

QUARTERLY NEWSLETTER

November 2006

Who's Dead in Australia TV show update

By Christine

Well the filming of the pilot is nearly finished. The edit process starts in November and we hope to have a finished pilot suitable for either a 30 minute show or a 60 minute show in the early new year. It has been decided that the show will focus largely on the group, it's members and what the group does. Stay tuned for the premiere screening details in the next newsletter.

Christine's update

The forum continues to grow and friendships continue to develop. It never ceases to amaze me that we have such superb people on our forum. The variety of your experiences and your willingness to share with others is something that I am truly appreciative of. We continue to grow and learn together and I now find some of my best friends I have met through my paranormal interests.

I often express that I firmly believe many of us have met in other lifetimes. I subscribe to the belief that many of us are actually members of the same soul group, reincarnated time and time again, destined to meet up and play a part in each others lives on this plane in this incarnation. How else can we explain the feeling of friendship and familiarity many of us experience?

Also new to the site is the Competitions thread in the Events section. Drop in and see what you could win! Thank you for your continued support and enthusiasm for the forum and chat.

Best wishes
Christine



(logo design my Chainz)

Well thanks to Angrydad the investigation team now has a name which is registered as a business in Victoria. The team conducts Paranormal Investigations and consists of a group of technically and not so technically minded people. Check out the new Spookspotters Team page at www.paranormal.com.au/team to see who is on the team and a little bit about each team member.

Chat Roster



Chat is held every Thursday night from 9.30pm unless indicated. It goes for at least one hour and often longer than that! Here is the chat roster and guest chattist for the next few months.

16th Nov Remote viewing experiment lead by Merrick (see remote viewing notes in this newsletter)

23rd Nov NOTE START TIME 10.30pm
For the Eastern Seaboard Dream discussion with Michelle

30th Nov Crypto night with Catseyes

7th Dec Astrology with Aquachime

14th Dec Understanding EVP with Chainz

21st Dec UFO's with Gregga NOTE START TIME 10.30pm
For the Eastern Seaboard UFO discussion with Gregga

4th Jan 07 His Lordship- Psychic self defence, demons and nasties

11th Jan The Tool box- using PhotoShop to help you find things in photos

18th Jan Tarot with Christine

25th Jan Cape Otway Investigation Discussion

1st Feb Fairy Folk with Flutterbit

8th Feb Orbs in photos- Guest Chattist TBA

Of course other chat is welcome and encouraged on these nights as well.

Fine tuning your sixth sense

by Merrick

We all use our five “common” senses, Hearing, Sight, Smell, Touch and Taste and for many that have one or more missing, you will find that another of the senses has become more in tune. Often more sensitive as a result, taking on the extra work load so to speak, of the missing sense. So how do we get in touch with our Sixth, Spiritual Sense?

We all possess a Sixth Sense. Most people take it for granted, unable to see a “connection”, still believing in coincidences. Then there are those that believe “there is no such thing” as coincidence. A belief in “Interconnectedness”, small clues that suggest we are on our correct path, emblems lighting the way.

Taking note of those signs shows us our higher nature, an answer to the inner questions we ask ourselves everyday. Most of us run through life at high speed with so many errands, jobs to do, places to be, always on the go. Trying to buy a little piece of time, to make it to that appointment on time, to meet that friend for lunch. Here’s a novel idea, make time for yourself! It’s okay to be a little selfish every now and then. We’ve all heard the saying “Time waits for no Man” so take it when you can!

Find a quiet spot, a favourite, comfortable spot, where you won’t be disturbed for at least 15 minutes or so. It may be your bedroom, a cosy lounge perhaps? Mine is just outside my back door, a couple of comfy chairs, some cushions surrounded by my favourite potted plants. My little piece of nature! This is where I like to “take five” (or should that read take fifteen?) when things get a little to “noisy” for my liking!

On hand you should have a note pad, black pen and anything else that makes you feel relaxed, happy, you You! For instance, I like incense, candles and crystals. Taking long, slow, deep breaths, in through the nose and exhaling out through the mouth, relaxing. It’s creating your own ritual for “tuning-in” to your spiritual self.

