormal activity. Carrying one is a staple for any ghost hunting kit.

Digital Voice Recorders

Many ghost hunters use digital voice recorders to capture Electronic Voice Phenomena (EVPs)—strange sounds or voices that are not audible during the investigation but become clear upon playback. Patience and careful listening are key to interpreting EVPs.

Infrared and Night Vision Cameras

Since many hauntings occur in low-light conditions, infrared and night vision cameras are valuable. They allow you to document visual evidence without disturbing the environment with bright lights.

Other Helpful Gear

Additional equipment might include:

- Flashlights (preferably red or green to preserve night vision)
- Spirit boxes, which scan radio frequencies to capture ghostly responses
- Temperature sensors to detect sudden drops

- Notebooks or apps to record observations and timelines

How to Hunt Ghosts How to Hunt Ghosts: Step-by-Step Process

Embarking on a ghost hunt can be thrilling but requires a structured approach to increase your chances of success and safety.

Research and Choose Your Location

Start by selecting a reputedly haunted site with documented history. Research local legends, past investigations, and eyewitness accounts. Historical knowledge often provides clues about the nature of the hauntings and what to expect.

Assemble a Team

While solo ghost hunting is possible, having a team enhances safety and helps with different tasks—someone operates cameras, another takes notes, and others monitor equipment. Plus, shared observations reduce the chance of misinterpretation.

Prepare and Test Your Equipment

Before the investigation, test all gear to ensure it's functioning properly. Bring extra batteries and backups to avoid interruptions.

Set Ground Rules and Safety Measures

Discuss guidelines such as respecting the location, avoiding trespassing, and maintaining calm in unsettling situations. Always prioritize everyone's well-being.

Conduct the Investigation

Begin by walking through the location to get a feel for the environment. Use your equipment to record EMF readings, ambient sounds, and visual footage.

Ask questions aloud if you're trying to provoke a response, and pause to listen carefully.

Document Everything

Record timestamps, environmental conditions, and any unusual sensations or events. Detailed notes help when reviewing evidence later.

Interpreting Evidence and Avoiding Common Pitfalls

Collecting data is only half the challenge; interpreting it accurately is where experience counts.

Understanding Environmental Factors

Many ghost hunting tools can pick up natural phenomena—old wiring might cause EMF spikes, wind can create eerie sounds, and insects can trigger motion sensors. Distinguishing these from paranormal activity is critical.

Analyzing EVPs and Visual Evidence

Be cautious not to read too much into ambiguous sounds or images. Look for patterns and corroborating evidence before jumping to conclusions.

Keeping Skepticism and Open-Mindedness in Balance

Healthy skepticism keeps you grounded, while openness allows for genuine exploration. This balance helps avoid false positives and enriches your understanding.

Respectful and Ethical Ghost Hunting Practices

Ghost hunting isn't just about thrills; it involves interacting with environments and, potentially, spirits. Respect for the location and any entities believed to be present is paramount.

Permission and Legal Considerations

Always obtain permission to enter private or restricted properties. Trespassing can lead to legal trouble and damages the reputation of the paranormal community.

Respecting Cultural Beliefs and Traditions

Many haunted sites have cultural or religious significance. Approach these places with sensitivity to local customs and beliefs.

Maintaining Professionalism

Whether sharing your findings with others or conducting investigations, professionalism fosters credibility and encourages serious study of the paranormal.

Exploring how to hunt ghosts how to hunt ghosts is a journey into the unknown that combines curiosity, science, and a touch of bravery. With patience, the right tools, and respect for the unseen, you can embark on your own adventures to uncover the mysteries that have fascinated humanity for centuries.

Frequently Asked Questions

What equipment do I need to start ghost hunting?

Basic ghost hunting equipment includes an EMF meter, digital voice recorder, flashlight, camera, and sometimes infrared thermometers or spirit boxes to detect paranormal activity.

How do I prepare for a ghost hunting session?

