

Below are some basic tips for capturing EVPs:

- Have extra batteries on hand for your voice recorder.
- Speak clearly, never whisper. If someone is whispering make sure and audibly notate that on your recording.
- Keep your recorder away from your mouth.
- Turn off your cell phone or at least set it to vibrate during your EVP session.
- Keep cell phones away from equipment as it could throw distortions on cameras, tape recorders and even EMF meters. You can turn on Airplane mode to avoid this.
- When you begin your EVP session, catalog as much information on your recording as possible: State the time, State the location (what floor, room number, etc.), How many people are with you conducting the session, Each person should state their name to have a reference later to their voices, Be as specific as possible when providing information.
- Do not let anything hit the recorder such as a lens cap or other piece of equipment.
- Talking during the session is okay as long as you do not talk over other people so that EVPs can be clearly distinguished later.
- Audibly note any sound heard as well as notating coughs, sneezes, sniffles, shuffling of feet, etc.
- Do not wear or carry noisy items such as loose jewelry, pocket change, or keys.
- Record in short session to make review easier.
- Ask simple questions and allow at least 20 seconds for an answer. Spirits have to draw energy to communicate with us so it may take a bit for them to answer.
- Remember, there are spirits all around us so don't get too attached to one spirit that you forget to address the others.