

*Are you anxious about something paranormal which you believe is happening in your life? Do you think you might live in a haunted house? Have you experienced something that you can't explain? Is something paranormal troubling you? Perhaps we can help. After reading the leaflet below you can contact us at the Arthur Conan Doyle Centre.*

The PSYCHIC INVESTIGATION UNIT (PIU)

is an Investigation Group from the Sir Arthur Conan Doyle Centre (ACD) that provides a service to members of the public troubled by a paranormal experience. Our Investigators are expected to be both open-minded and equally focused on investigating the paranormal in a scientific manner. This means that our investigations will always concentrate on gathering evidence before deciding what advice to give. We do this by interviewing you – initially by telephone or email and later by visiting you if necessary. All information you give will be treated as strictly confidential.

We'll ask you about your current and any previous paranormal experiences and anything else that might be relevant. It's important to gather as much information as possible so that we, and you, can better understand what is happening. More often than not – just simply talking about it will make you feel better. Our concerns are:

(1) to understand what is going on (2) help you to deal with it.

WHAT WILL I BE ASKED TO DO?

You won't ask you to do anything you're uncomfortable with, but we do suggest the following :

- (1) Keep a diary. Try to keep a diary of any paranormal experiences. Make your notes as detailed and descriptive as possible. Keep track of exactly where & when experiences happen.
- (2) Provide witnesses. If you are the only witness to your experiences, try to get corroboration from family & friends. Choose down-to-earth sensible people, not excitable people fascinated by the paranormal. Sometimes this can be hard – but support from people who know you will be beneficial. The more witnesses who experience what you experience, the stronger the evidence. And the stronger the evidence, the clearer any possible plan of action.
- (3) Get hard evidence. Try to record any phenomena using a video camera, camera or audio recorder. If you get precognitions or believe you are psychic, then start to test your own abilities. Write your precognitions down – date them – and get someone else to sign that they have witnessed them. Don't be afraid to investigate your experiences yourself.

### HOW MUCH WILL IT COST?

The Unit does not charge for investigations. We are a charity and all our investigators are volunteers. We invite clients to donate to the ACD centre as a way of helping with travel expenses or thanking the investigators for calming things down, but no one is obliged to do so.

### WILL I BE BELIEVED?

Our investigators are open-minded. Most have had personal experience with paranormal phenomena and have undergone training. But just because paranormal events can happen, it doesn't mean they happen all the time. Some have a simple or rational explanation. Our investigators will try to understand what is happening and whether experiences are paranormal or not.

### INVOLVEMENT OF THE MEDIA.

This might happen in several ways and is seldom to your benefit. If the phenomena you are experiencing are extremely unusual, neighbours, or people you have talked to (or their acquaintances) may have talked to others and a media reporter could arrive at your door or call you. They will usually be sympathetic and the temptation is to accept this sympathy and give information. By so doing you let people into your private life and what has already been distressing, can become more so. The reporter's job is to create a story and thus everything becomes public. In this way you could become the target of gossip and speculation, even nastiness, for no fault of your own. Our advice is to say as little as possible and inform reporters that these events are upsetting for your family (and children) and you wish to protect your privacy.

### WILL THIS MEAN BEING INVOLVED IN THE OCCULT?

No. The PIU is not affiliated with any religious or spiritual group. It is not our policy to challenge anyone's religion or promote occult beliefs. The Unit holds no corporate view about what paranormal phenomena is – only that we should investigate it rationally, by exploring possible causes in the light of experience and previous cases recorded in the archives of psychical research. The Unit does sometimes use people who have psychic abilities but rarely at the early stages of an investigation, and only with your consent. The PIU doesn't endorse any psychic or medium, BUT if you want to see a medium privately –we can put you in touch with someone.

### CAN YOU MAKE WHAT IS BOTHERING ME, GO AWAY?

Feeling that you're facing something unknown on your own can be frightening. Talking about it will help. The good news is that paranormal experiences are very rarely dangerous. Also, most cases fizzle out in a matter of weeks or months. Even the longest cases – famous throughout the world for their paranormal phenomena – only lasted for a year, or two years, at the most. And cases like that – are very rare.

*This leaflet has been prepared by the Psychic Investigation Unit at Sir Arthur Conan Doyle centre 25 Palmerston Place Edinburgh EH12 5AP  
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