Research the location's history, gather your equipment, inform someone of your plans, and set clear objectives for the hunt. Also, ensure you respect the property and any local regulations.

What are common signs of ghost activity during a hunt?

Common signs include unexplained noises, cold spots, flickering lights, sudden drops in temperature, electronic disturbances, and seeing apparitions or shadow figures.

How can I safely conduct a ghost hunt?

Always prioritize safety by visiting locations during daylight first, bringing a buddy, carrying a first aid kit, and being aware of your surroundings to avoid accidents or trespassing.

What methods do ghost hunters use to communicate with spirits?

Ghost hunters often use EVP (Electronic Voice Phenomena) recorders, spirit boxes, or ask questions aloud during sessions to prompt responses from spirits.

Is ghost hunting scientifically proven?

Ghost hunting is not scientifically proven, as evidence is often anecdotal and lacks empirical validation. Many claims can have natural explanations.

Can anyone become a ghost hunter?

Yes, anyone interested can start ghost hunting by learning about paranormal research, acquiring basic equipment, and practicing in reputed locations with respect and caution.

How do I document and analyze my ghost hunting findings?

Record all observations, audio, and video during the hunt. Afterward, review the recordings carefully, note any anomalies, and compare them with environmental factors to rule out natural causes.

Additional Resources

How to Hunt Ghosts: A Professional Guide to Paranormal Investigation

how to hunt ghosts **how to hunt ghosts** remains a subject that fascinates both skeptics and enthusiasts alike. The pursuit of understanding paranormal phenomena has evolved from folklore and anecdotal tales into a more structured field known as paranormal investigation. This article delves into the methodologies, tools, and ethical considerations involved in ghost hunting, providing an analytical perspective on how to approach this enigmatic practice with professionalism and critical inquiry.

Understanding the Basics of Ghost Hunting

Before embarking on how to hunt ghosts how to hunt ghosts, it is crucial to grasp what ghost hunting entails. At its core, ghost hunting involves investigating locations reputed to be haunted by spirits or supernatural entities. Investigators aim to collect evidence through various means—be it audio, visual, or environmental data—to either confirm or debunk paranormal claims.

Historically, ghost hunting was largely anecdotal, relying on personal experiences and hearsay. In contrast, modern paranormal investigation attempts to apply scientific methods, including controlled observations and the use of technology, to obtain verifiable data. However, due to the elusive nature of paranormal phenomena, conclusive scientific proof remains elusive.

Key Objectives in Ghost Hunting

The primary objectives of ghost hunting typically include:

- Documenting unexplained phenomena
- Analyzing environmental changes
- Communicating with potential spirits through electronic devices
- Debunking false claims and natural explanations

These goals shape how investigators approach a location and select their tools.

Essential Tools and Technology Used in Ghost Hunting

Technology plays a significant role in how to hunt ghosts how to hunt ghosts effectively. Over the years, ghost hunters have incorporated various devices that help detect anomalies potentially linked to paranormal activity. Here is an overview of commonly used equipment:

Electromagnetic Field (EMF) Meters

EMF meters measure electromagnetic fields in the environment. Paranormal investigators use these devices to detect unusual EMF fluctuations that some believe indicate the presence of spirits. While EMF spikes can often be attributed to electrical wiring or appliances, sudden unexplained changes

warrant further scrutiny.

Digital Voice Recorders and EVP Analysis

Electronic Voice Phenomena (EVP) are sounds or voices captured on audio recordings that are not audible during the initial recording session. Using high-quality digital voice recorders, investigators conduct sessions where they ask questions, hoping for responses from spirits. Subsequent audio analysis attempts to identify anomalous voices or sounds.

Infrared and Full-Spectrum Cameras

Visual evidence is a cornerstone of ghost hunting. Infrared and full-spectrum cameras capture images beyond the visible light spectrum, potentially revealing figures or orbs invisible to the naked eye. These cameras are particularly useful in low-light or nighttime investigations, capturing subtle environmental changes.