White lighting exercise



I start all my spiritual work with a little prayer. A little spiritual protection and encouragement, a White Lighting exercise.

Sitting comfortably in your “quiet place”, placing both feet on the ground, hands resting in your lap, palms face up.

Close your eyes and visualise a brilliant, white light, permeating every fibre of your being, relaxing every part of your body, relaxing every muscle. Start from the top of your

head, down your shoulders, down your arms, right to the tips of your fingers. Feel the warmth of the energy, live, like tiny pin pricks, a firing electrical pulse, energising you. Continue right down to the tips of your toes.

Call upon your belief system (your God, Guide, The Four Elements, the Four Arch Angels...) for the Greater Good of the Universe to give you guidance in your endeavours for the Greater Good of All. Cleansing, Grounding and Protecting you from Harm and Negativity.

Amen/So mote it be. Now let yourself Go!

The main two problems that you will encounter will be:

1. Eliminating the “Mind Chatter”.

2. Falling Asleep!

What is Mind Chatter? Mind Chatter consists of your every day thoughts that “pop in” to remind you to “Take the meat out of the freezer”, “Wash Bobby’s socks for football training tonight”, “When’s the electricity bill due?”.....

You may like to visualise a pleasant object to focus on, for example, a Rose, a Candle, a Leaf. See it, as if, for the first time, discovering all aspects, each petal, the dancing of the flame, each tiny vein within the leaf, eliminating the mind chatter as you focus.

Another option is the use of Affirmations. Affirmations can be a favourite saying or quote that you aspire to. Repeating it in your mind, each word, getting stronger and stronger in meaning every time you say it, manifesting it’s very quality in you.

Someone who is shy or timid may aspire to being more confident, wishing it so. His or her Affirmation or “Mantra” may be something like this:

*“I am Me.
Outgoing
Free
Confidence Be”*

Be aware of any thoughts, feelings or images that you may receive. Take note of them afterwards, write them down! You may be surprised to find some insight into a problem or find the answer to a question you asked.

Each of us will have our own “Code” or Inventory of what certain images/phrases mean to us. This is where most psychic confusion comes from. A Sign for one thing could mean something completely different to another. It’s important to look at both sides of the equation for the true meaning to shine through. In other words....

Share that random, odd thought that doesn’t make sense!

These are the tidbits that will, most often, tie it all together or offer us our most confirming aspects of spirit!

Here's a little exercise to help with the fine tuning:

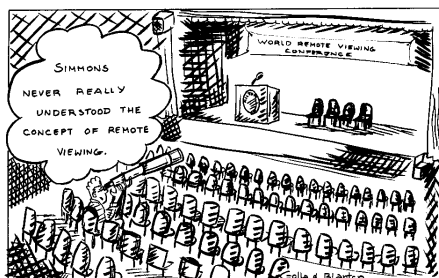
Remote viewing exercise

What is Remote Viewing?

Remote Viewing is a perceptual tool for gaining information not available by eye-sight alone.

All humans have the potential to receive detailed information, on demand using only our minds. It was not until the late twentieth century when the U.S intelligent agencies got wind of its multitude of possibilities, as a tool for gaining information on major military operations. Think about information being stored as existing patterns of data within the Universe, the Collective Unconscious, with our minds being the receiver of this information to call on at will. Remote Viewing enables us to tap into this wonderful energy exchange.

Training to Remote View takes time and practice. You need to set aside time for lots of practice in order for you to train your mind to see clearly, to succeed, trusting in the right impressions.



A Remote Viewing Experiment

You will need at least 3 people:

The Receiver (remote viewer)

The Transmitter (beacon – can be more than one person for location experiments)

The Monitor (interviewer – for controlled experiments)

Also on hand, you should have some A4 white paper, a black ink pen and some A4 envelopes.

Prepare four or more possible targets, Eight being the number preferred for controlled tests. In this test we are going to use photographs as our targets. Targets can be a range of things, Objects, Photographs or an area or location.

