

P-SB7 Info Vers. 2.0
by Chris Fleming

Intro -

The following are things to think about when using your Spirit Box P-SB7. The opinions expressed here are based on my belief, research, and development in this field. While I do not fully understand how this form of communication works technically or scientifically, I do believe we are dealing with real live "conscious energy" that we call ghosts, spirits, and disembodied souls. Having grown up in a haunted house, I have been in communication with spirits off and on since I was 5 years old and have been both intrigued and fascinated by the existence of an afterlife. I first learned of EVP research in 1976 from watching "Amazing World of Psychic Phenomena" on TV. After waiting a month for my dad to bring home my own, and sadly only, reel to reel player, I did my very first EVP session at age 9. In my astounding third session, I got "touch is me" and have been hooked ever since. I have been experimenting with the various radio boxes out there, namely the radio shack "hack" boxes. Having participated in Frank, Joe, and Mini Box sessions in my 37 years of communicating with spirits, I have never been as excited or impressed then by the actual "audio" results with these ghost boxes that I have witnessed and been a part of in the past three years. Nothing was more exciting then hearing my own father come through on the SB7 proto-type since his death July of 2009. To me the emotion and excitement of this field and research cannot be matched by anything else. We are finally knocking on heaven's door, and all that remains is for all of us to experiment, perfect, and not give up as we bridge the gap between life and the afterlife.

What's In A Name -

Since ITC research is a quickly growing field, I want to welcome you to the first project I have been a part of, known as "The Spirit Box" P-SB7. In working with Gary Galka on experimenting with the Mel Meter and our long hardcore phone discussions on my use of the K-II meters and "the direct response method" of EMF communication, we both became intrigued by the research and results being accomplished with our own "ghost boxes." During our conversations, we discovered that we were both working on similar ideas and projects involving this form of ITC research. As time went on, I decided to assist Gary in the experimentation, study and communication involving a prototype he had been working on. He was the brains and funding behind this amazing device that you now hold in your hands. I was grateful to help add the spiritual and field work to test it. During the successful experimentation and communication process we were receiving, I had asked what the device should be called and received an overwhelming response to "Spirit, Spirit, Spirit" followed by....."Box!" While questioning the name, "Spirit Box," I heard the name shoot back "SB!" Curious, I asked if they liked the name spirit better than a ghost, and they said "Yes!" Some remarks implied that they don't like to be referred to as the ghosts, and one statement even said humorally, "ghosts don't exist" followed by another right after, "We do!"

What's In A Number -

Upon further discussion with Gary, he asked if a number should be given to the device/name SB and quickly the number "7" hit me for two reasons. During many ghost box sessions, the number "7" had come up for no known reason. Except a spirit known as "7" had come through on past communications. The other more obvious reason was the number "7" is known as a highly spiritual number. I felt SB7 was appropriate, but we decided to double check, so on my next ghost box session, I asked if the name Spirit Box 7 was appropriate. The response right away was amazingly "SB7!" To this day, I wish I recorded this session to direct you to for your own listening pleasure. With an official (and spiritual) blessing, the name SB7 was born! Paranormal (P) was added to it later to defer away from the SB7 bill that was passed by congress and all over the internet. On a side note, I personally would rather be involved in the Supernatural nature of this world than the political. So there you have it, the history of the P-SB7.

Conscious Things To Think About-

We use the term conscious energy to imply that biophysical energy can be conscious of itself and that which contains the energy. It is on this level that we may very well be dealing with the "mind, spirit, and soul" all in one. Without any physical body to interact in our known third realm of time and space, this energy which thinks can therefore produce and direct thought. It is in these thoughts, blueprints, vibrations and frequencies that communication is happening. If we were to look at the word "telepathic or Telepathy" (from the Greek $\tau\eta\lambda\epsilon\psi\alpha\tau\eta\sigma$; tele meaning "distant" and $\psi\alpha\tau\eta\alpha$; patheia meaning "to be affected by"), we would understand its term as the ostensible transfer of information on thoughts or feelings between individuals by means other than the five senses (See Psi). It is believed in this use of thought as well as awareness and control/manipulation of the energy environment, that communication is occurring. Our mind and awareness in the physical realm creates a thought and then a body part responds. Our thoughts register in the brain and our intent is directed to the appropriate body part to react or respond to our outside environment. In communication - thoughts turn into vibrations and frequencies as it passes the vocal cords and out the mouth sent and directed (once again

by thought and intent) to be received into the ear and deciphered as language. Take away the body and the conscious thought would have to use some other means to deliver the message. No vocal cords, no mouth, nor ears to output or receive the vibrations of language. So with some things missing, other things need to take place.