Thermal Imaging Cameras

Thermal cameras detect temperature variations in an environment. Cold spots have been frequently reported in haunted locations, and thermal imaging helps document these anomalies. While temperature drops can have natural explanations, consistent patterns may suggest paranormal activity.

Methodologies and Best Practices in Ghost Hunting

When exploring how to hunt ghosts how to hunt ghosts, adopting a systematic approach is paramount. Professional investigators emphasize preparation, documentation, and critical analysis.

Pre-Investigation Research

Before visiting a site, comprehensive background research is essential. This includes:

- Historical records of the location
- Previous paranormal reports or testimonies

- Environmental factors that could explain anomalies

Understanding the context helps differentiate between supernatural claims and plausible natural explanations such as drafts, structural noises, or electromagnetic interference.

Controlled Investigation Sessions

Investigations typically occur during nighttime when environmental interference is minimal. Teams often split into groups, each tasked with specific roles such as recording audio, monitoring EMF meters, or observing visually.

Maintaining silence and minimizing external noise is critical to capturing clear audio and environmental data. Investigators document every detail meticulously, including time stamps, environmental conditions, and equipment settings.

Data Analysis and Interpretation

Post-investigation, the collected data undergoes thorough examination. Audio recordings are reviewed for EVPs, video footage is scrutinized for anomalies, and EMF readings are compared with known electrical sources. This phase requires patience and critical thinking to avoid confirmation bias.

Ethical Considerations and Safety Measures

Ethics and safety cannot be overlooked in any discussion about how to hunt ghosts. Investigators often enter private or historic properties, which necessitates obtaining permission and respecting privacy.

Moreover, paranormal investigations sometimes involve psychologically vulnerable individuals. Professionals recommend clear communication about the investigatory nature of the activity and avoiding sensationalism that might induce fear or distress.

Safety measures include:

- Using appropriate protective gear
- Ensuring adequate lighting and communication devices

- Being aware of structural hazards in old buildings

These precautions ensure that the investigation remains safe and respectful.

Evaluating the Effectiveness and Limitations of Ghost Hunting

While the tools and methodologies are sophisticated, ghost hunting is fraught with challenges. The intangible nature of ghosts means evidence is often circumstantial or subjective. Even with EMF meters, thermal cameras, and EVPs, alternative explanations frequently exist.

Skeptics argue that many so-called paranormal phenomena have logical explanations rooted in environmental, psychological, or technical factors. Meanwhile, believers highlight anecdotal experiences and unexplained data as indicators of a broader reality.

The ongoing debate underscores the need for critical thinking and scientific rigor in ghost hunting practices.

Comparative Analysis: Traditional vs. Modern Ghost Hunting

Traditional ghost hunting relied heavily on personal accounts, séances, and spiritual rituals, often lacking empirical backing. Modern approaches blend technology with investigative discipline, enhancing the credibility of findings.

However, modern ghost hunting still faces criticism for the lack of reproducibility and objective validation. As technology advances, the potential for clearer evidence grows, but so does the need for stringent analysis protocols.

The Cultural Impact and Popularity of Ghost Hunting

The fascination with how to hunt ghosts permeates popular culture, fueled by television shows, documentaries, and literature. This widespread interest has democratized paranormal investigation but also introduced sensationalism.

Serious investigators strive to maintain professionalism amid this cultural backdrop, emphasizing evidence-based research over entertainment. This balance is crucial for advancing understanding and preserving the integrity of the field.

Ultimately, ghost hunting remains a complex blend of science, folklore, and human curiosity, inviting ongoing exploration into the mysteries that lie beyond the visible world.

