



TRUE GHOST STORIES FROM REAL GHOST HUNTERS

**True terrifying stories from
real paranormal
investigators!**

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This book is dedicated to all the hard working paranormal investigators who volunteer their time to capture evidence of the paranormal and seek out to prove the existence of life after death.

Introduction

This book is a collection of ghost stories based on true stories as recounted by various paranormal investigators and eyewitnesses from around the world. It has taken me two years to collate all the ghostly tales in this book and while some are surprising, some are completely terrifying. These tales have come from people who spend a lot of time researching the paranormal. This means that they are used to debunking and eliminating other causes for their experiences. I have no doubt that the people telling me about their experiences are telling the truth, which makes these all the more scary.

I hope you enjoy the experiences in this book and while the spelling and grammar may not be perfect, the experiences are! The stories are recounted in the words of the actual investigators so excuse any bad language. Some names have been changed to protect the privacy of those individuals.

Sleep well.....

Essex, England
September 2014

“We were out investigating a mill in Essex, it was the first time it had been investigated and we were getting a lot of bangs and creaks, but they could all be attributed to natural movement in the building. We decided to run a spirit board session to see if we could get any actual response through the board. We moved into a storeroom area of the mill which was full of office furniture and had a load of telephones in a box on the table. We moved all the boxes and set up our board on one of the tables. We blessed the board and opened it up for communication. We had 6 members of the public with us on this investigation, but none of them were new to ghost hunting. We got some personal messages come through the board, including one from one of our guests grandparents who told him that they were delighted to hear that his fiance was pregnant. He denied on the evening that they were expecting a baby but when he got home, he text us to say his fiance was pregnant and was waiting for the right time to tell him. That in itself was a pretty good experience, but that is not why I am telling you about this night.

We got someone new through on the board, who refused to spell his name or answer any questions with anything other than yes or no. He was being deliberately frustrating and in the end we asked him to leave the board and let another spirit come through. The glass went to bye and we assumed he was gone. No other messages came through after that so we closed and blessed the board and started to pack up. We were about to leave when a phone rang. We assumed it was someone’s mobile (which they should have left at the base station) but no one had any on them. We looked around and realised it was coming from the box of phones. We routed around and found the one that was ringing. As I pulled it out of the box, I came to the shocking realisation that there was no cable plugged into the back, plus the battery that should have been in the back was missing. There was no way that phone should be ringing. We were all a bit shocked but decided to answer it and put it on speaker phone. All that came through was lots of static, but in the background we could hear what sounded like a voice saying ‘yes, no, yes, no’. We tried to record the noise but by the time we got out our voice recorder the caller ended the call and the line went dead again. We tried putting the phone down and picking it up again but there was nothing there. I don’t normally get spooked but this event truly chilled me to the bone. There was no possible way that phone should have rung and I will never ever forget it.”

Charleston, South Carolina
August 2002

“We were called in to investigate a house which was home to a newly married couple. They had just bought the house and had started to renovate the place. They were stripping the wallpaper off one of the walls when they found a pentagram painted on the wall behind. Obviously, they were concerned that the place had been a site of devil worship or something sinister, so they called us into investigate and make sure that the home was safe. We brought a medium with us who offered to cleanse the house and carry out a blessing.

The couple had never experienced anything paranormal in the time they had been there and we could find no records of any deaths occurring in the property. We set up our thermal imaging camera, night vision cameras and voice recording equipment around the property. We sat down and started an EVP (electronic voice phenomenon) session. We were asking standard questions like; what is your name?, why are you here?, what has kept you here?. We didn't catch anything on the camera so we assumed that we had caught nothing on the voice recorders. After a very uneventful evening, the medium blessed the house and we all left. The couple were very happy and relieved that there was nothing in their house and they carried on with their renovations.

About two weeks later, the group got together and we decided to listen back to the recordings we took during the evening. For the first 30 minutes, we had nothing but then the group started talking about the pentagram. In the background, there was a very loud growl, followed by what sounds like someone saying 'devil, devil, devil' over and over again. This went on for about a minute before it stopped. We were all shocked by what we had heard and we honestly thought someone must have done it as a hoax. So we decided to listen to one of our groups longest standing members recorders. This guy is a total skeptic and spends his whole time trying to disprove absolutely everything. He had recorded the medium blessing the house. We heard the medium going round and talking in each room but what we caught next made us all believers. As the medium tells the spirits to move on and leave the house there was a very low growling voice that says 'they are mine' followed by a very deep growl.

