THE ASTRAL INSTITUTE

THE EVP MANUAL

How to make contact with beings from other dimensions.

"For death is no more than a turning of us over from time to eternity"
-- William Penn

STEVE JAMES WATSON

Introduction to EVP

Welcome to the EVP Manual ebook. This is a comprehensive guide to recording EVP and getting the best results from my finely tuned techniques. I have been a EVP analyst since I started recording EVP back in 2009. Since then, I have practiced various ways of recording EVP, which I will present in this ebook.

Recording EVP requires a lot of practice, and it generally gets easier the more you practice. Like anything in life, you get better at doing it and recording EVP is no different. In the end, it becomes a skill and is quite rewarding, once you've mastered the techniques I outline in this ebook.

What to expect from a EVP recording

So, what can you expect from a EVP recording? Firstly, recording an EVP session is a very personal experience. The spirits that speak will use your name to address you. This is good, because when doing analysis you will realise that your getting actual EVP. They use our names in order to help us capture EVP.

However, your name won't always be used, and that is where you have to have to listen carefully. If you ask a particular question and get a response for example, that will also help you help you determine what's being said.

When you start recording for the very first time, it may be a shock at first, but in general its a very exciting thing to be involved in. The spirits over in the astral world like to help us and you will notice like I did, that they are here to help.

Making your first EVP recording

Right, so now it's time to make your very first recording. You will need either a digital voice recorder or a cell phone. Both work well, however, I have only used a cell phone to record EVP and I have been doing this since 2009, and it works very well indeed.

At first, you will want to experiment a little bit, especially in terms of the length of EVP recording. My very first EVP recording time length was 5 minutes. These days, because of file sizes, I generally record only a 2 minute recording.

This is entirely up to you, you can record whatever length of recording you like, but smaller EVP recordings, take less time to analyse. So keep that in mind.

EVP recording techniques

There are a variety of ways to record EVP, and I will outline them here. The following techniques will be very useful for you in capturing great EVP.

Background noise

In order to capture good EVP you will require some background noise. Why is this? Well, spirits require white noise in order to be able to communicate with you via EVP. Sometimes you only need some light background noise, like for example, a television on in the background.

You can also record in a number of different environments. Most of the time, I record at my home, I don't have to go anywhere special. But in the past, I have recorded EVP in bars, restaurants and even a back garden. The key is to never have too much background noise, as that will drown out any EVP you capture on your recorder.

The lesson here is to experiment, and try as many different techniques as possible, until you discover the correct one.

Different languages experimentation

Another technique you can use to great effect and that's different languages in the background. Using this technique will help you find EVP because the spirits will talk to you in your primary language. For example, if your primary language is english, and your using french as the back ground noise, all EVP will come out in english. I have used this technique myself, but I don't widely use it.

Volume increase for better EVP recordings

When analysing EVP, one of the major keys to success is increasing the volume. This is very important, as you may not hear very much with just using the amount of volume from the original raw recording. You will need to raise the volume quite a bit, but not so much so, that you distort the audio of course.

The best software to use

There are a number of software programs to use for EVP analysis and recording the actual EVP. Firstly, you will require both software for analysis and recording and these can be easily acquired.

At first, you will want cell phone software to record the actual EVP. I am going to recommend what I use both on android and on Ios. On android there is some software program called "Voice Recorder Pro". This records wav format recordings, which is good enough for recording EVP. However, there are many software programs on the market, most are free to use.

On apples iphone, which I currently use, you can use "Voice Recorder" which is free. This also records in wav format, which is handy as I prefer wav files to mp3 files.

Analysis software for listening to EVP

My first choice for software to analyse EVP is a program called "Reverse Speech Pro". It was never designed for EVP analysis, it was designed for reversing speech. However, the options in this program are perfect for analysing EVP. You can download this software program from the internet for free.

Another program you can use, which also work well, is "audacity" from source-forge. You might want to try this aswell.

Getting started

Recording EVP is very simple once you learn it, and it can help you understand yourself better and your path. When recording EVP it also important to beware that when recording, you don't have to speak into the recorder to communicate with them, they are all telepathic and can read your mind.

So ask plenty of questions and generally you will get answers, sometimes you will get things you didn't ask about, that also happens from time to time. Don't get frustrated if they don't always answer, sometimes they tell you things, that are even more amazing than what you asked. So, be patient with them. Always show respect to the spirits that are listening and speak, they are just as important as you and me are.

When getting started, it's important to understand EVP classification. There are three different classifications that exist.

Class A, which is very clear EVP voices.

Class B, which is considered just about understandable.

Class C, which is only barely heard and generally can't be understood, even with volume increase.

You will discover a broad range of types of EVP you will capture on your voice recorder. Obviously, you are aiming for class A, but because of background noise distortion, it may not always be that way.

This is the most exciting field of research I have ever come across and it never ceases to amaze me. I hope you will enjoy doing it, just as much as I do.