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how to hunt ghosts how to hunt ghosts: *How to Hunt Ghosts* Joshua P. Warren, 2009-11-24 In *How to Hunt Ghosts*, paranormal researcher Joshua P. Warren teaches the novice ghost hunter the basics, which above all include treating the paranormal as any other scientific field: one requiring well-documented research and hard evidence. This unique guide breaks down the theories, explains the tools of the trade, and even offers forms to facilitate your investigation. Peppered with anecdotes from Warren's personal experience, *How to Hunt Ghosts* offers answers to such questions as: • What is a ghost? • How does a ghost interact with the world? • Where can you find a haunted house? • Why do people usually see ghosts at night? • How do you record a ghostly encounter? If you suspect you live in a haunted house and want to exorcise a ghost or attempt spectral communication, or if you are interested in pursuing a career as a ghost hunter or are simply curious about the paranormal, this intriguing and informative guide is for you.

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how to hunt ghosts how to hunt ghosts: *A Brief Guide to Ghost Hunting* Leo Ruickbie, 2013-08-15 There has been an upsurge in books, television programmes, films and websites exploring the reality or otherwise of the spirit world. Not since the founding of The Ghost Club in 1862 and the Society for Psychical Research in 1882 has ghost hunting been so popular. Television and the internet, in particular, have fueled this new level of interest, creating a modern media phenomenon that spans the globe. But while the demand for information is high, good information

remains scarce. A Brief Guide to Ghost Hunting leads us through the process of ghost hunting, from initially weighing the first report, to choosing equipment, and investigating and identifying the phenomena, with an analysis of the best places to go looking, methods of contacting the spirit world, how to explain paranormal activity and, crucially, how to survive the encounter. However, it is also a book about ghost hunting itself, drawing on 130 years of research in the cavernous archives of the Society for Psychical Research and even older history to find the earliest ghost stories. A Ghost Hunting Survey makes use of interviews with those billing themselves as ghost hunters to find out their views, motivations and experiences. New and original research makes use of statistics to map the nebulous world of apparitions while a Preliminary Survey of Hauntings offers an analysis of 923 reported phenomena from 263 locations across the UK. This is, as far as possible, an objective presentation of ghosts and ghost hunting. It is no wonder that mainstream science largely refuses to deal with the subject: it is too complicated. Without trying to convince you of any viewpoint, this book is intended to help you understand more.

how to hunt ghosts how to hunt ghosts: So You Want to Hunt Ghosts? Deonna Kelli Sayed, 2012-10-08 The New, Comprehensive Guide to Everything About Real Life Ghost Hunting Search no further for the complete, up-to-date, and smart guide for the aspiring ghost hunter—you! Packed with insider knowledge, this handbook covers everything about becoming a real paranormal investigator. This essential manual provides a detailed breakdown of every step on your ghost hunting journey. Explore the fascinating work of seminal figures in the history of paranormal investigation. Learn how to build a cohesive team and choose your first supernatural case. Discover crucial advice on the latest ghost hunter gadgets, the ethical way to report your evidence, and how to stay safe in your ghostly encounters. Unlike other ghost hunting books, this indispensable guide explains how to conduct historical research on your case, how to properly document your discoveries, and how popular media and ghost hunting TV shows have impacted the modern paranormal community. So You Want to Hunt Ghosts is your key to successful investigative adventures.

how to hunt ghosts how to hunt ghosts: Hunting Ghosts Buck Weiss, 2013 What draws us to tales of the supernatural? Is it that desire to find belief and comfort in the possibility that life continues after the physical body has died and turned to ash? ...The recent proliferation of ghost-hunting shows on TV, and found-footage style movies (Grave Encounters, Blair Witch, etc) further speaks to our own obsessions with the paranormal, and the desire to find answers as they pertain to the possibility of our species' extended existence - here's an entire anthology dedicated to that very subject! Whatever the case may be, you will certainly find what you are looking for in the tales collected in this volume... for there are, dear reader, nightmares that await as you prepare to take a journey through the pages collected herein. --Anthony D.P. Mann, HorrorETC Podcast & Terror of Dracula You have seen all the television shows, now take a journey to the netherworld with this anthology of ghost hunting fiction. Not even the SyFy Channel can prepare you for what lies within. Stories include: The Children of the Infinite by Scott Bartlett, Alibi Jones and the Ghost in the Machine by Mike Luoma, The Book of Blackthorne by Dorraine Fisher, Singing by the Fire by Jamieson Ridenhour, The Old House by Michael Kleen, and many more! Let your imagination take you to places yet unexplored, from old derelict farms, to dark forests, to haunted bathrooms and beyond. Some of the most exciting talent in supernatural fiction is represented in this anthology.