Photos should not be too complex but rather, have strong definitions, lines and colours. It is also helpful to have them as different as possible.

Place each of your targets into it's envelope, marking each envelope from 1 to however many targets you have selected.

The Receiver sits in his or her quiet, comfortable, relaxing room ready to begin. As you synchronise your watches, the Experimenter places the envelopes on the desk in front of the

receiver. Then the Receiver marks down the date and time on his or her data sheet and writes "Target number" (the number of the envelope selected by the receiver) on the sheet. This is start of the experiment.

The Receiver/viewer focuses on the envelope and writes down any impressions that come to mind. This experiment should take approximately 15 minutes. When you feel you have gotten all you may receive, write End and the time of completion. You may now compare your impressions with that of the photo in the envelope.

With much practice and trust in your own perceptions, fragmented impressions you receive will start to piece together and grow in clarity, fine-tuning your Sixth Sense.

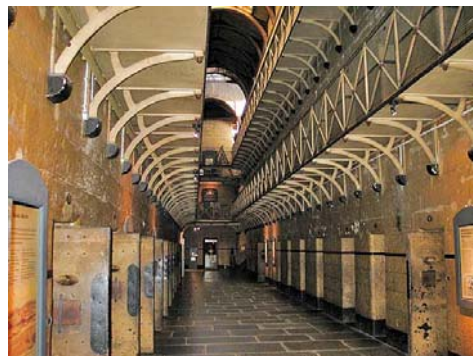
Upcoming Events

Cape Otway Lightstation January 19th-21st 2007



The Spookspotters Team and a small number of forum members are conducting an investigation at the historic Cape Otway Lighthouse in January. Why not drop in for lunch? We will be there from Friday afternoon the 19th of Jan departing on Sunday morning the 21st January. BYO food and drink and we'll fire up the BBQ. Check out the Investigations thread for further details. We'll share what we found on chat Thursday the 25th of January.

Old Melbourne Gaol February 2007



The Spookspotters Team and a small number of forum members are conducting an investigation at the Old Melbourne Gaol in conjunction with Darren Done and his OMG Ghosthunting Team in February 2007. Stay tuned to the Investigations Portal for details and results.

Upcoming Events

Port Arthur 2007

We are currently investigating the possibility of the team plus maybe one or two others going to Port Arthur in 2007.

The proposal is- we hire a 8 or 10 seater plane, flown by one of the forum members (therefore no payment required) who is a commercial pilot can fly it and we fly from Moorabbin to Hobart, hire a people mover type van and drive to Port Arthur either staying on the site at the Comfort Inn or hiring a holiday place for the weekend at Post Arthur. We would do the ghost tour in the evening, go through the site during the day.

We would try to get permission to do something for our group on one night as well and we are currently communicating with Port Arthur Historic Site to try to arrange this.

We envisage leaving on a Friday and returning on a Sunday, no date is set yet. Possibly April or May maybe?

The cost of the plane is approx \$700-\$900 per hour including fuel (it is approx 3 hours return) depending on if we take a 8 or a 10 seater.

We would split the cost of the plane, vehicle, accommodation, Port Arthur entry etc between the participants. What are your thoughts? Is this too ambitious or is there enough interest for us to do this? Ideas, feedback?

Want to join in on an investigation?

All Investigations are announced in the Investigations Portal of the Forum. Each one is conducted by the Team and a limited number of forum members are able to join in on the event. It is decided on a first come first served basis and past reliability is in your favour. Numbers are limited in order to properly manage energies of all participants in strange surroundings on the night. It also allows us to properly involve each person in the teams investigation when numbers are limited ensuring you too learn what we do and are able to actively participate. So if you would like to join in on one let us know and we'd love to have you come along.

Site News

EMF meters now available

Cellsensor EMF detectors are now available at a special discounted rate for forum members. The cost is \$50 each plus postage to members of the forum. Details can be found in the [Trading Portal](#).



