

PSYCHIC NEWS

incorporating Two Worlds

**MASTERING
MINDFULNESS**

**UNDERSTANDING
ANGELS**

**SPIRITUALISM
ONLINE**

HOW TO DOWSE

**SACRED OILS TO
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**PREVIEWS, PRECOGNITIONS
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**FREE
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**CHARGE YOUR
CHAKRAS!**

**WORKING WITH
TRANCE STATES**

**GETTING STARTED
WITH SHAMANISM**

THE AURA UNVEILED

**TAKING PALMISTRY
IN HAND**

RIGHT ON WITH REIKI!

**FINDING YOUR
GODDESS**

**DO BOY'S SKILLS PROVE
HE LIVED BEFORE?**

**SPIRIT MESSAGE LEADS
TO UNKNOWN BROTHER**

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FROM THE EDITOR TONY ORTZEN

A barking good idea...

A WARM welcome to the second bumper edition of *Psychic News*! Compiled by assistant editor Paul Brett, it contains some of the best features and news from the last few years.

As Spiritualist churches, centres, sanctuaries and newsagents are closed, sadly it is not feasible to produce a printed magazine until the lockdown loosens, hence this online version.

Anyway, here's some potential good news... and it's all down to man's best friend, for a new trial is to investigate whether specialist medical sniffer dogs can detect coronavirus in humans.

The BBC's website said that the charity Medical Detection Dogs has already trained dogs to detect the odours of malaria, Parkinson's disease and various cancers.

Backed with £500,000 of government funding, the first phase of the new experiment will be led by the London School of Hygiene & Tropical Medicine, along with the charity and Durham University.

Using Labradors and Cocker Spaniels, the trial will examine whether canines can detect the virus in humans from odour samples before symptoms appear.

Each screening up to 250 people an hour, it is thought that the "bio-detection dogs" could be used as a new early warning measure to detect Covid-19.

The BBC added: "The first phase will involve NHS staff in London hospitals collecting odour samples from those infected with coronavirus and those who are uninfected.

"Samples of breath and body odour could come from a number of sources, including used face masks.

"Six dogs – Norman, Digby, Storm, Star, Jasper and Asher – will then go through

training to identify the virus from the samples."

After an initial three-month trial, the government can decide where the dogs will be most useful. Training could take as little as six to eight weeks.

One possibility is that they "could be used at points of entry into the country, such as airports, to detect potential carriers of the virus.

"The dogs could also be used at testing centres as another form of screening alongside swab tests.

"More than ten years of research gathered by Medical Detection Dogs has shown that the dogs can be trained to sniff out the odour of disease at the equivalent dilution of one teaspoon of sugar in two Olympic-sized swimming pools of water."

Claire Guest, the co-founder and chief executive of Medical Detection Dogs, is "sure our dogs will be able to find the odour of Covid-19."

If successful, they will move into a "second phase to test them in live situations, following which we hope to work with other agencies to train more dogs for deployment."

Prof James Logan, from the London School of Hygiene and Tropical Medicine, said: "Our previous work has shown that malaria has a distinctive odour. With medical detection dogs, we successfully trained dogs to accurately detect malaria.

"This, combined with the knowledge that respiratory disease can change body odour, makes us hopeful that the dogs can also detect Covid-19."

Innovation minister Lord Bethell hopes that the dogs can provide "speedy results" as part of the government's wider testing strategy. ■

Psychic News (incorporating Two Worlds)

Psychic News was founded in 1932 and *Two Worlds* in 1887. Both were established by famous mediums and joined forces in July 2018 to form a single publication promoting Spiritualism from an independent viewpoint and mind-body-spirit issues.

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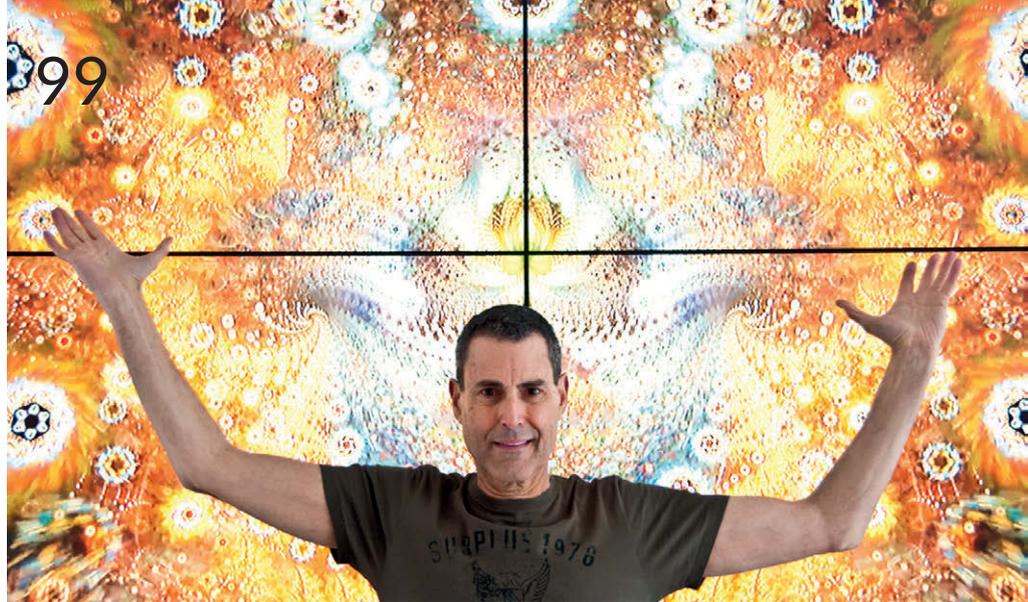


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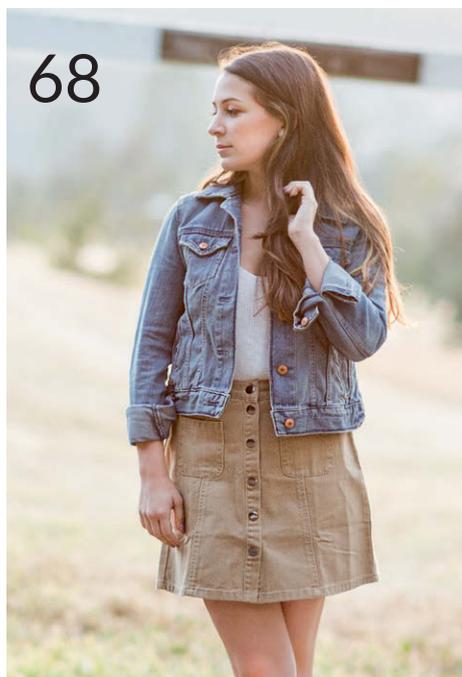
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'In darkness you find light' says spirit guide

Journalist and author Maurice Barbanell not only founded "Psychic News" in 1932, but was also the trance medium for Silver Birch, whose superb teachings have been read in many parts of the world. To get this bumper issue off to an inspiring start, here are some of the guide's words which were given at the Hannen Swaffer home circle for many decades.

DO not worry about the morrow; today is all that matters. Discharge to the best of your ability the duties you are called on to perform.

Do your best; that is all we ask of you. You are human. If you were not weak, you could not know what is strength.

Truth is simple yet paradoxical. In darkness you find light, in sorrow you find joy, in crisis you learn to find peace.

Hold your heads high. There is nothing that can obstruct what it is you have to do unless you choose to turn aside from the path that lies in front of you.

The signposts are provided to point the way. When mists obscure them, pause. Because they are mists they will roll away and destiny will show the path to be followed. The sun shines even when clouds obscure it.

These things I teach because of what I have seen. So I rest my confidence in the Great Spirit and its infinite power. This cannot fail.

We, with our defects, weaknesses and blemishes can fail, but failure is also a means of learning the lesson of how to succeed.

LIFE is not a monotone, neither is it inertia. Nature abhors a vacuum. Life is motion, radiation and vibration. There must always be movement, mostly forward, occasionally backward. The worst thing is to stand still.

You will have reverses, but they will enable you to appreciate the greater victories as they come. Learn to withdraw from the clangour and strident noises produced by your world's cacophony. Learn to allow inner peace to flood the whole of your being.

The soul is most active in peace, stillness, quietude, receptivity and attunement. Often you achieve far more spiritual activity when asleep than when awake. This is when strength and guidance come to you.

Our function is to show the way that leads to spiritual mastery, to the full flowering of the gifts with which you have been divinely endowed, so that those who are brought to you can be helped to find themselves and to know the purpose of being and how to order their existence so that they derive from it the beauty and richness which should be theirs.

All is going well. There is no need for depression or despair. We are on the winning, not the losing, side.

The forces of reaction are in disarray. They cannot outmanoeuvre infinite wisdom when it seeks to make its mark on receptive souls.

THE tough jobs are for the tough people. It is no good giving them easy tasks. It is an index of attainment that the harder missions are assigned to those competent to perform them.

The generals in the great war against ignorance and superstition must have been tried in the battlefield before, otherwise they would be incapable of exercising generalship.

You will have problems. That is why you are on earth, to overcome them and in doing so finding new strength, greater developments. Welcome every problem as a challenge to be met and to be beaten every time.

THE Great Spirit has so ordained life in your world that you will find strength when you think you have reached the limits of weakness.

It is when people seem at the end of their tether, and that nowhere can they find in the material world anything to help them, that they are ready to be illumined by the truths of the Spirit.



MAURICE BARBANELL reads "Psychic News" at his NW London flat.

DO the honest best you can. Exercise the tolerance and charity which are the hallmarks of the evolving spirit.

None of you is perfect. You will not necessarily agree with one another. Sometimes, because you are human and imperfect you will make mistakes because your opinions will be wrong.

Therefore toleration, charity, receptivity and love are the qualities that should be expressed. If the desire to serve is right, the means will be forthcoming.

You will not be abandoned. You will not be left entirely to your own resources. You will always be helped whatever emergency arises.

IF you do not like troubles, and I do not blame you because this is a human failing, then you cannot expect to grow spiritually. Growth comes only by meeting trouble, accepting the challenge and overcoming it.

In any effort to serve, you have a host of evolved beings by your side. They will not fail you.

You will triumph, not easily, not without difficulty, not without trouble, but you will come through. The power of the spirit never surrenders. It always triumphs.

MATTER is an obstacle; matter is heavy, leaden and dull. Spirit is light, delicate and sensitive. You have to use five physical senses through which the divine spirit can express itself.

It is like the violinist who has a poor instrument on which to play. He has within his soul the most inspired music, but the instrument is restricted and cannot convey it.

Your bodies are dull clods of earth. Yet these are the only means through which the spirit can express itself.

There are times when, apart from your personal conditions, the atmosphere surrounding you, and the earth on which you live, are full of hatred and violence, which does not make it easy for the spirit to penetrate.

This mass of obstacles surrounding your world presents a very grim picture when we approach it.

SO far as we are concerned, we wish to transform the world in which you live from the wretched, dark, miserable, fearful, violent and sick world that it is, where greed dominates, where selfishness rules and where all the spiritual attributes are expressed only by a minority.

It is part of our work to ensure, as far as we can, that we will not only spread knowledge of eternal spiritual realities on which all life is based, because life is spirit and spirit is life, but also to teach, whoever is ready to listen, that they are spirits with bodies and not bodies with spirits, that the body is merely the temporary house through which the owner is expressing himself.

THE difficulty is that you in your world would like us to produce the results in your way and in your time. But we cannot do that. We can only do it in our way and in our time.

Because our vision is more extended, I think it is true to say that we are the better judges of what is best for you. The worst thing that could happen to a lot of people would be if their prayers were answered.

THE Great Spirit has no physical hands other than those which you provide. You are the tools for the operation of spirit power in your world.

Be open. Be receptive. Try to clear your minds of preconceived ideas. Be imbued with a desire to serve. In that spirit you will attract all the help that is necessary for the service you have to render.

THE greater the mission that is to be performed, the greater are the challenges that will be met. It cannot be any other way.

More is expected from those who have the gifts of the spirit, the perception to understand their implications, than others who do not possess these talents and are unaware of anything in your world except its surface.

I DO not have to tell you and others that we always render service for service and that those who serve are not overlooked.

I cannot always convey it to you in the fashion that you would like, but we strive to instruct you so that it is conveyed to you in the fashion that you would prefer for your sake.

It is better to raise you to our level than for us to come down to yours. This, after all, is the whole object of what we try to teach and the ideals we strive to inspire in you and others so that they can fulfil themselves.

I know it is not an easy path, but the captains in the army of the spirit must not expect things to go easily for them.

More is required from ones who have the knowledge than from those who are completely ignorant of what the spirit has to offer them.

You are the repositories of the greatest power in the universe. It is the power of the spirit. There is nothing or nobody that can stop that power, that can overthrow it, that can prevent it from fulfilling itself.

You must always remember that if at the end of your earthly lives you have succeeded in helping one soul to find itself, then your existence has not been in vain.

IF you have this knowledge and fail to live up to it, then you must pay the price because ignorance is not your excuse.

Knowledge inevitably brings responsibility. More is expected of you when you have truth. And this is the great trust that is reposed in you.

It is my constant theme that knowledge brings responsibility. You cannot have all the benefits of knowledge without having at the same time the responsibility of what you do with it.

That is your free will, and the measure of your responsibility which none other than yourself can fulfil.

The natural laws of the Great Spirit ensure that divine justice is ultimately meted out. None can escape the natural law. Provision has been made for you and for every manifestation of being in your

world and in other worlds.

The law is supreme. The law overlooks none. The law ensures that all you need for your spiritual growth and development will be available when you are ready to receive it.

Motive is the acid test. You cannot cheat the law. The millionaire who gives money to charity does not increase his spiritual growth by doing so.

But the one who gives what he cannot afford because he knows it will help, his stature will increase.

Compassion is one of the attributes of the spirit. I've said it so many times. Love, affection, friendship, compassion, mercy, tolerance, kindness and service are the attributes of the spirit. When you express them, you are manifesting yourselves spiritually.

■ *This extract is taken from "More Philosophy of Silver Birch." For a full list of Silver Birch books which are available, visit www.silverbirchpublishing.co.uk/books.php*

Details of how to obtain eBook versions of Silver Birch's teachings can be found at whitecrowbooks.com

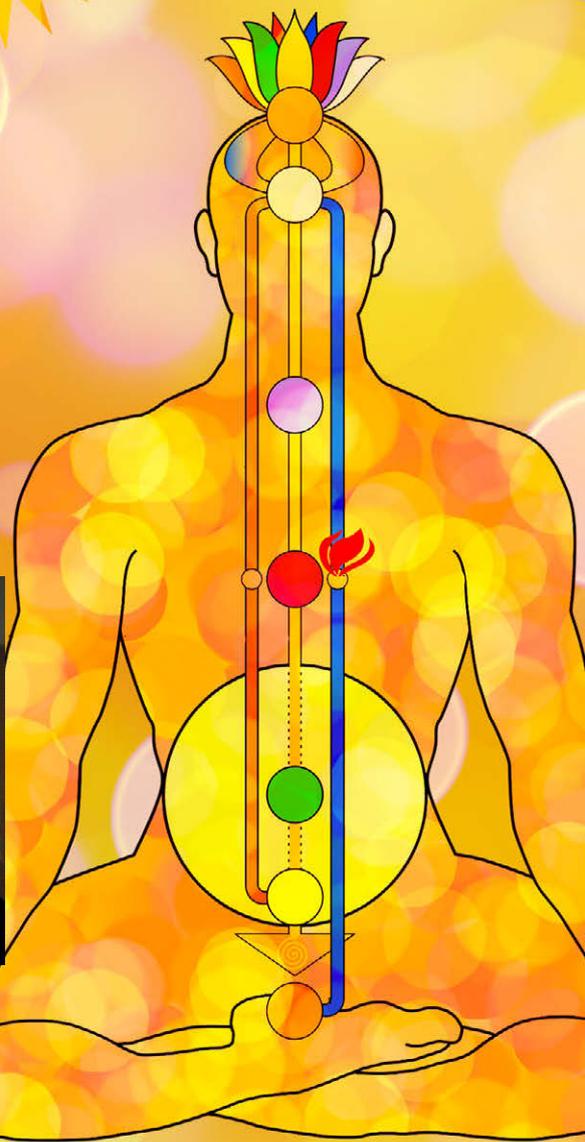


CHARGE YOUR CHAKRAS!

Hilary H. Carter is co-creator of tai yoga and co-founder of Higher Moon transformational workshops. She studied energy healing and tai chi in London before qualifying as a British Wheel of Yoga teacher. She is also a workshop leader and consultant astrologer, having studied with the world-renowned Faculty of Astrological Studies in London.

Hilary has written books on several topics, including numerology, coincidences around the number eleven, and a further volume on real-life stories of recovery from depression, addiction and burnout.

Her book "The Chakras Made Easy" has been termed "probably the most down to earth, easy to understand, practical and helpful guide to the chakras yet written." Adapted from the book, here Hilary examines the chakras and explains their functions from many angles.



THE word "chakra" is quite commonly used these days, especially in yoga and reiki circles, but how many people really understand what chakras are and what they do? In this article, I'm going to take a closer look at the seven main chakras and how they correlate with our everyday lives.

What are the chakras?

They are energy centres that connect to the physical body. Unless you are clairvoyant, you will be unable to see the chakras, as they are not physical in nature.

Even so, they affect your physical body very strongly. In fact, they affect all areas of your life including your emotional, spiritual and mental wellbeing.

What do they look like?

Chakra (pronounced shack-ruh) means "wheel" because they look like coloured wheels of energy spinning round. They are

funnel shaped, with the narrow part of the funnel near the spine, getting wider the further they are from the spine.

The first chakra points downwards from the base of the spine whilst the seventh chakra points upwards from the top of the head. The remaining five project out from both the front and back of the body.

Each chakra spins at a different speed. The first chakra at the base of the spine spins at the slowest speed. The seventh chakra projecting from the top of the head spins the fastest. There are chakras above and below the physical body too.

What is the purpose of the chakras?

Their purpose is to step down universal energy so that it is at the right frequency to be utilised by us here on Earth in our physical bodies.

Imagine if you plugged an electric shaver into a normal wall socket. It would blow up

because too much charge would be going through it. So we use an adaptor, which "steps down" the flow of energy.

That is what the chakras do. In that way, you could call the chakras adaptors or transformers.

Where are the chakras?

They are located along the spine. In your physical body, the nervous system runs along the spine and into the brain. Your main energy channel also runs along the spine.

It has three channels called ida (rhymes with beaver), pingala (ping-gala) and sushumna (soo-shoom-nuh). The ida and pingala wind to and fro up the sushumna in the same way that the two snakes wind around the staff in the symbol of the caduceus.

The places where the ida and pingala cross are where the chakras are located. These crossing places coincide with the

“

A block in any
chakra will affect
the entire system

”



places in the physical body where there is a cluster of nerve plexuses.

What colour are the chakras?

Each chakra corresponds to a different colour. The first is red, the second orange, the third yellow, the fourth green, the fifth blue, the sixth indigo and the seventh violet (or sometimes white with gold edges).

How many chakras are there?

There are seven main chakras, plus many minor ones such as those at the back of the knees and the palms of the hands. There are also ones above and below the physical body.

How do the chakras affect us?

Each of the chakras is related to a different area of your life. If that area of your life

is being addressed and is in balance, the chakra too will be in balance.

The first chakra: The survival instinct. Being grounded and rooted on the earth in your physical body. Trusting that your physical needs will be met. A sense of security.

The second chakra: Relating to the world and people in it. Finding what brings you pleasure. Sexuality. Money and creativity.

The third chakra: The ability and drive to complete things. Using your willpower. Being able to identify and follow your gut feelings.

The fourth chakra: Love – not just personal and exclusive love, but unconditional, compassionate love. Feelings of empathy. Self-acceptance.

The fifth chakra: Expressing your truth for the benefit of others. Communication through speaking and writing. The ability to listen.

The sixth chakra: Intuition. Sixth sense. Psychic phenomena such as telepathy,

precognition and clairaudience.

The seventh chakra: Connecting to spirituality and your higher purpose. Surrender of ego. Wise discernment.

How do the chakras get blocked or unbalanced?

When the chakras are fully functioning they will be open, in balance and spinning freely. If we have a difficult experience, we either unconsciously block the energy flowing through a chakra or the chakra locks open. Either of these will cause an imbalance.

The chakras can become unbalanced at any time. As they are not fixed, they don't get into balance and stay that way forever. They can change moment to moment, so it's a constant balancing act, day in and day out.

A block in any chakra will affect the entire system. Compare it to a central heating system. If there is a block in one of the radiators, the whole system will be affected.

Understanding how the chakras get out of balance is common sense. An injury, a difficult emotional experience, a profound shock or putting too much emphasis on any one part of your life at the expense of another are all the sorts of things that can put one or more of your chakras out of balance.

Some life events are out of your control, but you can choose a lifestyle that will help to keep your chakras in balance and spinning freely.

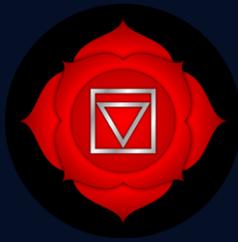
How can we balance our chakras?

Balancing the chakras isn't something mystical or unworldly. The health of your chakra system comes down to choosing a positive and healthy lifestyle in the physical world.

Your lifestyle has a direct and powerful effect on the vitality and health of your chakras. For example, if you sit around all day watching soaps on television, don't clean and tidy your home and never go out in nature, then your base chakra is likely to be under-functioning.

In that situation, one way to redress the balance would be to make sure to take a walk in nature a few times a week. It really is that simple!

Here are some practical and easy ideas to spring clean and help to balance all seven of your chakras.



First chakra

1. Spend half an hour a day just concentrating on your sense of smell wherever you happen to be.
2. Buy an Obsidian crystal and carry it with you all day.
3. Practise standing on one leg until you can stay in balance without wobbling.
4. Fill a bowl with warm water and add one or two drops of patchouli oil or a handful of salt. Sit with your feet in the water.
5. Try to bring a sense of order into your home by clearing up one room at a time. Get rid of excess belongings and buy a filing system to put your paperwork in order.

Affirmations

I love my body.
All my needs are met.
All is well in my world and I am safe.



Second chakra

1. Have an "orange day," as orange is the colour of the second chakra. Wear orange clothes and eat orange fruit and vegetables – oranges, carrots, swede, squash, etc.
2. Run a nice warm bath, put in a few drops of tangerine, rosemary or juniper essential oils and have a soak.
3. Spread a plate with foods that represent different flavours – sweet, bitter and sour. Eat slowly and concentrate 100 per cent on the taste sensations as you do so. You could make this into a game, wearing a blindfold and asking a friend to feed you the foods.
4. Choose a pleasurable activity. Again, be 100 per cent aware during that activity and fully experience the pleasure of what you are doing.
5. You probably know your sun sign in astrology. Find out your moon sign too and read up about it.

Affirmations

I am balanced and healthy.
My life flows.
Everything is a gift.



Third chakra

1. Lie down and place one hand just above your belly button and the other one just below, palms facing down and fingers spread. Just concentrate on your breathing. Observe the movement in your hands. They should both be moving as you breathe in and out. If both hands are not moving you need to breathe a bit more deeply. Bring the breath into your belly!
2. Have a day when you eat just fruit, allowing your digestive system to have a day off.
3. Write "I am worthy to receive" on a piece of paper and stick it on your bathroom mirror.
4. Have a bonfire or fit a woodburner or a real fire into your home.
5. Buy some yellow flowers for your home.

Affirmations

I accomplish tasks easily and effortlessly.
In a smooth and healthy way, I release all unresolved emotions.
I claim my personal power now.



Fourth chakra

1. Spend a day treating yourself as you would treat your best friend.
2. Book an acupuncture treatment to check the state of your heart meridian.
3. Make a list of five things that you are grateful to have in your life. Give thanks for them.
4. Close your eyes. Breathe in through your nose and breathe out through your mouth, allowing the tongue to relax and hang out. Keep the tongue out throughout this exercise. Do this for eleven breaths.
5. Buy or borrow a book of poetry and read it, even if you don't normally read poems.

Affirmations

I freely and easily give and receive love.
There is an infinite supply of love.
I forgive, I forgive, I forgive.



Fifth chakra

1. Sing! Buy a "Teach yourself to sing" CD and begin singing in the safety of your bedroom or play your favourite music in the car and sing along.
2. Write an affirmation "It is safe to express myself" and stick it on the bathroom mirror.
3. Stick your tongue out as far as it will go. Hold it out for as long as you can. When you need to take a breath, slowly draw the tongue back in.
4. Lie flat on your back and look up at the blue sky. Feel yourself being bathed in the colour of the sky.
5. Spend a day telling the truth in every single situation you encounter.

Affirmations

It's okay to speak my truth.
My thoughts and opinions are valuable.
I am a creative person and it is safe to create.



Sixth chakra

1. Record your dreams for a week.
2. Try guided meditation. You could either download some meditations online or use a CD.
3. Each evening reflect on the day and make a note of the three most beautiful things you saw. It could be a work of art, a flower or an act of kindness.
4. Listen to classical music, especially in the key of A. There is a different musical note associated with each chakra. Humming or listening to the note will help to get the chakra in balance.
5. Place your right palm on your right temple and your left palm on your left temple, allowing your fingers to point towards the back of your head. Press gently but firmly. Stay for a few minutes then release your hands and sit quietly for at least five minutes.

Affirmations

My intuition is strong. I trust my intuition.
I can see clearly.
I trust my inner wisdom.

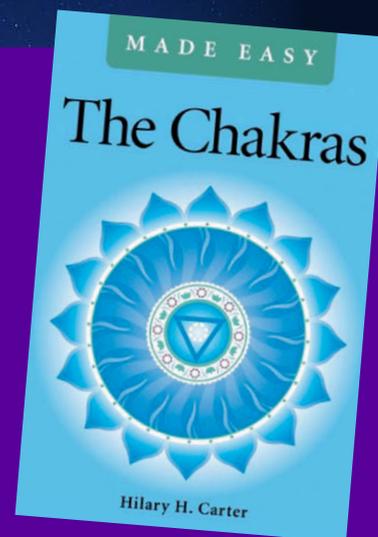


Seventh chakra

1. Place a quartz crystal in a glass of spring water and put it where the sun shines through the glass. Allow the room to fill with this light crystal energy.
2. Imagine you had only five years to live. Set five goals you would like to achieve before that time is up.
3. Go for a walk and count your steps as you walk. If you lose count or forget to count, go back to number one.
4. Breathe in through your nose and blow the air out through your mouth, pursing your lips as you do so. Repeat eleven times.
5. Find somewhere silent – old churches are good for this – and simply sit and listen to the silence.

Affirmations

I am guided by my own inner wisdom.
Everything I experience is good for me.
I trust life.



"The Chakras Made Easy" is published by Ayni Books and available online as a paperback or e-book, or from your local bookshop. Please visit www.ayni-books.com/books/chakras-made-easy. You can follow Hilary on Facebook at www.facebook.com/hilary.h.carter

TV presenter's premonition saves husband from injury

... and she also appeared to see the Twin Towers attack in a dream

Christine Lampard on the "Loose Women" panel (Photo: ITV) and husband Frank in Washington DC during his footballing days with Chelsea. (Photo: Dudek1337)

SHE HAS been a familiar face on British TV screens for many years, since she hosted BBC1's *The One Show*, and now pops up as a regular presenter on ITV's *Loose Women* and also as a stand-in on the *Lorraine* show.

In those roles, Christine Lampard encourages her guests to reveal interesting things about themselves. Her involvement in *Loose Women*, however, requires her to talk about herself and express her own opinions, as well as encouraging guests to do the same.

Most viewers will have been surprised to learn in early January 2018 that not only does she seem to possess psychic powers but she also has experienced some dramatic premonitions, including one that may have saved the life of her husband, former England and Chelsea footballer Frank Lampard.

During a panel discussion with the other participants on the popular *Loose Women* show, Christine confided that she had a dream that appeared to have been a premonition of the 9/11 terror attacks in 2001.

She saw an aircraft crashing into a building just days before the Islamic terrorist group al-Qaeda flew two hijacked planes into the Twin Towers of the World Trade Centre complex in New York City.

"I had a dream about 9/11," said Christine. "I dreamt about a plane crashing and I'll not go into the details, because it was detailed, but I woke up after it in such a state. I told my mum. And I was in work the day it happened and I thought, 'I saw that'. I was in the plane within the dream. I knew there was chaos. I could see the cockpit and I could see hundreds of windows. It occurred days before it happened."

Christine, who first worked on TV under her maiden name of Bleakley, readily admitted her story would be unbelievable to many people but the vision was so graphic that it has stayed with her.

"I am a common sense person," she added. "I am willing for someone to explain it. I'm not claiming anything. There probably was something that sparked it but it shook me up for days afterwards."

However, strangers have approached her on the street on different occasions and told her that she has an "aura" surrounding her.

Christine added that she once had a premonition that her husband Frank was going to be hit by falling scaffolding and she pushed him out of the way of some building work just before the heavy metal rods fell to the ground where they had been walking.

"I had this premonition ... and I quickly pushed him out of the way." ■



Cultivating clairvoyance by ***screying***

BY BILLY ROBERTS

IN ONE form or another – from reflections in shiny surfaces to gazing into a crystal ball – scrying has been used from time immemorial as a way of extending our senses.

It was particularly favoured by the ancient seers who used either a crystal sphere or some other form of mystical speculum to allow their consciousness to transcend space and time. While in that altered state of mind, he or she would have glimpses of the future.

In fact, scrying is an extremely effective optical tool that will encourage the development of a clairvoyant skill. Scrying causes retina fatigue, a process that occurs during the cultivation of the image-making faculty, the neurological body that allows images to pass through the consciousness.

Unless a person is able to use their imagination to actually “see” images with their eyes closed, the full development of

clairvoyance is really not an option.

Remember, I am talking about a clairvoyant skill, the ability to “see” things nobody else can see, and not a mediumistic skill, which is something quite different altogether. Not all mediums are clairvoyant, and not all clairvoyants are mediums.

Simple clairvoyance allows the seer to see future and past events with an “inner eye” and foretell the future; but when

a clairvoyant skill is accompanied by a mediumistic one, the person is able to actually “see” and communicate with a disembodied energy, an ability that is quite specific.

The whole process of clairvoyance really does vary from person to person, simply because the response of our eyes is very limited. We accept the fact that our eyes respond to vibrations of light that are thrown off by the surfaces of an object, and that our consciousness translates those vibrations into ideas of form and colour.

“Scrying causes retina fatigue, a process that occurs during the cultivation of the image-making faculty, the neurological body that allows images to pass through the consciousness”



HERE'S WHAT TO DO

The process of clairvoyance transcends the parameters of matter, allowing an individual to actually “see” through the astral light. Although a clairvoyant skill can spontaneously occur for any number of natural reasons, it still needs to be cultivated and refined, so that the person controls the ability, instead of the ability controlling someone.

It is an axiom of physics that no two bodies of matter can occupy the same space at the same time, but it is generally accepted that millions upon millions of vibrations can and do exist in the one space, without interference. Clairvoyance allows the consciousness to discriminate between vibrations of physical and astral matter, to actually “see” things as they really are.

There are numerous scrying techniques to encourage the development of clairvoyance, but the one I have always used in my workshops is perhaps one that is used in yoga to make the mind quiet, serene and introspective. This is called in eastern parlance “Trataka,” a process of directing the eyes either towards a spot between the eyebrows or, in this case, focusing attention on the flickering flame of a candle.