how to hunt ghosts how to hunt ghosts: Hunting Ghosts Russell Vogels, 2014-03-18 Welcome to the always interesting and sometimes scary world of ghost hunting! Join author Russ Vogels, a Paranormal Investigator with over four decades of knowledge and experience, as he takes you on a fascinating and information packed journey into the world of Ghost Hunting and Paranormal Investigation. Hunting Ghosts is written to give you a real understanding of paranormal investigation and the spirit/ghostly realm; along with a fundamental outline of how to properly ghost hunt. Hunting Ghosts: A Paranormal Investigator's Guide's goal is NOT to try and make you an overnight INSTANT EXPERT in all things pertaining to ghost hunting, that's impossible; but simply to give you the knowledge and tools necessary to get you started on the RIGHT PATH to becoming a TRUE

professional paranormal investigator. "Paranormal investigation in general, by its very nature and subject matter, does not operate in or conform to the rigid set of hierarchical scientific rules, designed for the physical world alone. Sometimes things happen that simply defy logic and fail to conform to what we normally perceive and believe as possible". "Because we have yet to conclusively prove something, does not mean it doesn't in fact exist. The paranormal investigator is one who realizes that and yet still continues their quest, in spite of any adversity. To the TRUE paranormal investigator, "scientifically impossible" is simply something the so-called scientific community utters and clings to when they themselves have thrown up their hands and given up". Do you have what it takes to be a TRUE professional paranormal investigator?

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reported ghostly happenings, including apparitions, hauntings and poltergeists. Written so that the reader quickly grasps what parapsychologists think ghosts are and how to best deal with the phenomena and the experiences of the people having them. Covers the investigative process from the initial call and assessment to the on-site investigative techniques and technology. Deals with how to come up with solutions and resolutions—ways to get rid of the phenomena. Includes a discussion of the use of technology and the use of psychics in paranormal investigations and if anyone can prove the existence of ghosts. Finally, the book covers information resources and organizations that the new ghost-hunter and the person who encounters a ghost can find to learn more about the subject and for help with cases they're investigating or phenomena they're experiencing.

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gain a better understanding of what we may experience on a ghost hunt.

how to hunt ghosts how to hunt ghosts: *The Shadow Hunt: Supernatural Suspense Thriller with Ghosts* Ian Fortey, Ron Ripley, Scare Street, 2024-12-19 When hunter battles hunter, the ultimate evil is unleashed... Ghost hunter and retired Marine Shane Ryan has faced every form of supernatural terror imaginable, and he's lived to tell the tale. But there are other hunters out there, and not all share Ryan's brutal but fair moral code... When a desperate ghost begs James Moran for help, the occult expert calls in Shane Ryan. As Shane investigates the murder of one of Moran's former clients, he soon finds himself on a collision course with Beatrix, a ruthless rival ghost hunter. And to make matters worse, Beatrix seems to share Shane's mysterious abilities. Facing off against the cunning woman, Shane must navigate a treacherous landscape of buried secrets and bone-chilling terror. It's hunter versus hunter; in a deadly game of hide and seek. But Beatrix has an ace up her sleeve, a sadistic spirit who feeds off pain and suffering. Can Shane defeat both of these powerful enemies, before they unleash a wave of bloodshed? Or has the world's greatest ghost hunter finally met his match... Step into the eerie world of Scare Street, where supernatural horror and suspense await you at every turn. Our collection of ghost stories, paranormal encounters, urban legends, and haunted house stories offer the perfect mix of scary and spooky tales. Whether it's a creepy campfire classic, short horror stories, or unsettling creepypasta, our tales are crafted to bring thrills and chills that will keep you hooked.