After reviewing the recordings we contacted the couple who owned the house to see if anything had happened since we had left. They said everything was fine and they have had no activity. We didn't tell them about the evidence because we didn't want to scare them, but one member of the group makes it their job to check in with them every few months just to make sure they are still ok. I have been doing this a long time and that is the scariest and most convincing pieces of evidence I have ever had.”

Cambridgeshire, UK

March 2011

“The museum in Peterborough was based in a building dating back to the 1600s, plus it held a huge collection of antiques, all of which usually leads to paranormal activity. It was our first time investigating this particular location, although other paranormal groups had been in before. We were still a new group at this point so the only equipment we had with us were cameras and electronic voice recorders. We caught a lot of orbs of light on our video cameras during the night. We also had a lot of bangs, knocks and doors opening and closing on us. It was a really great night. It was only when we got home and listened to our voice recordings that we found the best bit. There was a 5 minute segment during which we were all talking to each other, but in the background was a full on conversation between two people but in German! We ran what we could get through a translator and the two people were actually talking about us. The conversation including things like; “What are they doing here late at night?, What do they think they are doing when there are so many people trying to sleep?” It was very scary to know that they must have been watching us and talking about us and we heard nothing at the time.”

Texas, USA

June 2010

“We had gone out to investigate the local caves. While they are not known to be haunted, there are many visitors that have noted feeling very faint and dizzy while they are down there. We took with us a night vision camera, a voice recorder, a REM Pod and a motion sensor. We set up the equipment and started our investigation. While we were in the caves, one of our group started to feel very nauseous and dizzy. He wanted to stay down there but after ten minutes the whole group decided to leave the equipment running while we went back out of the caves for some fresh air.

While we were up top, we could hear the faint noise of the REM pod going off. After 20 minutes of the pod going on and off repeatedly, we went back down to our equipment. There was nothing visibly there but we decided to have a quick look back at the camera to see if it had been started by the motion sensor. What we saw will haunt me forever. Out of the darkness in the corner of the cave, a shadow figure walks right across the cave and into the wall on the other side. As he walks through the REM pod he sets it off. The REM pod continues to go on and off but the figure only appears once on camera. He was a good 6ft in height and although you couldn't make out facial features, he had a definite head, neck, shoulders, arms and legs. There was 100% no one else in the caves with us and even if there was, the figure walked into rock, no human can do that. I'm afraid to say that after we saw that, we packed up and left. None of us have dared to go back since and most of us have now given up ghost hunting, we don't need to prove that ghosts really exist anymore, we know they do.”

Oxford, England
October 2015

“It was the highlight of our year, we managed to get into Oxford Castle. We had just split into four groups and our group went down to the dungeons. We had a medium with us who started picking up straight away. He picked up on what he thought were children, but he thought they were scared of something down here with them. He assumed that it was because of the spirits of the prisoners.

We started doing an EVP session to see if we could catch anything. About ten minutes in, one of our group described that she had just seen a weird light phenomenon come down out of the ceiling, go down the wall and then disappear. We all turned to the spot she pointed out and sure enough, there was what looked like a snake of twinkling lights, coming out of the ceiling, moving down the wall. Sometimes it would turn back on itself and go back up into the ceiling and sometimes it would simply fade. There were no windows in this room and no one had a torch or mobile or anything on them that could have caused these lights.

One of our group suddenly started to feel very sick and it was at this point our medium started to shout. He said the atmosphere in the room had changed and whatever was causing the light was something very nasty. He said it was not human and he can only see darkness. As he says this, we caught something on tape which is chilling. We heard a deep growl, followed by what sounds like a child whispering the word ‘go’ right into the microphone. We didn’t hear this at the time.

We left the room but as we walked down the corridor back to the base room, it was like darkness filled the corridor behind us. It visibly got much darker. As this darkness went passed other cells we heard crashing, banging, creaking of beds and moving of doors and chairs, even though there was no one behind us.

We were all visibly shaken by the time we got back to the restaurant. After a much needed cup of tea, one of our group came over visibly upset. She pulled down the collar of her coat and all round her neck was a bright red ring, shaped like a noose. It got redder and redder and raised up. She said it didn’t hurt but as the night went on it turned into a purple bruise going all the way round her neck. That was one event I won’t forget in a hurry.”

Place and date unknown

“We normally receive calls from families or young couples, so when we got a call from an elderly lady, who was convinced she was being haunted by her deceased husband, we had to go and check it out.