In Buddhism, more or less the same process is referred to as the “Kasina,” meaning “total field”: concentrating the mind on an object until it becomes totally absorbed by it. This object can take any form, from a stone or crystal, to a lighted candle.

- Light a candle and place it on a table, approximately three to four feet away from you, and as near to eye-level as possible. Please remove contact lenses before scrying.
- To create the right ambience, it helps to burn some pleasant incense, but make certain the room is well ventilated.
- So as to avoid distractions, make sure the lighting is fairly subdued. It sometimes helps to have some conducive background music.
- Sit comfortably on a straight-back chair, and breathe rhythmically until the rhythm is fully established and you feel quite relaxed.
- With your hands resting lightly on your lap, and your eyes half open, focus your gaze on the flickering flame, whilst remaining conscious of the rhythm of the in-flowing and out-flowing breath.
- It is important that you resist the temptation to blink, or move your gaze from the flickering flame even for a moment, as this will defeat the object of the whole exercise.
- When your eyes begin to tear, gently close them, and place the palms of your hands over them, applying a little pressure to the eyeball.
- Within moments the after-image will appear in your mind’s eye, usually in the complementary colour of the flame itself – in this case pale blue.
- At this point you should be conscious of the inflowing and outflowing breath, holding the after-image steady in your mind for as long as you can.
- When the after-image begins to break-up and fade, open your eyes and return your gaze to the flame, and repeat the whole process.

Repeat the exercise three to four times every day. The after-image will remain in your mind’s eye a little longer each time you do it, eventually not fading at all.

Trataka also improves concentration and focus, and encourages a more serene and relaxed mind. As I have already explained, it stimulates the image-making faculty of the brain, encouraging the overall awareness and sensitivity that are prerequisites for the cultivation and development of the clairvoyant skill.

Candle gazing may also be integrated into your meditation programme. Precede your meditation with some rhythmic breathing, followed by Trataka, as a contemplative process before your meditation.



CRYSTAL GAZING

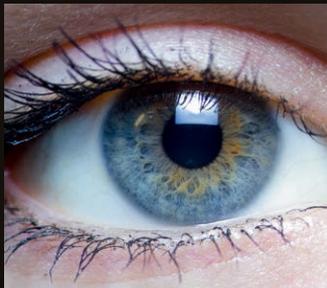
Crystal gazing is another excellent tool for cultivating the psychic faculties. Using more or less the same process as with candle gazing, the crystal ball should be placed right in front of you, and as near to eye level as possible. The lighting should be subdued as much as possible, but not to total darkness.

Fix your gaze at a selected spot on the crystal sphere, and do not move your eyes from that point. Only blink occasionally, primarily to clear your eyes.

The first thing you can expect is that the crystal sphere will seem to come alive, and will have a slightly green effervescent appearance. At this point, do not be tempted to relax the eyes by looking away, as this will interrupt the whole process.

This optical illusion will be followed by a shadow descending on the crystal sphere. As the shadow can remain there for some time, the majority of practitioners usually abandon the process at this point. Be patient, as this is when things really begin to occur.

Eventually, the shadow will rise, rather like the curtains at the beginning of a



theatre show, revealing anonymous faces, abstract images, landscapes and much more. At this point, you may also be aware of dancing shafts of light in your peripheral vision. Do not be tempted to move your gaze from the crystal to look directly at them, as the entire optical display will disappear

and the crystal sphere will once again fall into darkness.

If you are truly intent on using a crystal sphere, then ideally it should be used every day. However, do not make the exercise a labour by forcing yourself to sit with it. Take your time and, most of all, be patient.

CAUTIONARY NOTE: Always remove contact lenses before any scrying exercise.

“The first thing you can expect is that the crystal sphere will seem to come alive, and will have a slightly green effervescent appearance. At this point, do not be tempted to relax the eyes by looking away, as this will interrupt the whole process”





ALICIA BECERRA (above) revealed to her family through a medium that she had been murdered. (Photo: Spectrum Video and Film)

VICTIM DESCRIBES HER KILLER

BEFORE CRIME IS DISCOVERED
He's caught, confesses and is jailed for 20 years

Evidential medium DEBRA MARTIN talks to *Psychic News'* former editor ROY STEMMAN about a sensational case that challenges sceptics

NEWS that Aunt Alicia had died in Peru came as a shock to her niece and nephew, who live in the United States. She had appeared to be in good health when they last saw her and should have had many more years to look forward to.

But stomach cancer and a heart attack had brought her life to a premature end, they were told, and Alicia Becerra had been laid to rest in a beautiful grave in the local cemetery.

The dead woman's niece, Marita Wilson – daughter of Alicia's sister – who lives in Phoenix, Arizona, USA, wanted reassurance that the spirit of her aunt was at peace. A friend's connection led her to a TV news producer who arranged a reading with a medium, Debra Martin.

Marita agreed, even though she had never had any contacts with psychics and mediums in the past. And the reading was recorded.

All that the medium was told, because it was all that the TV producer knew, was that the sitter hoped to hear from the spirit of her aunt.

"To my surprise," Debra recalls, "not just one sitter but three arrived on 27 July, 2007: Marita Wilson, her mother and her son, Dennis."

It made no difference, and Debra was soon explaining to them how she worked.

"I began by telling Marita that prior to her arrival I had sat down and asked the highest Divine (God) to give me permission to speak with her aunt.

"I explained how spirits will come

through me and use me as their vessel. I also told Marita that I had received messages from her aunt prior to them arriving.

"Marita soon knew that these messages were coming from Aunt Alicia. Her aunt's personality was coming through and the beginning of the reading was full of love and laughter."

Debra mentioned a heart attack which, on reflection, she believes was the aunt's way of drawing attention to how she was *supposed* to have died. Then, suddenly, Debra corrected herself.

"I received a vision that was like a flash that ran through my mind, as if I saw a glimpse of a movie. I didn't like the vision I was given. What I was seeing was that someone strangled her aunt. She died of suffocation.

"I was going to have to share with Marita that her aunt was murdered. I didn't expect this, and I wasn't sure if the family was going to be able to handle this information. I told them that whatever comes through, your aunt wants you to be at peace. This was very important to her. Everyone agreed, which made the aunt at peace and ready to voice more through me."

Despite their readiness to receive Aunt Alicia's message, Marita admitted it was very difficult for her to be told that her aunt had been murdered. She couldn't understand why. Who would want to do that?

Astonishingly, Debra Martin was able to answer those questions. She described

a tall man with dark skin and thick Afro-style black hair and she indicated he was known to the aunt. The murder victim drew special attention to a blue shirt he was wearing. And then she gave a name: Marcos.

There had been a dispute and Aunt Alicia had refused to sign papers relating to her property. So she was strangled.

None of this detail meant anything to Marita Wilson but she and her family were satisfied by the other information they had received that the spirit of Alicia Becerra had been communicating through Debra Martin.

Soon, Marita Wilson flew to Peru and consulted lawyers. If there was any truth in the spirit message from her aunt, there was only one way to find out. She sought an exhumation of Alicia Becerra's body and an autopsy.

Just three months after her funeral, the aunt's body was taken from the grave. Those conducting the autopsy were astonished at its state of preservation. Fluid blood was removed and her vital organs were undamaged. What's more, there was no sign of stomach cancer or of a heart attack. The causes of her demise, as stated on the death certificate, were clearly false.

Instead, the autopsy discovered that her lungs were totally collapsed. There was only one explanation for this: Alicia Becerra had been asphyxiated. She had been strangled to death, just as she had stated in the Debra Martin séance.

“Marita admitted it was very difficult for her to be told that her aunt had been murdered. She couldn’t understand why. Who would want to do that? Astonishingly, Debra Martin was able to answer those questions”

Right: DEBRA MARTIN



It took another year before the investigation into what was now recognised as a murder case brought the desired result.

“On 21 November, 2008, I received an email from Marita Wilson telling me they had caught the murderer! He not only fitted the description I had given but the name I gave – Marcos – was also involved.”

The killer, Jesus Romeros, admitted his part in the crime and is now serving 20 years in a Peruvian jail.

Alicia Becerra owned an impressive property in a lush part of Peru and it seems likely that she fell victim to a scam that would enable others to take over the land. But she realised what was being planned and refused. It is possible she was forced to sign but the shakiness of her signature indicated it was done under duress. Investigators found other evidence of fraud involved in the signing away of the aunt’s property.

Even so, Marita Wilson has been involved in a long legal battle to win back the land and property. By 19 September, 2012, a Peruvian judge gave positive approval of Marita Wilson’s case, paving the way for more judicial action that would enable the return of the property to the family.

It was not until December 2014 that a judge finally ordered the return of the property to the Wilson family, and Marita wrote the following to Debra Martin, whose evidential mediumship had first revealed an undetected murder and put



DEBRA MARTIN (right) with Marita Wilson in a videoed reconstruction of the original reading. (Photo: Spectrum Video and Film)



MARITA WILSON, niece of the murdered woman, discusses the impact of her aunt’s unexpected revelation. (Photo: Spectrum Video and Film)



DEBRA MARTIN describes the murderer's hairstyle. (Photo: Spectrum Video and Film)

the murderer behind bars:

"After more than seven years in court, it was finally declared that the property be returned to my Aunt Alicia because it was proven that the transfer the murderer did was 100 per cent illegal.

"Now we need to work on transferring the property to my Mom as the universal heir. This process will take at least one year but the most important part was to prove that what the murderer did was false and unjust and that he got caught and is paying the price for it.

"In the end, justice prevailed for Aunt Alicia and the family, and her soul can finally rest in peace."

Debra Martin believes there's still more to be told about this story. She is certain that the killer, Jesus Romeros, was acting under instructions from someone else – a Mr Big – and that he will not reveal this person's identity or his life will come to a premature end in prison. Perhaps, when his life draws to a close naturally, he will reveal who was behind the attempt to defraud Alicia Becerra and her family.

The most powerful element of this astonishing story, of course, is that the deceased Aunt Alicia solved her own murder, giving justice to an entire family. Without her voice, speaking from the spirit world through Debra Martin, there would have been no case.

Although the original TV recording of the mediumistic reading was never broadcast, an audio recording exists and



The murderer (Photo: Spectrum Video and Film)

Debra Martin includes a transcript of the sitting with Marita, her mother and son, in her book, *Soul To Soul*. It consists largely of evidential readings, including others involving murder.

Debra is also an accomplished healer. Check out her websites: www.goldenmiracles.com and www.debraandsheri.com

Debra is one of 20 evidential mediums who give their time freely to the Windbridge Institute for Applied Research in Human Potential in its exciting study of mediumship. ■

“

Aunt Alicia solved her own murder, giving justice to an entire family. Without her voice there would have been no case

”

FURTHER READING

As well as *Soul To Soul*, which will tell the full story of the Alicia Becerra case and others, Debra Martin is the author of five other books, including "Believe Beyond Seeing," "Proof of Miracles," "Doctors, Faith and Courage" and a children's book, "Me and My Angels." (available on Amazon).

'Amy Winehouse comes to visit me'

Her father claims famous singer 'is often around'

AMY WINEHOUSE with her father Mitch in 2008 at the Ivor Novello Awards in London. (Photo: David Fisher/REX/Shutterstock)

ACCORDING to a tabloid newspaper report, the spirit of singer and songwriter Amy Winehouse has been seen by her father Mitch, a former taxi driver, on a number of occasions.

Speaking exclusively to *The Sun* (31 December 2017), he said there had been a number of strange happenings in the family home in Kent since Amy died from alcohol poisoning over eight years ago.

"She does come back – not physically, but spiritually – all the time," he told Dan Wootton, who writes the newspaper's Bizarre column. She even comes and sits on the end of his bed.

"We do have our moments, particularly on her birthday, 14 September," he said, adding:

"After three years I was thinking maybe that one day she will come back in some shape or form, and she does come back ... I cannot begin to tell you how much she is around."

Referring to her nocturnal visits, Mitch explained: "She just sits there and it looks just like her beautiful face and she looks at me. I say to her, 'Are you all right?' because I get nervous with her being there. But it is comforting in a way to know she is here

and around me."

Mitch and his wife Jane believe their daughter also makes her presence felt in other ways, including appearing in the form of a bird, just like the one Amy had tattooed on her right arm.

"The week after she died," he explained, "I was at my sister's house and we heard this thud and a blackbird that looked identical to Amy's tattoo flew into the glass. We went and picked it up and put it on a perch.

"It happened at night, when birds don't fly, but it came back and sat on my foot. And then we put it back again and it came and sat in the middle of us and sang. I do now see blackbirds all the time. And you think, 'Oh, it's only a bird', but it's her. I'm sure of it."

Since his daughter's death, Mitch has founded the Amy Winehouse Foundation to support young people struggling with drug and alcohol issues. ■



FROM TAROT TO TRANCE

HOW TO BE AN EVIDENTIAL MEDIUM

JOHN HOLLAND, one of the world's top exponents of spirit communication, reveals the secrets of his mediumistic development

GROWING up on the streets of Boston, Massachusetts, one of five children from a working class Irish-Italian Catholic family, John Holland realised he was different.

"I used to see spirit people in my bedroom when I was young," he explains, "and I knew what was going to happen or what people would say before they said it. I thought at that time that everyone could do that." When he realised this was not the case, John did his best to hide his psychic ability.

It took an automobile accident at the age of 30, in the early 1990s, to change his life completely. Though he was not seriously injured, the trauma of the crash had suddenly intensified his psychic ability.

"It was instantaneous. It was so fast. And I felt an energy surging straight through me. My psychic abilities seemed to become 100 times stronger."

John, who was living in Los Angeles, California, decided to embark on a psychic career. He was prepared to give up his job at a hotel, but first he needed to start using his abilities and developing them to help people in some way. He did so by giving tarot readings in an aromatherapy shop.

"I never really read the deck – I believe the images, colours and words on them are wonderful teaching tools to access and develop your intuitive abilities. I wasn't going by what the book said, but images would pop into my mind that pertained to the client in front of me."

After two years of doing part-time tarot readings, something strange and totally unexpected happened.

"I'd be giving someone a reading about their career and in would come their Uncle Joe or their Aunt Charlotte, and I said, 'What's happening? What's this all about?' I quickly realised I needed to understand

what was happening."

John started reading books about spirit communication avidly and, in particular, accounts by and about well-known mediums, healers and spirit guides, such as Ena Twigg, Estelle Roberts, Harry Edwards and Silver Birch.

"I was particularly interested in their life stories: how these people developed and lived with their abilities and managed them. I needed to understand what was involved if I was going to follow in their footsteps."

TEST CONDITIONS

A decade later, John Holland had joined the ranks of America's top mediums, confidently filling large halls with his public demonstrations, bringing comfort to the bereaved and appearing on prime time TV shows about psychic powers. He is so sure of his ability to communicate with the spirit world or to tune into past events psychically that he even agreed to work under strict test conditions for TV documentaries.

Viewers of *Mediums: We See Dead People* which was broadcast in 2005 on A&E Biography channel, saw John in a New York taxi being taken to an unknown destination. Although not familiar with the city, he was blindfolded throughout the journey and at the start of the experiment.

Escorted into a nondescript building, he was taken up in a lift to the ninth floor. Once the blindfold was removed John walked around, followed by a film crew, as he described the feelings he was getting.

As he approached a stairwell he spoke of "feeling female" and then went on to say there had been a fire which he thought, judging by the clothes the women were wearing, would have been in the 1910s or 1920s. "I feel they can't get out," he added.



“ It’s like a giant fireball and the heat is overwhelming. I feel trapped. There’s no way out... ”

He was then taken to the ninth floor where the feelings became even more intense.

“It’s like a giant fireball and the heat is overwhelming,” he said, trying to control his emotions, adding that he could hear the women’s screams as they attempted to flee the inferno.

“I feel trapped. There’s no way out... I feel the tightness of how many people they must have put in this area. A lot more people than this place should have held. I was hearing sewing machines. Hard-working women. Textiles. Factory. They’re all lined up. It’s hot anyway, before the fire. It must have been a sweat shop... I felt I wanted to go out of the windows. It was overwhelming.”

The documentary’s voice-over said John’s psychic impressions were “extraordinarily accurate” as was his observation: “This would have been big history when it happened.” John Holland had been taken to a building in New York’s Greenwich Village that once housed the Triangle Shirtwaist Factory which made ladies’ blouses. On 25 March, 1911, fire broke out on the eighth floor and quickly spread to the three floors above.

Some escape routes and exits were locked and the final death toll was 146 garment workers of whom 123 were young Italian or Jewish women, most under the age of 22. Of those who perished, 69 either jumped or fell to their deaths from

the burning building, which today is a National Historic Landmark and part of New York University. For the next 90 years, it remained New York’s worst workplace disaster until the events of 9/11.

The same degree of accuracy was displayed when John was filmed by the *Chronicle* newsmagazine TV series, first during a public demonstration and then giving spirit messages to individuals, one of whom was a Channel 5 employee, in private sittings. The impressive results, together with the documentary on the Triangle fire disaster, can be viewed on YouTube.

HEADED FOR BRITAIN

So how did a part-time Los Angeles tarot reader develop and hone his skills to the level seen in these TV films and in his public and private demonstrations?

The answer, surprisingly, is that he left the United States and headed for Britain.

Why?

“What struck me, when I devoured those books on spirit communication and leading mediums, was that they were all from the UK. And I said to myself, ‘If I could only go to England and study with these people how great would that be?’

“Well, two weeks after that I stepped on someone’s foot at a party and we chatted and I discovered he was from England. Although not a Spiritualist he knew about

Spiritualist churches. He lived in Bristol and told me there were 10 churches in the area. I was amazed.

“His name is Simon Steel and we got to know each other, and he invited me over to England.”

It was a tempting offer but not one that seemed likely to materialise since John had a job and a rented apartment in Los Angeles. When his job suddenly came to an end a visit to the UK became more achievable, but he didn’t want to lose his apartment. However, a solution soon presented itself.

“An American friend of mine called me and said, ‘I’d love to come to California and study writing. I know you want to go to England. How about if you were to go to England, I’d pay your rent and live at your place while you’re gone?’”

Everything had effortlessly fallen into place to enable John to realise his ambition.

“Doors had opened. I’m a big advocate of synchronicity. If Spirit want you to go in that direction they’ll make it happen.”

He had never been to the UK before but, even though he loved its history and the architecture, sightseeing was not high on John’s agenda. “I was there to develop and *understand* my mediumship,” he emphasises.

Staying with Simon in Bristol enabled him to get to know the local churches.

“Being an American, I sort of stood out a little. But wherever I went they welcomed me in and gave me wonderful help and

advice. And one person led to another.

“Early on I was introduced to Joan Lambert, a Welsh medium, so I went to Wales to have a private reading with her. She then made contact with Margaret Stanley, president of Melksham Spiritualist Church in Devizes, Wiltshire, telling her, ‘This young man has something special. Let’s help him.’ Margaret then introduced me to Marian Bishop at Westbury Park Spiritualist Church, in Bristol, where I was interviewed and, after an assessment of my mediumship, invited to join their development circle.”

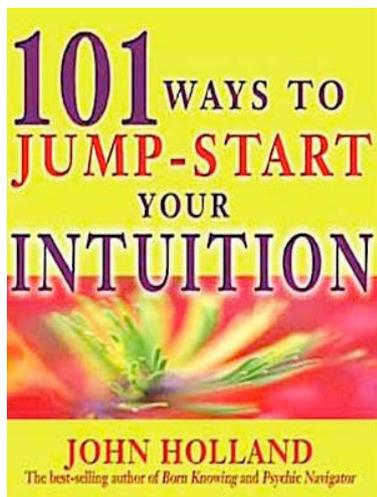
Lambert, Stanley and Bishop are the three mediums he credits with training him and he says he was blessed that they came into his life when they did.

“Margaret Stanley was a forward-thinking president. She would take students into castles or manors with a pen and paper and say, ‘Tell me what you’re getting’.

“I would pick up if there had been significant events, or something about the people who had lived there. That gave me the training to do a ‘Location Reading’, which was why I was able pick up impressions about the Triangle fire in New York many years later.

“So that’s where I was for two straight years: every Tuesday night, at 6pm, in a Bristol development circle. They taught me discipline: if Spirit’s going to be there for you, you must be there for Spirit. If someone was late, they’d just lock the door.

“That’s where I got a lot of my training.



I sat in circle, in meditation, with a proper leader – she would see when the spirit guides would come in and she would instruct me. I don’t think I ever missed a meeting.”

It wasn’t long before John heard about the Arthur Findlay College and the various courses conducted at Stansted

Hall, Essex. He attended two programmes there with tutors such as Simone King, Jean Bassett, Brenda Lawrence and Glyn Edwards.

“That was another place that taught me discipline,” John observes, “because they really work you and that’s exactly what I needed. They taught me what it really meant to link with Spirit: how to do it in front of people, what colours mean, your aura. The Bristol circle was wonderful for practice; it was Stansted that gave me the real fundamentals of evidential mediumship.”

Because of time limitations for visitors to the UK, John was required to return to the USA every six months to renew his visa. Such was his enthusiasm and dedication to developing his mediumship that he renewed his visa four times during his stay of a little over two years. “All my mediumship training happened in the UK,” he emphasises.

He also got to see many British mediums working, including psychic artist Coral Polge, who drew his Tibetan spirit guide. The most memorable experience, however, was a transfiguration séance with a male

medium whose name John can no longer recall. This is a form of physical mediumship, held in a red light, when ectoplasm forms over the medium’s face so that the spirit entity can be recognised.

A young man’s face appeared and he called for “John”. Reluctant to respond at first, John eventually said, “My name is John” to which the spirit replied, “It’s me, Michael. Please tell my family I didn’t mean to do it.”

“Oh my God,” was all that John could utter in response.

“Little did anyone know that two weeks before I went to this event the brother of a friend of mine overdosed, and they never could tell if it was a suicide or an accident. I called the family and I told them, because they knew I was into this. They said they were not surprised because since he had passed away he had already appeared to other people in their dreams. That’s an experience I’ll never forget.”

John was also introduced to the Spiritualist Association of Great Britain, which was then in London’s Belgrave Square. “I was in my element. I can’t tell you how excited I was. I went to a Christmas Cavalcade and there were Gordon Smith and Tony Stockwell, who were then young men in their 20s and are now Britain’s top evidential mediums.” Both have since played important roles in his life.

He first saw Gordon demonstrating at Melksham Spiritualist Church. “Gordon was kind enough to take me under his wing as a mentor. He took me to Scotland and I stayed with him. He took me to the churches and he even threw me out on the stage, as a student. I was so nervous, but he said, with that beautiful Scottish accent, ‘Come on John, don’t be nervous, you’re not here to be judged.’ I learned a lot from him.”

John also knew of Tony Stockwell’s mediumistic abilities – “he was always on my radar” he explains – but it was not until Tony started demonstrating in America that John got to know him. They both participated in an international conference on mediumship at Omega, New York, since when they have stayed in touch. “Every medium needs a friend: we always need another medium to talk to.” ■

• Find out more about John’s work at: johnholland.com



A DEVELOPMENT circle at Westbury Park Spiritualist Church, Bristol.

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FAMILY REUNION

SPIRIT MESSAGE LEADS HER TO BROTHER SHE NEVER KNEW

They meet for first time after 50-year family mystery



GERMAN-born Steffi August is a motivational speaker, presenter and trainer who has settled in Tauranga, New Zealand, and knows the value of a good story to inspire people.

Now she has a life-changing story of her own that is so astonishing and moving when she shares it with others that it often brings tears of happiness to their eyes.

It's a story of spirit-inspired reunion that has echoes of the South Korean "orphan" Kim

Djupvik whose grandparents in the next world encouraged her to return to her country of birth where she discovered her natural parents were alive and eager to find her [Seoul Searching, PN May 2020].

In Steffi's case, although there were no skeletons in the family closet as far as she was concerned, she had always felt the odd one out – the black sheep of the family – certain that she was different to the others in appearance and personality.

At the age of four, she even asked her mother, "Why don't I look like you?" She was reassured that they *did* look alike but Steffi continued to have doubts.

By the age of 31, her out-going nature led the

single mother of two to decide it was the right time to leave her home in Germany and seek a better chance in life for herself and her children, Sally, 11, and Max, aged two. They all flew to New Zealand and quickly adjusted to "living on the other side of the world".

Heinz, a friend who had just been through a divorce, dropped by for a coffee. Looking for a new direction in his life, he had visited a medium, seeking direction.

"Steffi, you have to see her," he urged. "She's so accurate."

Already a believer in psychic abilities, Steffi took his advice and booked a sitting with Papamoa medium Sue Buckland. But the medium's opening words meant nothing to her. "You're here to ask about your father, aren't you?" Buckland had stated.

Her unspoken answer to that was "No". Her father, in Germany, was happy and healthy as far as she knew. Puzzled, she sat back and listened as Buckland continued:

"I see a man in white holding medals."

Steffi tried to think of someone who would fit that description, but then came a statement that was like a lightning strike: "This man is your real father."

How could a complete stranger know this? And was there a chance Buckland was correct? After all, Steffi had always felt like the odd one out in her family. As she tried to absorb this information and assess whether it was true, or simply guesswork on the part of the medium, Buckland added:



THERE'S no disguising their happiness as Steffi August and her half-brother Guido get to know each other. (Photo: Steffi August)

"I see something else, but I'm not sure you'll want to hear it."

Steffi felt goosebumps spread over her flesh as Buckland continued:

"You have a half-brother. He lives in Germany."

She had arrived at the medium's home believing she knew her family history. Now she was questioning everything and wondering if her childhood suspicions were correct.

Once she had recovered from the shock of this spirit-inspired message, she phoned her mother in Germany, coming quickly to the point.

"I know about my real dad," she exclaimed quickly. "And ... I know I have a half-brother, too."

Her statements were met with silence at first. Then she heard soft sobbing. "Oh Steffi, I'm so sorry. I never wanted you to find out."

Sue Buckland had been 100 per cent correct. It was an amazing moment.

Her mother then told the story she had kept secret for so many years. She had met a handsome man named Gerwalt who was in the Marines. That explained why the medium had seen him in white, holding medals.

They had a fleeting romance but by the time Steffi's mother discovered she was pregnant he was gone and she had been unable to track him down.

Steffi shared her mother's sadness and vowed to do what she could to find her father. She managed to find Gerwalt's ex-

wife and phoned her but was told, "This is not the right time" to talk. Eventually, after several more attempts, she agreed to talk to Steffi.

"Your dad is dead," she told his daughter. "He killed himself just days before his 50th birthday." It was a devastating blow for which she was totally unprepared. But she managed to compose herself and ask about her half-brother. Eventually, she persuaded his mother to give her his contact details.

His name was Guido and she now had an email address for him.

She sent him a message, pouring out her soul to him and telling him about her quest to find the father and brother she did not know existed.

Two days later came his reply: "Hello my sister ... I was absolutely shocked when I found out about you, but I'm very happy that you exist. I'll write to you later when I find my words. Lots of love from the other side of the world. Guido xxx."

Steffi's friends and Facebook followers first heard this remarkable story on 20 December 2017 when she posted pictures and a live video from the airport as she and her daughter waited for Guido's arrival.

Other travellers were made aware of the story, too, as Steffi was holding a large banner which read: "United after a 50-year mystery... the brother I never knew I had arrives today!"

Since then, Steffi, her husband Fred, and other family members and friends have been celebrating the reunion with holiday breaks including a seven-week tour of New

Zealand.

During that time, she was able to learn much more about the father she never knew. It's not only a great story with a positive message about the power of love and relationships but it has also persuaded many audience members to change their previously sceptical views about psychics.

Steffi August, winner of the Brightstar Emerging Speaker of the Year 2018 award, is delighted to share her story with *Psychic News* readers and happy to answer the one important question that had not been addressed in her Facebook posts or other accounts of her story.

Who does she think made contact from the spirit world with Sue Buckland to reveal the family secret?

"She actually didn't talk to my dad, she talked to *his* dad – my granddad, who I never met. My dad didn't know I existed. Everything she told me about my dad was confirmed from my mum later on."

When she met Guido at the airport, he told her, "Oh Steffi, you're every bit as outgoing as he was." He brought some photographs of him and she marvelled at how handsome and happy he'd seemed. It was hard to believe he'd taken his own life.

"I wish I'd had the chance to meet him, but I'm so happy Guido and I found each other. I'm sure Dad would be, too." ■



AT the airport to greet Guido, Steffi August made sure his existence was no longer a secret. (Photo: Steffi August)

Cilla Black sought dead husband's advice

BRITISH pop star and TV presenter, who died of a stroke at her Spanish villa on August 2, 2015, never made any secret of her belief in the spirit world.

In the late 1980s she spoke of seeing the figure of a young girl in her bedroom in the middle of the night. The girl was about 14 years old, wore a mob cap and had long dark hair.

Cilla said she didn't feel frightened and immediately liked the visiting spirit, whom she named Laura Ashley because of the way she was dressed. "Laura", who had also been seen by a journalist friend, returned several times.

"She's not a sad, tormented spirit like you read about in ghost stories," Cilla explained. "She seems very happy. So long as she likes our house, she's welcome to stay."

Michael Hellicar, who used to edit Cilla's weekly column for a national newspaper in the 1990s, revealed (*Daily Mail*, 6 August 2015) that it was he who saw the ghost of a young girl walking up the stairs of Cilla's home in Denham, Buckinghamshire, during a visit.

He thought she was the couple's nanny but was puzzled by the way she was dressed – until Cilla told him of the ghostly visitations. Their descriptions of the girl were identical.

Cilla's research suggested it was the spirit of Lilian, the daughter of a gardener, Thomas Redley and his wife, who occupied the servants' quarters in the grounds, in the 1900s. Her parents died when she was young and Lilian is said to have died of pneumonia at the age of 14 in

1912. She was then working as a maid.

Later, Cilla and Bobby were approached by a woman in an Indian restaurant they often visited. She told them their home was haunted by a troubled young girl, adding that she had not died from pneumonia but in childbirth.

"All you have to do to bring her peace is to gently tell her that her baby has grown up and is now in spirit with her," she advised.

The singer's husband, Bobby Willis, who died in 1999, had been her manager and helped develop her career. While hosting *Blind Date*, Cilla Black was labelled the highest paid woman on British television.

In 2003, when she was considering leaving the show after nearly 18 years, she wanted assurance from Bobby that this would be a wise move. So she consulted a London clairvoyant.

"I walked into the room and before I'd even sat down she said, 'You're frightened and excited. Bobby says that it's OK. You're doing the right thing,'" she told *The Sun*.

she told *The Sun*.

Five years later, Cilla and her son Robert Willis became part-owners of a premium phone-line company offering advice from psychics. Lending her name to such a project brought a lot of criticism.

Cilla insisted it was the psychics' accuracy rather than the big profits which persuaded her to create the phone-line

company, Destiny Calls Ltd.

It was a diversion from the true path of Priscilla White, the Liverpool girl from the famous Cavern Club, who grew up with The Beatles and became Cilla Black.

Her natural ability to sing led to fame but it also brought problems. American singer Dionne Warwick was furious when chart-topping songs written for her were recorded by Cilla with greater success in the UK than the originals. The song *Anyone Who Had a Heart* was UK Number 1 for 3 weeks, with sales of 950,000 copies. *Walk On By* was another success.

Coincidentally, Dionne Warwick also had an interest in psychic matters which began as a result of talking to a clairvoyant in 1987. She predicted Dionne would win two Grammy awards that year. "I did, and it freaked me out," she told the *Daily Mail*.

