

# DOCUMENTING OUR PARANORMAL EXPERIENCES

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## **TASK ONE**

This is a grounding, sensory task which is going to center you in the room you are in right now. Memory retrieval is safest when the nervous system feels oriented in the present, and we are not in dissociation. This anchors the body before approaching anomalous material.

**Take a deep breath in and exhale it.**

**Drop your shoulders down.**

**Unclench your jaw.**

**Move your teeth apart.**

**Now place the tip of your tongue behind your upper two front teeth, allowing your tongue to stay relaxed.**

**Take in another breath and let your neck and jaw stay relaxed.**

Calmly observe the room around you.

*Write down one thing you can hear, not me talking or this space, but in the quiet of your room. I will mute so you can listen.*

*Write down one thing you can physically feel in your body right now.*

*Write down one thing you can smell.*

*Write down one thing you can taste.*

*Write down one thing that makes you feel emotionally and physically safe.*

## TASK TWO

As experiencers we often remember in pieces, not whole narratives. This validates fragmentary memory and prevents the brain from filling gaps with fantasy or guessing and releases the urge to fill in those gaps. It's absolutely okay not to have any answers. It's been important for me to sit in the discomfort of my unknown, not looking to anyone to give me answers, knowing I have them inside me, and being patient for them to emerge.

This next task is called the Fragment Log. I want you to think for a moment about an experience you want to process. It can be anything. It doesn't have to be trauma or a paranormal experience. Just choose something to that feels safe for you for the sake of the task. We will not write in complete sentences. We will write in fragmented words using what you observe in the experience you've chosen to write about.

*Examples would be - cold room. wall appears to move. early morning. Dawn. sun coming up. Sounds coming from the kitchen.*

Just dump words. No connecting sentences. No conclusions. No emotions. Stay in fact-based data.

Set your timer for five minutes and begin the task.

### TASK THREE

The physical body also holds memories that the conscious mind avoids because the recall feels very visceral, which brings up the same emotions we felt when the experience was happening. Writing helps to release these somatic tensions. This writing task is focused on body memory mapping.

Let's explore how our physical bodies felt while we were in the experience. If nothing comes up and you don't have physical sensations for that area, just write blank or neutral. The absence of sensation is also data for us.

*Starting with your head, right down any sensations you felt in your eyes, jaw, and throat.*

*Now move to your neck and shoulders.*

*Any sensations in your chest area or stomach?*

*What about your arms or your hands?*

*Now note your hips and pelvic area.*

*What about your spine?*

*Let's move down our legs.*

*Now into our ankles, feet and toes.*

## TASK FOUR

This task is a natural observer rewrite. It's a way to organize without emotional overload. This writing is from a third person viewpoint; imagine you are a security camera. For this task, choose any experience that you can write from the pinpoint of the natural observer.

You will not write any emotions here. Examples would be: *there are trees. The forest is bright. Something is howling.*

Don't interpret or define what you observe. You are documenting only the observatory data. Choose one experience, anything, simply for the practice here, and then we will review our writing.

Again, fragmented sentences are fine.

Set the timer for five minutes.

## TASK FIVE

This writing task I call the question page. It's a memory retrieval task that explores possibilities without any pressure. This is where we are exploring from our curious minds. We are not looking for answers.

Write only questions you still have about the experience. Examples would be questions such as. *Why me? Why that day? Why didn't I react?* Any questions that come to you about the experience.

Set the time for five minutes and write your question page.

## TASK SIX

Do a containment close. This is essential for wrapping up memory retrieval writing tasks. Intentionality during this process is important. Close this writing session in the same way you started, checking in with your physical body and emotional states.

Write a sentence that brings you full into the present here now in a positive way. It's a message to your body, your nervous system, your emotional state, such as, *"I'm proud of you for doing these tasks. We are safe here right now."*

If you struggle to think of anything, here's a little trick that helps me. Ask yourself, if a child was here right now, feeling exactly how you feel right in this moment, what would you say to comfort and reassure them?

This is what you'll write to yourself.

Affirm your physical and mental states and appreciate the work you are doing here through writing.



If you enjoyed these tasks, consider following my social media, and signing up for my newsletter at [VennieKocsis.com](https://VennieKocsis.com)