In a total energetic environment there must be a relation and co-existence. In this co-existence an understanding and relationship can be maintained among the energy filled environment. Since the only thing, the mind can do is think, its thoughts can move about in the environment and interact with surrounding fields of energy. As we have learned to use our own three dimensional environment to communicate in, so could an "intelligent conscious mind." Once becoming familiar with its environment, it could learn to manipulate, effect and control some if not most of its surroundings to deliver that thought form of communication. However, it would have to use something within our own realm that passes through its self, or is at least reachable while in a similar form of existence. Hence frequencies and vibrations. It has been highly theorized and believed that the soul and spirit exist and in a higher vibration than us. At that higher level it may also be possible to register and recognize other vibrations above and below its own existence. In our research, it is evident what we are doing is being recognized, and they have been waiting for a long time for us to get to this level.

In theory with conscious control thought projection, words can be projected or manipulated to or through a source of energy capable of receiving and carrying such information signals. Recorders and radios are the most used and available devices of receiving and recording audio information. Therefore, the radio you currently hold in your hand has been developed with this in mind and further implementation, study, research and experimentation will help perfect and develop this form of ITC to a higher level. As well as better understand how they are accomplishing communicative responses that we are receiving.

How To Use And Test The P-SB7 -

In using the P-SB7, like any other ITC piece of equipment, there are fundamentals that can be applied to understand and achieve greater success. While ITC is an ever evolving field of theories, research and development these practicalities of use vary depending upon situation and location. In my experimentation using a variety of Ghost Boxes and the P-SB7 device, the same principles can be applied to each. Overtime, you may even develop your own successful procedures that work best for you.

1. Become familiar with the P-SB7. Study and read the manual and make sure you understand the purpose of the buttons and their use. Experiment with both FM and AM settings as well as the speeds of MS you can change on these channels. Also, test this in reverse and then in forward mode.

While there is no specifics yet on what works best, it is better to experiment and keep records of the data and information you receive on different settings. (I personally have found the best results in AM Reverse at 200-300ms. However, FM has worked just as well on numerous occasions.) Make sure you keep a log on what settings you use. The MS sweep rate, whether forward sweep or reverse sweep and whether AM or FM band. Grade the settings over time on success rates. This will help all of us better understand and implement which range works best.

2. The Spirit Box may take some time to attach itself to you. I do not say this in a negative way. There is an conscious awareness that needs to occur on both ends as well as a recognition of your intent. I say this as I have learned the spirit world can feel and recognize your interest in opening a line of communication. This type of communication is not direct and specific like a telephone, two way walkie talkie or one-on-one communication where you place a call and talk to only that person on the other line. Because of our lack of knowledge in understanding and communicating with the spirit realm, there is no personal receiving device on the other end that we know of. Based on our research and theories, it may well be all telepathic. While direct one-on-one communication is probably impossible at this time with only one spirit, setting guidelines and verbally expressing expectations those on the receiving end can assist in organizing and directing the questions received to keep the intrusion of other spirits to a minimum. Your focus and intent on the direction of where your message is headed is VERY important. A question such as "is there anybody here?" is no different then asking this in an empty warehouse or in the middle of time square during rush hour. You will get no response or an overload of responses and distractions.

Another example is - Imagine a speaker phone in a room full of people but some of these people are not aware of each other. They are all aware of the person asking questions, but not completely aware of every individual in the room. Because of this they may all respond on their own, some together and some will indirectly have a conversation with others in the room on what is going on in their own lives as well as commenting on parts of your conversation. This communication which is released as thoughts, will seep through as audio through the SB7. Somehow somehow, their thoughts of communication are being received and we can hear them. So please keep in mind not only will you possibly receive answers but you can at times also hear their conversations pertaining to the

experiment and to what other spirits present are saying and/or doing. Spirits may come and go during this communication process. Some may chime in and some chime out. Set Guidelines on who you want to talk to and specify your intent and what parameters you would like to have. Spirits willing to help, will assist on the other side to help delegate the best they can during this communication- Only if you ask, so be careful what you wish for.

Another example to keep in mind is a chat room. Where people come in and out and respond here and there and some have their own private conversation going on. Spirits may even kick someone out, as I have heard "get out!" before in my own home while having a conversation. The remark had nothing to do with me, but other spirits trying to join in on the conversation that were not welcome and intruding on the conversation at hand.

3. Do not get discouraged as it may take you many times to start receiving results. It took me a half dozen attempts before I was getting results I am getting today. It didn't matter if I was using the radio shack boxes or the P-SB7. They all took some time to get results. I have seen some people get results right out of the box when using the radio shack boxes and some it took some time as well. I am excited to hear about your results and experiments and will be posting a blog soon called Paratrac for everyone to go to share success stories on all types of ITC devices. So once again, I stress further, it is important to establish proper introduction and intent before during and after your spirit box session.

4. Since this form of ITC Communication involves picking up frequencies both from their realm and ours, there may be discrepancies involving mistaken words. Keep in mind you will be receiving at times, bits and pieces of radio broadcast information. The goal is to become familiar with identifying the difference between actual FCC Broadcast Radio Signals (voices) and that to which we believe is live EVP. Overtime you will develop an ear to decipher among the two.