Dionne, too, was financially involved with a psychic phone-in service which re-directed callers to mediums. *Psychic Friends Network* was launched in 1991, but was declared bankrupt in 1998, though it was relaunched and is now called *Peer to Peer Network*.

In an interview with the *Mirror* in 2014, Cilla Black said she liked the idea of passing away at the age of 75.

"I don't want to linger. I don't want to be a burden on anybody. I know 75 is only four years away, but I take each day as I find it.

Cilla was granted her own quick exit after a fall on her terrace on a hot August afternoon. A childhood friend, Terry McCann, who had seen her last year, told the BBC that she told him she knew she was going to die and her husband Bobby was waiting for her.

Among the hundreds of condolences from friends and fans was a message from former rival Dionne Warwick:

"Saddened to hear that my friendly foe has made her transition. My sincere condolences to her family. The heavenly choir will add another rich full voice. 'Rest in peace' is my prayer for her soul."



Photo: Entertainment Press / Shutterstock.com

“

She knew she was going to die and her husband Bobby was waiting for her.

”

Psychic helps find lost pets all over the world

A PSYCHIC in Devon who reunited a missing pet skunk with its owner is now being approached from people in various parts of the world to find lost pets.

Hypnotherapist and psychic Becky Willoughby was interviewed by Abbie Bray on devonlive.com

Abbie explained that Becky reunited Dottie the skunk with her owner Sarah Harris "by using what she calls 'intuitive energy'."

"She says she managed to find out Dottie's whereabouts after having a vision of where she was.

"Becky said that since she reunited Dottie with Sarah, she has been contacted by people all over the world asking her to help them find their lost pets."

More recently, Becky said that a woman called Anne "contacted me from Suffolk after her dog Sassi went missing.

"I was contacted by a friend who asked me to help her, and I described the whole area of where the dog had gone missing.

"I was able to describe a busy road, a garden and a woodland area. In the middle of the woodlands, I could see there was a stone arch.

"Sassi was chasing a deer when she ran off. I could see that she had injuries all over her body and had died.

"Anne knew the area I was describing. The following day, she went there and found Sassi. Anne contacted me shortly afterwards to thank me because she could get closure on her passing."

Becky added that pet owners have got in touch with her from Poland, New Zealand and America.

"A couple from Poland wants me to help them find their pet skunk Zuzia," she said.

"Because I have been helping them for free, I have been doing it as and when I can. I made a start by describing some areas for them to look in.

"I have also been contacted from people in Australia, Dallas and Kentucky, mostly to find missing animals and because they

want readings.

"It is great because people have heard of my reputation. Now I have people contacting me all the time to help them find their pets. People refer to me as 'The skunk woman,' which I find quite funny."

In an update regarding the missing skunk in Poland, Becky told PN: "I was able to tell the owners how many miles away she was from where Zuzia ran off – eight miles.

"I gave the street name of where Zuzia was and described a garden with a particular red plastic roof like a child's playhouse where she was hiding.

"The owners went there the following day and spoke to a man I described and also a lad, who confirmed that the skunk was there, exactly where I said."

On her website, Becky, who offers Skype sessions, says that as a hypnotherapist, she specialises "in emotional and physical pain elimination. I have 24 years' experience in working with energy and helping people.

"I am also an internationally recognised psychic medium, healer and medical intuitive, having

appeared in many global newspapers and articles."

The author of *Switch on Your Psychic*, Becky qualified to work in the pharmaceutical business. She is also qualified in massage, Indian head massage, reflexology and aromatherapy.

"I absolutely love my job with a passion, training others and passing on my knowledge, and also seeing clients on a one-to-one basis," Becky adds.

"I use all my skills and resources I have gathered through life and trained in. This comes in very useful in the therapy room with a client."

■ **Becky's website is at <http://beckywilloughby.co.uk/> Tel 07727 149939 (Photos: Becky Willoughby)**



BECKY WILLOUGHBY: "I absolutely love my job with a passion."



CLAIRVOYANT clues were given about Zuzia, the missing Polish skunk.

'I was amazed at accuracy'

FULLER details about Sassi, the missing dog, are in a testimonial which was sent to Becky. It reads:

My name is Anne Tarrant. I live in Lowestoft in Suffolk. I owned a dog called Sassi. She was a two-year-old lurcher.

I took Sassi for a walk. She got the scent of a deer and went off. Despite countless searches and failed attempts, I was unable to find her.

Sassi had been missing for three days. I told my friends and we all went looking for her, but were unsuccessful.

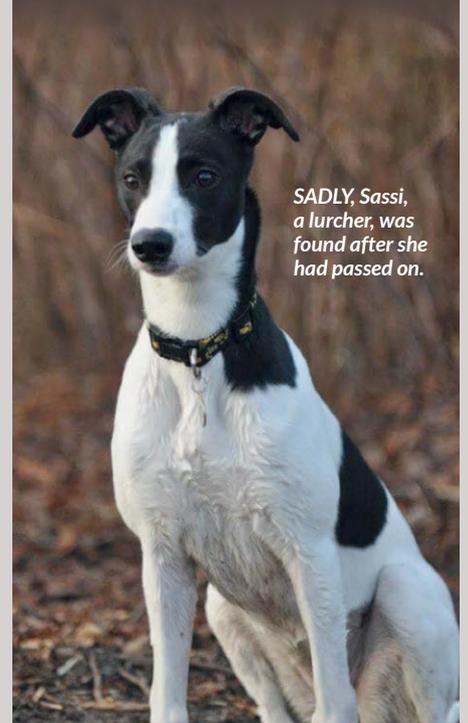
My friend, Sarah, contacted Becky Willoughby and asked her for help. Becky linked in and gave directions of where Sassi was.

She gave names of villages and roads, and described the area very precisely. She also said there was a busy road and woods with a lake in the middle.

Becky said there was a stone arch in the woods and that Sassi was behind the stone arch. Becky was describing the folly at Corton Woods.

She also said she felt Sassi had passed away and described where on her body her wounds were.

Becky did also say that Sassi had been chasing something. I was amazed at how accurate she was. We are in Suffolk, Becky is down in Devon and has never been to the area before.



SADLY, Sassi, a lurcher, was found after she had passed on.



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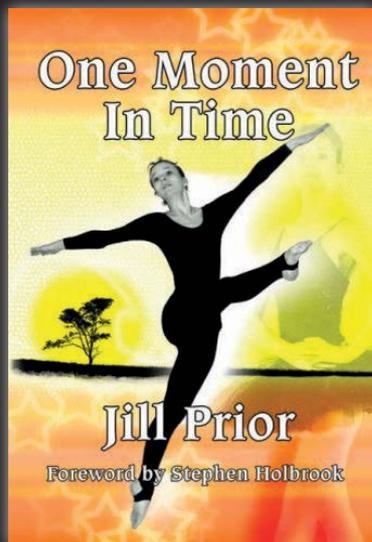
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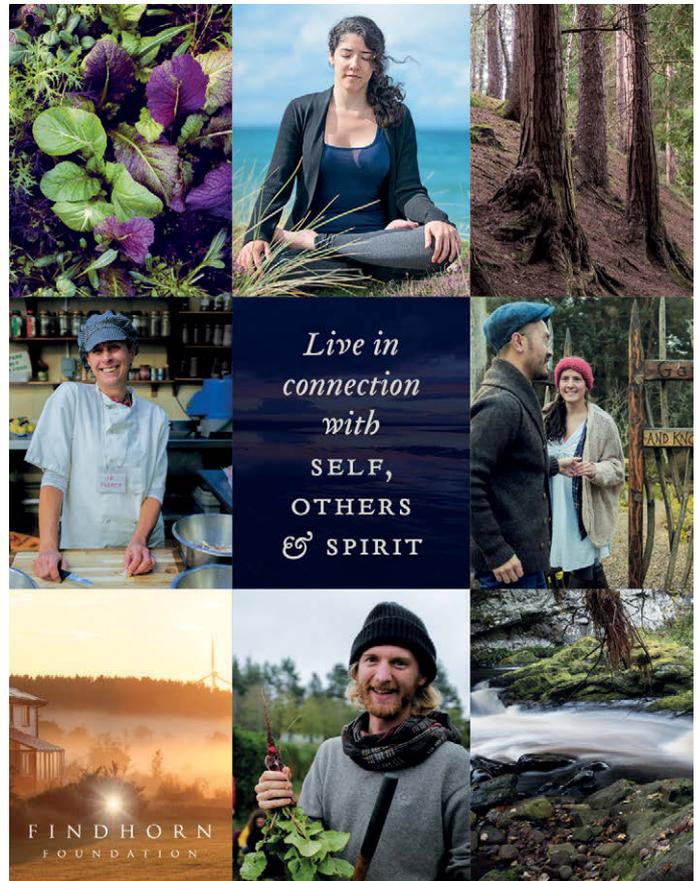
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'I take my wife to see healers' says famous singer

SINGER Engelbert Humperdinck has revealed that he takes his wife, Patricia, to healers in a bid to halt her Alzheimer's disease.

Engelbert, 82, and Patricia, 79, have been married for 54 years. First diagnosed with Alzheimer's ten years ago, she now has 24-hour care.

The singer, who has sold more than 150 million records, told the *Daily Mail's* Lina Das that he discovered a gift for healing several years ago when on tour in Germany.

Suffering from a viral infection for over four months, Engelbert visited an iridologist, who cured him within two weeks. The practitioner told him, "You have healing powers."

Though he "just laughed at him," Engelbert decided to try healing. One of his patients had Bell's palsy, which causes facial paralysis.

"I prayed for him and within three minutes his lip came down," said the singer. "People think I'm crazy, but I don't care. If I can help somebody in any way, that's fine by me.

"With any healer, they say that the only person they can't help is their spouse because they're too close. I still pray over my wife, though. I do everything I can."

The couple live in Bel Air, California and have four children. Of his wife's condition, Engelbert said: "She's doing OK considering that she's had it for the past ten years.

"Patricia still knows me and knows everybody. Our son Scott came over from Australia a couple of days ago and she called him by his name.

"That's totally unheard of because after ten years of Alzheimer's nobody can say people's names like that.

"When Scott went back to Australia, she cried, so she knows who he is. We're doing everything we can to help her.

"I have acupuncturists see her, as well as my regular doctor, who's wonderful. I also have people from the holistic world and I've taken her to see healers.

"I want her to see everybody because I think it's important to investigate every avenue.

"Somebody will touch that nerve that will help cure her. That's what I'm looking for and I'll search until I find it."

In his late 40s, Engelbert disclosed that since he was 21, his life had been guided by Spiritualism.

"I fully believe in life after death," he said. "I have seen the ghost of actress Jayne Mansfield among other apparitions. Spiritualists have told me I am psychic.

"They have also said that I lived before as a Roman emperor. I don't mind talking about these things. I believe I have had 95 previous lives. Success in life leads to greater things in future lives."

Engelbert's first Spiritualist "guide" was a clairvoyant in Leicester, who predicted he would find success as a singer.

"I was just getting over tuberculosis and wanted to see if I had a future in show business," said Engelbert. "She guided me, said that I had a gift and that tremendous success would come to me.

"In later years I regularly visited a Spiritualist medium in Virginia City who I called 'Mama'."

Engelbert added: "I'm not a practising Spiritualist myself, but am a firm believer. I have found great solace in Spiritualism, especially since my dear father Mervyn died.

"The consolation is that when you lose someone very dear, you know some day you will see them again. I still feel that my father, who was 91 when he died, is around me."

The singer revealed that he always had special feelings for Jayne Mansfield, who passed on at the age of 33 in an horrific car crash in 1967.

"I met her once when she was in cabaret in Leicester," said Engelbert. "We went for dinner and she invited me to stay in her house in Los Angeles.

"I accepted and kissed her goodbye. Two weeks later, I heard on my car radio that she was dead.

"Years later when I was looking for a house in Los Angeles, I was told that Jayne's house, The Pink Palace, was for sale. I bought it sight unseen. It was almost fate for me.

"When I moved in, I often sensed Jayne was around. I'd smell her distinctive rose petal perfume. Once when I was very depressed, I saw a figure in a long black dress in front of me.

"It was Jayne. I felt she was there to protect me. I never felt any fear."

When Engelbert and his wife were on holiday in Barbados, he awoke in the early

hours to see the figure of an old lady at the foot of his bed wearing a black top and maxi-skirt.

She had short dark hair, hobbled about, beckoned Engelbert, walked towards a door, then disappeared in a swarm of little bubbles.

The next day, Engelbert learned from the new owners of the house where they were staying that an old lady of that exact description used to own it and passed on there.

"The most astonishing thing was that the description fitted the old lady exactly," said the singer. "She was hobbling because she'd had an operation and was fitted with a plastic hip."

At his former home in Weybridge, Surrey, Engelbert used to hear billiard balls rattling in a third-floor room and a reclining seat would mysteriously move.

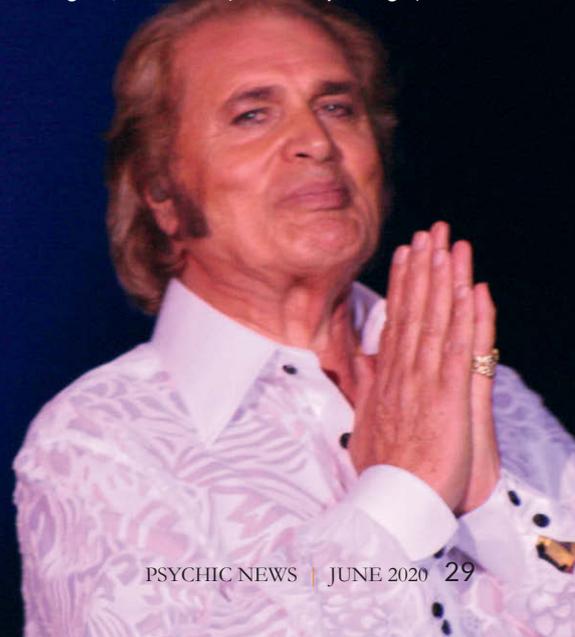
The singer said that people ought to keep an open mind about psychic phenomena, and "shouldn't go around like a horse on a milk-round – blinkered."

Often, he said, he had visited a town, such as Wheeling in West Virginia, and felt instinctively that he had been there before.

Certain that his "dead" father was guiding him, Engelbert added: "Nobody who has died and left a strong mark on this earth, and with powers of good, can go without leaving something for others to benefit by.

"I am a fatalist and believe in destiny. If one is ambitious enough, then one will succeed, whereas a lazy person won't." ■

ENGELBERT HUMPERDINCK: "I believe I have had 95 previous lives. Success in life leads to greater things in future lives." (Photo: Wayne Dilger)



LEARNING LUNAR LAW

By Barbara White

IF the words “lunar gardening” give the impression that it is the latest must-do concept, nothing is further from the truth, since it is an activity which has been practised for thousands of years.

Briefly, it is planting and harvesting crops according to the phases of the moon. It is also known as “gardening by the moon.” From the French “lune,” the word “lunar” simply means relating to the moon.

The moon has always been of huge spiritual significance dating back as far as humankind. Our ancestors learned to live by understanding and adapting to the power of an ever-changing moon.

The word “lunacy” is directly linked to it. A word now somewhat avoided, it denotes “insanity” or “madness” because a full moon is thought to exacerbate mental problems.

Pliny the Elder of Rome (AD 23-79) first expounded the theory of gardening according to the phases of the moon. He was an author, naturalist and philosopher, as well as a naval and army commander of the early Roman Empire.

Pliny spent his spare time investigating natural and geographic phenomena. He wrote the encyclopaedic *Naturalis Historia*, which became a model for all future encyclopaedias.

In modern times, we can do no better than be guided by what Caren Catterall of Divine Inspiration Publications can tell us. Based in America, Caren established her *Gardening by the Moon Calendar* in 1997, a comprehensive publication which has appeared every year since then.

But how does gardening by the moon work? As Caren explains, planting by the phases of the moon will keep in rhythm

with the alternating gravitational pull.

Moon phase gardening considers four phases or quarters lasting about seven days each. The first two quarters are during the waxing or increasing light from the new moon, growing up to the full moon.

During the last two quarters of the lunar month the moon is waning – that is to say it changes from being a full moon back to a crescent moon.

At the new moon, lunar gravity pulls water up and causes seeds to swell and burst. Coupled with the increasing moonlight, this creates balanced root and leaf

growth. The first quarter is the best time for planting above-ground annual crops.

Thus the gravitational pull by the moon (lunar gravity) works in tandem with the changing phases and is equally important in creating the moisture which provides the correct conditions.

The lunar phase controls the amount of moisture in the soil. It is at its peak at the time of the new and the full moon when the sun and moon are lined up on opposite sides of the earth.

Just as the moon affects tides in oceans, it also pulls upon the subtle bodies of water, causing moisture to rise in the earth, which encourages germination and growth. Tests have proved that seeds absorb most water at the time of the full moon.

Also, the moon is moving through the astrological signs of the zodiac every few days. Each sign corresponds with the elements of water, earth, fire or air. Some



BARBARA WHITE: “Tests have proved that seeds absorb most water at the time of the full moon.”



(Photo: Marathon)

are considered fertile whilst others are more favourable for harvesting.

Each plant has a preference for the elemental sign it is planted in. The best time to start most annual plant seeds is during fertile water signs. However, root crops prefer Earth signs. Flowers especially like the air sign of Libra.

Astrologers who have studied the contribution of astrological signs to gardening by the moon are obviously convinced that this too is an important aspect.

The same applies to the elemental signs of the plants. Briefly, the moon moves through the astrological moon signs every few days.

Water signs Cancer, Pisces and Scorpio are the most fertile for sowing



above-ground, whereas Taurus, Virgo and Capricorn are Earth signs for planting underground crops.

Turning to Air signs, as already mentioned, Libra is best for planting beautiful flowers, and Gemini and Aquarius for harvesting root produce and fruit. The Fire signs of Aries, Leo and Sagittarius are ideal for harvesting fruit and vegetables for storage.

The new moon represents the beginning of the lunar month. This lasts roughly four weeks whereas a calendar month is variable, having either 30 days or 31 days whilst February has just 28 days.

During a new moon, the moon is sitting roughly between the earth and the sun, meaning that the sun is shining on the dark side of the moon, which we never see.

The moon influences every aspect of our being – physically, mentally and spiritually. At the time of a new moon, while it is still dark, we can gather ourselves together in readiness for the times ahead. It is a moment of new opportunities.

Now to a waxing moon. During the first two weeks, the waxing moon is growing and becoming stronger. At the same time, it also helps us to grow spiritually as its light nourishes us as we work towards our full potential.

The full moon marks the mid-point of the lunar cycle. During a full moon, it sits opposite the sun and is fully illuminated as it reflects the sun's light.

A full moon is the lunar phase when the moon appears fully illuminated from the

earth's perspective. When this occurs, the lunar hemisphere facing Earth – the near side – is completely sunlit and appears as a circular disc while the far side is dark.

The full moon occurs roughly once every month. When the moon moves into Earth's shadow, a lunar eclipse occurs, during which all or part of the moon's face may appear.

During the last two quarters of the lunar month, the moon is waning – that is to say it changes from being a full moon back to a crescent moon.

There are several levels of expertise when gardening by the moon. Those who own nurseries or garden centres will want a more in-depth knowledge for growing plants to sell than people for whom gardening is a leisure activity.



The simplest method is to sow annual plants during a waxing moon and biennial/perennial plants during the waning moon. This roughly corresponds to planting above-ground crops when the moon is getting brighter and planting below-ground crops when it is getting darker.

This system is the easiest way to start gardening by the moon's cycles. All you have to do is look up to see whether the moon is waxing or waning and get to work planting.

Keep in mind that some annual vegetables are actually biennials, which are cultivated over two years. Plants like carrots and many other root crops fall into this category.

They produce the root vegetables in their first year and seeds the second year. Before gardening, be clear about which of your crops are annuals or biennials/perennials.

During a waxing moon while light is increasing, sow and transplant flowering annuals and other short-lived plants from which you will harvest leaves, seeds, flowers or fruits.

The waxing moon is also a good time for adding home-made compost to your garden. Lastly, the increased flow of moisture in long-lived plants makes the waxing moon a good time for grafting shrubs and trees.

During a waning moon while light is decreasing, sow plants which depend on strong systems, such as root crops and perennials. The waning moon is also a good time for solid soil amendments such as worm castings.

Pruning can also be completed during the waning moon in dormant periods of the year when sap flow is decreased.

John Harris, the head gardener for 30 years at Tresillian House in Cornwall, uses ancient moon gardening techniques and is "very satisfied with the results."

The estate produces many kinds of fruit, vegetables and beautiful cut flowers using the principles of moon gardening. The orchard alone boasts more than 80 varieties of Cornish apple.

In 2017, *Cornwall Life* said: "For John his interest in moon gardening began when he worked under a gardener who asked him to study it. He was immediately hooked and has spent the last 40 years researching and practising the art of moon gardening.

"He has looked at the gardening methods of the Maoris in New Zealand, the Native Americans and the Incas."

"They all worked in harmony with nature," said John. "They all called it different things, but when I looked at the bigger picture they all worked with the moon."

Now to some thoughts on our spiritual connection with the moon. A full moon is the time of high tide for spiritual energy and life. Our strength peaks in its light and we can access new heights of capability and creativity.

At the same time, the full moon as the high point means that it is also the tipping point into waning, so it is a time to let go of anything which no longer helps us and use its strength to help us defeat situations which are holding us back and damaging our potential.

The waning moon is a time of winnowing, where our energy and creativity naturally flow back to their source and the moon encourages us to withdraw and prepare for the coming dark moon.

This is a time of introspection and

“

Sometimes, it is in darkness that we see most clearly

”

solitude. The night is dark, but a darkness in which we rest, sleep and are reborn.

In the darkness, we can think clearly and see solutions to problems and the true nature of ourselves and others. Sometimes, it is in darkness that we see most clearly.

During the different phases of the moon, you can honour these changes in yourself by attending your own moon meditation. Simply find a place of peace and quiet, either alone or with a trusted friend who also wants to find peace in the moon's light.

You should feel renewed by the meditation. As you go about life, look at all the flowers, shrubs and trees around you as well as crops in fields and marvel at nature's handiwork in providing the perfect conditions for their growth. In the evenings, gaze at the moon and remember exactly the same thing.

Lastly, to the harvest moon, with its connection to abundant crops which have been successfully harvested. A harvest moon occurs when the full moon is at its closest point to Earth and is around the time of the autumn equinox. In 2018 it was closer than for 68 years.

The deep golden or orange harvest moon appears enormous when it seems to hang just above the ground. It is a timely reminder that although Man, as the hymn proclaims, "ploughs the fields and scatters the good seed on the ground," it is the Great Spirit who organises it all to be "safely gathered in."

■ **Want to know more about lunar gardening? Please pop along to <https://uk.rhythmnature.net/>**

Tracy Morgan speaks to dead father during NDE

SIX years ago, American actor and comedian Tracy Jamal Morgan had an unforgettable near-death experience (NDE) after a crash that killed one of his travelling companions and left him in a coma.

In an emotional conversation with Oprah Winfrey on her *SuperSoul* TV show, Tracy – best known for his eight seasons as a cast member on *Saturday Night Live* and for his role as Tracy Jordan in the comedy series *30 Rock* – has described exactly what happened, and how it led to a vivid meeting with his late father, Jimmy Morgan.

He was on his way back from a comedy gig in 2014 when a Walmart tractor-trailer struck his limousine van on the New Jersey Turnpike, causing a devastating multi-vehicle crash.

Tracy was left with a life-threatening brain injury and his close friend, James “Jimmy Mack” McNair was killed.

It was while he was in a medically-induced coma for more than a week that he went to “the Other Side” and was reunited

with this father, who died in 1987 at the age of 39.

“He was wearing a green thing and said, ‘I’m not ready for you, son.’

“I started crying so hard,” Tracy added. “Probably harder than I cried at his funeral, and I just kept saying, ‘Dad,’ because he was my friend for life.”

When asked by Winfrey on *Super Soul Sunday* if a person can ever be normal again after a near-death experience Morgan answered, “No. I told my wife that the other day. ‘Something’s different. The way I am with people.’ I find myself saying ‘I love you’ 200 times a day to strangers. I don’t care. I don’t have to know you to love you!

“That’s how we’re supposed to be as human beings. We’re supposed to take care of each other.”

Often in tears during the interview,

the actor said he truly believes he was in heaven and that his late father, who died when Tracy was just 19, encouraged him to return to the living world.

“When you’re in a coma for eight to 10 days, and you survive, trust me, you’re at peace,” he told Oprah. “I’ve been to the Other Side and I came back with gifts”, he added. “These jokes I’m giving y’all – they’re gifts!”

In April 2016, he returned to New Brunswick, New Jersey, to perform his “Picking Up The Pieces” stand-up routine at the State Theatre as a benefit gig for the doctors, nurses, first responders and others that helped him survive and recover – many of them were in the audience to enjoy his performance and welcome him back to the stage. ■

TRACY MORGAN
performing standup.
(Photo: Alex Erde)



TRACY MORGAN and Oprah Winfrey on “*Super Soul Sunday*,”
(Photo: Harpo, Inc./Jose Tutiven)

PREVIEWS, PRECOGNITIONS AND TIME SLIPS

BY GARY WILLIAMS

An award-winning author, and radio and television host, as well as a leading authority on the paranormal, Gary Williams has spent 40 years researching ghosts, mediums, life after death, flying saucers, conspiracy theories and cover-ups.

Widely travelled, Gary has consulted and tested hundreds of psychics, mediums, healers and other individuals who claim to possess paranormal abilities.

Born in Norfolk, Virginia, USA, Gary's latest book is called "The Foreseeable Future." Subtitled "The Mystery of Precognition," it is published by 6th Books and is available from www.amazon.co.uk/ or can be ordered from bookshops.

Here, Gary, who now lives in London, highlights some of the unusual cases he has collected over the years.

THINK of creation this way. Everything that is going to occur has already transpired. Likewise, your life, that of others and the events in the universe have already happened, but we just haven't arrived there yet.

Creation is like a giant movie reel. The Creator has already made everything and all the events that are to occur. Each of our lives is in the reel, which runs at a set speed.

What will happen in your life, say next year, is already on the reel, but you have not yet reached that point.

Call it destiny or whatever. The Creator can look backward or forward in the reel as He pleases. He can stop the reel if so desired.

Our lives, from birth till death, are already fully contained within the reel, which runs at the set speed of the universe, as far as we are concerned.

Everything you do throughout every moment of every day is already contained within the reel of life. Everything.

The biggest pain in the neck about psychic predictions is the timing. The time element in readings is one that is difficult to understand. How far ahead can the future be foreseen? It seems that the answer is years ahead.

Let's look at the tragic end of a young French actress, Mademoiselle Irene Muza. During an experiment, Mlle Muza was in a hypnotic trance when she was asked if she could see what awaited her in the future.

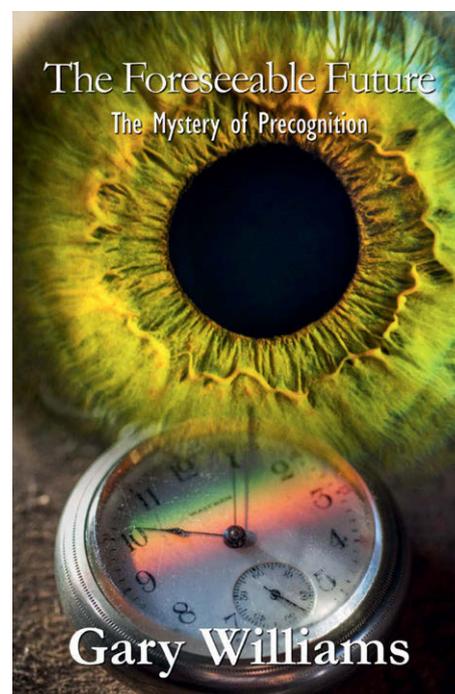
Mlle Muza wrote: "My career will be short. I dare not say what my end will be. It will be terrible."

Naturally the experimenters, who were greatly impressed by the prediction, erased what had been written before awakening Mlle Muza from the trance. She therefore had no conscious knowledge of what she had predicted for herself.

But even if Mlle Muza had known, it would not have caused the type of death she suffered. Many years later, the prediction "My career will be short" was fulfilled – and her end was indeed "terrible."

Her hairdresser allowed some drops of an antiseptic lotion made of mineral essences to fall on a lighted stove. Mlle Muza was instantly enveloped in flames. Her hair and clothing were set on fire and she suffered burns so severe that she died in hospital a few hours later.

Of all psychic phenomena, precognition is both the most puzzling and disturbing. Even to acknowledge that it is possible makes us uneasy and implies a conflict.



How can something be seen before it happens? Our senses respond to events and stimuli as they happen. Our perception is the effect; what we perceive is the cause.

How can it happen in reverse? Does the future exist already, neatly plotted before us? If it does, what of our free will and individuality?

Take the case of the first Marquess of Dufferin and Ava, a British diplomat and administrator who, whilst staying in Ireland, reported seeing a vision of an ugly and terrifying man carrying a coffin.

Later, when the marquess was British ambassador in Paris, he was waiting for an hotel elevator with a gathering of people. When the doors opened and they made way for him to enter first, he drew back in horror and refused to enter.

The marquess recognised the operator as the ugly man he had seen in the vision. The others crowded into the lift, which



"HOW far ahead can the future be foreseen?" asks author. "It seems that the answer is years ahead."

began its ascent.

After the cable broke, the elevator with its screaming occupants crashed down the shaft, killing them all.

It is often said that previsions are usually of unpleasant or unhappy things. This would appear to be true to some extent. Such an example occurred on February 23, 1885, when a murderer named John Lee was led to his execution.

On the scaffold, Lee stood upon the double trapdoor, whose two parts, hinged with an opening downwards, would ensure his drop when the bolts were withdrawn. To make certain the pressure was even, a prisoner had to stand with a foot on each door.

The night before the execution, Lee had a strange dream. The next morning, he told warders:

"I was led through the reception out to the hanging place, but when they placed me on the drop, they could not hang me, for there was something wrong with the machinery of the drop.

"Then they took me off the drop and took me instead of the way I had come, around the A wing and back through the A ward to my cell."

The warders related his story to the prison governor, as a result of which rigorous checks were made beforehand to ensure that the mechanism was working.

However, at the execution, the drop refused to work, despite several attempts to make it do so, notwithstanding numerous proofs of its effectiveness beforehand.

True to the prisoner's prevision, they gave up the attempt to hang him and led Lee back to his cell by the route he had foretold.

Needless to say, in those tough times, Lee had not the least personal expectation that his dream would come true. Not until the chaplain visited him in his cell and informed him that his sentence had been

commuted to penal servitude for life did Lee count himself fortunate.

The story is related in Lord Halifax's *Ghost Book* and was attested by the chaplain of Exeter prison, the Rev John Pilkin, two warders and the prison governor.

Turning to time slips, in 1993, Alf and Eileen Roberts were on holiday in Devon. It was 7.30 pm and they were heading back to their hotel when they got lost and found themselves in a place they didn't recognise and ended up in Bampton.

The couple was amazed at the beautiful flowers everywhere and saw a sign which read, "Award for the best kept village, 1976."

The next day, the Roberts drove back to Bampton to take photos and were shocked to find that all the flowers were gone.

