



Gather Evidence

Below are some examples of evidence that will help establish the identity of a spirit connection. Not all of these are required but a combination of 4 or 5 of these examples will usually be enough for the sitter to feel confident as to who is there.

Description	Sex; age; build; height; any physical detail
Dress	Style; any particular affectation; manner (tidy/scruffy); wearing a hat etc.
Character	Cheerful; jokey; serious; grumpy; tactile; stand-offish; shy; extrovert etc.
Relationship (with sitter)	Father; mother; brother; sister; aunt; uncle; friend; child; workmate etc.
Physical condition	Disabilities; ailments and illnesses; operations; blood pressure; breathing etc.
Characteristics	Hair pulling; tapping fingers; biting nails etc.
Manner of Passing	Sudden; slow; natural; illness; accident; murdered; heart attack etc.
Mental State	Angry; depressed; confused; bright; slow
Emotional State	Sensitive; upset; happy; loving; detached
Anything personal	Nicknames; anecdotes; compulsive disorders; career; likes/dislikes etc.