Jean had lived in her bungalow for the last thirty years. Her and her husband bought it a few years after they were married and although they never had any children, she had plenty of nieces, nephews and even great nephews. A few weeks back, she had one of her great nephews, John, aged 9, over to stay. He was asleep in the spare bedroom and Jean was sat in the living room. Jean thought she could hear laughter coming from the bedroom, but she was pretty sure her nephew was asleep so assumed it was her mind playing tricks on her. After about 30 minutes, she decided to go and check on John so got up and went to the bedroom. As she got closer to the bedroom she could definitely hear two voices, laughing and chatting. Thinking John was on his mobile phone, she was surprised when she walked into the room and saw John sitting on the end bed just giggling. When she asked what he was laughing at John replied “don’t you see Uncle Geoff pulling silly faces?”. Jean looked all around the room but couldn’t see anything. She told John to get back into bed and to stop misbehaving. John insisted that his Uncle was there and took a picture of him to prove it to her. Jean didn’t stop to look at the photo until the following morning, when sure enough there was a very faint silhouette of a man that looked like her deceased husband.

Jean called us in to see if we could communicate with her husband and find out why he was still there. We set up all our equipment and tried running EVP sessions. We didn’t catch anything. We then switched to a spirit box instead to see if that was a better way to communicate. Jean started answering questions and we were getting an intelligent response. Geoff seemed to be communicating through the spirit box. He was able to answer questions correctly that only Jean and him would know the answers to. This was a brilliant experience but the best answer of the evening came when Jean asked ‘Why are you still here?’. His answer ‘love you forever’.”

Place: Cambridgeshire, UK

Date: November 2007

“Our team were investigating a small pub in a tiny village in Cambridgeshire which was reportedly haunted by a woman ghost who would walk through the pub at 3am sobbing. We were a bit skeptical as the current owners seemed to be struggling, so we thought we were just there for some free publicity. We set up video cameras around the pub and voice recorders all along the route she reportedly took. At 12am we went upstairs with the owners for a cup of tea and to wait for the ghost to show herself in a few hours. We were laughing around when all of a sudden one of our team burst into tears. She was not the crying type so we thought she was ill. We tried to take her outside for some fresh air but she was determined to stay in the house. She said she just felt overwhelmingly sad and she couldn't stop crying. This went on for about half an hour and then it seemed to lift and she went back to being herself. At around 4am we gave up waiting for the crying woman and everyone joked that it must have just been the ghost having that effect on our team member.

We packed up all our stuff and left. The owners seemed really disappointed and it was clear that they were hoping something would have happened.

The next day we all got together to review our evidence. The voice recorders captured us all upstairs and you could make out the sounds of all of our team members and both the owners on tape. So when we listened to the tape from the back bar, we were surprised to hear the sound of someone walking and what sounded like the rustling of a dress. We got the camera tapes up and sure enough at the same time as the sounds, there is a white mist that goes past the camera and through the doorway to the left. The camera in the next room also captures this mist moving past before it disappears as it goes up the stairs to where we were all sitting. All of this happened at the same time our team member got very emotional.

The fact that the owners were upstairs with us proves that this cannot have been them and the fact that it moved intelligently round the ground floor indicates that this is something that knows the layout and knows its way round the pub. The pub has now changed hands unfortunately, but the new owners have been in contact as they have also been experiencing this mystical crying lady.”

Place: Blackpool, UK

Date: March 2010

“Our group mainly deals with private investigations, that is where local people call us in because something unexpected is happening to them at home or work. We had been called out to see a family with two children, who had been seeing shadow figures at the top of their stairs, and the father had seen someone standing over his children while they were sleeping. The parents were very worried and after their dog stopped going upstairs, they got very concerned that there was something bad in the house.

We arrived late, after the children had already gone to bed. We set up cameras all over the house and carried out an evp session. The dog refused to come upstairs all evening but we weren't getting any bad feelings. However, we kept hearing noises coming from the loft. After we heard footsteps go right across the floor above us, we decided it was time for someone to go up into the loft with a camera. One of the owners and one of our team scaled the ladder and climbed up into the loft. They could hear what sounded like someone mumbling coming from the back corner. They took their cameras over while the rest of us waited at the bottom. The owner was ex-army and he had experienced a lot of things in his life, so for him to be scared we knew it had to be pretty serious. All of a sudden both men yelled and ran to the loft opening. One pretty much fell through to the floor while the other climbed down the ladder and slammed the loft hatch shut. They were both white and very shaken. When they got to the furthest corner of the roof, they both said that a huge black mass rose up from the floor and rushed towards them. They said it was like something gripping at their insides as they ran causing them to feel overcome with nausea. We didn't get anything on camera unfortunately.