They realised then that something strange had occurred and other things started to add up: a map that had been burnt by a cigarette lighter was now unscinged; the fact that the time on their watches hadn't moved. They understood that they had literally travelled back seventeen years!

Scientists can use the theory of relativity to explain travelling at the speed of light, but there is no explanation for time slips. These stories are proof to me that time doesn't move in a straight line.

Another account concerns a young man named Sean, who, while shoplifting in Liverpool in 2006, ran away from a security guard and headed down Hanover Street.

Trying to shake off the guard, Sean, then aged nineteen, turned into a dead-end street called Brooks Alley.

By this time he was out of breath and started to get a tight sensation in his chest. He soon realised that actually it wasn't a problem with him, but the atmosphere around him.

Sean waited for the guard to come

around the corner after him, but he never appeared. Thinking he had given him the slip, Sean sauntered back out and started to walk down Hanover Street again.

Soon Sean realised that something was wrong. The road looked different. So did the pavement. He noticed cars driving by that looked very old-fashioned and road works he knew were there had now gone.

Sean saw that people around him were wearing strange clothes. Crossing over to Bold Street, he noticed traffic lights which were not there before and bushes growing around the Lyceum, near a bar that he recognised.

He carried on walking. Soon, Sean began to feel that something was not quite right. Beginning to panic, he realised that somehow he had stepped back in time... and the time slip was not going away.

Then he remembered his mobile phone. Taking it out of his pocket, Sean tried to get a signal, but, of course, it didn't work.

Eventually, Sean began to really panic, but soon spotted a kiosk selling newspapers and headed over. Leaning over the stand, he took a look at the front page of the *Daily Post*. There in bold lettering was the date – May 18, 1967.

Sean wondered what to do. What would happen if he could not get back to his own time? What about family and friends?

Speeding up his pace, he reached H. Samuel the jeweller, and tried his phone once again. This time it worked.

Sighing with relief, Sean looked around and realised that he had returned to the present. But the strange thing was that down the end of the road, people were still walking around in 1967.

By this time, Sean had seen enough and dived on a bus to go home. Later, when interviewed by the local newspaper, he stated the exact account four times.

Next, here's a rather unusual time slip, one that foresaw a future event in the life of the woman who experienced it.

Mrs Kuhn, an American journalist, had married a fellow American reporter when both were working in China. Mrs Kuhn returned to America for a holiday, leaving her husband in China.

One December afternoon, the ordinary physical surroundings suddenly vanished and she experienced a "vision." Mrs Kuhn saw "a strip of green grass within a fence of iron palings.

"Three young trees, in spring verdure, stood at one side; beyond the trees and the fence, in the far distance, factory smokestacks trailed sooty plumes across the sky."

Mrs Kuhn saw a small group of men and women dressed in black clothes; a limousine drew up on a gravelled road by the grass. Two men alighted and offered their hands to a woman in black.

The woman was herself. Mrs Kuhn was gently urged by the men towards the group and then saw a small hole in the grass into which someone was placing a small box.

Mrs Kuhn recognised the group of people as members of her husband's family. Only the family were there - her husband was missing. Then she knew what was in the box and "crumpled on the grass without a sound."

This precognitive vision, which occurred in December, was fulfilled about five months later in the early spring when her husband died in China and his ashes were sent home to Chicago.

The procedure of placing the small box containing the ashes occurred exactly as foreseen. The three young trees, the spring grass, the fence of iron palings and the view of the city's chimneystacks were all exactly as seen in the vision.

In my opinion, Marinus B. Dykshoorn was the greatest psychic who ever lived, for his many predictions confirm that the future is indeed foreseeable.

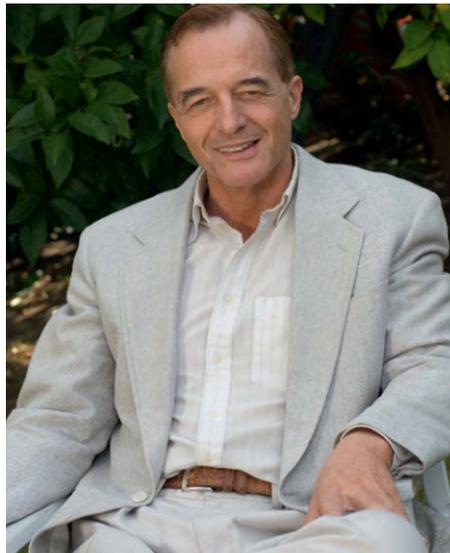
Dykshoorn, who was Dutch, includes some of his most famous predictions in his book *My Passport Says Clairvoyant* in which he states:

"I believe in predestination, and I am convinced that if I have a definite psychic impression that something will happen, it will happen and cannot be avoided.

"Neither I nor any of the people involved can intervene to prevent its occurrence. If I see that a person will have an automobile accident, for example, then he will have it even if he resolves never to drive again. One day he will get the urge to drive, and then it will happen."

Dykshoorn describes a case in which he tried to prove that there is free will. He recalls it thus:

"Only once that I can remember have I tried to intervene to prevent something



GARY WILLIAMS: "Compared to our time on the Other Side, earth life is short."

happening that I had seen through my gift.

"In mid-1971 in Charlotte, North Carolina, a woman told me her son had entered an air race. I told her that she must try to talk him out of it.

"Tell him he must not go in it,' I said. But I knew that he would and be killed. I knew that when his mother told him I had said he must drop out of the race, he would laugh and enter anyway.

"It all happened. The woman told her son not to enter, but he laughed. He entered the race, crashed and was killed.

"Perhaps I should never have tried to intervene. I knew that it was the boy's destiny that he die in that crash, but I hated to see it.

"I believe in predestination, and believe it was my destiny that I should learn about it beforehand, and in the woman's that she should learn about it from me."

Let's end with some happier events.

In 1972, London bus conductor Steve Bammeke, a 38-year-old Nigerian then earning £25.00 a week, won £57,000 on Vernons Pools, thereby fulfilling a prediction of a gypsy fortune-teller who, three years before, told him he would win a fortune.

It happened on the seafront at Folkestone, Kent. The fortune-teller refused to take her customary fee of one guinea telling him, "You can't afford to pay my guinea fee now, so I will give you a free reading, but one day you will come looking for me."

Strange to say, a local psychic in Nigeria had told Mr Bammeke when he was eighteen that he would return to Nigeria bringing a lot of treasure.

A more dramatic example of precognition bringing material gains is that of the late Dr John Williamson, a hard-up Canadian geologist who suddenly "knew"

that diamonds did not have to be found inside mountains.

Dr Williamson had a strong mental vision that they could be found in a plateau and saved up to go to what is now Tanzania. This was just before World War Two.

Most of his friends thought him crazy, but Dr Williamson got to Tanzania and selected the plateau of Shinyanga, where he dug for two years.

This tireless prospecting got him nowhere, but in 1940 he found a diamond mine twenty miles from Shinyanga. By the time he died eighteen years later, he was known as "The King of Diamonds."

One in ten of the world's diamonds came from his mine, which at that time netted him a fortune of seven-and-a-half million pounds.

Then there was the experience of a Dutchman who dreamed repeatedly of the number 3,684. He bought a ticket of that number with the Dutch state lottery and the number came up.

Lastly, Joseph Almond, of Hove, East Sussex, won £221,616 in the football pools in 1966. Normally, Mr Almond played only a very small stake.

Three weeks before he won, Mr Almond had a strong feeling to increase his stake of £1.00. His larger stake entitled him to 200 lines and the winning line was 168th. If he hadn't acted on his premonition, he would not have won.

Compared to our time on the Other Side, earth life is short. What we can do, in living through a foreseeable future, is to "Give out Light, give out Love," which is the inscription over the podium in the Spiritualist church in Pembridge Place in London's Notting Hill Gate.

If every human being on earth did that, as opposed to belief systems such as the nonsense spouted by Christianity (belief in original sin, having to be saved, virgin births, etc), the whole human race would move forward at a great speed.

After spending 40 years in psychical research, I can still see that most people would rather cling on to a lot of outworn creeds and dogmas than do any research of their own to perhaps find out how the universe works.

Carl Jung said it best when he commented, "As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being."

Meanwhile, Oscar Wilde said, "All of us are in the gutter, but some of us are looking at the stars." Let's all resolve to look at the stars...

■ Gary Williams' website is at <https://garywilliamsparanormal.com/>

CRAIG HAMILTON-PARKER INTRODUCES
**WORKING WITH
TRANCE STATES**



THE MEDIUM stood solemnly on the Spiritualist church rostrum and, with closed eyes, said in a silly Chinese accent, “Greetings from the spirit world.”

This was one of my favourite mediums because her antics were an absolute howl. My wife Jane and I had to suppress the smirks as, part-way through her trance address, she provided us with an advertisement break.

One eye opened as the guide said, “This sister is currently unable to get to church because of transport problems. If any drivers are available then please speak to her afterward. You can also speak to her about private sitting and personal auragraphs.”

She then slipped back into the trance address.

Now don’t get me wrong. Although words such as “fruitcake” spring to mind, the medium in question was a lovely, sincere lady but definitely not the Spiritualist medium norm.

WISE WORDS

“ Spirit guides can and do perform kindly offices for those on Earth, but benefit can only be received on the condition that we allow them to become our teachers, not our masters, that we accept them as companions and not Gods to be worshipped. ”

ANDREW JACKSON DAVIS (SPIRITUALIST PIONEER)

However, mediums like this do give trance a bad name.

Similarly, trance mediumship – sometimes called channelling – also has many surreal practitioners who bring shallow philosophy from grandiose spirits.

Some grunt like animals, whistle like dolphins or give messages from aliens. Perhaps they really are in touch with these beings, for there is no way to prove they are not. But there is no way to prove they are real, either.

Trance mediumship, or channelling, can sometimes be a form of self-hypnosis, self-deception and foolishness. From what I and other sensible witnesses have observed, the real spirit beings that come to speak are humble and disclaim all fame and honour.

They have no need for colourful names and lineages. They use their form as a way to identify themselves rather than for glory. They usually speak in the medium's own voice and have no need for mannerisms, gestures or speaking in an unrecognisable language.

The latter exhibitions are almost always the medium's own projections of his or her expectations and desires.

My own trance work developed only after 10 years of working as an accurate platform medium, and I insist that the guides who take control give verifiable evidence of the spirit that is in touch.

If this were not the case, there would be no way of knowing that it really is the spirit. It could be my own subconscious speaking or even memories carried forward from past lives.

Whether intelligent philosophy or crazy psycho-babble is given, it is not proven to be from the spirit unless some form of verification is provided. How else can we test the spirit and know it is true?

So, before explaining the function of trance work in a circle I need to prove my point. I have only vague memories about what is said while I am in trance, and for some of my sessions I have no idea who has attended.

At an open trance session we had a guest visitor who was unknown to us. “I can remember the evening we had an extraordinary proof from your guide Tara,” said Sue from my circle. “The lady you linked to had never been to a trance session before, and the guide told her that she had lost someone very close to her and it was a very sad and painful time for her. This was confirmed.”

I found out later that the woman was Vanessa Gates from Fareham, Hampshire. She was shocked when her brother's spirit spoke to her at the session:

“I heard about Craig and visited his psychic development group. I was keen to get in touch with my brother, Brian Price, who had died 13 years earlier.

“Sitting in a near pitch-dark room waiting to hear the voice of spirit people was a bit like the séances you see in the movies. Soon Craig started speaking to people. His knowledge, he explained, was passed to him by his spirit guide. Eventually I had the courage to ask: ‘If someone is murdered, can they tell you who killed them?’

“Craig paused, allowed his guide to

overshadow him, then said, ‘You are asking because of your brother, Brian, who is with me now. He was murdered in London. They cut his head off.’

“The whole room was stunned. Craig did not know my name and, apart from greeting me when I arrived, had not spoken to me before. What he was saying was shocking – and true. My brother, Brian, had been murdered.

“Brian, who was 38, and his girlfriend had been stabbed repeatedly and then had their heads chopped off. He'd been mixing with the wrong types, and the police considered it to be a gangland murder, with drugs involved. The murder has remained unsolved for 13 years.

“Through the spirit guide, Brian made contact. He told how the murderer had continued to stab his body after he was dead. He mentioned names that I knew had been connected with the inquiry. Brian described how he had died in a dirty flat in a near-derelect block. There was rubbish and broken glass around the room.

“He said that there was not one murderer but three people present. They came from Bristol, which makes sense, as Brian had lived there. I thought about passing the names he had given to the police, but Brian didn't think his murderers would be punished for what they did to him.

“They will be convicted for other crimes, though, he said. But he made a point of saying he'd died with the first stab to his chest and hadn't suffered. He had watched the events unfold from out of his body.

“For a long time, I'd been haunted by the



thought of him suffering. This put my mind at rest – as did realising that everyone gets a second chance in the afterlife.”

Phil, also from the circle, had a little more to add about the incident:

“Tara mentioned that the man who was murdered was dealing drugs out of Bristol and that the people who murdered him were doing business with him when something went wrong. All three of them played a part in his death but the police did not know who had actually killed him.

“But then Tara gave the three names of the people who were involved in the murder. They were three people who were known to the sitter and also knew her brother. To me this made it an exceptional night and that is why I remember it so long afterwards.”

If there is a real communication from a spirit guide then they should be able to provide verifiable evidence of the continuation of life.

It is my belief that trance mediumship should not be developed until the medium is fully developed as a mental medium. There are a few exceptions in the history of Spiritualism, in which evidential trance mediumship has developed first, but I seriously question any form of trance that cannot provide verifiable proof of spirit communication.

Students are often eager to try trance work far too soon and before their mental mediumship has flowered. The assumption is that it is easy to channel inspired talk. But the development of trance is dependent on spirit requirements, not personal desires.

“When you sit with a true trance medium it is unmistakable that Spirit have communicated”

Much later in your development, the overshadowing by the spirit communicator may increase until it becomes trance. This will happen only if you want it to and if it is the route you choose.

Not all mediums are trance mediums. During light trance the medium will be partially conscious and afterwards will be able to recall the discourse made by the guide. In deep trance the medium is completely oblivious to what is happening.

In most instances the medium’s consciousness will shift between light and deep trance, depending upon the need and the available *prana* energy in the room.

During deep trance, a powerful atmosphere pervades the room as the guide speaks directly through the medium. The guide may tell the sitters things about

themselves that can only be known by clairvoyance and may give astonishing spirit proof. When you sit with a true trance medium it is unmistakable that Spirit have communicated.

As my circle is primarily a teaching circle, the trance work I do is normally for the purpose of developing fledgling mediums. Trance teachings are given once the students have advanced enough to understand what is happening and can ask questions of the spirit about their own development and the progress of the group in general.

If you are running a circle without a medium then this is something that may not be possible for your group. I must emphasise that trance mediumship should not be developed until the medium has a number of years of provable mental mediumship behind him or her.

As my circle evolves and the sitters develop their mediumistic skills, the spirit guides work through me in trance to prepare the novice mediums to give their first public demonstration.

Once the sitters become mediums in their own right then the circle may either disband or continue toward a more advanced stage, perhaps with the development of physical mediumship and accompanying phenomena.

I believe that every developed medium should maintain a circle as a permanent part of his or her spiritual work. ■

An extract from Craig Hamilton-Parker’s book *Psychic School*. For purchase details visit: psychics.co.uk

OVER 700 SPIRITUALISTS ATTEND VIRTUAL DEMONSTRATION BY MEDIUMS

By Alv Hirst, Director of Communications for the Spiritualists' National Union

THE coronavirus lockdown in the UK has seen many religious denominations begin to offer services online. However, there's been no catching up for Spiritualism!

For over a decade, alongside the "bricks and mortar" churches and centres, the online branch of the Spiritualists' National Union has been growing. It's called SNUi.

For some it has been a welcome addition to their regular church attendance. For others, it is not a replacement because there is nothing to replace – it has become their main contact with the world of Spiritualism.

As virtual as SNUi might seem, it is made up of very real people. There were well over 1,000 SNUi members. This has grown rapidly since the pandemic forced churches into temporary closure.

Demand has been high. When SNUi opened up a demonstration of mediumship by Tony Stockwell and Minister Simone Key to the public, over 700 people attended. A new experience to many, I wanted to find out about SNUi's established members.

Lorna J. Hines lives in New Jersey, USA. She tells us a little bit about herself: "In the midst of a rising career path, successful marriage and family, I felt as an Afro-Caribbean/American woman that there needed to be more meaning to my life.

"I grew up in a household where religion and spirituality co-existed. My maternal grandmother was definitely a medium and intuitive, although at that time I did not have the full significance of those words.

"I would describe myself as both spiritual and religious. Nonetheless, there appeared to be a sense that I needed something more tangible.

"A friend, mentor and colleague suggested I increase my skills in mediumship and referred me to The Journey Within Spiritualist Church, where I received mentorship, wonderful teaching and guidance from the Rev Janet Nohavoc

(also an SNU officiant).

"I attended classes and services there where I was introduced to the fundamentals of Spiritualism. Both the SNU's Seven Principles and the belief of the presence of God within us resonated with me and felt right.

"It was Janet who also suggested I join the SNUi Platform Accreditation Scheme (PAS) programme. I am glad that I trusted her judgement and good counsel."

Lorna is not alone in finding the online PAS resource invaluable. In the Netherlands, Barbara Spies-Blankenstein



had just completed a mentorship course based in the UK.

Barbara was "feeling kind of lost" when she returned home and "really missed the participation and interaction with like-minded people."

SNUi provided the solution for Barbara when she enrolled in a platform accreditation scheme.

Barbara "learned to value what I didn't understand before because besides the scheme, SNUi offers so many possibilities to engage, learn and enjoy your journey of development by various classes and lectures.

"SNUi really offers me a platform where I can find answers to questions about myself as well as both sides of life."

Barbara's story reveals how the power of our Seventh Principle about eternal progress can be enhanced by our second principle, which advocates a connection

between us all that SNUi is so good at facilitating.

Four thousand miles away in New Jersey, Lorna also found something more than what she was studying. She adds: "In the course of study, attending classes and reading, I began to fully feel the presence of God within me.

"My understanding also increased in seeing that Father God is interested in the inside of us – our hearts, our thoughts, our behaviour and most especially how we treat one another.

"This is not a God of glamour and glitz, but a Godforce Spirit who cares for the least among us and endeavours to help, support and refresh the needs of those who are destitute in mind, body and spirit."

It is clear that SNUi is not your run-of-the-mill online environment, but a community of thoughtful, spiritual people who are able to share their profound experiences despite living in different parts of the world.

Time now to meet Cathy Leigh Tsoukalas. Cathy, who lives in Greece, is Vice-Chair of SNUi and is in no doubt about its importance. She was originally inspired to join by Minister Doris Smith, sister of SNUi

pioneer Vi Kipling.

In 2012, Cathy "wanted to deepen my understanding of Spiritualism and had nothing in the real world, so it was perfect for me.

"Once there, the path I found myself on began to take on a life of its own and doors opened. It began to unfold."

Many Spiritualists who attend a physical church will recognise this story of transformation. However, for Cathy her unfoldment began to take place in the context of the SNUi community.

As Spiritualists, we should not be surprised by the reality of something as intangible as a virtual community. The spirit world clearly has no issues with the virtual nature of SNUi.

Its Chairperson, New Zealand-based Minister Arthur Plumpton, tells me: "I participate in debates, philosophy and some circle work.

"I am truly amazed that you can make a contact for someone 12,000 miles away and be correct, but why not? Spirit knows no boundaries!"

It is this sense of community and connection that is so important for many members of SNUi, especially during global lockdowns.

Many have also realised that it is a unique platform for learning. While initially we might wonder if it is a helpful environment for this, the doubts soon fade away.

Gretchen Meisner in the United States found that SNUi delivered both educationally and personally.

"If it's just a lot of book learning, it can get boring for someone like me," says Gretchen. "I love that there's so much interaction and quite a few brilliant tutors who give constructive guidance and feedback."

She goes on to reveal how being in the virtual environment inspired her to take some next steps.

"After about a year of practising on SNUi, I decided to sign up for an accreditation programme. This is because I met so many kind and wonderful people.

"There is absolutely no competition and everyone is so loving and supportive. It's truly a healthy environment."

Gretchen also has words of encouragement for those new to the online community who might worry about their IT skills.

She reassures us, "There are a lot of resources to help figure it out, but once you get there it's definitely worth it. I would encourage anyone to just keep trying until they do."

Another participant, Carolyn Hornblow, pinpoints a key area of her practice that SNUi has supported.

"It has helped me develop my demonstrating and speaking abilities more easily and quickly than any other way," says Carolyn.

"Listening, learning from other students, being tutored, encouraged and getting the practice – and all from the convenience of my own armchair! It has been a wonderful opportunity.

"Without SNUi, I feel I would have taken a lot longer to get to where I am developmentally."

For Cathy, the intertwined pathway of study and spiritual development was supported greatly by SNUi.

"I became part of a platform accreditation scheme, went on to pass it and then received my certificate," says Cathy.

"I like to feel that I am a positive example of what can be achieved by someone who is totally reliant on the SNUi as a spiritual community and source of learning and inspiration.

"The SNUi is an excellent resource. It enables spiritual development from the comfort of your own home. At the flick of a button you can connect to like-minded souls all around the world."

These are just a few personal experiences that I uncovered about SNUi, and without doubt there are plenty more. It is exciting to think of the potential that it has released in them.

As Barbara says: "The real learning starts when you open up to sharing and expressing yourself. Miracles happen once you have set the intention and welcome what comes to you. I can assure you of that.

"Since I set the intention of wanting be part of a spiritual community with a solid and knowledgeable foundation to help me further along my path of personal and spiritual development, especially in the world we live in today, I have found it by joining the SNUi." ■

• To find out more and join, please visit www.snui.org



SNUi member Iris Eva Wuethrich CSNU and furry friend.

THE SNU'S SEVEN PRINCIPLES

- The Fatherhood of God
- The Brotherhood of Man
- The Communion of Spirits and the Ministry of Angels
- The continuous existence of the human soul
- Personal responsibility
- Compensation and retribution hereafter for all the good and evil deeds done on earth
- Eternal progress open to every human soul



Objects can appear out of thin air

Impossible though it might seem, Alison Wynne-Ryder shares personal experiences of this unusual phenomenon

ONE OF the most mysterious forms of unexplained phenomena has to be the apport: a name given to an object that materialises from an unknown source, usually in the presence of a medium.

There have been many accounts in the long history of apports involving so-called mediums who seemed to be able to manifest objects out of the air “as if by magic” in front of an audience. Unfortunately, several of these people were discovered to be dishonest.

A popular German medium, Frau Anna Rothe, used to produce apports at her séances in Berlin. In 1902, however, the police burst in on one such event; her hands were pulled behind her and she was wrestled to the ground. When a female officer examined her, 157 flowers, along with oranges and lemons, were found

inside her petticoat!

She was promptly arrested and charged with fraud.

The trial was unusual, though, because although she was eventually sentenced to 18 months in prison there were people of good standing who gave evidence in her defence. These included Herr Stocker, a former Court chaplain, and Judge Sulzers, President of the High Court of Appeal in Zurich.

The latter swore under oath that Frau Rothe had communicated with his wife and father in the spirit world and had passed on messages to him that no-one else could

have known. He also said that beautiful flowers had been produced in the room, surrounded by a bright white light.

Heinrich Melzer organised séances for over 30 years, also claiming to make objects such as flowers and stones appear. But people started to become sceptical when the objects seemed to appear only from beneath a table. It was felt that he must have been hiding the objects under the table before they “materialised”.

When the room was duly checked, no objects appeared and he was finally exposed as a fraud in 1926, caught with small stones attached to the backs of his ears with flesh-coloured tape!

But there are also true stories of apports manifesting, even when a person wasn’t expecting such things to happen.

“

I noticed a perfect, golden angel pendant set with beautiful stones

”





ALISON WYNNE-RIDER (below) and her cat Tara, pictured safely at home with an angel.

In 2011, a documentary film called *The Afterlife Investigations* followed a group of sceptics when they visited a village in Italy. They wanted to take part in a meeting at a Spiritualist centre there, owned and run by Marcello Bacci. Although the film crew were asked not to film the séance, they did so anyway and the secret footage that was filmed is considered to be some of the best evidence ever recorded regarding the apport phenomenon.

One of the most famous relevant research projects, called *The Scole Experiment*, which began in 1993, continued for five years as the team gathered video evidence of the manifestation of objects that were apported into the room. The items that materialised included several old coins and two newspapers from 1943 and 1945 that were in mint condition.

They received some quirky apports, too, such as a wooden monkey! *The Scole Experiment* is thought by some to have been the most important scientific investigation of life after death in history and a movie is being made about it. This will highlight the apports and other phenomena such as written messages on sealed film, recorded conversations with spirit, videos of spirit faces and the materialisation of spirit forms in the room.

My own first experience of apports happened when I was simply having a coffee with my husband and a friend; it was a lovely sunny day and, after a very busy week, I was feeling relaxed and in the moment.

After calling for the bill, we stood up to leave and I noticed something glinting on my chair. At first, I thought it was a piece of gold foil paper but when I looked more

closely I realised that the object was solid: it was a perfect, golden angel pendant set with beautiful stone totally intact. My husband and my friend had never seen anything like this before and couldn't believe their eyes.

There was certainly nothing on the chair when I had sat down and, of all the chairs at all the cafes on that very busy day, the angel appeared on the chair of a medium. It was definitely one of life's "Wow" moments! I took it as a sign that the angels and Spirit were thanking me for the work I do on their behalf. What a beautiful gift.

Another inexplicable event happened a few months ago when our cat, Tara, went missing. After two days I was beside myself with worry and I asked Spirit to help find her. Imagine my joy when, a day later, she appeared behind me in the bedroom. Tara walked past me and into the kitchen area. I tried to stroke her but for some reason I couldn't get near; she made no sound at all and nor did she make for her food bowl as normal.

I followed her and shouted to my husband that Tara had come back. However, as he looked to where I was pointing, she was nowhere to be seen. She had disappeared but there was nowhere she could have gone as the doors and windows were shut. When I described to him how she'd appeared, he said, "How could she have come from behind you in the bedroom? She can't have walked through the wall!"

That evening, we were sitting watching television and Tara walked in through the open patio doors, minus her collar. She was clearly scared and hungry and we assumed she must have been stuck somewhere.

I realised that although I had seen her as



a solid being, she must have been apported by Spirit, sent to let me know that she was all right and that they were protecting her and guiding her home.

So I am convinced that the apport phenomenon, strange though it may be, is real. It would be interesting to hear others' experiences.

Alison Wynne-Ryder is a professional medium and author of *The Quirky Medium* (local-legend.co.uk), describing how she discovered her gifts and her experiences behind the scenes as co-host of the TV programme *Rescue Mediums*. For more information, check out: thequirkymedium.blogspot.co.uk/ and discovertheangels.com



Keeping the spirit of Nina Simone alive

REANNA KELLY, granddaughter of Nina Simone, in a still from the "Night Terrors" episode of the A&E TV series "Psychic Kids: Children of the Paranormal."

“
Sometimes I see my grandma sitting right where the piano is, because she loves to play it
”

Fascinating psychic connections with the 'High Priestess of Soul'

IT IS 17 years since the extraordinary singer, songwriter, pianist and civil rights activist Nina Simone passed on, but her talent and spirit continue to inspire many, including family members.

Nina, regarded as the "High Priestess of Soul", was the focus of two shows at the 2015 Edinburgh Fringe Festival in Scotland that were reviewed on a UK radio programme.

In the following months fans around the world also enjoyed *Nina*, a movie based on her life, and a revelatory warts-and-all Netflix documentary, *What Happened, Miss Simone?*

At the Edinburgh Fringe, Apphia Campbell's show, *Black Is The Colour of My Voice*, was set in a hotel room in Paris where Nina Simone secluded herself away for three days after the death of her father.

Kirsty Lang, presenter of BBC Radio 4's *Front Row*, asked the performer why she had written about that particular period of Simone's life and her relationship with her father.

"Nina Simone and her father were really,



APPHIA CAMPBELL before her Edinburgh show.



SIMONE KELLY and daughter ReAnna.



REANNA KELLY with psychologist Lisa Miller.
Both images from A&E's "Psychic Kids" episode.



CIVIL rights activist Nina Simone in 1969, a year after the assassination of Martin Luther King.
(Photo: Jack Robinson)

really close from a young age and they had a really special relationship," Campbell explained. "And then they had an argument and she didn't reconcile with her father after 14 months and he died.

"She felt really hurt about that, so she met this witchdoctor who told her to go to this room and seclude herself, and she did. And she said after three days she felt vindicated because she saw her father."

Campbell realised that this intense period of reflection in the singer's life was a good way to tell Nina's story and it also enabled her to focus on "the fragile part of who she was as a woman".

As well as writing *Black Is The Colour of My Voice*, Apphia Campbell also plays Nina Simone in the show.

"Myself, I like to channel Nina Simone's energy," she told Lang. "I believe in ghosts and spirits, so basically every time I perform a show I say, 'Look Nina, anything you want to say, anything you want to show people, here is a body - let us share it. Don't let me let you down.' And to me she's a great inspiration."

Nina is also a great inspiration to her own granddaughter, ReAnna Kelly, who is

psychic and an intuitive healer.

At the age of eight, together with her mother, singer Simone Kelly - Nina's daughter - ReAnna appeared on a 2008 episode of the A&E series, *Psychic Kids: Children of the Paranormal*, with two other American children who were also troubled by the experience of seeing spirits.

Her mother first became aware of ReAnna's psychic abilities when she talked about seeing a girl named Beth who had been killed by a car on the road outside their home. Seeing spirits terrified her and caused her to have sleepless nights.

Only after talking to neighbours was Simone able to confirm that a young girl had been killed on that stretch of road.

The three psychic kids were brought together and introduced to medium Chip Coffey and researcher and clinical psychologist Lisa Miller. They helped validate the children's experiences and enabled them to accept and adjust to their unusual abilities.

What emerged from that episode, called *Night Terrors*, was that ReAnna could diagnose health conditions and had healing powers. She detected that one of the other

children had a blood condition.

Simone and her daughter appeared on *Larry King Live* with famous psychic John Edward to discuss the episode in which they appeared.

After remarking that ReAnna would have been three years old when her grandmother, Nina Simone, died, Larry King asked her, "Do you see your grandma?"

"Yes, I do."

"Where is she?" King asked. "What is she doing?"

"Well, she's usually in ... we have this room in our home and we call it the round room and sometimes I see her there. Or, if not, I see her where my piano is. And sometimes she's sitting right where the piano is, because she loves to play it."

"Doesn't that scare you a little?"

"Sometimes," the eight-year-old responded. "And the most thing that scares me is because when I see her, her eyes are like really big, but she's smiling and it's kind of creepy."

Taken aback at the thought of a ghostly Nina Simone playing a piano, Larry King observed, "Creepy is a good word". ■

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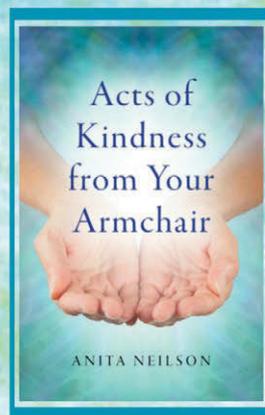
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UNDERSTANDING *Angels*

Based in Glasgow, Kyle Gray was just four years old when his “dead” grandmother paid him a visit. The author of seven books and four decks of oracle cards, Kyle is now an acknowledged expert on angels. Based on his “Angel Prayers,” here Kyle tells us how to connect with these celestial beings.