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how to hunt ghosts how to hunt ghosts: *Ghost Hunter's Guide to California's Wine Country* Jeff Dwyer, 2008-09-26 "There's much more to this valley than first meets the eye. I had no idea the dead population was so lively here. Truly, Dwyer brings the past to life." —Mick Winter, author of *The Napa Valley Book* Serving as a guide to one of America's most treasured lands, the *Ghost Hunter's Guide to California's Wine Country* takes readers to the rolling hills, old wineries, and beautiful vineyards of the California Wine Country. With more than eighty haunted locations described in great historical detail, experienced and novice ghost hunters alike can search this famous region for encounters with ghosts of explorers, Native Americans, soldiers, and others. Recommended locations include the famous novelist Jack London's homestead, where apparitions and other phenomena have been experienced. Many believe London's ghost still haunts his beloved ranch. After traveling the vineyards and wineries, the counties of Napa and Sonoma offer more

ghostly adventures. The Cinedome movie house in Napa is said to hold the ghosts of an older couple who were often found cuddling in the back of the theatre. In Sonoma, hauntings have occurred in the popular park known as the Plaza. Sem-Yeto, one of the last Pomo chiefs, is buried in the park's northwest corner, and some have witnessed the spirit of his ghost wandering the site. "Filled with fascinating historical details that few locals even know, the book is eerily convincing in its convictions." —Santa Rosa Press Democrat "A handy guide to curdling your blood and raising your hair." —Napa Valley Register

how to hunt ghosts how to hunt ghosts: Ghost Hunter's Guide to the San Francisco Bay Area Jeff Dwyer, 2011-10-28 "Fans of hauntings and ghost stories who are heading towards San Francisco will love this comprehensive guide to the Bay Area's most eerie spots." —Fabuloustravel.com Ghost-hunting hobbyist Jeff Dwyer has devised a guide that allows the phantom-seeker in all of us to add spirit sleuthing to our list of typical tourist activities. Ghost Hunter's Guide to the San Francisco Bay Area highlights more than one hundred haunted spots in and around San Francisco, all accessible to the public, where you can research and organize your own ghost hunt. Complete with handy checklists, procedural tips, and anecdotal evidence of previous sightings at each location, the guide is an inquisitive and informative supplement to—or replacement for—traditional tourist guidebooks of the Bay Area. Whether readers visit familiar haunts such as Alcatraz, Angel Island, Fisherman's Wharf, or lesser-known locations such as the USS Hornet, the Old Bodega Schoolhouse, or the First and Last Chance Saloon, all are sure to encounter places and consider possibilities unexplored by the average visitor. With advice on what to do with a ghost, what to do after the ghost hunt, and other telekinetic tidbits, this guide encourages travelers to be attentive and imaginative, willing to take that extra spirit-sighting step. For the curious armchair traveler, it is lively twist on Bay Area history and landmarks. "While sometimes scary, [the ghost stories] more often serve as reminders of the sometimes quirky, and oftentimes tragically haunting, history of the people of California." —The Reporter (Vacaville, CA) "I thought I knew everything about the wine country, but I apparently overlooked the protoplasmic 'walk by night' world." —Mick Winter, author of The Napa Valley Book

how to hunt ghosts how to hunt ghosts: My Big Fat Senior Year Ghost Hunt: An Only Slightly Exaggerated Ghost Hunting Adventure Bro Biggly, 2025-07-05 When your senior project involves hunting ghosts... I never imagined myself working as a videographer for some rich kid's ghost hunters channel. And that so-called haunted house we found looks like it's one good storm away from sinking into the bayou. But I'm a hungry college kid, and I can use the paycheck. Besides, ghosts aren't real, so what do I really have to be afraid of? An only slightly exaggerated ghost story inspired by true events.

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