Also in the trading portal this month :

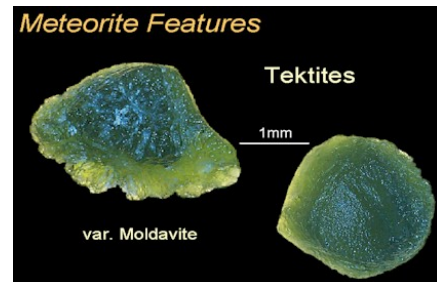
Amethyst, lepidolite, amber, moldavite and citrine. All hand selected by Christine and suitable for crystal healing and programming.

Molybdenum



Molybdenum is a mineral that brings balance and continuity to life. It can help engender reliability and constancy in one's environment and self, giving equilibrium in all areas of life. Molybdenum is also a super stress reliever. It can also be useful in retaining possessions and making progress. Molybdenum enhances communication between conscious and inner selves, as well as filling in holes or voids in the aura. It balances the chakras, as well as the physical body and the mind. Molybdenum is helpful for all types of healing because it energetically balances the body toward health.

Moldavite



Moldavite is a tektite and is the only "extraterrestrial" gemstone, which is found only in the Moldau Valley in Czechoslovakia. Lately there have been other green tektites or imitations that are called "moldavite," but only the Czech moldavite is the "real thing." It is associated with the heart and third eye (brow) chakras, as well as the crown chakra. It strengthens and enhances inner journeys, channeling, cosmic consciousness, crystal consciousness, expansion, contact with interdimensional or extraterrestrial forces. It is a powerful stone, and its energies can at first be intimidating for those that are not aware of its energy, and tends to bring issues to the surface to be transformed, thus making it called "stone of transformation." When wearing moldavite, it is best to be mentally prepared and be properly grounded. Moldavite diminishes contracting or withdrawing energies. Moldavite in any form increases the depth and clarity of inner journeys. Moldavite has been said to raise the vibrational level of both the human race and the Earth. Physically, moldavite works

excellently with other crystals and stones to raise the vibrational level of all healing, and also heals hair loss, fertility issues, and promoting new cell growth.

Lepidolite



Lepidolite is a stone of calm, trust, and acceptance. It has a strong relaxing and calming effect. It brings hope and is a stone of transformation in that it helps one get through transitions with trust that everything will ultimately turn out for the best. It engenders and enhances self-love, patience, and optimism. Emotionally, lepidolite is an excellent healer. It greatly decreases stress, anxiety, depression, manic-depression, despondency, PTSD, anger, and other traumas, panic attacks, and addictions. Psychically, lepidolite is used for dreamwork, rebirthing, and is also good for dream recall.

Web site host change

Thanks for being patient with us whilst we have changed hosts the past few weeks. We hope we have ironed out all of our issues. To stay updated or to find out if we are experiencing any technical difficulties check out the **Announcements** thread in the General Section of the forum.

Paranormal.com.au Polo Shirts

Don't forget that T-Shirts with the Site logo are available for sale through the site. Show your support with one of these top quality T-shirts.



	Available Colour	Sizes
Ladies	Red	10-16
Mens	Black or Red	Small - 4XL

Profits from products sold on the forum are used to pay for webhosting charges etc.

The Grand Plan for a National Paranormal Conference

We are really looking for your input here. Please feel free to tell us what you think, who might be great speakers, who might do it for free, whether you would support such an event. Perhaps you would like to be involved in presenting at the conference or know someone who would? It has never been done before in this country. How can we grow this idea and make it better? Please register your input and thoughts in the **Members Only** section of the forum.

Here is the plan:

The Proposal:

Spookspotters and Paranormal.com.au propose to have a weekend conference for people interested in the paranormal and supernatural.

The purpose of the weekend will be to:

- learn more about these topics
- to attend seminars and lectures by industry leaders from both Australia and overseas
- to enjoy meeting with people of similar interests
- discover and learn new and innovative investigation techniques
- see the latest equipment available

The Plan:

We envisage conducting this conference over a weekend at a facility that can both cater and accommodate the required number of people.