The rest of the team went downstairs to recover and I was alone upstairs, packing up our cameras. As I looked up there was a small children peeking out from round the bathroom door. Thinking it was one of their children, that had obviously woken up and got out of bed I started chatting to him saying shouldn't you be in bed. He just stood there waving and giggling at me. He was small, maybe three years old and had longish blonde hair and blue eyes. As I waved back, he disappeared back into the bathroom. I got up and walked into the bathroom but was shocked when it was empty. Feeling chilled right to my core I went downstairs and recounted my story to the parents. It turns out that they had lost a child when he was three years old and when she got out a photo album, there was no doubt that I had seen their lost child.

We finished packing up our stuff and left, promising that we would come back with a medium to help cleanse the place and to help them communicate with their child.

We rung them a week later and got no answer, after two weeks we were worried so a couple of us went over to see them. The house was empty. According to a neighbour, they had packed up and moved only a couple of days after our visit.”

Caves

Kent UK

“We run ghost nights for members of the public. We had booked the caves for a group of 30 but as there were over 8 miles, we were safe in the knowledge that we could split off into groups and not disturb each other. One group set off early on and were going to walk for an hour, stop to investigate for a couple of hours and then come back. We had the caves all night so when they didn't return after 4 hours, we just assumed that they had started to capture something exciting and were still investigating. There was no phone signal and our radios didn't work that far away so we had no way of contacting them. After 8 hours we started to get really worried as they had still not returned.

We called the owner of the caves and he explained that there was only one other way out of the caves but it was locked, hidden down a part of the tunnel that required you to crawl on your belly down and unless you worked in the caves you would not be able to find it. We asked him to drive over there and take a look from the outside anyway. Sure enough, 20 mins later he came back with several of the group in his car.

While investigating, the missing group had come across a guy they thought was a worker looking very disheveled and covered in dirt. He explained that part of the tunnel had collapsed and he had been sent to take the team to safety. He led them through the maze of tunnels and out through the other exit, which had been unlocked. In the panic to get outside, the team lost the man who had led them to safety and they assumed he had gone to get help and as the external door shut, it locked behind them so they couldn't get back into the tunnels. Not knowing where they were they decided to stay put knowing that eventually someone would come looking for them.

There was no cave in. There was no way for anyone to get into the tunnels from the outside and no one else had come into the tunnels during the investigation. The team now believe that this was the spirit of a worker trapped and killed during a cave in in 1972 who stays down there to lead others to safety.”

Location: Unknown

“I was home alone as my husband was away for work. We had only just moved into the house and it was my dream home. It was a lovely wooden single storey house, set back off the main highway and was surrounded by trees with no neighbours for miles. It needed a lot of work and was in desperate need of a lick of paint but it just felt like home. I was unpacking the last of the moving boxes in the kitchen when I heard a knock at the door. Putting down the batch of plates I was unwrapping, I went over to the door and looked through the top window. I could just see the top of the person’s head and the height and size indicated that it was a young child, a boy of no older than about 7 years old.

I opened the door and instantly felt a bit uneasy. I looked around for an adult but there was only the child on the doorstep. The child was looking down at the floor but asked very politely if he could come in and use my phone. I explained that I had just moved and we had not had the phone connected yet. At this, the child’s body language seemed to change and he looked up to stare straight into my eyes. When I looked into his eyes, it was just black. There was no iris, the whole of the eye was jet black. He asked to come in and kept repeating that he needed to get to a phone or he needed to use the bathroom and if I just let him in he would be quick. I felt so uneasy and everything in my gut said not to let this child in. I asked him where his parents were but he refused to answer the question and just continued to say in an aggressive manner that he needed to come in. In the end I said I couldn’t help him and I shut the door. I went back to the kitchen and peered through the curtains to see what he would do. He stood on the doorstep, just staring at the front door for around 15 minutes. By this time I was scared out of my mind but knew I couldn’t call the police without sounding like a complete idiot. I knew the door couldn’t be opened without a key and I went round and locked the backdoor. By the time I got back to the front of the house and peered out of the kitchen window again, the child had completely disappeared. I didn’t hear a car pull into our drive and there is no way the child could have got out of sight so quickly by just walking. Having done some research on the internet, I think I was visited by one of the renowned ‘black eyed children’. I am so glad I didn’t let him in that day and although he has not been back since, I am always on my guard when it comes to opening the front door now.”

