

Paranormal World of Karen Ford

REPORT

Arundel Prison Cells

Town Hall, Dukes Path, Arundel, West Sussex

10th June 2006

10pm – 2am

Arrival

On arrival I got a quick chance to look around the cells in the light before the others for the evening appeared.

There were 3 cells, on one side of a large clear area and what used to be 3 cells on the other side. Just around the corner to this was a solitary confinement cell.

Upon first inspection there was nothing specific I picked up on, but I did feel quite sure this was going to be a good night!

Meditation

Whilst the group was taking part in a meditation to get more of a feel for the place, I was stood to one side. I was sure someone else in the group was walking up and down behind me, and at one point I nearly turned around to tell him to be quite. The strange thing was, when they had finished I realized that he had been in a completely different place the entire time! I wish I had turned round now!

Whilst discussing the meditation, there was the very loud noise of a squeaking door. Everyone heard it! Assuming it was someone else arriving, I went through the other doors to the entrance, only to discover that there was nobody there, and none of the doors made a noise. How strange was that? We did try the other doors as well, but nothing matched the sound we had heard.

Library

A group of us sat in what is called the library, due to the books and video stored there now. This used to be a prison cell previously.

We sat in the dark and commenced a type of séance. Asking for anyone around to let themselves be known, either by touch, temperature changes, noises, lights or showing themselves.

They certainly tried their hardest! We had orbs of light in various areas of the room, a blue light which sat beside one lady for a while, noises and bangs a few times, breezes, at one point I saw a man sat on one of the empty chairs. I was sat on a wooden bench, and at one point it moved as if someone had just stood up from next to me, it was very physical!

I also picked up on a young boy of about 10, who would have been around the cells at some point. I wasn't sure if he had come along with someone who worked there, visited, or was kept there for a period of time, but he did appear to be there in spirit and run around all the

cells. He was very scared and would hide a lot. There could be the possible requirement for a spirit rescue here!

Cell 1

Standing in this cell, I was aware of a short man stood to my right. He was quite scruffy and not a particularly nice bloke! I pick up adultery with him, and also the fact that at some point he had raped a woman (at least once). Whether we was incarcerated here or worked here I'm not sure, but his hatred for women was definitely apparent.

He would have also smoked as this smell was very noticeable (or whether this was due to the fact that some had been smoking not long before was the cause - I'm not 100%)

Solitary Confinement

Partaking in another séance in this area there was the feelings of breezes and also distinct smells. I certainly couldn't get rid of the smell of manure and straw. There was also the rattling of some of the chains on the wall, although we can't be 100% sure they weren't touched accidentally by someone in the group.

I became very aware of a spirit drawing close to me. He was about 5ft 8in in height, very skinny and would have been quite poor. As I asked him about his passing he drew a noose tightly about my neck. I don't feel this would have been an official hanging, but a suicide. The noose appeared to be made out of some sort of sheet or clothing which had been wound round and round to make a rope. After tying this to something on the ceiling, he would have hung himself by kicking away a wooden 3 legged stool he had used to stand on.

This was a very strong sensation, and his sadness was very apparent. I am not so sure if this would have taken place in this actual cell or not - but it certainly felt as if it would have been very close by if not in there.

The ceilings are quite low, which was the only problem with the chance of him hanging himself in there?

Glass Moving

We decided to round off the evening with a session of glass moving to see who would come and talk to us.

After a short time we had someone come through who was related to a person in the group. they then in turn brought through someone else. With lots of information, messages and evidence given it was very clear these communicators were who they said they were, and it turned into a very emotional evening for those involved.

After moving into another area for glass moving as well, they came straight back immediately and continued on with their talking, and also bought through a number of others to say hello - all relations to various members of the group. At one point we had about 6 spirits answering questions from various people. These were said aloud as well as in the head. Very exciting proof of life after death!!

Conclusion

A very interesting evening, with much evidence of spirit existence. Not only from those still associated in one way or another with the prison cells, but also from family relations.

I would definitely love to go back again, with a more controlled experimental environment. With the use of video, cameras and tapes to see what we could record. I would also like to assist the young boy in moving on.