Here is an example of what I do each session:

1. Try to find a quiet location.

2. Identify your intent before beginning a P-SB7 session. It is helpful to focus on assisting and receiving positive information.

3. Like any experiment, it is best to document the date, time, location, and people present - keep a log with pen and paper. Note date, time, location, intent, etc.

4. Record the session with digital audio equipment and or video to analyze and validate any responses. A suggestion is using a splitter to have the output from the SB-7 going into both a recorder and an external speaker so you can record clean responses as well as hear the communication at an acceptable level.

5. It is also helpful to have another individual write down the questions asked. Make the questions' specific and to the point. Give ample time for the response. Due to telepathic communications, responses can be immediate or occur shortly after. In some cases, the response can occur when you are asking the question as they know your thoughts before you speak them.

6. Spirit Box sessions will only last from 5-20 minutes. Do not get frustrated if your first few attempts produce little or no response. It is also wise not to go over 15-20 minutes as your mind will begin to get confused and start to "look" for anything to be a response. I have found I have to shut off after 15 minutes, clear my head my head and then start over again with a half hour break before I can focus on the responses and not get confused by the white noise and radio signals being received. Don't over do it.

7. Begin by stating your name, intent out loud, and that you would like to communicate with a specific individual or high spirit guide that is familiar with the person being asked about. Make it clear who you want to talk to if it is someone specific. In many cases, not only will you receive a response but other spirits will join in to assist and deliver the message. I call them messengers.

8. At times negative spirits may chime in, if this occurs you can either ask them to leave or ask for assistance from other "higher up" spirits to clear the communication connection you have. Normally, they will be pushed out. Under no circumstances ever allow a spirit to enter your home if it asks. Higher spirits do not need to ask as they can be anywhere in spirit and have no need to be present in your home to communicate. They can converse from afar as they have learned how to do that, similar to our prayers reaching the other side.

9. Ask specific questions and wait for results. A response can be immediate, seconds after and even up to thirty seconds afterward. Be patient and listen more than speak. Allow others in the room with you to also ask questions one at a time.

10. Consider any responses and remarks as DATA! Do not under any circumstances make life changing decisions based on one or a couple of responses. It is okay to be leery and be skeptical. The reason I say this is, we do not have 100% proof that the actual voice you are getting is 100% from the person you are talking to. Like any other form of communication. Ouija board, EVP, etc. The person is not standing in front of us or identifiable as the person they say they are. It can be dangerous if you believe everything they say. Over time and with strong spiritual intuition you can learn to tell who is who they say they are. Do not fall privy to "wanting" to believe it is them all the time. Spirits can pretend and prey on unsuspecting individuals just like today's criminals do in our realm. Be smart and consider everything as data. If it is positive information and helpful information, use it as second hand advice and something to think about. Follow through under your own decisions.

11. End your session by thanking every spirit and asking either your spirit guides or a spiritual technician (Technician - spirit on other side with knowledge and experience in establishing and improving a connection- similar to technical support and or a chat room moderator) to assist in shutting down the communication process. This means that no spirit can remain in your house, and they must leave. Respectfully demand that all spirits can leave and must go back to their original location NOW as the session is shutting down. Thank them and ask them to gracefully respond in acknowledging that spirits are leaving and ask one spirit, a technician perhaps, to assist in clearing the channel and or room as well as acknowledge that they have left, and it is all clear. Do not shut down until it is clear. It is better to be safer than sorry and not having anything still open or connected to the box or you at this time.

12. It is a good practice to set up regular times to run your experiments, that way they know when you will be back online and they, and you can prepare for it. Creating a schedule is helpful to both you and them and has worked wonders in many experiments regarding ITC as they tend to look forward to the communication as much as we do.

13. You can use this device at home and at haunted locations. The difference is at haunted locations you will pick up more on spirits (ghosts) that are attached to that location rather than non-local communication with spirits that have crossed over. In this case, once again it is important to establish your intent and set up guidelines as well. Keep in mind these types of situations involve you coming into someone's house as not really a guest but on occasion considered an intruder and the response may be more aggressive or pleading in nature. Make sure you introduce yourself and ask respectful questions.

14. Once again, record your sessions so you can go back to and double check your responses as well as clean up the white noise and discover EVP's that I have found to fill my entire recordings. The introduction of the synthetic white noise has allowed many more voices to come through as well as multiple messages to be on top of each other. Patience and analysis with the proper audio software can assist in this. I use Adobe Sound booth CS4 for the MAC and Adobe Audition 1.5 (old version) for the PC.

I hope you find this information helpful as you begin your ITC research and experimentation with the P-SB7 and we hope you will realize this is an experiment, we are all involved in so any feedback and success stories is much appreciated. Our goal is to continue to develop and implement further to help bridge that gap to the other side. We can only do that with learning from all of our results and data.

This packet will be updated as time goes on to reflect new insights and developments in theories and research.

Thanks for listening and peace to you in your journeys,

-Chris Fleming
2/18/2010