Kent, England

“My small ghost hunting team and I were lucky enough to be offered the opportunity to camp out in the middle of an old battlefield. The field is now privately owned and we were the first people who had ever stayed there overnight.

We setup our tents and positioned motion sensors, night vision cameras and voice recorders all around us. We set them off to record even though we were having a barbeque before we started investigating properly. We were sitting down chatting waiting for our food to cook when the motion sensors started going off. We rushed over to check the cameras but couldn't see anything and there was nothing that we could see setting off the equipment. We reset everything but got out our K-II meters as well. There was nothing that could set the K-IIs off as we had turned our phones off and there were no electricity wires anywhere. As soon as we sat back down, the K-IIs started going crazy. Eventually we managed to get an intelligent communication session with whatever was setting off the meters and were able to work out that he was a soldier who had died on the battlefield. He was only 21 years old and wanted us to get a message to his mother.

As well as this amazing conversation, we were constantly hearing the noise of people walking around us, we had several mysterious gunshots and heard people shouting from across the field. We got some great EVPs of all the various noises.

When we went back to research names of people connected to the battle, we found a record of the soldier we had been speaking to and he had indeed died in the battle.”

Location - Private

“Ok so technically this ghost hunt was illegal but it was one of the best nights of my life. There was an old mental asylum near us that had been boarded up for about ten years. We decided that we were going to break in and do an investigation. We couldn't take much with us as we had to climb through a rather small window to get in.

Inside it was pretty disgusting. The paint was peeling off the walls, the roof had come down in some places and there was so much mould. However, what fascinated me was the fact that the place hadn't been emptied. There were still patient files in the filing cabinets, there were medical notes around the hospital and doctors offices still had some of their belongings in. It almost looked like the place had been evacuated in a massive hurry.

We setup our camera within an old ward. There were around 8 beds in there and some of the beds still had the sheets on and there were patient notes in the end of two of them. One of the beds was identified as belonging to a Mary Smith* so we started calling her name and asking her to come forward. Within a few minutes we heard creaking in the bed as if someone was either sitting in it or rolling over. We placed an EMF detector on the mattress and the lights quickly went up to red. We kept asking questions but were not getting much of an intelligent response. Towards the end of our session in the ward, we had just asked the question 'do you like being here?' when the EMF detector was thrown across the room, narrowly missing my head. I am ashamed to say that we did run at this point.

After we had calmed down, we went back and grabbed our stuff and moved onto the nurses station up the corridor. I set up my voice recorder and we did a bit of live EVP recording and playback. We were asking questions like 'why are you here?, what caused you to be admitted here?' Almost straight away we could hear noises in the background that sounded like footsteps and doors opening and closing. There was no one other than us in the building and we couldn't hear any of these noises with our ears, they were only coming through when we recorded. We kept repeating these sessions and every time we would get this background noise. About 60 mins into these live EVP sessions, we started directing our questions at the spirits of any staff that could still be there instead of trying to contact patients. We asked the question 'Why did you come and work here?' and when we played back the recording, we could very clearly hear a female voice say 'I wish I hadn't'. It chilled me to the core. The fact that this nurse is still trapped, working in a job she clearly hates, even after death is really crap. We tried to talk to her and were trying to let her know that she is dead and she can move on but we got no more voices through and no response on any of our equipment.

This was a life changing event for me. Hearing that nurse made me realise that if we come back as spirits and end up spending our death haunting the places we worked, I want to make sure that I spend my life (and death) doing something I enjoy. It gave me the push I needed to quit my boring day job and set up my own business, which I am happy to say is going really well. I never knew that the spirits I connect with would have such a major impact on me as a person and I will be forever grateful to that nurse. I just wish I could have helped her to get out of there.”

Location : Abandoned School**Date: June 2013**

"The school had been empty since 2007 and had recently been bought up by a developer who was planning to turn it into flats. He had hired a couple of contractors to go in and start the work but after several of them left and refused to come back to work due to 'ghosts', he asked me to go in with my paranormal team and investigate.

We decided that we would set up all our equipment and then lock the place up and see what we caught with no one there. We set up 8 night vision cameras at various locations including the main corridor, the gymnasium, the principal's office, the cafeteria, the classroom where most activity had been reported, the teachers lounge, the main staircase and the main entrance. We set up EMF detectors in sight of these cameras so that we could see if they were going off at the same time as any sightings on the camera. We also left equipment that monitors temperature changes and an ovilus device (that allows the spirits to talk directly through the device) right next to the camera in the main classroom.