Kyle speaks throughout the world, his books and cards having been translated into various languages.

Apart from appearing in public, Kyle has also worked privately with businesses and their teams to bring about energy awareness within the workplace in order to foster teamwork, create harmony and encourage success.

Another of his passions is yoga. After spending some years studying the practice – including two trips to India – Kyle is a member of Yoga Alliance Professionals.

“Angel Prayers” includes a directory of angels and angelic beings, and an A-Z directory of prayers. It is published by Hay House at £12.99. Below, Kyle starts by explaining how to connect with angels.

If you've never worked with angels before, then there's a couple of different ways you can speak to them.

I speak to angels as a force. Calling on them using the general term “angels” is absolutely perfect, because there's an angel for almost everything you can imagine and the being best suited to your situation will come to your aid.

The other option you have is speaking to your guardian angel. Many of my friends who follow the Catholic faith have been encouraged to do this since childhood.

You don't need any formalities for this – you can just act as if your best friend is in the room. When I speak to

my guardian angel, I just chat away as normal. All you need to know is that your angel is there for you and ready to listen – without judgement!

Of course, it's nice to have a formal or specific prayer to show your respect for the universe and its creations, and the traditional Catholic prayer to your guardian angel is a beautiful one. It's short, sweet and easy to remember:

*Angel of God,
My guardian dear,
To whom His love commits me here,
Ever this day/night
Be at my side,
To light and guard,
To rule and guide.
Amen.*

Types of angel

You can also call on a specific type of angel. There is a hierarchy of angels similar to the ranking in a corporate workplace and the different types serve us and our planet in different ways.

Archangels

Most people have heard of archangels. These spectacular beings act as managers of the angels, if you like – they work with the guardian angels, overseeing their projects and purpose.

They can be called upon by anyone at any time – they're able to be everywhere at once because, like all angels, they're multidimensional.

Although there are thousands of archangels, some are better known than others.

Peace angels

Peace angels are a collective of angels dedicated to bringing peace to our world.

Whenever there is a disaster such as a war or a flood, these angels are there bringing peace to as many people as they can. They work tirelessly to comfort those who are bereaved, injured or abandoned.

Whenever I hear about a world crisis, I

send peace angels to help. What's amazing about prayers for peace is that they join together to become even more powerful, so our prayers do contribute to peace.

Remember, angels cannot help unless we invite them in. The reason for this is that we have to learn to ask for help, and to learn that there's more to life than we can see.

So many of us live an independent life directed by our own will, but when we pray, we open up to the divine will and allow it to support us.

Guardian angels

Other than archangels, the angels closest to us are guardian angels. We all have our own personal guardian, but can communicate with this "choir" of angels as a whole, too.

One of the best things about guardian angels is that we can speak to other people's guardians as well. I have done this on a number of occasions when there has been a disagreement or an awkward situation.

Try it! The next time you're faced with an argument with someone, or are in a situation that's upsetting or just plain difficult, speak to the other person's angel. Thank the angel for bringing peace to the situation for the highest good of all.

Ceremony angels

Whenever a ceremony or ritual takes place, angels watch over the proceedings. Public meetings, weddings, baptisms, bar mitzvahs – you name it, angels are present.

At a baptism, no matter what the faith or religion, angels pour blessings over the child as the parents acknowledge the higher power.

Bar mitzvahs are special, too. They represent coming of age and being able to hold your own before God. Angels celebrate and come together with you, and as you acknowledge your inner strength, they do, too.

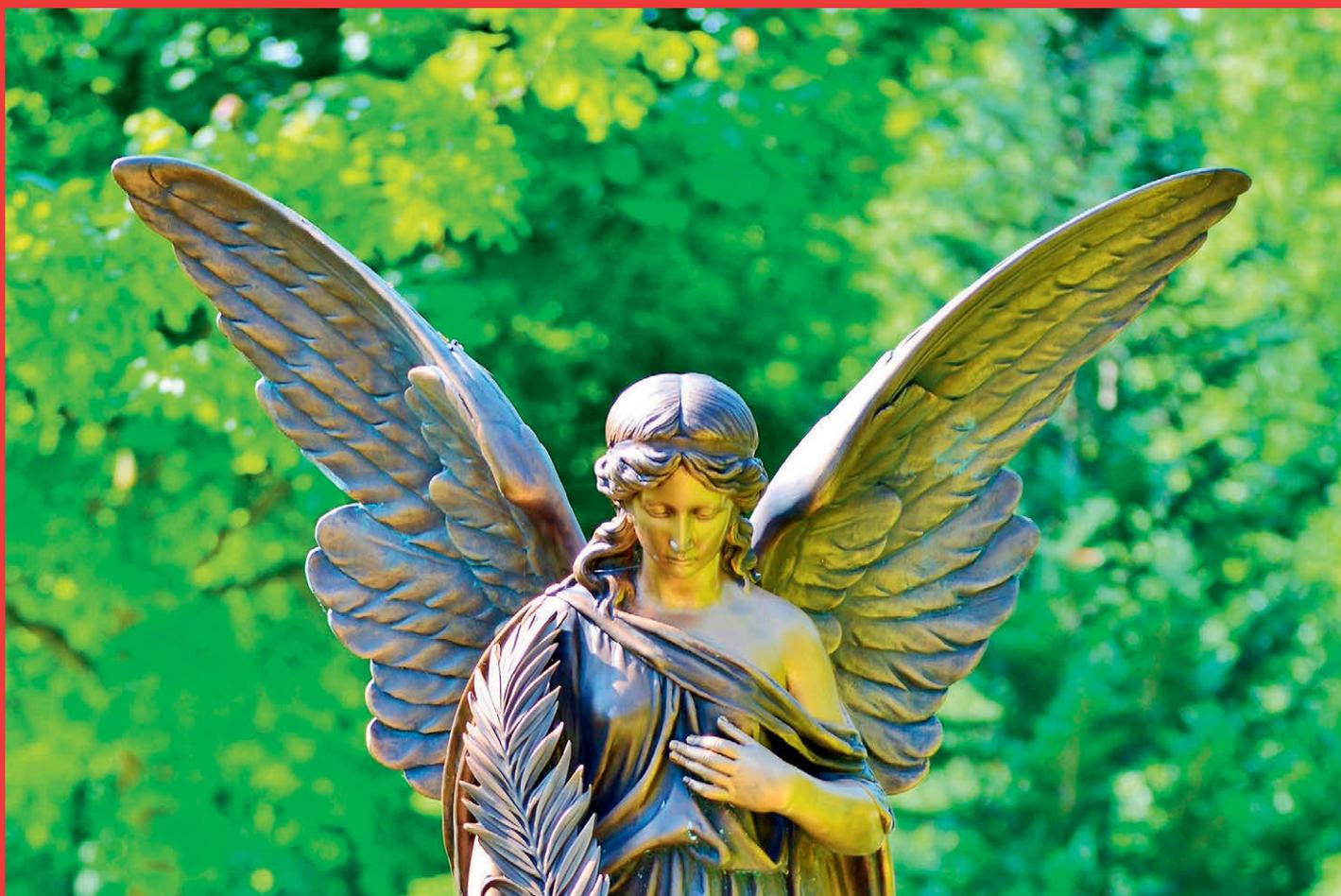
When you come together with another person in marriage, your energy is bound together before the universe. It is a magical moment!

Public meetings can be magical, too. I'll never forget the time I went to hear the Dalai Lama give a talk in Edinburgh. When he spoke, I saw angels all around him. Their golden light washed over the hundreds of us who were there and it felt so healing.

My whole body was tingling, and I was so in awe that I felt myself drifting off into a deep meditative state. It dawned on me that we were all becoming one – one mind, one energy, focusing on one thing: peace.

Now that you've learned more about angels, why not extend your light to them? Try the following:





Say the traditional Catholic prayer to connect with your guardian angel. Speak to your guardian angel just as you would to a good friend. Tell your angel your concerns and know you're being heard.

If you're concerned about a particular situation, send peace angels there. If you'd like to resolve some issues with a friend, colleague or family member, speak to their guardian angel and thank them for supporting the highest and best outcome for all.

Whenever you feel fearful or need to turn around a situation, take a deep breath and affirm: "God is love. I am love. We are love."



Angels are multi-dimensional beings. Their energy and unconditional love is so vast that they can be in many places at once, with no limitations.

There is a huge hierarchy of angels, made up of three tiers, called spheres. Each tier contains three groups, known as choirs.

The first sphere

The first sphere is composed of angels known as the heavenly counsellors.

Seraphim

The Seraphim form the highest order of the angelic realm. They are so closely connected to the universal life-force that they ensure all of the energy stemming from it is going where it is intended.

Seraphim means "the burning ones," and these angels are flames of universal love. They are said to have six wings.

They are known for their heavenly voices, and miraculous planetary shifts are reported to take place when they sing. Many texts say they are constantly singing the praises of God.

Cherubim

Cherubim means "fullness of knowledge," and these beings are God's record-keepers. They are closely connected with the Akashic records – a chronicle of every event that has ever happened in the cosmos.

The Cherubim are said to direct the divine will of the universe and to have four faces and four wings, so that they can look and fly in all directions.

Thrones

The Thrones are charged with carrying out the shifts of consciousness in the universe. Archangels Metatron and Sandalphon have close connections to this choir.

The word "Throne" relates to the seat of God, and it is said that these beings work through the web of life itself. They have been seen as wheels of light.

The second sphere

The angels of this sphere are said to be the universal governors.

Dominions

Dominions means "lordships," and these powerful beings have a real sense of presence and authority.

They regulate the roles of every other angel, except for those of the first sphere, and are seen holding orbs or sceptres to represent their authority. They also look after nations and international situations.

Virtues

The Virtues are the angels who oversee the movements of nature. Their name means "strongholds," and they bestow blessings upon individual countries.

Powers

The Powers are the angelic choir who constantly send us reminders that there are better ways than war or destruction.

These beings channel grace and mercy, encouraging all of us to be compassionate to the planet and, of course, one another.

The Powers can protect us from negative energy. If called to a situation with low energy, they can dispel it instantly because their eyes burn with the love of the divine.

The third sphere

These are the messenger angels, the guardians and warriors who protect the planet and the people who call on them.

Principalities

The Principalities, whose name means “rulers,” are the protectors of spirituality and spiritual texts. These divine beings provide us with strength when things get tough.

They have a strong connection with world leaders and with activists, particularly those who want to make truly compassionate changes to our planet.

The Principalities encourage our inner leader, support our inner strength and inspire us to find peace. They are also said to inspire new ideas in art and science, especially

the science of physics, which helps us to understand our world more and more.

Archangels

Archangels are the best-known choir of angels because they are mentioned in Abrahamic texts such as the Torah, the Bible and the Koran. They are the “boss angels” who watch over the guardian angels.

Archangels are always seen as huge beings – tall, full of life and carrying a tool or symbol of their spiritual purpose.

For example, Archangel Michael is often seen carrying a flaming sword as a symbol of his ability to cut the cords that bind us to the past.

Angels

This choir of angels includes the guardian angels who look after us and our daily

needs. These are the beings we are praying to when we simply say “Thank you, angels...”

These angels are probably the most human-like in appearance – they take on our looks so that we can understand them more easily. They were made to work hand in hand with us.

Other angelic beings

In addition to the well-known angels of the theological traditions, there are thousands upon thousands of angelic beings who are dedicated to the healing and nurturing of the world.

Some are mentioned in spiritual traditions, while others have made themselves known to mediums and angel experts in modern times.

For me, these beings are of great importance to our current era and are spiritual allies who can bring

much light and healing to those who call upon them.

Some of their names may seem familiar and others may seem new, but what’s most important is to acknowledge the fact that all these beings are dedicated to light and love and can help us when we call upon them.



TOP FIVE TIPS TO WELCOME ANGELS INTO YOUR HOME

1 – Be an angel

“In order to see an angel, you have to be an angel” is one of the fundamental principles I share when I’m teaching others to connect with angels.

Everything in this universe is made of energy – it’s the one thing psychics and scientists can agree on. This energy is attractive in nature and almost like a magnet.

If you ask yourself how you can become more like an angel, with the knowing that these beings are ultimately love, supportive, caring and filled with grace, the more you are like this in your life, the more you attract angelic energies towards you.

2 – Gratitude

Gratitude is one of the greatest ways to raise your vibration, so you can be more open to angelic experiences. Angels love it when you speak to them in a loving, positive and affirming way.

When you’re asking them for help, say it in a way that whatever you are asking for (as long as it is centred on your life) has already been answered.

Start your prayer with “Thank you, angels for...” and know that they will be there to support you.

Angels love us thanking them not because they want the glory, but more because the gratitude we feel is a powerful energy that shifts us into the space of the miraculous.

3 – Create an angel altar

Creating a special space in your home dedicated to angels is a way to help you prepare your mind and energy for welcoming angels close. It can be anything from a shelf, windowsill, spot on the fireplace, corner or even on your nightstand.

Place images of angels, angel statues, a candle, crystals and anything else that makes you think of angels. Whenever you’re in need of inspiration or help, go there and pray to your angels, let them know you need them and they will be right there with you.

4 – Make a formal invitation

Angels are governed by the spiritual law of free will. They cannot intervene in our lives unless we ask them.

The only time angels can appear uninvited is through a moment of grace when they step in to change a circumstance or save us from what could be life-threatening or life-changing in a way which is not aligned with our life’s mission or intention.

Taking time to make a formal invitation through prayer and meditation, and letting your angels know you, opens up the space of your home, and allows them to swoop in.

5 – Light candles

When I first began building my connection to angels, I started a tradition of lighting a white candle by the window. I had this intuitive and instinctive feeling. For me, it was a calling light to angels.

White is a colour of grace and purity, and the light of a candle reflects the kind of light from which an angel’s presence can emanate.

If you’d like to welcome angels into your life and home, place a white candle by a window (make sure it’s safe, of course) and know that as you light the candle, you are welcoming angels in.

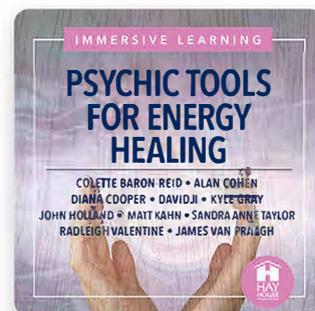
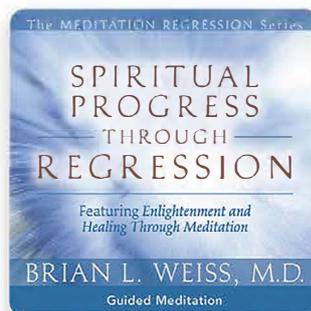
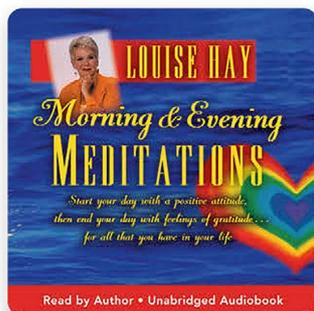
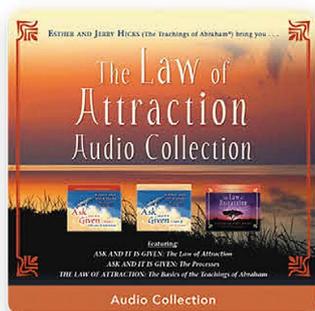
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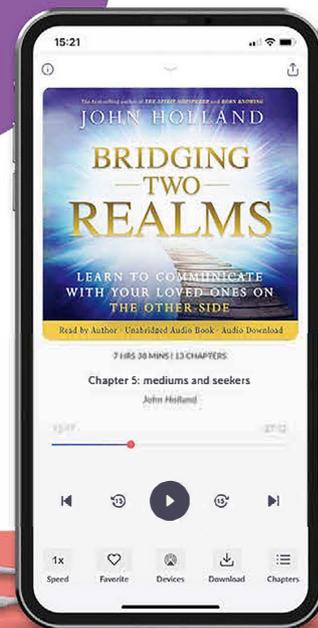
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EIGHT-YEAR-OLD Christian on the pitching mound in September 2016. (Photo: Michael Coons)
Below: Lou Gehrig, the baseball star whose life he recalls. (Photo: National Baseball Hall of Fame Library, Cooperstown, New York)

REINCARNATION

DO BOY'S AMAZING SKILLS AND ACCURATE MEMORIES PROVE HE LIVED BEFORE?

Youngster remembers being famous baseball player Lou Gehrig with the same mother he has in his present life

By ROY STEMMAN



FAME seems to have followed a cute dimple-faced Californian youngster from one incarnation to another.

Christian Haupt was a YouTube sensation at the age of five, when a video of him playing baseball – recorded two years earlier – attracted five million viewers. He was seen, in a clip posted by his mother, pitching a ball with all the skill of a seasoned professional. The total views now exceed 14 million.

He was so skilful that actor, comedian and film producer Adam Sandler signed him up for a cameo appearance in his comedy movie *That's My Boy*. Before long, in 2012, he was throwing a ceremonial first pitch at Dodger Stadium, the home of the legendary Los Angeles Dodgers.

In doing so, Christian made baseball history. The team, winners of six World Series titles and 21 National League pennants, had never extended such an invitation to a kid before, but he took it all in his stride. The 30,000 spectators cheered with delight. He had celebrated his fourth birthday only a few days earlier.

Most would have assumed that his ability had been encouraged by an enthusiastic baseball-loving father, but this is not the case. Having been born and raised in Germany, Michael Haupt was typically uninterested in baseball, which has been the USA's "national game" since the 1850s. He did nothing to encourage his son.

Christian didn't need encouragement. From the time he was old enough to stand unaided he was determined to play the game and to wear the typical baseball uniform – even at school. His parents and elder sister had little choice but to participate as he constantly threw the ball at them indoors and out.

Even at a tender age he seemed aware that this impulse to play baseball rather than watch TV or do other activities needed to be rationalised and so, when driven by the urge to pick up a bat or a ball, he asked his parents and sister to call him "Baseball Konrad" – an alter ego he had created for himself using his middle name.

But then something stranger happened. Christian began talking about having been "a tall baseball player" in a previous life or, as he put it, "in the old days".

His mother, residential real estate agent Cathy Byrd, tells this astonishing 21st-century story of reincarnation in *The Boy Who Knew Too Much* (Hay House, Inc, 2017), a fascinating book that will hopefully be the basis of a movie that is currently at the scripting stage.

Slowly, Christian added new pieces to the puzzle, particularly when viewing



THREE-YEAR-OLD Christian warming up for his ceremonial first pitch at Pepperdine University in May 2012. (Photo: Ed Lobenhofer)

old photographs of the Dodgers. On one occasion, he remarked to his mother, "I was a tall baseball player – tall like Daddy." On another, confronted by a 30ft-high portrait at Dodger Stadium of baseball player Babe Ruth, Christian declared: "I do not like him. He was mean to me."

Byrd, who has a strong Christian faith and attends a Lutheran church, and her husband struggled to understand what was happening. "How could a toddler have an emotional reaction to a portrait of a man who had died half a century before his birth?" she asks her readers.

She had sought an answer from a pastor who was also a friend but, without saying so in as many words, he implied that Christian might be possessed. That wasn't a view Cathy accepted, particularly when her son's statements soon became more

challenging and provided further evidence that he knew things about people that he could not have known normally and at an age when he had yet to learn to read.

She turned to counsellor and therapist Carol Bowman, author of *Children's Past Lives: how past life memories affect your child* (Element Books, 1997), who specialises in the study of reincarnation cases involving youngsters after personal experiences with her own son and daughter.

Carol advised Cathy to obtain some old photographs of George Herman "Babe" Ruth – regarded by many as "the greatest baseball player who ever lived" – and others who played with him between 1914 and 1935. At the height of his fame he played for the New York Yankees. Perhaps seeing those images would jog Christian's memory about why he didn't like him.

One evening, just before bed, Christian repeated something he often said: "Babe Ruth was not nice, Mommy". It was the right moment for Cathy to produce a photo of the 30-strong 1927 Yankees team. She handed it to her son without saying a word. Instantly, he pointed to one, saying, "There's dumb Babe Ruth". He was correct.

When Cathy asked him gently if any of the others didn't like him, without hesitation he pointed at a stocky guy with big dimples and said confidently, "Him!"

"Do you know him?" his mother asked. "That's me," he replied.

She pulled out other pictures of players, asking Christian each time which ones didn't like Babe Ruth. He pointed to the same stocky player in every case. The man he had identified as himself in a previous life was Lou Gehrig, a formidable first baseman who won multiple awards and titles and was elected to the Baseball Hall of Fame in 1939.

Interestingly, both Christian and Gehrig have a German heritage, physical



LOU GEHRIG gives his mother, Christina, a hand with the dishes. She was his biggest fan and he lived at home during the early part of his early career.

similarities, are left-handed and, of course, have a passion for baseball.

Gehrig's name lives on to this day, outside of baseball circles, more than three-quarters of a century after he announced his retirement from the game in 1939. His physical health had seemed poor and those around him noticed that his speed and coordination had deteriorated.

After six days of tests, the Mayo Clinic diagnosed amyotrophic lateral sclerosis (ALS), an ever-worsening condition. He died within three years and to this day the condition is often referred to as "Lou Gehrig Disease".

Both Gehrig and Ruth were New York Yankees players. Their greatest rivals were the Brooklyn Dodgers. After Babe Ruth's retirement in 1935, he became first base coach of the Dodgers, which moved from New York to California in 1958, becoming the Los Angeles Dodgers – hence the large picture of him at Dodger Stadium.

Choosing the moments carefully, on later occasions Cathy asked her son questions about people in other photographs she had obtained, including a picture of Lou Gehrig's parents, Heinrich (known as Henry) and Christina. She asked him to confirm their names, giving two false ones for each to begin with and then the correct name. He said "No" to the first choices and "Yes" to the third option in each case.

Then, staring at the photo, he asked, "Why weren't you there then, Mom? I like you better."

Then, to Cathy's astonishment, he pointed at Christina and said, "Mommy, you were her."

At this point, this very readable book could easily move swiftly to its conclusion by quoting an abundance of other information provided by the young baseball addict that unexpectedly proved to be right – including why Gehrig and Babe Ruth, once the best of friends, had fallen out and had never spoken to each other off the pitch for many years.

But Cathy Byrd, intrigued by her son's claim that she had been his mother in his past incarnation as well as in his current life, takes this intriguing reincarnation story to another level by undergoing hypnotic regression to see if she can recover memories of that existence.

Remarkably, she does. And they confirm what Christian had claimed. She shares with the reader her own concerns that the research she did into her son's past-life memories of being Lou Gehrig may have implanted information that her subconscious used in the regression sessions. But she made statements and described situations, scenarios and



CATHY BYRD and son Christian with framed Lou Gehrig photo in Tampa Bay, Florida, July 2016.

relationships about which she could not have read but which proved to be accurate.

Part spiritual quest, part detective story, part child psychology and part travelogue, *The Boy Who Knew too Much* is compelling reading, regardless of whether you are a baseball fan or a believer in reincarnation. As the story develops, Byrd takes us to the homes in which Gehrig lived and meets with people who had known him and his parents and are able to confirm information she produced during her regressions.

Above all, the book shows that cases suggestive of reincarnation are not confined to Asia or countries where rebirth is widely accepted.

Those who have taken an interest in the case include Dr Jim Tucker, Bonner-Lowry Associate Professor of Psychiatry and Neurobehavioural Sciences at the University of Virginia (UVA), who is continuing the work of Dr Ian Stevenson at the UVA Division of Perceptual Studies with children who report memories of previous lives.

He visited Christian and asked him pertinent questions as he played baseball with him. Here's how the dialogue between them played out, as seen through Cathy's eyes:

"Do you remember how you died?" Jim asked Christian.

I'd never asked Christian about dying

before, so this was brand-new territory for me. Christian's response shocked me even more than Jim's question. In a matter-of-fact tone, Christian replied:

"My body stopped working, and I didn't feel anything."

"Then what happened?" Jim asked.

Christian threw a tennis ball against the wall above our staircase, dove across the floor to catch it, and replied, "After I died, I became Christian."

Christian threw another ball, dashed over to the landing to retrieve it, and then said out of the blue, "I picked her to be my mom, and then she got old."

"When did you pick her?" Jim asked calmly.

"When she was born."

"Do you remember where you were when you picked her?"

Without hesitation Christian said, "In the sky."

Dr Tucker's book, *Return To Life* (St Martin's Press, 2013), incidentally, contains a case he investigated with striking similarities to that of Christian Haupt. It concerns a boy he does not identify who claims to have been a famous 1920s golfer, Bobby Jones.

Neither of his parents was interested in golf but he developed a passion for it and by the age of seven had won 41 out of 50 junior golf tournaments, including 21 in a row.

I spoke to Cathy Byrd on the day she was signing off the deal with 20th Century Fox to make a movie based on her book.

"The interesting thing they're going to do is make it a Christian faith-based movie," she told me. "That's amazing because it's hopefully going to open a lot of people's minds to the concept of reincarnation by showing that it's not taboo."

A pastor is quoted in her book as suggesting that what she and Christian experienced were not memories of an actual past-life but were a "channelling" of the information. How does she feel about that explanation?

"You know, I've kind of combined the two. I feel until we all die and find out the answers, none of us really knows. So I haven't really clearly defined it. But when I speak to my son about it I always speak of it as reincarnation because I don't want to not validate his feelings."

The "channelling" theory might apply to some cases involving past-life memories but it would certainly not explain the huge number investigated by Dr Ian Stevenson in which children are born with birthmarks or birth defects, such as missing hands or parts of a leg, that coincide with damage caused in their previous lives, often at the moment of death. ■

PROBING THE MECHANICS OF REBIRTH

Book by leading experts tackles the big questions

IMPRESSIVE though it is, the case of Christian Haupt is just one of thousands which collectively provide a very strong argument in favour of the possibility that some individuals are born with verifiable memories of a previous existence.

Many of these cases have been published in academic papers or books, but gradually they are reaching a wider audience through the efforts of researchers like Icelandic psychologist Erlendur Haraldsson and American anthropologist James G. Matlock.

Their 2017 contribution to our knowledge of the subject was a joint venture: a thought-provoking book titled *I Saw a Light and Came Here: children's experiences of reincarnation* which tackled most of the issues that arise when past lives are debated.

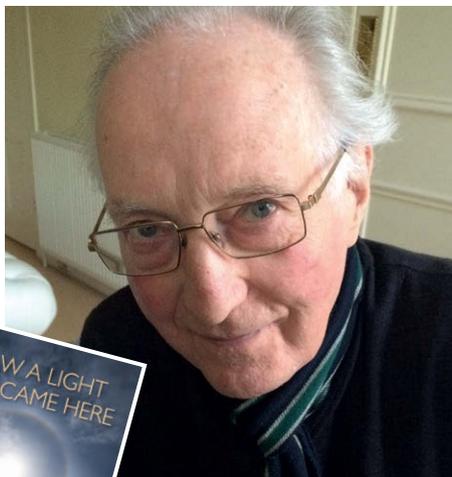
The pioneering work of Prof Ian Stevenson at the University of Virginia (UVA) gets frequent mention, of course, and rightly so, since he opened up this new field of study at the start of the 1960s with a field trip to India. His successor at UVA, Dr Jim B. Tucker, contributes a Foreword.

Haraldsson worked with Stevenson on investigating a few cases but has gone on to travel extensively and study reports of many other children claiming to remember past lives.

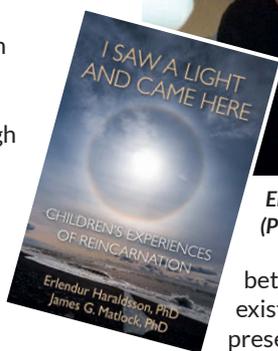
He is responsible for the first half of the book which reports on his active research among the Druse community in Lebanon and Buddhists in Sri Lanka, as well as cases in India and in his own country, where he is a professor emeritus of psychology on the faculty of social science at the University of Iceland. Part 1 also reveals the intriguing results of Haraldsson's psychological studies of the children who claim to have past-life memories.

Early reincarnation research focused on verifying facts given by a child about his or her previous incarnation: names of related people and places, the circumstances of their death and events of importance in that life all added their weight.

In almost all cases, there is a period



ERLENDUR HARALDSSON
(Photo: Roy Stemman)



between death in that previous existence and rebirth into the present life. What was their soul doing during that time? When did they decide to return to another body? And how did they make that choice?

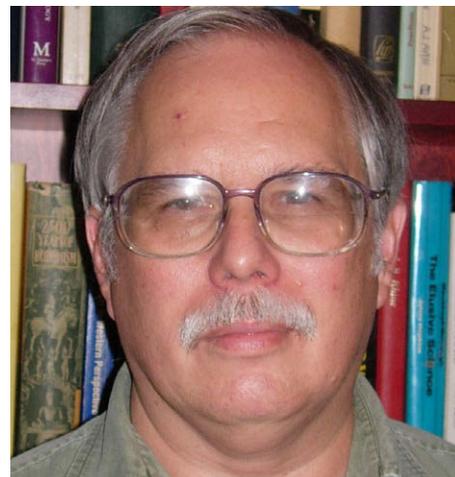
These are now questions that researchers are keen to explore since the inter-life state may throw light on the spiritual mechanisms that drive reincarnation. Sadly, very few children recall the time spent in that inter-life or intermission state.

The title of the book reflects this interest and it is dealt with in the first chapter, an impressive case of a Sri Lankan girl, Purnima Ekanayake, who recalled her previous life as a male member of a family of incense makers which came to an abrupt end when he was run over by a bus while delivering incense on a bicycle.

In her early discussions with her mother about those memories, Haraldsson tells us, "Purnima said that after the accident she floated in semi-darkness for a few days. She saw people mourning for her and crying, and saw her body until and including the funeral. There were many people like her floating around. Then she saw some light, went there and came 'here' (to Bakamuna)."

She provided enough information about her previous life for her previous family to be identified. When taken to see them, she was able to identify some of them by name and demonstrate how she had made the incense, without having been taught.

Purnima also had prominent, light-coloured birthmarks on her chest that seemed to coincide with the injuries she



JAMES G. MATLOCK
(Photo: Facebook)

suffered when knocked down and killed by the bus.

In Part 2, Jim Matlock, who has been studying reincarnation and psychical research for many years, as he puts it, from the comfort of his armchair rather than out in the field, takes a broader approach.

Being very widely read and in constant touch with all the investigators working on case studies, he is the ideal person to attempt to answer many of the questions that get asked and his contribution augments Haraldsson's chapters perfectly.

They don't necessarily agree on all of Matlock's interpretations, but then the anthropologist doesn't claim to have all the answers. But there isn't a question he is afraid to tackle:

Why are there cultural differences in the way reincarnation cases manifest or are reported? What is the impact of suicide on rebirth? Why do only some people remember their past lives? Why are some reborn as the opposite sex? How does reincarnation work? Why are some people born with birthmarks and not others? You'll find Matlock's views on these and many other puzzles stimulating.

This highly recommended book challenges many of our preconceived ideas about reincarnation and offers enough impressive evidence to convince all but the hardened sceptic.

And for those who, on reading it, wish to continue the investigation, Matlock runs a popular Facebook group, "Signs of Reincarnation", where the discussion can continue. ■

BEYOND HARRY PRICE

JOHN WEST discovers that the famous psychical researcher should have focused on Borley Church as well as the Rectory

IT WAS once said that Borley Rectory in Essex was the most haunted house in England. Harry Price's investigation of the case still creates controversy to this day with his defenders and critics equally convinced that Price was either the foremost paranormal investigator of his day or a charlatan hungry for fame.

