

SPI SPIRIT BOX SESSION LOG

Session Setup

Record the equipment and settings used before the spirit-box session begins.

Keep the setup simple and specific so later recordings can be compared fairly.

1 INVESTIGATION DETAILS

Venue / Location

Area / Room

Date

Session start

Session end

Investigator completing sheet

Others present

2 DEVICE & SWEEP SETTINGS

Device name

Make / model

Sweep settings

Direction

☐ Forward

☐ Reverse

☐ Other

Rate / speed

Use the device's own sweep-rate setting or value.

Band & antenna

Band

☐ AM

☐ FM

☐ Both

Antenna

☐ Extended

☐ Retracted

☐ N/A

3 LISTENING & RECORDING

Session audio

Listening method

☐ Speaker

☐ Headphones

☐ External speaker

Volume / level

Recording device

Audio file / ref.

Other setup notes

SPI SPIRIT BOX SESSION LOG

Baseline & Session Method

Establish normal radio behaviour first, then record how the session was conducted.

Known broadcasts, contamination and setting changes should be documented before interpreting possible responses.

4

BASELINE / RADIO CHECK

Baseline status

Completed?

☐ Yes

☐ No

Duration

Recognisable broadcasts?

☐ Yes

☐ No

What was heard during the baseline?

☐ Music

☐ Presenter speech

☐ Advert

☐ Station ID

☐ Short speech fragments

☐ Strong / repeated station

☐ Unclear fragments

☐ Nothing recognisable

☐ Other

Known radio / contamination sources

5

SESSION METHOD

How the session was run

Questions asked by

☐ Individual

☐ Group

☐ Rotating

Quiet pause after questions?

☐ Yes

☐ No

Recorded continuously?

☐ Yes

☐ No

Settings changed during session?

☐ Yes

☐ No

Setting changes / timestamps / method notes

SPI SPIRIT BOX SESSION LOG

Repeatable Detailed Response Entry

Venue / Location	Area / Room	Date	Audio file / ref.

Print or duplicate this page for each possible response that needs detailed review.

6 QUESTION / POSSIBLE RESPONSE

Timing / reference	
Time	
Audio reference	

Question / prompt asked

What was actually heard?

Who heard it?

☐ One person ☐ More than one ☐ Not noticed live ☐ Unsure

Possible ordinary source

☐ Radio speech ☐ Music / sung word ☐ Presenter / advert ☐ Station ID
☐ Nearby person ☐ Equipment noise ☐ Unclear radio fragment ☐ No obvious source

Other / source notes

Comparison & apparent relevance

Compared descriptions before discussion? ☐ Yes ☐ No ☐ N/A
Appeared relevant to the question? ☐ Yes ☐ Possibly ☐ No ☐ Unsure

Notes / related investigation reference



Quick Session Log

Move anything that needs context or comparison to the detailed response page.

Quick Session Log • /

SPI SPIRIT BOX SESSION LOG

Post-Session Review

Compare possible responses with the original recording and known radio behaviour before drawing conclusions.

Apparent relevance alone does not demonstrate communication.

7 REVIEW SETUP

Playback conditions

Audio reviewed? ☐ Yes ☐ No

Original retained? ☐ Yes ☐ No

Listening method ☐ Headphones ☐ Speaker

Processing ☐ None ☐ Volume ☐ Noise reduction ☐ Filter ☐ Other

8 COMPARISON CHECKS

Compare before interpreting

☐ Same radio voice elsewhere

☐ Similar station / presenter repeated

☐ Could be adjacent sweep fragments

☐ Identified after suggestion

☐ Music / advert / station ID possible

☐ Nearby person / room contamination

☐ No obvious source identified

☐ Needs further comparison

9 INDEPENDENT LISTENING

Did another person listen before being told what others thought was said?

☐ Yes ☐ No ☐ Not tested

What did they hear?

10 OVERALL REVIEW

Review outcome

☐ Likely radio / broadcast source

☐ Possible radio / broadcast source

☐ Source uncertain

☐ Requires further comparison

☐ No longer noteworthy

Review reminder: An apparently relevant word or phrase does not by itself demonstrate paranormal communication.
Radio fragments, expectation and differing interpretations should always be considered.