We were amazed by what we caught. We had activity at every single location. Here is a summary of the activity:

Main corridor: On two occasions, the door to two different classrooms leading off the main corridor opened outwards and then shut again. The doors were moved as if someone was passing through them. They did not slam and it was a very controlled movement. We caught over 30 orbs of light moving past the camera, along the corridor and into classrooms. The EMF detector went up to red several times. There was a block of lockers along the left side of the corridor and although none of the doors appeared to open or close on camera, you can hear the banging of locker doors at several points in the recording.

Gymnasium: We caught around 10 orbs moving around the gym, including one that appeared to snake out of the door to the changing room and across in front of the camera.

Principal's office: All the cameras used on our investigation were fully charged at the start of the night. After about 45 mins, the EMF detector goes right up to red and at this point the battery on our camera goes dead and the footage cuts out. Clearly something drained the battery of the camera in that room.

Cafeteria: We didn't catch anything visual on camera in the cafeteria but we heard over 20 different noises including chairs moving, doors slamming, pots and pans crashing, cutlery being moved and the sound of a lady humming.

Main classroom: We had the ovilus running in here and it came out with the following words, with many being repeated several times; teacher, evil, demon, student, play, hide, run, master. The door to the classroom was opened and closed in a controlled way. We caught the sounds of chairs moving, although we didn't see any move. Interestingly there was no change in temperature and the EMF meter never went off.

Teacher's' lounge: In here we caught what looks like a shadow figure going past the window in the door to the room. It was about the height of a person but there were no visible features. It was just a very tall shadow that appeared to block out the corridor that can be seen through the window into the room.

Main staircase: We didn't catch anything visual on camera but we heard a faint scream from somewhere in the staircase.

Main entrance: We caught around 20 orbs of differing sizes heading in and out of the doors. Some appeared to pass through the doors completely. We also caught the loud bang of the locker in the corridor and heard the doors opening and closing as noted above.

After reviewing all this evidence, we took it straight to the owner to show what we had caught. Based on our evidence, he decided to bulldoze the property and start from scratch instead of try and renovate it. He ended up building a block of flats on the site instead. I managed to talk to a couple of the new residents who had no knowledge of what was on the site beforehand, they have experienced phantom noises including bells, kids laughing, doors slamming and a lady humming. The building may be gone, but the spirits are still there."

London Tube - October 2016

"I consider myself to be very sensitive to the spirit world. I pick up on spirits and can feel their emotions. However, most of the time I do not get to actually see them even though I know they are there. I go on a lot of ghost hunts over the year and am lucky to get to go to some of the most renowned haunted sites in the UK. At these sites I expect to see and interact with spirits and I enjoy trying to communicate with them and help them cross over if they want to. However, it is this experience that has had the most profound effect on my life. I had been admitted to hospital that Friday morning for day surgery. I had a general anesthetic and while the operation went well, as I was coming round from the operation, I stopped breathing and the surgery team were very worried about my oxygen levels. Eventually they stabilized me and after 8 hours, they let me return to the ward. I had to stay in a few extra hours but I felt good and other than the surgery site pain, I felt ok.

My dad came to pick me up as I wasn't allowed to leave on my own. We stopped for some dinner before we travelled home from the hospital just to make sure that I was well enough to leave. I ate a whole pizza and felt good so I know that I wasn't suffering any after effects of the anesthetic. We boarded the tube train and sat opposite two girls. To the right of them was an empty seat. At the next stop, a man got on the train and sat next to the girls, except I started to pick up some major anxiety and panic coming off the man. It was at this point that I had a good look at him and realised that he wasn't solid. I could see the seat through his legs. His hands looked like they were fading in and out. I should have freaked out but for some reason I just wanted to help him. He kept shifting in his seat and I could see the seat moving underneath his legs. At the next stop he got up, looked out the door and then went to sit down again. The seat raised up when he stood up and went back down when he sat back down again. I could feel his panic and stress. He looked like he was really worried about something. He was dressed in a grey suit and was carrying a black briefcase. From his dress it was hard to tell when he died as his suit could be from anywhere in the 90s to present day.

I kept watching him and he was looking around the train. It was clear that no one else could see him. At the next stop, a lady got on the train. She went to sit in the seat where the spirit was sitting. She started to sit down and the spirit put his hand up to stop the woman. She stopped and hovered in mid air then stood back up and changed seat to sit next to me. She clearly couldn't see the spirit but she must have felt something touch her or must have felt uncomfortable enough to move seats. It also made me realise that this spirit was clearly aware of his surroundings if he was able to stop people from sitting on him.