Price's interest in the rectory appears to have diverted his attention from the medieval church which, judging from the evidence, was equally as haunted as the rectory. He was aware of paranormal activity being experienced in the church, having been told in 1929 by Ethel Bull (a

family member at the rectory) that coffins in the Waldegrave family vault underneath the building had been found to have mysteriously moved when the vault was opened in the 19th century.

Sadly, he did little to follow up this and other such leads.

The Reverend Harry Bull, rector of Borley from 1892 until his death in 1927, was the first person known to have experienced unusual activity in the church. He was inside with a friend when they both heard tapping outside. The sounds grew louder and appeared to enter the building and then move around the church with Bull and his companion following them.

The pair examined the church and churchyard but found nothing to account for the sounds.

Another clergyman, the Reverend Alfred Henning, rector of Borley and Liston



IT was reports of paranormal activity at Borley Rectory (above) that were the focus of research by Harry Price (left), rather than events at Borley Church.

Borley Church (Photo: John West)

from 1936 to 1955, readily admitted that strange things occurred in the church and even published a short book devoted to the ghosts of Borley.

On 24 April 1949, Henning went to Borley to hold evensong. He was surprised to find the church door locked and visited Mrs Pearson, the lady in charge of the keys, to ask why she hadn't unlocked it. It turned out that she had missed his announcement of the service in the parish magazine but had assumed the rector had been in the church earlier that day as she and her husband had both distinctly heard the church bells ringing at 8am. At the time, and unknown to her, the building had been securely locked.

Henning also mentions another incident in 1946 when several children attended a Sunday catechism class in the church. As they were early, they sat by the organ, waiting for their teacher, Miss Byford, to arrive. All the children heard footsteps coming up the church path and the sound of someone locking the church door.

One of the children, Kathleen Finch, went to the door and called out but received no response. The children naturally became frightened as they couldn't get out. A few minutes passed and Miss Byford arrived and found the door still locked. Fortunately, she was able to release the children.

The church path appears to be one of the main centres of activity, with a large number of people hearing the sounds of footsteps on the gravel. On 21 April 1946, for example, John Durrant from Sudbury and his fiancée were both in the church, looking around, when they heard footsteps in the porch and the noise of the latch being lifted.

When the door failed to open, Mr Durrant went to see who was there. He was surprised to find the porch and churchyard empty.

The following year, Harry Price was invited by Rev Henning to look at the restored altar in the church – Price had helped pay for its restoration – and reported the following:

“We took him up to Borley at half past five in the evening. No one was about and we went up to the chancel, leaving the west door open. While we stood there talking about the altar, we were interrupted by an insistent and prolonged screeching of birds near the west end. I should almost describe it as a panic screaming of the rooks, which inhabit the elms overhanging the tower.

“I have often heard the birds make the usual noise when coming on and off their nests, but nothing approaching the din which was now going on behind us. Mr Price asked, ‘Do they always go on like



REV HENRY DAWSON ELLIS BULL, rector of Borley Church from 1862 to 1892.

“

The Rev Bull and his companion followed the sound of tapping around the church

”

that?’ and I had to say that, as far as I knew, the noise was unusual. I think what I really meant was that I had grown so used to the birds and the noise they made that generally I did not notice them.

“The very fact that I was now noticing them pointed to the noise being out of the ordinary. But the noise died down and, in the stillness after the birds were at rest again, came the sound of footsteps in the porch. I thought to myself, ‘What a pity. Visitors are coming in just when we wanted to be undisturbed to talk.’

“We waited for people to appear but no one came. I hurried down the church thinking someone had heard our voices and did not like to enter. I was astonished to find no one in the porch and, going quickly through the churchyard, I looked up and down the road. There was not a soul to be seen.”

Henning also reported that footsteps and the sounds of terrified birds were again heard by him the following Saturday. Two visiting student friends witnessed this.

In September 1947 John May travelled to Borley from Bury, Lancashire, to look around the village and churchyard, arriving there at 10.30pm. It was a warm and windless night and the only sounds were coming from cattle and owls. He started to drift off to sleep in the porch when he was awoken by the noise of the church gate opening and the sounds of footsteps coming up the path.

“The light was clear. The footsteps continued but there was no one near. I sensed someone passing me, there was a chilliness in the air and I felt a slight pressure. Whatever it was, I knew and felt that it was essentially evil. I also knew that I resented in some way hearing and not seeing. I then heard the sound of a key in the lock, then the creak of the door hinges

as the door opened. I heard the door close. A few seconds later I heard soft notes and chords from the organ. The time was 12.18am.”

On examination the church was still locked. May described the music as tuneless. He stayed until 2.30am but nothing further occurred.

It should be noted that Henning also heard the sound of music coming from the building. On one occasion, in October 1947, he visited the church with novelist Norah Burke at 3.15pm. She later wrote:

“As we were walking up the path to the south door (the path on which the footsteps have been heard) I stopped and said, ‘The organ is playing’. My first thought was that there was a service in progress and that we could not therefore go in. The rector stopped and looked at me. He heard it too. He, of course, knew that there was no service going on.”

A search of the church revealed it to be empty and the organ securely locked. The novelist described the brief thirty seconds snatch of music as being like the sort played “while the collection is being taken or waiting for a bride”.

Some locals did suggest that air left in the bellows was responsible for the mysterious music. To test this theory, Henning pumped up the organ and left it. The air escaped immediately and pressing the keys produced no sound. It was then claimed that two local boys had sneaked into the church to play the organ and then hide when anyone approached. This is a possibility but would not explain the music heard when the church and organ were both locked.

Stewart Kiernander, a paranormal investigator, visited the church in 1947 and saw what he described as a “mysterious figure or white shape” pass the porch as he

was reading. Two years later he revisited the area and held vigil in the church porch. He heard footsteps coming along the path but could see nothing. He resumed his seat and about 30 minutes later he again heard the sound of someone walking up the path. They approached the porch and Kiernander rushed out to see who was there. The path was empty.

Returning again to Borley two years later Kiernander once again sat in the brick porch. The footsteps were absent this time but the sounds of taps and clicks could clearly be heard coming from the church door.

James Turner, poet and author, also heard the sound of “something or somebody with a lame leg and a swishing skirt” walking along the church path. I have also had two strange experiences at the same location! ■



John West is a writer, broadcaster and film producer. In 2018, he teamed up with director Jason Figgis to produce feature films and TV documentaries. The first of these was the documentary *Simon Marsden: A Life in Pictures* and the film, *Winifred Meeks*, a ghost story set on the Suffolk coast.

John also has his own golden oldies show on Smart Radio, which is broadcast every Tuesday at 2.00 pm on smartmediagy.com

Separated triplet senses he had unknown brother

ASTONISHING similarities have emerged between triplets who were separated at birth – with one of them even sensing that he had an unknown brother.

Robert, David and Eddy Shafran were born within 27 minutes of each other on New York's Long Island. A fourth baby passed on at birth.

It has now emerged that all were unwilling participants in a secret but legal study directed by Dr Peter Neubauer, a psychoanalyst who ran Manhattan's Child Development Centre.

Dr Neubauer placed them in widely differing Jewish backgrounds to try and discover to what extent our genes shape us as opposed to our environment.

Then aged nineteen, in 1980 Robert Shafran soon made friends on his first day at college.

"Guys were slapping me on the back, and girls were hugging and kissing me," he said. However, everyone insisted on calling him Eddy.

His new room-mate, Michael Domitz, explained that the previous year, he shared a room at Sullivan County Community College with a student named Eddy Galland, who subsequently transferred to another college.

Mr Domitz added that Eddy and Robert looked uncannily similar, having the same face, build, hair and expressions. Others also noticed and assumed that Eddy had returned to the college.

When Mr Domitz discovered that the students were both born on July 12, 1961, and were both adopted, he arranged a meeting.

Eddy and Robert talked and laughed the same way, and had identical birthmarks. Both college wrestlers, they employed the same fighting techniques.

The brothers liked the same films and could quote the same lines. Both had IQ scores of 148, which ranks as genius status.

At first it appeared they were merely identical twins until a further brother emerged.

David Kellman, a student at another New York college, saw pictures of Robert and Eddy in newspapers, tracked down the Galland family and phoned them.

"You're not going to believe this," David



UNKNOWN to them, identical triplets Edward Galland, David Kellman and Robert Shafran were adopted separately as part of a secret nature versus nurture study. (Photo: Cable News Network/Sundance Institute)

began, explaining that he looked exactly like the twins, being 5ft 9ins and having a dark complexion and curly brown hair.

It soon emerged that the students were the three surviving brothers of a rare set of identical quadruplets.

At first the triplets were thrilled to discover each other and found certain similarities. They all loved Italian food, smoked the same brand of cigarettes and preferred older women.

Initially, they relished their new-found fame as they appeared on TV, answered questions in unison and finished each other's sentences.

"Once we got together," said Robert, "there was a joy that I had never experienced in my life. It lasted a really long time."

The brothers all transferred to the same college, studied international marketing and shared a flat in New York.

Working as waiters in a restaurant, with help from David's adoptive family, they opened their own restaurant in the city and called it Triplets Roumanian Steak House.

The respective adoptive parents were pleased that they had found each other, but angry they were not told the boys were triplets or part of a secret nature versus nurture study.

Sometimes researchers visited the boys at home, but did not mention there were two other identical boys living within 100

miles of each other. However, it seems that one of them sensed it.

"David began talking very early," said his adoptive mother, Claire Kellman. "I remember him waking up and saying, 'I have a brother'."

"We would all talk about his 'imaginary brother'. It later emerged all the boys exhibited symptoms of separation anxiety during infancy, but that only made sense in hindsight."

However, the brothers discovered they were not entirely alike. Eddy could be volatile whereas David was the most level-headed.

After the brothers argued over work responsibilities at their restaurant, Robert resigned to train as a lawyer.

At the age of 33, Eddy, who showed signs of depression and unstable behaviour, committed suicide. David later closed the business and became an insurance consultant.

Robert and David admit to feeling bitter towards the adoption agency and scientists who deprived them of twenty years of growing up together.

Now 58, David commented: "They refer to us as participants. We weren't participants. We were victims."

Born to a single mother, the story of the triplets has been turned into a film called *Three Identical Strangers*, which was directed by Tim Wardle. *The Guardian* termed it "an extraordinary documentary." ■

UK utility company engineers divine for buried pipes

Sceptics claim it's unscientific, so why does it produce results?



THERE'S APPARENTLY no scientific basis in the centuries-old art of water divining but that does not stop employees of Britain's major water companies from using the paranormal technique in their work.

It's likely some do so without their employer's encouragement or knowledge. However, since it's the results that count, the water companies are likely to turn a blind eye when their workers choose to use unconventional detection methods that appear to harness their intuitive powers.

The story made headlines in UK tabloids in November 2017 after Severn Trent water company engineers were called out to the home of a couple living in the Midlands. The *Daily Mail* reported:

"They were so astonished to see a technician use dowsing rods to locate the mains pipe that they contacted their daughter, Sally Le Page, an Oxford University scientist. She contacted Severn Trent, who confirmed their technicians still use the medieval method."

Though it seems highly unlikely that any of the UK's water companies would go on public record in support of divining, the *Daily Mail* continued:

"Nine other water firms – Scottish, Yorkshire, United Utilities, Thames, Southern, South West, Northumbrian, Welsh and Anglian – then told her that they, too, use dowsing."

Writing on the website *Medium* [which has nothing to do with mediumship], Miss Le Page, who is studying for a PhD in evolutionary biology, said that the Severn Trent employee had used two "bent tent pegs" to locate the mains pipe, adding:

"You could just laugh this off. Isn't it a bit silly that big companies are still using

magic to do their jobs!" She maintained that there is no rigorous scientific evidence that dowsing works and called on water firms to "leave the magic to Harry Potter".

But she and the tabloids who had fun with this story were missing a much more important story. Despite using a method that Miss Le Page dismisses as unscientific, medieval magic, it seems it worked for the engineer who visited her parents' home.

And the newspaper admitted that one company even said "the older tried and tested methods are just as effective" as modern techniques.

If divining didn't work, why would some 21st-century engineers still be

using it? Severn Trent made it clear that although it does not issue divining rods to its employees, "we believe some of our engineers use them". But after listing all the cutting-edge methods it uses, including satellite imagery and the use of drones, it added, "So long as the leak is found and repaired quickly, by whatever means, we're happy and so are our customers."

Other dissenting voices soon joined the debate, including Christopher Hassall, a water management specialist at the Leeds University school of biology, who told *The Guardian*: "This isn't a technique, it's witchcraft." And arch-sceptic Richard Wiseman, Professor of Public Understanding at the University of Hertfordshire, was eager to pour cold water on divining when interviewed by John Humphrys on BBC Radio 4's *Today* programme. "There's no evidence to





DEVON farmer George Casely using his divining powers in 1942. His gift enabled him to sink a well in several of his pastures.



RADIO presenter and accidental dowser John Humphrys. (Photo: BBC)

think there's anything in it," he told the presenter.

Humphrys, however, was not prepared to have the subject so easily dismissed, declaring:

"I'm now going to have to tell you about a personal experience of my own. I brought in a dowser for a little farm I bought in Wales. The well had run dry and it needed a bore hole. He found a wonderful supply. Now, OK, you could say that was a bit of luck and he knows the land and all that. However, a few years later we'd laid the pipe and I brought in a man to plough the field above the house and the water stopped in the house. He'd cut through the pipe."

"And the bloke said to me, 'Look go and dowse it', and he gave me a bent coat hanger and I felt a total fool walking up and down this field. And then – kapow – the thing bent forward. I couldn't stop it. I felt a force, I really did. And I did it again thinking, 'This is just stupid' but he dug down and there was the cut pipe where this had happened. I know it's not science but explain it."

Wiseman had to agree it was "curious". A couple of days later, Humphrys elaborated on this experience in a much more detailed article in the *Daily Mail*. He revealed that the dowser he had used was

an old man who used neither dowsing rods nor a pendulum: "He just walked. Very slowly. Speaking not a word." He soon detected water but said it was too far down. Then, in the opposite corner of the field, he stopped, saying, "Ah... much better. Maybe 80ft but probably less. Ideal. Drill here."

Back in the farmhouse, Humphrys took out his chequebook and asked how much he owed him. The dowser looked offended. "I've got the gift," he said, "... born with it wasn't I? You don't make money off your gift."

That was 35 years ago, the famous journalist and broadcaster told *Daily Mail* readers, and when he sold the farm the water was still gushing out of the taps "as clean and pure as any in Wales".

These media reports and exchanges were followed by letters on the subject in the *Telegraph*, including one from Guy Attfield of Dursley, Glos, who said the reason water companies still use divining is that it is "a much quicker and more reliable method, particularly for finding plastic pipes". He added:

"I am generally sceptical about anything which seems to have no scientific basis. However, I have seen the method used to reveal a two-inch private supply pipe in the middle of a five-acre paddock, far from where it seemed likely to be. In another instance it was used to locate an 18-inch water main under the A40 carriageway, six to eight feet from where the water company's map had located it. I have no idea why dowsing works, but I am convinced that it does."

Sarah Strutt of Stutton, Suffolk, also wrote: "My husband asked a water diviner from Arles to visit a property in Provence where the well had dried up. The water diviner, with his wands whirring, announced that there was a large quantity of water in a certain spot, 262ft underground. My husband hired a team to drill in the place he had indicated; they hit water at 269ft. This was 12 years ago and the water is still flowing."

And D.L. Shears of Southampton shared with *Telegraph* readers the fact that his father was able to divine with a hazel twig, but he could not. "However, when he put his hands on mine, the twig turned. It was an extraordinary experience." ■

Intrigued by these reports? Want to find out more or even test your own ability at dowsing? We invited Christopher Strong, a dowser for 40 years, to tell his own story and give some tips on exploring this fascinating topic. Turn the page to learn more.

How to dowse ... and not just for water

By CHRISTOPHER STRONG



DID YOU know that Albert Einstein was a dowser? My favourite quote of his is: "The intuitive mind is a special gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift."

Dowsing is an involuntary response from the body that enables us to access our sixth sense. This reflex causes a pendulum to swing or rods to twitch.

We found our way into dowsing after my wife, Veronika, began suffering badly from migraines when we moved to Ireland 40 years ago, after many years in the tropics, to live on a small farm on the banks of the river Slaney.

The doctors and specialists were unable to help her but one of our nearest neighbours, Chrissy B, referred Veronika to a Mr Thackerberry, a retired farmer who worked with a pendulum. He told her to avoid dairy, wheat and a few other items. She cut them immediately from her diet and never suffered another migraine.

We received a surprising number of visitors from the UK and Europe and they all seemed to have problems. Veronika carted them off to Mr Thackerberry and they all got better. Some time later, my wife was experiencing difficulty in shopping for suitable food as the information on the labels was limited and the print was small. It was all taking too much time.

So she took herself off to ask Mr Thackerberry to show her how to use a pendulum. To her surprise he declined, explaining that as it was a gift from God it was not something he could pass on to someone else.

She returned despondent whereupon I said to her that if we were to assume

God exists, what was so special about Mr Thackerberry compared to her? So I went to the tractor shed and picked up a wheel nut and some string, fabricated a very simple pendulum and asked her to hold it over some fruit, which was good for her. It slowly spun clockwise ... so I said she should take that as a "Yes". Then I asked her to hold it over a slice of bread, which she no longer ate, and it immediately swung anti-clockwise ... which I interpreted as her "No".

That is how we started, quickly realising that we had the facility of asking any question to which we needed an answer. I hardly bothered using the pendulum myself, I just asked the wife! My own introduction came when I returned from an overseas trip to be greeted by my five-year-old son holding two pieces of trimmed coat hanger.

Acting on his "hold these Daddy, follow me Daddy" command, I trotted along behind him with Veronika grinning like a Cheshire cat. In the downstairs snug, the rods crossed and I was told, "Good Daddy, water!"

So I absent-mindedly commented that being in an old mill house this was very likely but could the rods show me which way the water was flowing. They immediately twisted and pointed downstream. My son was already in the next room where our eldest son slept and where, when I entered, one of the rods



started spinning rapidly anti-clockwise.

"Good Daddy" said my son, followed by "same like man". Which man? "Ask Mummy". I wandered back to the kitchen to find my wife giggling. I was told to look upstairs, where I found both boys' beds in the same room and the upstairs carpeted in red. As I knew that my wife was not a fan of red carpet I was puzzled. The explanation was fascinating.

As I had gone off on my trip, our eldest son was not well, with symptoms not unlike today's ME [myalgic encephalomyelitis]. The doctor had run tests and came up with nothing wrong, deciding the boy was just malingering. My wife knew that was not

the case and discussed the problem with our neighbour Chrissy B who sent Veronika off to see Mr Hill, a dairy farmer who was also the local water diviner and had put an end to Chrissy B's insomnia by telling her to move her bed, which apparently had been over water.

This same Mr Hill, incidentally, had told our local villagers exactly where to find a boy who had gone missing: "second bend, below the bridge, caught in tree roots".

After milking he had visited our house and announced that our eldest was sleeping above polluted water containing heavy metals. So his bed was moved into his brother's room and Mr Hill's instruction was to lay a red carpet to protect everyone. When asked about the carpet's colour he said that he did not know why red worked but it did.

It took us many years to discover why this is. It replaces the red that is lost from the base chakra as otherwise the body breaks down at its weakest point as energy levels drop.

I was excited by all this and immediately went out to find the site of fresh clean water for the house. Our current water supply was from a well sunk soon after our arrival in the Mill House, as the previous occupants had simply drawn water from the river.

Our well had been sunk by Murphy Flood who simply said it was the only place to drill, our yard being so restricted by rocky outcrops. And anyway, apparently if you drill anywhere in Ireland, especially alongside a river, you will eventually hit water – all rather hit and miss – but Mr Flood charged by the foot drilled, and he certainly seemed to benefit from his philosophy.

Although we had potable water it had a high iron and copper content which stained the bath blue. So I was now keen to find a better source for us to drink. A few minutes later I found a spot where the rods crossed. When I asked Mr Hill to find the best source for a small house supply he came and identified exactly the same unmarked spot.

It is not everyone who gets to see whether their dowsing works. It was summer and the local gravedigger was free.... so 12ft down we found the spring and it soon filled the bottom of our new well. Within days we were drinking beautiful fresh water.

That was the start of our remarkable journey, which was not one I had expected to embark on while I was training to be a scientist and reading Natural Sciences at Cambridge. Just how fascinating that journey has been is described in much greater detail in my *Autobiography of a*

Sceptical Dowser.

If you wish to develop your own dowsing skills and embark on a similar journey of discovery, the tools you need are simple and readily available. The most commonly used are a pendulum and L-shaped rods.

Almost anything can be used as a dowsing pendulum, as long as there is some weight to it, on a string or strong thread. The L rods often have a sleeve to hold, allowing the arm of the rod to move freely.

Some digger drivers often use bent pieces of armoured underground cable as this is what they need to detect before engaging the power tool over earth that is often unmapped and the last things they wish to hit are subterranean cables and pipes.

Other tools include the more traditional Y-rod cut from a hazel hedge of which there is a simple more modern example. However, it is possible to dowse with just one's own body, using one's hands or eyes to signal what we detect through our main senses of feeling, seeing, hearing, tasting or even smelling.

To explain this, just try standing upright in a relaxed sceptical mood and ask to be shown your "Yes" and you may feel your body sway forward or back. Mind your balance to avoid falling. Then, when you ask to be shown your "No" the same movement should happen in the opposite direction.

Alternatively, a pendulum can be used to give you three signals: "Yes", "No" and "Rephrase the question". Just hold the pendulum from its thread with thumb and forefinger and ask to be shown your "Yes" then, when that movement is clear, ask for your "No", and so on.

Be polite at all times. Always seek permission by prefacing your questions with "Can I? May I? Should I?" This ensures that you avoid attempting to dowse beyond

your ability, such as going into somebody else's space, and it also protects you from going into uncharted territory where even angels might fear to tread, to coin a popular phrase.

There has to be a need to know as dowsing is primarily used for finding that which is unseen. Trust the first answer, as once you have the answer you lose the need to know and this is where replicated trials to prove dowsing come undone.

The statistics confirm results once you have numerical success. For example, the late Donovan Wilkins, in Cornwall, in a year of very serious drought, not only found but also drilled over 100 successful water wells. His successful slogan, displayed on his rig, was "No water, No fee".

Keep the question simple in a form that can be answered with a "Yes" or "No". Be detached with childlike curiosity as to the answer. Avoid wishful thinking as the conscious mind can interfere.

The dowsing rod should also be mentioned as it is an invaluable tool. It gives direction and when using two, one in each hand, gives a specific crossing point. This is essential when locating water, leaking pipes and utilities, so long as your mind knows what you are searching for.

Finally, there is no need to believe. Just accept musician Frank Zappa's dictum: "The mind is like a parachute – it only works when it is open".

We started to work professionally when we returned to England but Veronika had a double stroke 13 years ago which retired us immediately as I then became her full-time carer. Since then, I have endeavoured to pass on what we know to the next generation and I still mentor budding dowsers whenever the opportunity presents itself, which brings joy to this 80-year-old. After all, a man must have a hobby. ■

Want to learn more?

COURSES

The dowsing tools mentioned, and others, are usually available at dowsing workshops, such as those run by The College of Psychic Studies in London every term.

For details of courses visit: www.collegeofpsychicstudies.co.uk

RECOMMENDED READING

Stepping Stones into the Unknown by Veronika Strong
The Definitive Wee Book of Dowsing by Hamish Miller
Most Anything Written by Patrick MacManaway, Tom Graves, Arthur Bailey.
Christopher Strong: Autobiography of a sceptical dowser

These and other books on the subject can be obtained from the British Dowsers Bookshop (britishdowsers.org) and other bookshops and online suppliers around the world.



Your paranormal and s

BY GRAHAM JENNINGS

Were Shakers early physical mediums?

Shaker-style furniture has been in vogue for many, many years. Were not the Shakers a Pentecostal sect in 19th-century America who developed a form of physical mediumship before the advent of modern Spiritualism? – Connie Myers, by e-mail.

The sect that came to be known as the Shakers had its origins in the Religious Society of Friends, or Quakers.

George Fox (1634-1690), a founder of the society, revived the charismatic healing of the early Christians with prayer and the laying-on of hands. Without his driving force, however, the society's healing ministry went into decline.

In 1758 Ann Lee, a blacksmith's daughter and mill hand, sought something more spiritually satisfying than the established Church. She joined the Wardley Society, whose members were

former Quakers.

Because of their ecstatic dancing to induce a trance-like state, they were called "Shaking Quakers" and then simply Shakers.

Ann Lee endured a forced marriage and the early deaths of her four children. She then began to have visions. Her charismatic and administrative abilities led to her becoming the group's leader.

One of Ann's visions directed her to take her followers to America and they arrived in New York City on August 6, 1774. Their official title at this time was the United Society of Believers in the Second Coming of Christ.

They desired to become self-sufficient and create a heaven on earth. To this end they practised social, gender and racial equality. They also made their own furniture and developed a distinctive style using only native woods such as pine, maple and cherry.

Their designs were of pleasing

geometric proportions and wholly practical without ornamentation. It was the equivalent of our minimalist style and has proved eminently suitable for the plain worktops and box cabinets of retro "Shaker-style" kitchens.

Their heyday was the so-called Era of Manifestations in the 19th century when they had some 6,000 followers. Sir Arthur Conan Doyle wrote about them in his *History of Spiritualism* (see www.spiritualist.tv). Using some terms we would find unacceptable today, Doyle stated:

"There (in America) they founded settlements in various parts, living simple cleanly lives upon communistic principles, with sobriety and chastity as their watchwords.

"It is not surprising that as the psychic cloud of other-world power slowly settled upon the earth, it should have found its first response from such altruistic communities.



STILL popular today, Shaker-style furniture is known for its pleasing geometric proportions and is practical without unnecessary ornamentation. (Photo: Richard Taylor)

Spiritual questions answered

"In 1837 there were sixty such bodies in existence, and all of them responded in various degrees to the new power.

"They kept their experiences very strictly to themselves at the time, for as their elders subsequently explained, they would certainly have been all consigned to Bedlam had they told what had actually occurred.

"Two books, however, *Holy Wisdom* (1841) and *The Sacred Roll* (1832), which arose from their experiences, appeared afterwards.

"The phenomena seem to have begun with the usual warning noises, and to have been followed by the obsession from

time to time of nearly all the community. Everyone, man and woman, proved to be open to spirit possession.

"The invaders only came, however, after asking permission, and at such intervals as did not interfere with the work of the community."

Doyle added: "The chief visitants were Red Indian spirits, who came collectively as a tribe. One or two elders might be in the room below, and there would be a knock at the door and the Indians would ask whether they might come in.

"Permission being given, a whole tribe of Indian spirits would troop into the house, and in a few minutes you would

hear 'Whoop!' here and 'Whoop!' there all over the house.

"The whoops emanated, of course, from the vocal organs of the Shakers themselves, but while under the Indian control they would talk Indian among themselves, dance Indian dances, and in all ways show that they were really possessed by the Redskin spirits."

The Shakers declined in number during the 20th century until the last person to be raised as one passed in January 2018 at Sabbathday Lake Shaker Village in Maine. This left just two elderly members, but they were supported by a number of Shaker friends.

WHAT IS TRANSFIGURATION?

I'm young and new to Spiritualism and have heard older people reminisce about transfiguration, in particular a medium of the past called Queenie Nixon. Can you tell me something about her? – Kyle Burrows, by e-mail.

Transfiguration is a form of mediumship where the features of a spirit communicator are superimposed on the face of the medium. In true transfiguration, the spirit face should stand out like a mask an inch or so from the medium's face.

The mask is made of mouldable energy traditionally called ectoplasm. This is a subtle energy drawn partly from the medium and partly from the sitters. Spirit operatives then mix it with other energies that they bring with them.

In the past, ectoplasmic energy was visible in the séance room as a physical substance, such as a dense cloud.

In the contemporary circles that I, and others I know of, have sat in, the energy used for physical mediumship is neither visible nor tangible, and the guides do not call it ectoplasm.

Transfiguration usually takes a while to develop. Typically, spirit guides begin by gradually gaining control of the medium's facial muscles.



QUEENIE NIXON: *Different faces began to appear in cigarette-like smoke around her head. (File photo)*

This can produce interesting results for a home circle, such as the semblance of a man's face on a woman. However, it is neither very evidential nor true transfiguration.

For this, the superimposed spirit face must stand out and be independent of the medium's face. The proof is when it can be seen by everyone present not

clairvoyantly, but physically. It is very difficult to photograph, as is obvious from transfiguration videos on YouTube.

Transfiguration is comparatively rare and usually silent. Very occasionally, the spirit entity speaks in the direct voice and a two-way conversation can be held.

Such a medium was Queenie Nixon. She was born in 1918 and raised by two aunts in Kettering, Northamptonshire. They were both mediums, so Queenie grew up in the Spiritualist movement, attending services and even séances while still a child.

She married and had two children, but remained a worker for Spirit. It was not until about 1950 that Queenie found time to form her own circle to develop transfiguration.

In the cigarette-like smoke around her head, the semblance of different faces began to appear. The faces gradually grew more distinct until they resembled a physical mask, which her guides called a "moulding."

Eventually, sound was added with a recognisable voice as well as a face. It was produced through a séance trumpet and independently.

By this time Queenie worked in deep trance and recalled nothing of what had occurred unless there had been a

disturbance of some kind. When she came out of trance, her vision was temporarily blurred.

At a séance, Queenie would sit in front of a black screen wearing a large black blouse to cover her clothes. A small red lamp was placed on a table in front of her, tilted upwards to illuminate her face.

The lights were turned off leaving the red lamp, which gave just enough light for sitters to see the room and each other.

Typically, they were then addressed by her guide Paul speaking in the direct voice. He would explain what was about to take place. Then the face of her other guide, Sister Edith, would appear and she took control of the proceedings.

She would address one of the sitters, strike up a conversation and ask, "Are you ready to receive your mouldings?" A series of faces would then appear.

A sitter recalled: "You could see a white cloud and a triangular shape – nose, mouth and corners of eyes. Then, as you

watched you saw it moulded into a face."

Each face appeared for about eight seconds. Some 20, 30 or even 40 faces would appear in an evening.

Queenie, who passed on in 1989, was willing to be tested by psychical researchers and was investigated in America by Harvard University.

Obviously, she encountered much scepticism. "It is not wrong to have faith in life after death," she observed philosophically, but "it is wrong to prove it (through mediumship)."

SEER 'SEES' INVENTIONS CENTURIES AHEAD

While passing through Knaresborough, North Yorkshire, on a coach tour, the driver pointed out the location of a cave near the River Nidd. He said that Old Mother Shipton, famous for her prophecies, lived there. Who was she, and did any of her prophecies come true? – Audrey Anderson, by e-mail.

There is plenty of information about Mother Shipton (1488-1561) in books and on the internet. Unfortunately, most of it is based on fictionalised prophecies and accounts of her life written 80 and more years after her passing.

The pioneer Spiritualist William Henry Harrison (1841-1897), editor of *The Spiritualist* newspaper, researched everything about her that was held by the British Museum.

Mr Harrison published his findings in *Mother Shipton investigated: the result of critical examination in the British Museum Library of the literature relating to the Yorkshire sibyl* (1881).