Possible venues could include:

- Kryal Castle Ballarat
- Other suitable local venues subject to price and availability

Participants can choose to stay onsite or elsewhere in the region and pay to attend the conference accordingly. We would envisage being able to offer accommodation to suit varying budgets from possibly free accommodation at Ballarat Airport to onsite motel style accommodation, depending on numbers. Ideally we would like to conduct the function for between 50-100 people.

Catering for morning and afternoon teas and lunches would be included in each participants fee, as would a dinner function, possibly themed and all seminars.

We anticipate the conference being held over a weekend in the latter half of 2007 or early 2008 with seminars being conducted all day on the first day and for half a day on the second day allowing enough time for people to travel home.

Sponsors will be invited to promote and sell their goods at the conference, perhaps offering conference rates for participants.

Sponsors could include:

- Night vision equipment manufacturers
- Bookshop or publishers or other retail operators
- Venue/Ghost Tour operators

The Speakers:

We would invite various speakers to attend our conference. These speakers would cover a variety of different topics and participants would be required to choose which seminars or classes they wish to attend at time of booking. Speakers fees would be covered by ticket sales and included in the cost of each ticket. Events would be timetabled much like a school timetable offering variety and choice to the participants and allowing us to accurately accommodate class participants.

Possible speakers would include:

- Guest from America (TAPS member) speaking about investigation techniques
- Leading psychic/medium
- Crystal healer
- Tarot card teacher and reader
- Equipment specialists
- Australian Investigation Specialists
- UFO (abduction) Specialist
- Meditation Specialist
- Demonologist
- Runes Specialist
- Yowie/Cryptozoology Specialist

Ideally we would find some speakers who would be prepared to attend the conference in an instructional/presenter capacity free of charge, with their meals and accommodation being provided for them, to help support the event and to promote their books and associated products. Therefore people local to the venue would be desirable to reduce travel expenses.

Speakers would prepare notes and submit them for viewing to organizers for content and printing purposes. Speakers would also prepare notes for seminar participants and these would be distributed and included in the conference price..

A buyers market could also be set up offering goods for sale or readings to participants of the event.

Advertising:

The event would be marketed through the website of both Paranormal.com.au and participating persons.

Flyers would be distributed via email and mail to promote ticket sales. Flyers would be supplied to interested parties for distribution. Event would be advertised in relevant interest magazines and publications.

Target Market:

Anyone with an interest in the paranormal and supernatural

People that conduct ghost tours wishing to know more about the topic. General public.

The concept of the National Paranormal Conference is copyright to Fox Solutions Pty Ltd and use or duplication of any or all its content is strictly prohibited.

Please, we'd love to hear your feedback. Whether you think it is a good idea or not, how much you would be prepared to pay to attend such an event.

Proof Portal

If you haven't visited the proof portal lately be sure to drop in and listen to the latest EVP obtained by Chainz at the ongoing Airport Investigation.

<http://paranormal.com.au/forum/viewtopic.php?t=1535>

!!!COMPETITION!!!

New competition, design a template in Word for our newsletter.

Design must incorporate the forum banner.

PRIZE:

2 free tickets to see Open Season in 3D at the iMax theatre in Melbourne (sorry people from interstate if you win we will send you another cool prize as you probably can't get to Melbourne).

Details are:

Open Season in IMAX 3DWhen: 11:00am Sunday 26 November

Venue: IMAX

Melbourne Museum Precinct

Rathdown Street Carlton Gardens

Carlton South, Melbourne

One pass admits 2 people. *These are exclusive tickets.*

Competition closes 20th November 5pm to allow for the tickets to be posted out.

Send you entry via email to contact@paranormal.com.au

Document should be a word template or similar.

You don't actually have to WRITE the newsletter (You can fill it in with dummy text) just design the look of it.

Comments or suggestions?

How can we improve? What would you like to see on the forum? Let us know what you think.

Got a ghost photo?



Send your unexplained photos for an opinion to
contact@paranormal.com.au