At the next stop it was our turn to get off but the ghost got up to get off at the same time. He went to wait over by the doors and when the train stopped, he got off the train and simply vanished. He just disappeared and I don't mean he disappeared in the crowd, I mean he actually disappeared and faded into nothing.

I grabbed my dad's arm and asked him if he had noticed anything. He hadn't seen the man and was 100% about the fact that there had only been the two women sitting opposite, definitely no man. He had not seen the man at any point, although he had seen the woman

try to sit in that seat and then move for no reason. This event really shook me up. I have no way of finding out who he was and it really got to me that I couldn't reach out and help this spirit. Why is he still commuting home? Why was he so upset? I have spent hours investigating paranormal activity but have never experienced anything in such a crowded place and been the only witness to such a haunting scene playing out before me. I know it wasn't the effects of the anesthetic, but it could have been that being so close to death that day, helped me to connect with this lost soul trapped on the tube. I will continue to research what I saw in the hope that I can find out the man's identity and see if I can help him cross over."

Gibbet - Suffolk UK

“I am a member of a paranormal group and one weekend myself and one other member of the team decided to go to try and find some of the old hanging sites or ‘gibbets’ that are around the UK countryside. There is one really local to us so we packed up our camping gear and headed off to find it in the car. The actual gibbet site was quite overgrown so we trampled some of the weeds down around it and set up our tents. The actual site was in a clearing in the woods which was only about 10ft across. It was clear that the site was not well explored and it was great to know that we had very little chance of being disturbed that night. We set up our cameras and motion detectors around our tents so that if someone did walk by, a giant light would go off and the camera would start recording. We carried out a few EVP sessions but didn’t catch anything. Our EMF detectors weren’t doing anything either.

We sat up for ages talking and trying to capture anything but we just weren’t getting anything so we decided to try and get some sleep. Now I can sleep through anything so I had a really nice rested sleep. However, when I woke up in the morning, my team mate seemed really shaken up. He said that he had heard footsteps walking round our tents all night, but what was strange is that the light and the motion sensors never went off once. He said he was going to get up and have a look but whatever it was sounded really large and he could have sworn that he heard a deep growling noise.

We packed up the tents and headed back home. I had our video camera but had assumed that we didn’t catch anything seeing as the motion sensors and lights hadn’t gone off. I thought I would have a quick look through the footage anyway and plugged the camera into my laptop. I was surprised to see I had over 3 hours of footage. Most of it was various wildlife walking into shot. I had managed to capture deer, rabbits and a fox but so far nothing paranormal. I was about to give up when I heard a low growling on the tape. What I saw next pretty much stopped my heart. I can only describe it as a beast of some kind, easily over 4.5 foot tall, walking on its back legs but with long claws walks through the shot. It glances at the camera as it walks past and its face looks almost human, but with an elongated nose and teeth that are more wolf like than human. The creature can be seen walking round our tents and it seemed to be sniffing round, looking for something. I have never been more scared in all my life. We went to a hanging site, expecting to find some paranormal activity, not some kind of beast. To think that whatever that was, had been sniffing round our tents and I had slept so soundly when that was just feet away from me is terrifying. I honestly don’t think I will ever sleep soundly again.”

Cambridgeshire, UK

“My boyfriend and I moved into our new house just before Christmas. It was our first house together and we were really excited. It was a small one bed semi detached house. The house next door was empty as it was being renovated. We had been there about a week when we started to hear footsteps upstairs while we were sitting in the lounge downstairs. I assumed it was the cat but then I noticed that she was sitting on the other sofa. I sent my boyfriend upstairs to check and he found nothing. We eventually decided that it must be someone walking around in the house next door. This went on every evening and it seemed to get louder and louder. It was like someone was pacing round the house.