The year of publication in itself mocks an edition of *Mother Shipton's Prophecy*, published in 1872, which predicted the end of the world in 1881.

Mr Harrison quotes the following lines from it, which are given as authentic on the internet even now. They also purport to predict the latest inventions including the waterproof diving suit and the submarine:



MOTHER SHIPTON "acquired fame by means of her extraordinary predictions." (Photo courtesy of TripAdvisor.co.uk)

Carriages without horses shall go,
And accidents fill the world with woe.
Around the world thoughts shall fly
In the twinkling of an eye...

Through hills man shall ride,
And no horse be at his side.
Under water men shall walk,
Shall ride, shall sleep, shall talk.
Iron in the water shall float.
As easily as a wooden boat...

The world to an end shall come
In eighteen hundred and eighty one.

This doggerel is obviously not from the 16th century and was found to be the invention of one Charles Hindley, who admitted as much.

As for Mother Shipton's biography, the author, playwright and bookseller Richard Head (c1637-c1686) wrote a lurid and completely fictitious account of her life. He describes her as an extremely ugly witch whose mother was courted and seduced by the Devil.

This nonsense was repeated many times, as can be appreciated from a selection of books at openlibrary.org Mr Harrison's book is also there. In it, he gives the following account of her life, which he judged to be credible and authentic.

It is taken from *Mother Shipton's and Nixon's Prophecies compiled from original and scarce editions* by S. Baker (1797).

Ursula Shipton, he tells us, "is stated by Baker to have been born in July 1488 in the reign of Henry VII near Knaresborough, Yorkshire.

"She was baptised by the Abbot of Beverley, by the name of Ursula Sonthiel." Her mother's name was Agatha. Other sources give her surname as Southill or Soothtell.

Ursula's stature, adds Mr Baker, "was larger than common, her body crooked, her face frightful; but her understanding extraordinary."

He states that "she was a pious person, who at the age of twenty-four was courted



by one Toby Shipton, a builder of Skipton, a village four miles north of York.

“Soon afterwards they were married. She became known as Mother Shipton and acquired fame by means of her extraordinary predictions.”

For instance, when Ursula was living at Bring Houses, a village west of York, she heard that Cardinal Wolsey intended to come and reside in the city. She predicted that he would see York, but never enter it.

Sure enough, Cardinal Wolsey saw it from Castle Tower at Cawood some eight miles distant, but was summoned by the King to return to London immediately. He died on the journey.

“She accurately foretold,” continues Mr Harrison, “the destruction by tempest of the Ouse Bridge and Trinity Church, York in the following mystical language:

“‘Before Ouze Bridge and Trinity Church meet, what is built in the day shall fall in the night, till the highest stone of the church be the lowest stone of the bridge.’”

Ursula was undoubtedly gifted with second sight and was what we would term a psychic. Her prophecies, it appears, were fulfilled either in her lifetime or subsequently.

“Baker alleges,” continues Mr Harrison, “that some of her prophecies therein were copied from ‘an original manuscript

delivered by her to the Abbot of Beverley, privately preserved in a noble family for many years and lately discovered among other curious and valuable manuscripts.’

“He also says that she foretold the time of her death; and that after taking solemn leave of her friends she departed, with much serenity in 1561...

“A stone monument was erected to her memory on the high North Road between the villages of Clifton and Skipton, about a mile from York.

“The monument represents a woman upon her knees, with her hands closed before her, in a praying posture.” It was still to be seen in Mr Baker’s day.

The following is said to have been her epitaph (with the original spelling):

Her lye’s she who never ly’d,
Whose skill often has been try’d,
Her Prophecies shall still survive,
And ever keep her name alive.

Mother Shipton’s Cave at

Knaresborough is a major tourist attraction, but I can find no evidence that she had any connection with it. Likewise, an old print shows “Mother Shipton’s Cottage,” but I can find no trace of its location. ■



THE entrance to the cave in Knaresborough where, according to legend, Mother Shipton was born. (Photo: Chrkl)

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MEET ‘MONICA THE MEDIUM’

ROY STEMMAN talks to the then 22-year-old TV reality star about the satisfaction of reuniting people with their dead loved ones

SHE'S CONFIDENT and attractive, as well as being articulate and direct, which is hardly surprising for someone who majored in communications and public relations at Pennsylvania State University.

But the skills that have made Monica Ten-Kate a TV star in a remarkably short space of time involve a very different form of communication – talking to the dead – than those she acquired from Penn State.

Halfway through [May 2016] the second season of her very successful *Monica the Medium* series for Freeform, the cable and satellite TV channel (formerly ABC Family), she took time out to talk to me about her sudden rise to fame and how

she copes with living her life constantly in front of video cameras.

Our US readers will already be familiar with the show. Hopefully, it will soon find its way onto TV networks in other countries. Until then, YouTube and the internet offer various clips that capture the uniqueness of the show.

What sets *Monica the Medium* apart from most other televised mediumistic offerings is that it focuses on the challenges that most young females face, such as finding compatible room-mates, looking for a suitable boyfriend and living up to her parents' expectations.

The twist, of course, is that these everyday situations are complicated by the fact that she eventually has to reveal to all of those who come into her life that she sees and converses with people who have passed on.

It makes fascinating viewing, of course, but best of all, because Monica is so likeable and grounded, it demonstrates the reality of spirit communication in a very convincing and natural way.

So how did Monica manage to leapfrog over the numerous mediums who have trained for many years to develop their abilities without ever achieving the fame that the weekly reality show has handed her on a plate?

It was in her teenage years that she began giving free readings to friends and acquaintances, rapidly developing the ability to connect with different spirits – visually and audibly – and convey their messages.

“It was something I loved doing,” she explained. “I was passionate about it. But I

was also working remotely, doing 20 hours a week for Lockheed Martin, and I was studying at Penn State.

“Soon, friends started saying, ‘Monica, you are killing yourself. You are incredible at this, you have an amazing ability. Why don't you make a charge for readings; that way you can help others and it will also help you.’ So I started to do it as a business, with a website, though I also continued giving free readings to some people.”

For Monica, it was an important step on the road to becoming a full-time medium. But then her career prospects received an amazing and unexpected boost that even her own psychic abilities had not foreseen.

“Six years ago, in the same week, three producers, unrelated to each other and from different television production companies, all reached out. I wasn't looking, trying, asking, auditioning, applying – nothing! I wasn't putting anything out there; not trying to be on TV. They all found me in different, random ways that same week and asked to have a general conversation.

“And so, on that same Friday, back-to-back-to-back, I had discussions with each of them on Skype. They were all unaware of the interest of the others.

“I thought, ‘Wow, what a sign from Spirit. You couldn't make it any more clear that I'm supposed to be open to the idea of doing a television show.’

“Usually, I have to say, in the Hollywood entertainment industry, these talks never go anywhere. You don't even expect them to materialise. But I remember hanging up on the last of the Skype discussions and calling my sisters and saying, ‘This is going to sound crazy, but I have a feeling I'm going to have a TV show and it's going to be on ABC Family [part of the Walt Disney Company].’

“

In the same week, three producers from different television production companies all reached out. I thought, ‘Wow, what a sign from Spirit’

”

Monica Ten-Kate (Photo: Annie Shak)



“Their response? ‘You’re delusional! You’re crazy!’”

After all, at that time ABC Family specialised in movies and scripted series aimed at teenagers and young adults. It didn’t take reality shows, which is what the Skype discussions were about. But a month later, Monica Ten-Kate was on a flight to Los Angeles to meet with those companies.

“Word of mouth had spread and I eventually had 13 meetings with different production companies and received talent offers from about half of them. That’s how I met the production company for our show and fell in love with them. I told them the same thing: ‘I only want to do this if it’s ABC Family’.

“They said, ‘All right, we’ll pitch it to everyone but we don’t want to get your hopes up because ABC Family are not doing unscripted programmes.’ And I responded, ‘Well, let’s just see’.

“And here we are now! It all came to fruition, except they’ve renamed the channel Freeform. Pretty amazing!”

Agreeing to be the focus of attention in a series of hour-long, fly-on-the-wall documentaries requires a special kind of personality. Nervous at first, Monica soon lost her inhibitions and finds she can now totally ignore the cameras as she gives one-to-one readings to people she encounters in the street, on the beach or in other mundane environments.

Her strength of character is self-evident and that must be due, in part to having to overcome resistance to her gift from family members and, later, some elements within Penn State during her studies.

Monica was born and raised in Northern Virginia with her three sisters in a large Catholic family. Her father’s ancestors were from Holland where their surname was ten Kate, but when they moved to

the United States that name must have been rather confusing and, over time, it transformed to Ten-Kate (pronounced Ten Kartay).

Her mother, from Costa Rica, is very conservative, reflecting her own hardcore Catholic upbringing, and winning her mother’s acceptance of her gift has been one of Monica’s biggest challenges.

“She never doubted I had this ability,” Monica explains, “and her struggle comes from a good place. I’ve seen her come a long way and you see, in the show, how she’s evolved.”

That situation wasn’t helped by the fact that her father, at that time, was working in a war zone. An auditor with the US Government, he was posted to Afghanistan for around four years and was serving there when Monica was signed up to do her TV show.

To make matters worse, news of the TV deal was reported matter-of-factly by various media, including *Onward State*, the university’s blogging website which is billed as “an alternative news website”.

“Ms Ten-Kate, a junior at Penn State University, is shooting a nonscripted series in State College,” it told its followers, adding. “The network promises ‘a fascinating look at Monica ... navigating friends, family, relationships ... and the fact that she’s a medium and can talk to dead people’”.

That, unfortunately, was like a red rag to a bull to one member of the *Onward State* team, Noel Purcell, a senior majoring in supply chain management and information systems, who, next day, indulged himself in an appalling piece of journalism that was billed as “a retraction” and dismissed Monica and all other mediums as “lying



MONICA with her mother, Marlene Dejeuk, who had concerns about her daughter’s gift at the outset. (Photo: ABC Family)



DURING public demonstrations, Monica likes to go into the audience to relay spirit messages. Opposite page: watched by James van Praagh during a recent show when Monica shared the platform with him. (Photos: ABC Family)

frauds”.

“Unfortunately, in trying to provide a relevant piece of news to the Penn State community, we inadvertently promoted one of the most fraudulent, predatory practices around: psychic readings,” he declared, in a long and rambling piece that relied heavily on past cases of fraud and the opinions of arch-sceptic James Randi, without offering any evidence to support his allegations against Monica.

“Our mission statement promises that *Onward State* will work to generate honest conversation in the hopes of enriching the Penn State community and experience. Yesterday’s article did not do that, and we hope to rectify that. We apologise for the oversight, and are issuing a full retraction of that piece.”

Monica was hurt by it but soon managed to put it into perspective.

“It was like one of those rude, immature frat boys who decides, of his own opinion, based on his own beliefs, that he knows better than anyone else. It was not only very inappropriate, it was also dreadful journalism.

“Regardless of what he believes, it should have been published as an opinion piece, not as a retraction.

“The hardest part was that out of all the publicity and articles about me, that is probably the harshest, and to have it come from your own school – your peers and your college – that was what was most hurtful.”

There was, inevitably, a mixed reaction to Noel’s piece. It generated 129 comments, including some that drew attention to the fallacies in his argument. Phil Berry, for example, rightly declared: “This piece is borderline slanderous and,

frankly, disgusting in its personal nature. You should be ashamed of yourself, Noel.”

The controversy, of course, occurred even before the first episode of *Monica the Medium* was screened, so it was not based on either observation or facts.

“I’ve realised that no matter how long you’ve done this work; how many thousands of readings you’ve given, and their validation and the healing messages showing that you do have this ability, there are *always* going to be these people, the sceptics and those who are totally negative,” Monica observes philosophically.

The viewing public has taken a far more positive view, with *Monica the Medium* having now completed two series.

During the course of these, viewers have watched Monica Ten-Kate give comfort to many, from roommates to total but willing strangers, with impressively evidential messages from their loved ones.

But her own life doesn’t always run smoothly. A job in a boutique fails because she keeps giving messages to the customers. And she gets stood up on a blind date when the boy discovers she’s a medium.

But as the series progresses, we see Monica’s parents come to terms with their daughter’s mediumistic gifts after witnessing the positive impact her readings have on people. And her once non-existent love life blossoms when she meets an understanding and accepting young man named Tyler.

Viewers also get to see mediums James van Praagh and Maureen Hancock in the second series, discussing their own gifts with Monica. She has since joined them in public demonstrations since she moved from the family home in Arlington, Virginia,



MONICA with her father, Michael. Both parents have appeared on her TV reality show.

to San Diego.

“I can remember watching Maureen, on a YouTube video in the early days and thinking, ‘Oh my gosh!’ She was kind of everything I wanted to be and was a role model. Now we’re such good friends. We’ve just two events together in Massachusetts – Maureen is based in Boston – and she’s like a mentor for me. My favourite!”

“It was Maureen who also introduced me to James van Praagh, after he and I both moved to San Diego within a few weeks of each other.”

With another young medium – Tyler Henry – having his own show on another channel, it seems that youth is leading the way in opening young minds to spiritual gifts and awareness through TV.

Monica reveals that 90 per cent of the mail and tweets she gets is from “individuals who are gifted – particularly young people – who are experiencing their own abilities. Time and time again they say, ‘I’m in high school and I thought I was crazy but watching your show reminds me of my own experiences and opens my eyes to what I’m going through and makes me realise this is a gift’.

“I wish I had the capability to reach each and every one of them. What I can say is, ‘If that is something that you feel drawn to exploring and developing, then go for it!’

“We all have the ability but for some it is stronger. My advice to them is to start with meditation. That’s my biggest piece of advice. It’s like setting an appointment with Spirit. And Spirit is making the appointment, too.

“Doing that every day, quieting your mind, raising your energy vibration, and allowing yourself more opportunity to be in a space where you can connect and work and get clearer and stronger communication.”

And that’s certainly excellent advice from a veteran medium – even if she is only 22 years old. ■



Coggeshall

The home of *Psychic News* is an Essex market town that has experienced a host of hauntings over the centuries, reports JOHN WEST

AT THE end of 2016, *Psychic News* moved its offices (pictured right) to a small Essex market town between Colchester and Braintree, Coggeshall, which can trace its origins back to prehistoric times.



It boasts a Roman road, known as Stane Street, some 200 listed buildings and, appropriately enough, can also lay claim to be one of the most haunted places in England. So far, the magazine's editorial, advertising and support staff have not been disturbed by ghostly intrusions or other paranormal phenomena in the converted barn where they work.

Perhaps they've been too busy to notice. In time, however, they may decide to check out the two ley lines crossing the area, which are said to boost the town's psychic energy and thereby provide a way for ghosts and spirits to appear more easily.

No wonder they tell me they felt immediately at home as soon as they moved in.

Here are just some of the ghost stories and legends they can explore when time allows in this historic and picturesque town:

47 Church Street

Mr and Mrs Grant, their daughters Rebecca and Isabel, and son Simon, moved into a house in the centre of town in 1962.

The red-fronted building (below) used to be an inn and later became the home of a baker. There was no tradition of the place

being haunted but in 1959, when it was being repaired and rebuilt, a hidden room was discovered on the ground floor. It was in the vicinity of this room that strange things were recorded by the Grants.

The door leading from the previously hidden room was often found to have opened or closed on its own. The kitchen door was similarly affected. Pictures would fall off the walls and footsteps were heard around the property. A sudden coldness was often felt. Strange and unpleasant smells were noted and a "presence" was sensed by the family.

Mr Grant spoke of seeing an "eerie mist



“ Occupants have seen or sensed a ‘little man’ standing at the foot of the bed in the master bedroom ”

flitting past the bottom of the stair”. It was also seen at the top of the stairs. Despite this, the Grants were not frightened but simply curious as to who or what was causing their home to be haunted. The late Peter Underwood looked into the haunting and featured it in his 1971 book, *The Gazetteer of British Ghosts*.

It’s interesting to note that building work can often “activate” psychic phenomena and it seems more than coincidence that the discovery of the hidden room preceded the start of the haunting.

Of late, all has been quiet in the house.

The Old Black Boy, 1 Church Street

In 2010, it was reported by the proprietors that this timber-framed building (below) was haunted. A figure had been seen in the bedroom, and unexplained lights, strange sounds and the feeling of being touched by unseen hands had also been reported. A local “ghost-hunting” team later claimed to have “moved” the apparition on.



(Photo: Keith Beckett)



(Photo: Google)



(Photo: Facebook)

The Guild House, Market End

Small balls of light have been seen from outside shining from the window of a small room under the eaves of this property’s roof. Previous occupants have seen or sensed a “little man” standing at the foot of the bed in the master bedroom. No one is sure who he might be or why he haunts the place.

White Hart Hotel, Market End

The building (above and left), with parts dating back to the 15th century, is haunted by the phantom of a man or woman. No one is too sure of the sex! Others claim it’s a child. Unexplained temperature drops and sounds, the feeling of being watched, TVs turning themselves off and objects being moved have all been reported here.

The phenomena favour the oldest part of the building, especially the guests’



lounge. Room 5 is said to be particularly prone to ghostly activity, should you ever fancy staying here.

Ranfield's Brasserie, Stoneham Street

This restaurant (formerly known as Baumann's Brasserie and before that as Langan's Brasserie) gained a great deal of publicity in 2010 after it was reported to be badly haunted.

Mark Baumann, the then owner, told local press that "strange stuff has been going on for years" and went on to explain that both staff and customers had all

experienced happenings that couldn't readily be explained.

People who were alone in the building reported hearing footsteps walking up and down on the stairs. The main restaurant door had also opened by itself and knives, forks and salt and pepper pots had moved across tables by themselves. Tables and fire extinguishers were also found to have moved unaccountably during the night.

It was noted that tables eight and 12 appeared to be the main centre of ghostly activity. Customers dining there felt "cold spots" and often heard the sound of cutlery falling to the floor. A quick check under the tables revealed nothing.

One guest was eating her meal when she saw her gold watch unclasp itself and fall to the floor.

Mark Baumann thought that the building was haunted by his former business partner and flamboyant friend, Peter Langan, who had died tragically several years before. Langan co-owned a famous Mayfair restaurant with actor Michael Caine.

Baumann recalled that Peter would eat his dinner at table 12 before falling asleep, very often inebriated, at table eight. Apparently, Mr Langan was a bit of a practical joker and, according to Mr Baumann, "was always up to mischief and causing little bits of havoc and having fun".

He also recalled another strange event at the restaurant. He had bought a picture of a white dog and had hung it up in the building. A short while afterwards the former owner of the painting happened to visit the restaurant by chance and told Mark that he had originally sold the painting as he'd found the image unnerving. At that moment, the painting leapt from the wall and flew across the room.

A photographer covering the story for the *Essex Chronicle* found his camera fly from his tripod and land on a table. He was unable to provide an explanation for this.

A local ghost-hunting team was called in to investigate. Mediums involved in the research claimed to have identified five benign spirits haunting the building, one of whom was Peter Langan.

Coggeshall Abbey

The abbey (left) dates back to the 12th century and can boast one of the earliest ghost stories on record. During the time of the fourth abbot (Peter, 1176-1194) it was recorded that one of the lay brothers, Robert, walked into the refectory and encountered several people dressed like Knights Templar.

He spoke to them before leaving to inform the abbot of the visitors, suggesting to him that they should dine at the abbey. Upon his return, he was surprised to find that the knights had vanished. He then spoke to the porter who denied seeing them enter or leave the gate. The men had simply vanished into thin air!

A later chronicler wrote, "who these men were, how they came or whether they departed, remains unknown to this day".

In 1535, the abbot, William Love, was accused by the monks of practising divination "by means of a key and a book and a man's name". Love was deprived of his post and was lucky not to have faced trial and execution for practising witchcraft.

The spirit of a local woodcarver, Robin, has been spotted in the abbey grounds and also by a brook – now known as Robin's Brook – from at least the 16th century. People have also claimed to have heard him whistling while chopping wood.

Robin was supposed to have carved a statue called the "Angel of the Christmas Mysteries" which was hidden at the time of the Reformation and is still believed to lie hidden somewhere in the area.

An elderly monk with a lighted taper is also reported to walk around the abbey ruins and grounds before making his way

down a lane to the Blackwater River. A further group of phantom monks, dressed in white, appear rather more jolly than their solitary light-carrying colleague.

They used to congregate for secret meetings at Cradle House, a 16th-century hunting lodge or gatehouse. Their spirits are now said to walk from the brook, through a gate and finally into a garden where they proceed to dance with delight!

Witchcraft

Coggeshall was the scene of one of the last recorded witch-hunts in 1699, when a widow by the name of Common was tried three times for witchcraft. Each time she was "swum" in order to establish her guilt or innocence.

This process involved binding her limbs and putting her in the river to see if she would sink or float. If the accused drowned they were deemed innocent. However, if they failed to sink their guilt was assured as even the pure water had rejected them.

The widow was found guilty on all three occasions but died before she could be hanged. The gallows where she was due to have met her end are believed to have been sited at the Tollgate crossing.

A coven is also rumoured to have met at Marks Hall and taken part in strange satanic rituals involving women being tied to trees, sacrifices and other devilish acts best left undescribed.

The Holy Thorn

Somewhere near Coggeshall once stood a thorn bush that blossomed only at midnight on old Christmas Eve (5 January). The Gregorian calendar replaced the Julian calendar in 1752 with the result

that 11 days were officially "lost", much to the anger of many who thought that the government had "stolen" 11 days of their lives.

Queen Boudicca

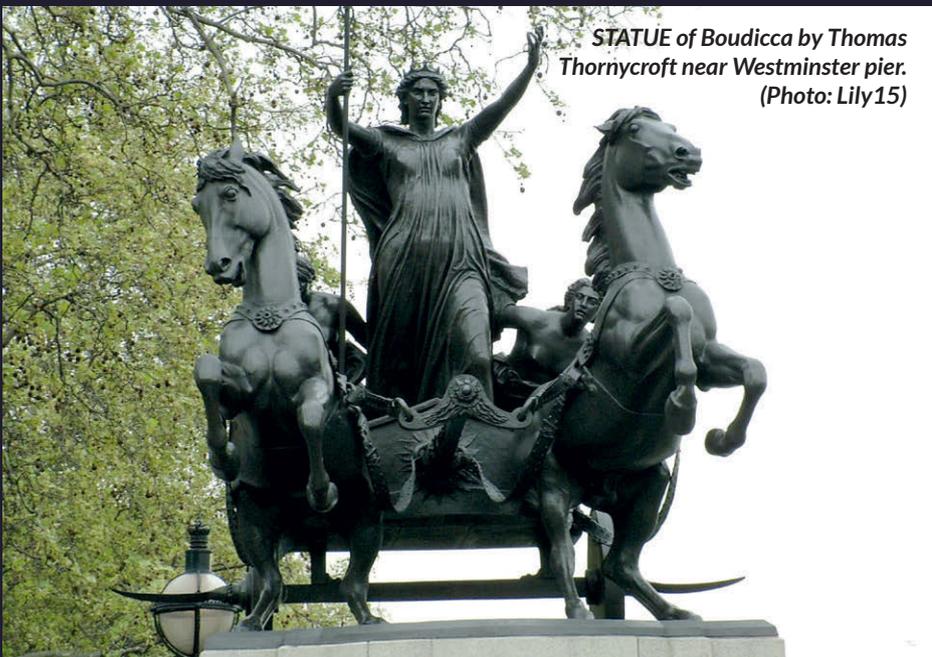
Tradition points to the Celtic warrior queen having been secretly buried in the parish, together with her chariot and all her treasure. This followed her suicide after failing to free her people from Roman rule in AD 61.

Roman historian Tacitus claimed that over 80,000 Britons met their end in the final battle with the Roman troops. The Romans claimed to have lost just 400 men. Some believe that the final battle took place at Loughton, some 30 miles to the south west of Coggeshall, where Boudicca and her daughters are alleged to haunt a prehistoric camp.

And finally

Coggeshall was once said to contain some of the most idiotic people in England – I've been reassured that's not the case now! The tales of their former foolishness include chaining up a wheelbarrow after it had been bitten by a rabid dog in fear that it would go mad.

They were also said to have chopped the head off a lamb in order to free it from a gate, knocked down one of two windmills as there would not be enough wind for both, hung sheets over roads to prevent the wind from blowing disease into the town and winched up a cow on to the church roof so it could eat the grass growing there! ■



STATUE of Boudicca by Thomas Thornycroft near Westminster pier.
(Photo: Lily15)



John West is a writer, broadcaster and film producer. In 2018, he teamed up with director Jason Figgis to produce feature films and TV documentaries. The first of these was the documentary *Simon Marsden: A Life in Pictures* and the film, *Winifred Meeks*, a ghost story set on the Suffolk coast.

John also has his own golden oldies show on Smart Radio, which is broadcast every Tuesday at 2.00 pm on smartmediagy.com

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GETTING STARTED WITH Shamanism



Christa Mackinnon is a psychologist, family counsellor, clinical hypnotherapist, shamanic practitioner and teacher. For many years, she worked internationally as a trauma specialist, therapist, trainer and university lecturer, and also spent ten years as the course director of a large international hypnotherapy training institute.

She has learnt from and worked with Buddhist teachers in Asia, indigenous teachers in the Americas, and contemporary shamanic teachers in Europe and the USA.

Now living in the UK, Christa facilitates training courses and workshops, combining ancient shamanic wisdom traditions with contemporary psychology, a subject she writes and speaks extensively about. She is the author of three books. Below, Christa explains the basis of shamanism.

THE time is right! What shamanism represents is sorely needed now because our world and way of life have to change drastically.

Not only have we created unprecedented ecological destruction, but many people lead increasingly meaningless lives producing and consuming goods, and watching low-quality entertainment.

Despite our relative material comfort and safety, we also experience an increasing level of isolation and

mental and emotional suffering, mainly in the forms of anxiety disorders and depression.

We have separated ourselves too far from nature, from Spirit and from the mystical. Consequently, we have starved – and some say even lost – our souls, that which makes us not only human beings, but also universal ones.

The shamanic has been awakened within our psyche for a reason. The reason is that humanity's dream is at a critical point and the shamanic can

provide the teachings needed and the antidotes to the disturbing developments in our inner and outer worlds.

It can do this by connecting us back to our "earth souls," embedding us again within nature whilst helping us to expand our consciousness through accessing the universal underlying energetic realms of Spirit with all their help, wisdom and teachings available to us.

What is shamanism?

Shamanism is an umbrella term for both the most ancient spiritual traditions known on this planet and many contemporary varieties.

Traditional shamanism developed in one form or another independently all over the world – from the Americas, then over Europe to the Far East. Whilst it varied in its expression, it also showed remarkable universal similarities due to



Prayers of the Shaman by James Ayers



its roots in the natural world.

Traditionally, shamanism was our tribal ancestors' way of exploring and working with the forces within and around them, not only the forces of the manifested worlds, but especially the underlying energetic forces of the other worlds and Spirit.

Shamanism is therefore often described as a way universally used in indigenous cultures to expand consciousness via entering altered states to connect with the essences – or spirits – of the whole and to work with those forces for the benefit, health and harmony of their communities.

The female and male shaman, the “one who is ecstatic and knows,” formed the bridge between these energetic worlds and the material world working in alignment with the wishes of Spirit.

Shamans access these energetic realms through journeying to them via deep trance states created with different means.

Traditionally, they were seen as healers, visionaries, psychics, seers, dreamers, shape-shifters, myth-creators, divinatory practitioners, story-tellers, co-creators of reality and more.

They are also, as Roger Walsh, an Australian professor of psychiatry, philosophy and anthropology, so rightly says “the most enduring therapeutic practitioners” in the widest sense, as the idea of “healing and wholeness” underlies all their spiritual work with individuals and the community.

Stemming from tribal lineages and embedded in specific traditions, traditional shamans can still be found in many places, most prominently in South America, Mongolia, Russia, Africa, Indonesia, Korea, Australia, Hawaii and Japan.

In fact, shamanism was kept alive underground in many parts of the world for hundreds of years, resurfacing only

after conquerors, missionaries and repressive regimes, which all did their best to wipe out these practices, left.

The latest examples of shamanism that simmered for years underground are the traditional practitioners we now find in Russia and Mongolia, who surfaced only after the fall of the various Communist regimes.

Contemporary shamanism

Contemporary shamanism consists of a vast field of teachings, knowledge and practices.

Modern shamanism as practised outside tribal settings is less strongly embedded in specific traditions and places. People who practise it don't often call themselves shamans, but “shamanic practitioners.”

Some of these practitioners still utilise the teachings of one main tradition. For instance, they base their work on North American indigenous teachings or are trained in Mexican traditions.

Practitioners may also subscribe to the teachings and practices of Mongolian shamanism. Now many combine the teachings and practices from various traditions, including more contemporary healing approaches or blending shamanic teachings with ecology to counteract planetary destruction.

The modern medicine men and women see their calling as working towards the expansion of our consciousness, personal healing, spiritual growth and restoring a deep connection to nature and our soul.

Shamanic world-views and aims

Contemporary shamanism derives its world-view and aims from traditional teachings, although it sometimes describes them in more modern terms.

Overall, these basic teachings of both traditional shamanism and its more contemporary varieties are derived from shamans' profound experiences within altered states and spirit teachings.

They are also informed by an intense connection with the natural world, their shamanic rites and initiations, and the knowledge that has been passed on by ancestors, teachers and spirit teachers over millennia.

The world-view of shamanism is energetic in nature. It sees the universe as a living being, with the underlying fields being vibrational/energetic in essence.

Therefore, everything in those realms is seen as being interconnected and can be worked with, influenced, utilised and bridged into manifest reality.

Shamanism also assumes that everything contains at its core an energetic life-force essence, which in shamanism is called Spirit.

This could be described as an essence that has within it the potentiality of all it can be in the manifested realm. For instance, the essence of a tree's seed contains the potentiality to become a tree, which is its driving force to develop into one.

Humans are no exception. They also contain a life-force essence and are therefore in essence Spirit.

Like all spirit essences, we are a potentiality in the state of “becoming,” seeking to manifest ourselves to the fullest possibility. For humans, this means reaching the highest level of consciousness.

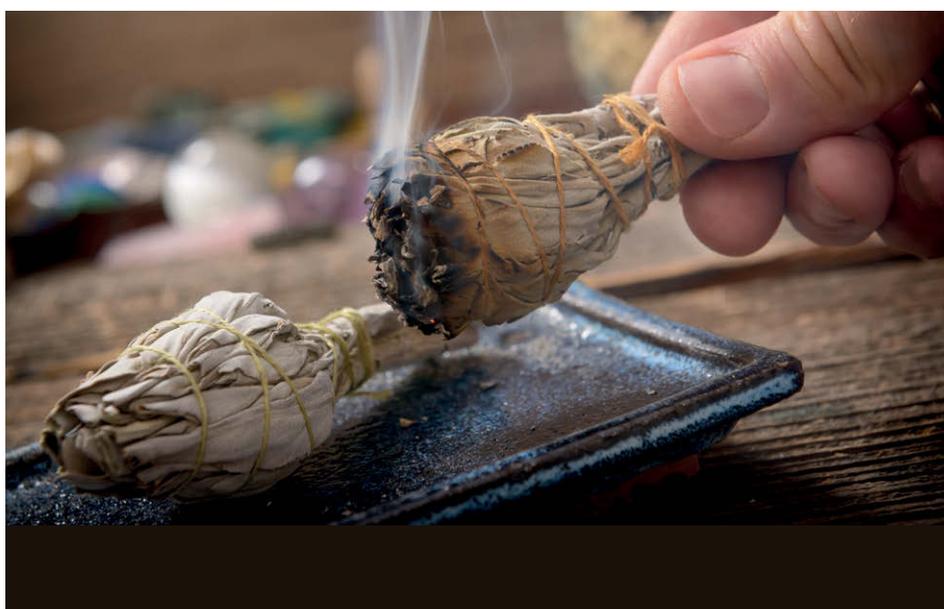
Humans also have a soul. Whilst Spirit as our essence contains all the life force possibilities in potential form – all that we humans can become – the soul contains the knowing of this potentiality as well as the energetic imprints we carry in the form



SOME shamans take part in attending a sweat lodge. This one is in Hawaii. (Photo: dreamymo)



Whispers by James Ayers



SMUDGE sticks involve the burning of herbs for cleansing and purification.

of individual and collective experiences. The soul is our individual driving force.

