

THE BAY GHOST WATCH

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HAUNTING BODMIN GAOL

It's been a busy week for Hidden Realms Paranormal. We received an invitation to investigate a 16th century cottage in Cornwall from Johan Jansen the Founder Member of Sussex Paranormal Investigators (SPI) www.the-spi.co.uk an excellent group based in Hove near Brighton. He had the use of the cottage for a few nights and so we made it our base from which we could visit other reputedly haunted places.

We arranged to meet Johan at Bodmin Gaol where we were joined by Mark Rablin, resident Bodmin Gaol medium and Paranormal expert. Mark told us about the many ghostly residents who haunt the gaol and like to make their presence known. He runs amazing Paranormal nights at the gaol along with Sonia a fellow medium. Mark told us about a female spirit who has been seen by visitors. She usually likes to make herself known to lady's, some of whom have stopped to talk to her not realising she was an apparition even though her attire was rather strange and dishevelled. There are also the spirits of children hiding in the dark shadows of certain cells. The same cells that they stayed in with their mothers when they were alive. It is certainly a very atmospheric place and well worth a visit.

On leaving the gaol we went onto the cottage. Johan set a very impressive array of equipment about the building.

Spectrum camcorders, banks of infrared lights with static cameras, electronic thermometers which test ambient temperature and can detect sudden drops in temperature immediately. The cottage proved to be a very interesting place. Two strong energies made themselves known to us. One being a local farmer/farrier from around the time of 1786 who gave the name of George, the other his wife Mary whom it would seem had a fall from a horse and whose replay energy was sensed being carried through the room. When these energies were present Johan used a Mel Meter 8704R which detects EMF (electro magnetic fluctuations) and also the ambient temperature. This was showing a very high flow of energy in the area of communication. On more than one occasion shadows were seen in the lounge and near the staircase. A sound like Velcro being opened was heard from another room when there was only one person in the cottage. The bedroom door was rattled during the night even though it was a still night and a drawer was heard to move in of it's own accord. Johan has now got the arduous task of checking through all the footage to see if anything has been captured on film.

JACKS HAUNTS JAMAICA INN

The next day we paid a visit to Jamaica Inn on Bodmin Moor. Many years ago on a previous visit we had access to the generator room and contact was made with a very feisty spirit called Jack. Whilst ordering a very tasty lunch we made a few enquiries about recent ghostly happenings at the Inn. The generator room has now been incorporated into the main building and we were told that a spirit called Jack has been making his presence known in the bar area. So it was interesting that other people had come up with the same name. Apparently Jack is still

causing havoc on certain nights but if a little drop of whiskey is left in a shot glass on the bar he remains quiet. His energy can be disruptive when Ghost Hunts are held at the Inn so a tot of spirit for the spirit seems to do the trick! Later that evening when the wind and rain was howling round the cottage Johan and myself set off to investigate a tiny Pagan Chapel hidden away on the moors. We left other group members at the cottage to continue the investigation there. We carried equipment and important midnight feast supplies into the pitch black night, across a graveyard and stumbled along a tiny pathway through driving wind and rain till eventually we came to the chapel waiting for us in the darkness. Hidden Realms have been to this chapel many times before. It has a welcoming peacefulness about it and those who visit it are always stunned at its beauty and serenity. We lit some candles and set the equipment up and sat down and prepared ourselves for a long wait.

Unfortunately on this particular night all seemed very quiet. We heard the odd knock and tapping but it was a very windy night so this could just be due to weather conditions. On a previous occasion an elemental or guardian spirit and a monk had been sensed in the chapel and later into this present evening another elemental was making its presence known. It felt like a female energy. I tried to find out a rough age to this energy but it would not answer only that it existed before the chapel was built, which was around 9th century. It stayed with us just for a short while and then seemed to dissipate into the night air.

Back at the cottage, the next day, all the equipment was packed away and after copious cups of tea and toast we all headed homeward. A big thank you was extended to Johan for inviting us to share the cottage with him and it is hoped that we may all work together again in the future.