Around a week later, we were both woken up at around 1.30am by three very loud bangs on the wall between the houses. We both sat up in bed with a start. We just assumed that someone must have moved in and maybe something had fallen off the wall next door. Eventually I got back to sleep but around 2 hours later, we were again both woken up by very loud bangs on the wall. This time it was around 6 knocks, each getting louder to the point where we were really worried that whatever it was would actually come through the wall. The picture frames on the chest of drawers by the wall fell over and my painting hung on the wall actually came down. My boyfriend decided he was going to check it out and got up and headed round to next door. He knocked on their door very loudly for around 15 minutes but there was no sign of life indoors. He went round to the back door and looked through the window into the kitchen but there was no one in sight. The house was still completely empty of furniture and it certainly didn't look like there was anyone living there. He came back in and we went back up to bed, but straight away the banging started again. It was so loud and forceful that I was now genuinely scared. My next thought was that someone must have broken in next door, so we decided to call the police and the landlord. The landlord confirmed that there should be no one living there and promised to come round immediately. Within 10 minutes both the landlord and the police turned up. The police did a thorough search outside but there was no sign that someone had forced their way in. The landlord unlocked the house and the police went in to search. About 5 minutes later they came out and said there was absolutely no sign of anyone in the property and there is definitely not anyone who could make any noise. We apologised and went back to bed and thankfully there were no more noises that night.

The next night, it all kicked off again. The banging sounded like someone thumping on the wall, only this time it was constant for about an hour. We knew there was no one living there, so being paranormal investigators we now realised that we could be dealing with a spirit.

I got in contact with the landlord to try and get some history on the property. It turns out he had owned it for 6 years, but in that time had only had one tenant stay longer than 6 months. He said that while he didn't believe in ghosts, every single one of his tenants had said the house was haunted or they had blamed the neighbours for making so much noise they had been unable to sleep. The landlord gave us permission to set up our ghost hunting equipment in the house, so we called in the rest of our team to carry out a proper investigation.

We had a video recorder set up in the bedroom aimed at the wall where the bangs were coming from. We were all sat downstairs chatting when the banging started up really loudly. We all shot upstairs but when we got there, it sounded like the banging was coming from our side of the wall. I checked the camera but the battery was completely drained and the camera was dead. We split up into two groups with one group each side of the wall. We didn't experience any more noises or activity all night.

I went on the internet to research the property and I found out that the house used to be one big house with a door between the two bedrooms. There were a few records of people having died in the house and we can only guess that someone who used to live there, is banging on the wall because they are frustrated that the door is gone. The banging never stopped and just got worse and worse. We stayed there for about 6 months before we both decided that we needed sleep so moved. I keep seeing ours and the house next door come up for rent every few months. I guess the ghosts are still looking for that door."

Haunted, haunted house, Utah

“My friend and I are really into the paranormal so we decided to quit our jobs and set up a haunted house attraction. We were looking for somewhere to rent when we happened to drive past an old abandoned house on the outskirts of town. We managed to track down the owner and he told us that he tried to rent it out but no one would stay longer than a few weeks due to it being too haunted. It sounded perfect for our new business.

We started setting up our attraction in the house but we had several contractors quit on us after just a few days. One guy said that he was putting up the lights and was using a ladder. He had just climbed the ladder and was at the top when the ladders started to vibrate as if someone was shaking it and trying to knock him off. The guy screamed out to stop it and he heard a very low laugh followed by a growl. He ran out of there so fast and refused to go back in.

When we were almost finished setting up and we only had the sound system left to go, we invited some friends and family round to try out the attraction. My sister and her partner went through the ground floor and headed up the creaky stairs to the murder scene bedroom. We heard them scream and then they came running out laughing. They said the exhibit was really good and so realistic. They pointed out that their favourite bit had been the deep growling soundtrack and the mist coming up from the floor in the bedroom. There was no sound system in place and there was no smoke machine in the bedroom.

We opened the attraction in September. It was a real hit with the locals although we were slightly worried that some of the parts they had listed as their favourite bits, were not something we actually had in our attraction. For example, people often asked how we made the room temperature drop so low, how we made the mist follow them from room to room, how we could get the growling to sound so close to their ear and how we got someone to grab their arm or leg when there was clearly nothing there. We smiled and tried to pass it off as trade secrets but we were getting worried by the number of incidents.

It all came to a head one day when someone was physically pushed down the stairs and we had to call an ambulance. The woman was at the back of her group but claimed that one of our attraction actors crept up behind her and pushed her down the stairs. We had no one based upstairs and none of our staff would have done that anyway.

We shut the attraction down after halloween. We were taking some decorations down from the ceiling and my friend was at the top of the ladder while I was putting what he passed down into a box. All of a sudden the ladder went over and my friend came down and broke his leg. He started yelling at me, asking why I had pushed the ladder over. No matter how much I told him I didn't he never really believed me. Whatever was in that house was evil and it was determined to hurt someone, I'm just glad no one died. It made me realise that not all elements of the paranormal are fun, some can be terrifying and it should be treated with respect, not for entertainment.”

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