

Over the years, many Paranormal Investigation Teams have found that people request an investigation of their home, or business, without checking for, or contemplating, anything that could naturally be the cause for their concern.

With this in mind, please go through our quick checklist before requesting an investigation:

**1) Do you hear knocks or bumps in your house or business?**

If no, go to Question 2.

If yes:

- Could it just simply be the building settling?
- Could it be a pipe that has come loose from its fixture?
- Could it be an animal bumping something, or knocking something over?
- Could a tree be dropping nuts / twigs / branches onto the building?

**2) Do taps seem to turn on all by themselves?**

If no, go to Question 3.

If yes, try getting a plumber in to check the tap(s) to see if the taps have any wear in them. If they do, it could just be the water pressure turning them on.

**3) Do you hear footsteps in your ceiling, or on your roof?**

If no, go to Question 4.

If yes:

- Could it be an animal? Check for traces of an animal. Could just be a possum, a rat or mouse, etc.
- Could it just simply be the building settling?
- Could it be a pipe that has come loose from its fixture?
- Could a tree be dropping nuts / twigs / branches onto the building?

**4) Do you hear footsteps in your house or business and no one is in the area you are hearing the footsteps?**

If no, go to Question 5.

If yes:

- Could it be a TV making the noise?
- Could it be a radio making the noise?
- Could it be an animal? Check for traces of an animal. Could just be a possum, a rat or mouse, etc.
- Could it just simply be the building settling?

- Could it be a pipe that has come loose from its fixture?
- Could a tree be dropping nuts / twigs / branches onto the building?

**5)** Do you have a light that keeps turning itself on or off, or both?

If no, go to Question 6.

If yes, get an electrician in to see if there is anything faulty in the switch or the wiring.

**6)** Do you, or others, see movement, shadows, or see things out of the corner of your eyes?

If no, go to Question 7.

If yes:

- Could it be light from a TV?
- Could it be light from an outside light source and wind moving trees, etc, outside that's shadow is being cast inside?
- Could it be light from a passing vehicle?
- Is there a candle burning that is "flickering"?

**7)** Do you hear voices or whispering that you cannot explain?

If no, go to Question 8.

If yes:

- Could it be a TV making the noise?
- Could it be a radio making the noise?
- Could it be someone outside talking and their voice is being projected inside?
- Could it be someone else (that is **alive**) in the building that you aren't aware is there?

**8)** Do you have cold spots in your house? (For example, places that would normally be warm, but are cold. Or places that one minute are warm then the next minute they are cold, then they are warm again. Or a room(s) that is constantly cold, even if it is a hot sunny day and the sun is shining through the window)

If no, go to Question 9.

If yes:

- Does the building have insulation? If so, could that be the reason?
- Are the windows tinted to that room?
- Could it be a fan / air conditioner?
- Could it be a breeze going through the house?
- Could a draft be coming in from under a door, or through an open window?

**9)** Do any of your pets act strange in the house? (For example, do they seem to see something you can not, or seem to be afraid for no obvious reason?)

If no, go to Question 10.

If yes:

- Is it possible they can see another animal they are not happy about?
- Is it possible that they can see their reflection in a mirror, or window, or windowed door, etc?

**10)** Do you have that feeling of dread, or feel afraid in your house, or work? (For example, do you feel like you are being watched when no one is there, or feel different emotion in a particular room / section of the building, etc)

If no, go to Question 11.

If yes:

- Could there be an electrical appliance that may be giving off a high EMF reading?
- Could there be electrical wiring in that area that may be giving off a high EMF reading?

**11)** Do items ever go missing in your house then just show up again out of nowhere? (For example, You have a favourite item, (piece of jewellery, favourite clothing, etc), that seems to go missing, then turn up in a different place than you left it in. Or you left your keys on the table, when you go looking for them they are no longer there, then after a search you come back and they are exactly where you left them.)

If no, go to Question 11.

If yes:

- Do you have an animal that might have taken a shine to the item?
- Do you have someone at the house, that is alive, that might be playing a prank on you?

**12)** Do you ever feel like you have been touched by something and there is no one else around?

If no, continue below.

If yes:

- Could there be a window or door open and a breeze has brushed past you?
- Could a fabric of your clothing have been caught on something?
- Could something have brushed you, like a curtain flapping in the wind?
- Could there be a fine cobweb hanging down that brushed you?

If you answered **NO** to all of the questions above, that is not the end of it, these are just some more common incidents that are listed. If there is something happening to you that is not mentioned above, please feel free to contact us and explain what is happening.

If you answered **YES** to any of the questions above, and you feel you have exhausted and checked all natural explanations for your concerns, (For example, answered **NO** to all of the “**If yes**” questions above), please feel free to contact us and explain what is happening to you. If there is a lot of activity happening, and is too much to type, please let us know the main things that are concerning you in your contact, tell us there is much more, and leave us a contact number so it can be discussed verbally to make it easier for you.

**Please note: If your case affects any LIVING children, or you have moved out of your house because of the activity, please mark your contact as urgent, and state this is so. We will then flag your case as urgent, and make it a priority.**

Thank you,

Down Under Spirit Team