Working on the level of soul is therefore paramount, as, firstly, it knows about the life-force essence.

Secondly, it also is in need of “becoming whole again” because it can be split, diminished and hurt, as well as experience suffering when our walk on Earth is not in alignment with the spiritual becoming.

This life force – the spirit essence of all living things – is not to be confused with spirits, which are energetic entities of the various worlds.

They are connected and communicated with when shamanic practitioners travel into the various realms via altering their states. Spirits can be light or dark and are experienced as non-material and intelligent, providing the shaman with information, power, help and wisdom.

What shamanism does and the tools it uses

The focus of all shamanic work is to expand our consciousness so that we can experience and work with all there is.

Simply put, it is a system of exploration, connection and focused utilisation of the unseen realms for our individual and collective healing and development in accordance with the wishes of Spirit.

Shamanic practitioners work with the forces of all the underlying fields, including the spirit allies from many worlds in the form of nature spirits, spirit guides, ancestors and more.

Shamanism is a system of connection and integration, working towards wholeness.

It connects the different worlds – the lower worlds (underworlds) with the

middle world (manifested world) and the upper worlds (universal worlds).

It also connects the body and mind with the soul and spirit, our feminine aspects with the masculine, and our denser energies with our higher energies.

Shamanic work likewise connects the human being with the wider universal fields of past, present and future with the help and information available in those fields, such as spirit guides, animal helpers and ancestral forces.

It explores light as well as dark fields and gives us much guidance about the worlds we experience when we are in altered states of perception (trance states) and how to use such states and the experiences they bring for healing, integration, development and the expansion of our consciousness.

Shamanism also provides us with a body of knowledge and teachings about nature. It works extensively with natural forces, brings us back to nature and therefore to our own nature.

Individually and collectively, it helps us to reconnect with the natural world, see ourselves as an integral part of it, to explore our earth soul and to reconnect with the sacredness of life, which, according to shamanic teachings, can be found and experienced in nature.

The tools and approaches used in shamanism are active, experiential and dynamic. They can be challenging and engage our whole being.

Once we begin to utilise shamanic approaches, our lives become enriched in many ways. We learn how to access and work with the underlying energetic realities, so that we can become more whole and more embedded within a wider field.

They begin to enable us to utilise the

DRUMS are used to create vibrations and connect with Spirit.



beneficent forces of the spirit realms and connect to the sacred. With this, we experience the sacred within all things and also within ourselves.

As we expand our consciousness, we begin to live in harmony with our soul's journey and walk the path of our own becoming.

Shamanism has many ways to alter our perceptions, so that we can journey to the other worlds to explore them, access the help available and work within them.

The best known is the contemporary shamanic journey, which can be learned easily and utilised within a group, but also at home.

You can journey to connect with your animal guides and helpers from the lower world, your spirit teachers in the upper world or your ancestral forces and guides.

Likewise, you can journey to retrieve parts you have split off in the past, find out the root causes of issues you need to address, ask questions about the future, access and integrate energetic helping fields, explore your soul's hurts and heal them, and even explore your spirit essence.

Shamanism uses ceremony and ritual extensively to connect the different layers of reality, to access and speak with Spirit, to tune into and celebrate the seasons and cycles of life, to give thanks, to pray, to let things go, to call things in and much more.

Ceremonies and rituals can be long-drawn-out affairs that may go on for days and nights, such as the traditional sun or moon ceremonies or a sweat-lodge ceremony, but can also be used in briefer forms, like fire and gratitude ceremonies, which we can perform at home on a daily basis.

Seats and embodiments of Spirit and power are part of all shamanic work. We



CHRISTA MACKINNON: *"Shamanism connects us to our roots."*

cleanse spaces and auras and create altars, inviting Spirit to use them as its seats.

Some of these altars are elaborate, such as South American mesas, which are portable altars. Others are simple, representing, for example, the four directions and the eternal centre.

Shamanism also uses objects and other ways to embody Spirit and power. You might have seen shamanic practitioners working with crystals, stones, feathers and using various vibrational tools when they attempt healing.

Extreme forms of embodiment are the spirit possession and shape-shifting of traditional shamans or shamanic practitioners who work in such ways.

Vibrational instruments, especially drums, but also didgeridoos, horns and others, as well as song, chants and voice, are utilised to create vibrations, connect with Spirit and influence and work with vibrational fields.

Movement and dancing with Spirit in the form of prolonged ecstatic dance, often called trance dance, can be found in most traditions and also in contemporary shamanism. The most well known are the

"Five rhythm dances" or more traditional sun dances.

The shamanic nature repertoire ranges from nature journeys to connect with the spirit essences of trees, mountains, plants, animals and more, over nature awareness walks to extensive vision quests and wilderness camps.

All of these are designed to reconnect us and re-embed us into nature and into our own earth souls whilst learning how to utilise the natural forces.

Energy healing, lucid dreaming and working within the dream world, teaching stories and myths, ancestral work and the utilisation of natural plant medicine for vision and the expansion of consciousness are all part of the extended shamanic repertoire of tools and approaches.

As already explained, shamanism has come to the fore and into consciousness because our world needs it. It is an amazingly comprehensive psycho-spiritual system.

It offers us a rich repertoire to live a life of expanded consciousness, infused by Spirit and the sacred.

Shamanism connects us to our roots whilst helping us to branch out into the sky and to become all that we can be in alignment with our soul and spirit essence.

I invite you to start your journey. You can find teaching, much guidance and many step-by-step exercises in the new edition of my latest book.

■ **Christa Mackinnon's book, "Shamanism Made Easy," is published by Hay House UK at £10.99.**

Information about Christa's shamanic workshops and courses can be found on her website at www.christamackinnon.com

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'I accept life after life'

says near-death doctor



Famed for his pioneering investigations into near-death experiences, in 1975 Dr Raymond Moody wrote "Life After Life," which for many was a life-altering book. Indeed, he coined the expression "near-death experiences" (NDEs).

In this exclusive interview with editor Tony Ortzen, Dr Moody gives an overview of his work and continuing research. First, he tells what sparked his interest in near-death experiences.

I WAS not raised as a religious person, as my father was a doctor and my mother had a humorous view of the Christian fundamentalists who are very prevalent in South Georgia where I grew up.

There was a church on every corner, but I never made my way into any of them, as this was just not part of our world view or my family life. We were scientifically oriented, and I had a passion for astronomy that I shared with my father.

However, astronomy led to my asking big questions about the origins of the universe and what our place was in the vastness.

At the age of eighteen, at the University of Virginia, I decided to major in philosophy and came across Plato's *Republic*. At the end of it, Plato related the story of Er, who had died and returned again to life and had a near-death experience.

This account sparked my imagination and led to the question that would guide my life's work – is there a life after life?

I completed my PhD in philosophy and examined this question intellectually. When I pursued a degree in medicine, what was once merely conceptual became an empirical inquiry, as I heard the stories of patients who died and then came back

again with astonishing accounts.

However, while I wrote the book *Life After Life* about these accounts and coined the term "near-death experience," I really was not fully convinced. I remained sceptical until very recently – about five years ago.

Is there any evidence that NDEs have occurred throughout history?

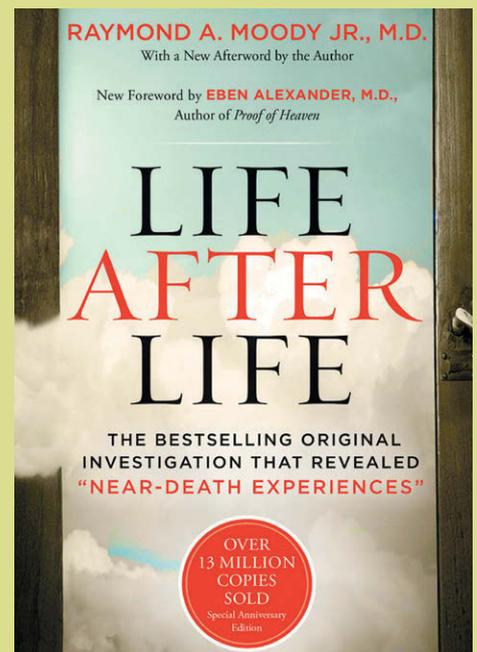
There are reports from many eras of places and people who had been dead and resuscitated, as I mentioned, from Plato and Ancient Greece.

For example, in England there was the Venerable Bede, who describes these occurrences. Throughout history and the world, there have been – and continue to be – these kinds of happenings.

Do they occur in all cultures? If so, how do they differ?

I have not surveyed all cultures. However, I do know anecdotally that everywhere I travel and speak, people share their stories with me and they all follow a similar pattern.

I hear the same stories in China, Japan, Eastern and Western Europe, North and South America, and India.



What happens during a typical NDE?

As I describe in *The Light Beyond*, the experience of going through a tunnel generally happens after bodily separation.

I didn't notice until I wrote *Life After Life* that it isn't until people undergo the "cutting of the ribbons" and the out-of-body experience that they truly realise their experience has something to do with death.

At this point, a portal or tunnel opens to them and they are propelled into darkness. They start going through this dark space and at the end come into the brilliant light.

Some people go up stairways instead of

“
 Beings glow
 with a beautiful
 and intense
 luminescence that
 seems to permeate
 everything
 ”

through a tunnel. Others have described going through beautiful, ornate doors, which seems very symbolic of a passage into another realm.

Some people hear a whoosh as they go into the tunnel, an electric vibrating sensation or a humming.

In one of the most amazing tunnel experiences I've ever heard, the tunnel was described as being almost infinite in length and width, and filled with light.

The descriptions are many, but the sense of what is happening remains the same: the person is going through a passageway towards an intense light.

Once through the tunnel, the person usually meets beings of light. These beings aren't composed of ordinary light. They glow with a beautiful and intense luminescence that seems to permeate everything and fill the person with love.

In fact, one person who went through this experience said, "I could describe this as 'light' or 'love' and it would mean the same thing." Some say it's almost like being drenched by a rainstorm of light.

They also describe this light as being much brighter than anything we experience on earth. But still, despite its brilliant intensity, it doesn't hurt the eyes. Instead, it's warm, vibrant and alive.

In this situation, NDEers frequently meet up with friends and relatives who have died. Often, they speak of these people as being in the same indescribable bodies as theirs.

Those who have a NDE often meet a barrier, like a lake or river, and are told: "Go back.

It's not your time." Does this suggest that the dates of our deaths are predetermined? If so, by whom or what?

I do not know if the date is predetermined. I do know from my clinical experience with the terminally ill that people seem to die on important dates and anniversaries, and on some level choose when they will pass. Examples of this are abundant.

In a tsunami or earthquake, thousands of people may pass on. Have they all reached their time to enter the Higher Life or can there be an "accidental" death caused by either nature or a man-made incident like a car crash?

I just don't have any idea. This question is above my pay grade! What frightens me sometimes is to hear people justify horrible occurrences because "God chose for it to happen."

It seems to me that sometimes there are events which are random and horrifying, and as humans we need to fight for what seems just in this world for ourselves and others.

For example, it's terrible when someone with cancer blames themselves for being sick because they believe somehow they made it happen or God is punishing them. I don't pretend to know how any of this works, but I do know we need to be as kind to ourselves and others as possible.

What's the most unusual experience you've encountered?

One concerning Jeffery Olsen and Dr Jeff O'Driscoll. This was a case that led to

my finally concluding there is life after life.

Jeffery Olsen had a tragic car accident, which claimed the life of his wife Tamara and son. He then had a NDE during which he communicated with his dead wife and she offered words of comfort and love.

At the same time, trauma surgeon Dr O'Driscoll saw an apparition of Mr Olsen's wife in the trauma suite offering insight and words of guidance about Jeff's condition.

Dr O'Driscoll never mentioned this experience publicly because among physicians they are often perceived as being completely imaginary. Here are a few excerpts from his captivating book *Not Yet*:

"In the trauma suite, I saw the usual army of professionals surrounding a gurney. Bits of an unconscious and battered body were visible through the cracks between personnel.

"I saw the usual flurry of activity and heard the hum of voices: vital signs, the tail end of a report from the transport team, orders, acknowledgments, tentative plans...

"A tingle - almost a vibration - began in the centre of my soul and radiated outward to the tip of each digit. I felt the hair on my arms and neck stand at attention.

"The treatment area was large, with an elevated ceiling and a mirrored observation room that looked down on the scene for teaching purposes. Tamara stood high above my right shoulder and about ten feet away, about halfway between Jeff and me.

“We’d never met, but I knew her. She calmly surveyed the room, sometimes looking toward me, sometimes toward her severely injured spouse. She had a pleasant countenance and a warm, welcoming disposition.”

I’ve come across cases where someone has a NDE, meets a person on the Other Side of whom he or she had no previous knowledge, but later identifies from a photo. Is this fairly common? Can you briefly outline such a case?

I’ve heard of five to six such cases. Neurosurgeon Eben Alexander’s well-known experience is recounted in his wonderful book *Proof of Heaven*.

Dr Alexander saw the figure of a woman who he later discovered was a sister he never met and had passed away.

This also happens when people are at the threshold of life and death. There can be visitations from figures who appear at the bedside of the dying.

Sometimes, figures appear who represent family members or friends that the dying person knew nothing about yet they appear at the threshold.

I often hear stories like this. One woman I met recently saw an older woman whom she did not recognise, but was very loving and present during her NDE.

When she described the figure to her adoptive mother, the mother was stunned and said, “That sounds just like your biological grandmother!”

The young woman had never seen photos of her, but her mother had one photo of her that she extracted from the attic to show her astonished daughter.

Am I right in thinking that in various cases someone undergoing surgery has had a NDE, then described in precise detail what occurred during an operation, even correctly repeating conversations between those in the operating theatre or seeing a surgeon, for instance, drop something?

Yes, yes – that happens absolutely. There are lots of cases where patients are able to describe the surgery.

A few years ago in Connecticut, a cardiologist described resuscitating an old woman with a heart condition. When she was out of her body, she looked down at herself and saw her heart in layers and two layers separated.

This was exactly what occurred, although the procedure was never described this way to her during or after her operation. When she returned to life and described in detail to the doctors what she saw, they were stunned by its accuracy. This is common.

Another of these experiences happened

to an elderly woman I was resuscitating. Again, it’s described in *The Light Beyond*.

I was giving her closed heart massage on an emergency room examining table and the nurse assisting me ran into another room to get a vial of medication that we needed.

It was a glass-necked vial that you’re supposed to hold in a paper towel while breaking off the top so you don’t cut yourself. When the nurse returned, the neck was broken, so I could use the medicine right away.

When the old woman came to, she looked very sweetly at the nurse and said, “Honey, I saw what you did in that room, and you’re going to cut yourself doing that.”

The nurse was shocked. She admitted that in her haste to open the medicine, she had broken the glass neck with her bare fingers.

The woman told us that while we were resuscitating her, she had followed the nurse back to the room to watch what she was doing.

Kenneth Ring, Professor Emeritus of Psychology at the University of Connecticut and a researcher into near-death studies, talks about the remarkable experiences of the blind who have NDEs.

In his research study, 80 per cent of his blind subjects not only heard, but also saw what was going on in the operating room.

Have NDEs convinced you of life after death? If so, how do you envisage it?

I am convinced. I envisage a beautiful high definition and vivid reality where our boundaries and separations are dissolved. It is a place where learning continues and souls convene, and there is no time.

People still seem to be in some kind of body even though they are out of their physical bodies. They say the spiritual body has shape and form unlike our physical bodies.

It has arms and a shape, although most are at a loss to describe what it looks like. Some people describe it as a cloud of colours or an energy field.

One NDEer I spoke to several years ago said he studied his hands while he was in this state and saw them to be composed of light with tiny structures in them. He could see the delicate whorls of his fingerprints and tubes of light up his arms.

If the evidence for NDEs is so good, why do some scientists and sceptics reject them out of hand?

If you have not really been a part of this field and seen first hand what I have as both a researcher and medically trained professional, it is easy to disregard these accounts as imaginary.

Our experience of the world is so powerfully informed by the senses and what we all experience as “real.” However, it is very difficult to spend as many years as I have hearing the accounts of reasonable men and women and still disregard these experiences.

They are very much a part of the normal occurrences connected to death and dying. There are so many accounts of these things, including shared-death experiences, which we will be hearing more about this year with the release of some very exciting research in this area.

Can you outline how someone’s earthly life changes after they’ve had a NDE?



HERE Dr Raymond Moody appears with fellow near-death experience researcher Lisa Smartt.



There are a number of after-effects. Many are quite extraordinary, such as the case of orthopaedic surgeon Tony Cicoria, who was struck by lightning and returned to life with an extraordinary musical gift.

Another is the UK's David Ditchfield, who was dragged under a train and whose NDE resulted in remarkable music and paintings.

We also hear from many who have had NDEs that they bring back heightened intuition and greater empathy and compassion for others. Many – but not all – return with a greater sense and understanding of their purpose.

Some experience powerful remissions or healings and then have the capacity themselves to heal others. They all report losing the fear of death and dying.

However, like many life-changing events, some of the after-effects can be challenging. Some people experience such peace and comfort and even ecstasy during a NDE that returning to the “real world” here on earth is not easy.

How many books have you written?

What's their combined sales? In how many languages have they appeared?

I have written thirteen books and am working on two now – *God is Bigger than the Bible* and *A Brief Guide to Grief*.

Life After Life has sold something like 20 million copies worldwide. I have lost count of all the languages, but I imagine almost every one in which books are published.

It is a huge honour. I had never thought when I was younger that my simple curiosity would lead to such a sensation. The sales of the other books have been much more humble.

On earth, we are much governed by time, not only by watches, clocks, etc, but the sun and moon, and day and night. Based on your research, how does time operate on the Other Side? Do spirit beings live in the ever present now?

Having undergone a NDE, people say there is no time. When relating it, they have to as a sequence, but in relating it, it is timeless.

You do not need to have a NDE to realise this. As they get older, many people realise there is a huge shift in how time is perceived.

Spirit guides teach that the Higher Life is worlds within worlds. Jesus taught that “In my Father's house are many mansions.” Would you accept that after passing on, we go to a level we have earned by our behaviour on earth and can progress to higher levels?

My own perspective is that the afterlife has nothing to do with justice or achievement, as these are things associated with our lives on earth.

When people think of the afterlife, they borrow aspects from their life here on earth. For example, when we talk about punishment from God, it is absurd to think that they will face an eternity of torment for one or two infractions in a 74-year lifetime.

From what others share with me, I have not concluded that any one is more evolved than anyone else. That attitude seems ego-intruding to me. I think we each have a kind of evolutionary trajectory of our own souls, but it is not in relation to others.

What happens to truly evil dictators like

Hitler, for example? How can they ever make recompense for causing the deaths of millions of people, appalling suffering and massive destruction?

I have no idea. However, I do know that from reports of thousands of people that we have a life review where we experience first-hand the pain we caused to others in our lifetime.

I imagine for someone like Hitler that experience of feeling the pain of others will be excruciating and could last for what might seem like an eternity, as there is no real time in the other world.

Is there much academic research going on into NDEs?

There is a terrific new book, *The Science of NDEs*, edited by John Hagan. It is a collection of articles by physicians who have had NDEs or studied them. It's published by Missouri University Press.

Would you like to leave our readers with a message?

First of all, I would love to invite everyone to join us at The University of Heaven (www.theuniversityofheaven.com) where they might enjoy our webinars and complementary blog *Illuminating* featuring researchers such as Dr Kenneth Ring and experiencers including Tricia Barker, and questions and answers with and personal accounts of our community members and more. Please see www.theuniversityofheaven.com/blog

To find out more about Dr Moody's books, please visit lifeafterlife.com and glimpsesofeternity.com ■



Figuring out numerology

By Hilary Carter

Co-creator of tai yoga and co-founder of Higher Moon transformational workshops, Hilary Carter studied energy healing and tai chi in London before qualifying as a British Wheel of Yoga teacher. She is also a workshop leader and consultant astrologer, having studied with the world-renowned Faculty of Astrological Studies in London.

Hilary has written books on several topics, including numerology, coincidences around the number eleven, and a further volume on real-life stories of recovery from depression, addiction and burnout.

Below, Hilary homes in on numerology and explains how you can find your life path and destiny number, including its strengths and weaknesses.

Hilary's "Numerology Made Easy" is published by Ayni Books and is a user-friendly guide to numerology.

NUMEROLOGY is an ancient art. A numerologist believes that numbers have meaning and through looking closely at an individual's personal numbers a lot of helpful information can be revealed.

This includes personality traits, character weaknesses and strengths, possible challenges of this life and also its purpose.

In many ways, numerology is similar to astrology because a good astrologer can reveal the same sort of information through the interpretation of an accurate birth chart.

Although its origin is often attributed to the great philosopher Pythagoras, the true source of the nature and meaning of numbers has been lost in the mists of time. The Hebrew Kabbalah deals with the subject and that pre-dates Pythagoras by centuries.

So although it has a lengthy history how can knowledge of numerology help us in everyday life? As a numerologist, the first thing I look at is the life path.

This is calculated using the date of

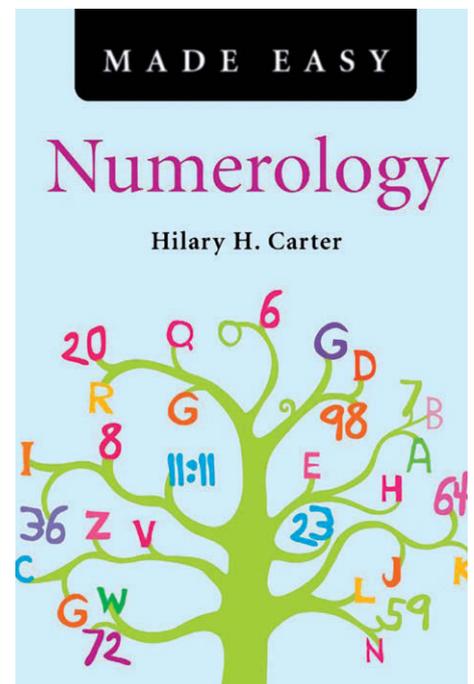
birth – day, month and year. This number indicates the main focus of your current life and it is the most important of your numbers.

There are eleven life paths – 1, 2, 3, 4, 5, 6, 7, 8, 9, 11 and 22. Rather like the 12 signs of the zodiac, each of these life paths presents you with certain gifts and challenges and also reveals the lessons that the reincarnating soul is aiming to learn in order to progress on the spiritual path.

It can therefore give you greater clarity in this life. Because the life path number is derived from your date of birth, you cannot do anything to change it.

It's very easy to find your life path. You simply reduce the birth date to a single digit except for the master numbers 11 and 22, which are never reduced.

You add up the day, the month and the year separately. Why? Because if you do not add the 3 numbers (day/month/year) separately you might miss a master number life path. Example one demonstrates this.



EXAMPLE ONE

25th August, 1969.
(25/08/1969 or 08/25/1969)

If we add the numbers separately we have:

2+5=7
0+8=8
1+9+6+9=25. 2+5=7
7+8+7=22.

This method gives us a master life path of 22.

If we had not added the numbers separately, we would have added
2+5+0+8+1+9+6+9=40. 4+0=4.

EXAMPLE TWO

31st December, 1988
31/12/1988 (or 12/31/1988)

3+1=4
1+2=3
1+9+8+8=26. 2+6=8

This needs to be reduced to one digit.
4+3+8=15. 1+5=6
The life path is 6.

Once I have the life path information, I then calculate the destiny number. It's very easy to find out your destiny number. Each letter is given a number as shown in the following chart.

A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	2	3	4	5	6	7	8	9	1	2	3	4	5

O	P	Q	R	S	T	U	V	W	X	Y	Z
6	7	8	9	1	2	3	4	5	6	7	8

This is the classic way of numbering the letters, where A=1, B=2, C=3 and so on. It is based on our current 26-letter alphabet. There are other letter/number systems used by some numerologists based on ancient alphabets.

The destiny number is much more flexible than the life path number. This is based on the full name given at birth, but you can change the energy that's attached to you by changing the spelling of your name or even changing your name altogether. This is where knowledge of numerology is very helpful.

For example, if your life path is a safe and steady number four and your name is full of fours you might feel very stuck. You could then choose to adapt the spelling of your name and add some slightly wild and changeable fives to add those qualities in your personality.

LIFE PATH ONE

In this life the soul wants to establish a direction for the future and bring something new into the world. However, new chapters, new creations and new inventions don't have to be massive or famous.

Sometimes number ones will spend this lifetime changing their ways of thinking and patterns of being and living that have been ingrained in their souls for ages.

DESTINY NUMBER ONE

Strengths

Leadership abilities, creative, organised, daring, ambitious, energetic, air of authority, clarity of vision, inventive, brave, independent, inventive, positive and determined.

Weaknesses

Selfish, pushy, arrogant, bullying, self-centred, tactless, unfeeling, lack of compassion, egocentric, bossy and "Me first" attitude.

LIFE PATH TWO

Twos are here to learn to co-operate with other people, such as co-workers, children, friends and partners, and make excellent counsellors.

Their humanitarian nature is a huge asset in any work involving charity. They are sensitive souls. Sometimes, they will find life all a bit too much.

DESTINY NUMBER TWO

Strengths

Patient, peaceful, forgiving, diplomatic, balanced and fair, charming, good host/hostess, considerate and reliable.

Weaknesses

Shy, lack of direction, no zest for life, spineless, vague, easily led, too sensitive to the opinions of others, excess nervous energy, indecisive and petty.

LIFE PATH THREE

Three is the number of trinity – Father, Son and Holy Ghost, Yin, Yang and Tao,

JOHN WINSTON LENNON

John: 1+6+8+5= 20=(2)

Winston: 5+9+5+1+2+6+5=33=(6)

Lennon: 3+5+5+5+6+5=29=(11)

2+6+11=19. 1+9=10 1+0=1

So his destiny number is 1. Number one is about newness. Along with the other Beatles, he was in the forefront of a radical change in modern music.

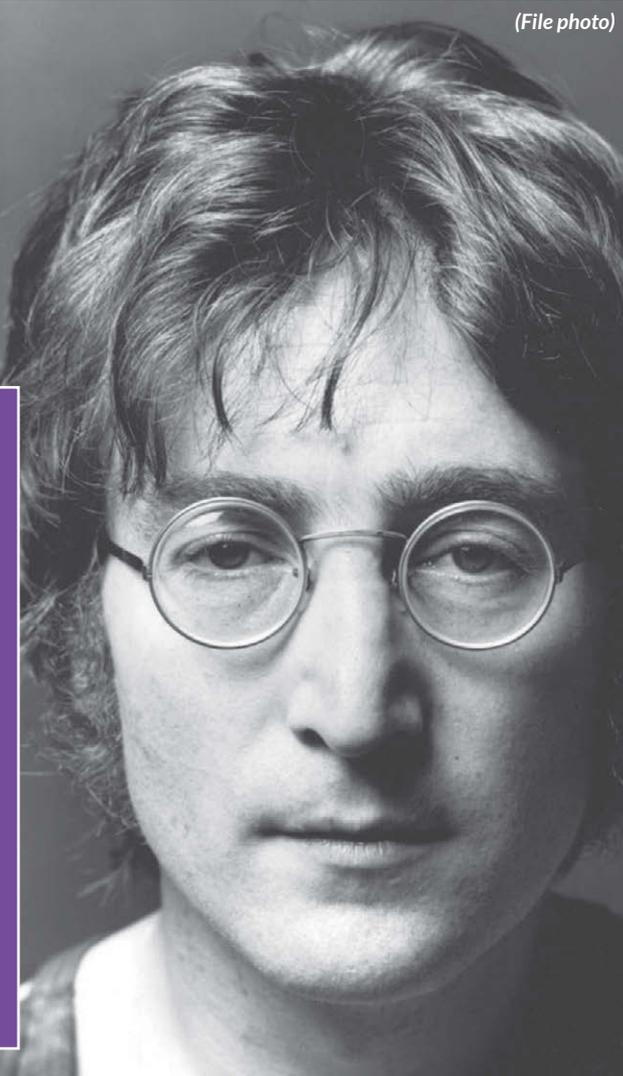
However, the 5 influence is quite strong. It is always worth noting when a number is repeated many times within a name or a birth date.

Look at how many times a 5 letter appears in his name. Five is the communicator and John Lennon was certainly a messenger whilst on Earth.

So the life path and the destiny numbers together reveal lots of information. At a more advanced level, the numerologist can calculate compatibility with partners, friends and work colleagues, minor or major event periods, dates of significant life changes and much more.

Using the information in this article, you can find some of your numbers and read the following interpretations for your life path and your destiny number.

(File photo)





positive, negative and neutral. Choosing this life path, the soul is moving towards understanding its place and purpose in the greater whole.

They are here to learn that divinity is not “out there,” but is within everything that exists. Although seven is said to be the spiritual number, three can also be deeply spiritual.

DESTINY NUMBER THREE

Strengths

Charming, sociable, theatrical, musical, good taste, bubbly, artistically talented, expressive, entertaining, articulate, witty, romantic and creative.

Weaknesses

Vain, domineering, critical, impatient, fickle, shallow, flirty, indulgent, pleasure seeking, always wanting to be in the limelight and jealous.

LIFE PATH FOUR

“Four square” is an expression that means firm, steady and unwavering. Another interpretation is to be forthright, frank or blunt.

In mathematics, four is represented by the square. A soul on a four-life path is often found in a situation where individuals are blocked or restricted in some way, as though they are inside that square and cannot get out.

The lesson here is to learn to live in harmony with restriction. The fours need to tread that fine line between accepting restriction and not getting stuck.

DESTINY NUMBER FOUR

Strengths

Loyal, steady, hard-working, methodical, practical, patient, reliable, logical, proud, dependable, solid, honest, sincere and salt of the earth.

Weaknesses

Too serious, depressive, mean, stubborn, crude, tight-fisted, sluggish, slow and plodding, clinging, immovable, fearful, stuck and suffocating.

LIFE PATH FIVE

Five is the number of freedom. Here is the soul who has normally spent many lives being restricted in some way. Now the soul is ready to break down the mental and physical barriers that have prevented it from expressing freedom.

These people often become communicators in some form, so they make good teachers, journalists and writers. They love to travel, explore and experience other ways of living.

DESTINY NUMBER FIVE

Strengths

Interesting, well-informed, adventurous, good conversationalist, forward-thinking, multi-talented, enthusiastic, good sense of humour, excellent communicator, spontaneous and analytical.

Weaknesses

Rejects routine, too happy-go-lucky, unreliable, impulsive, changeable, fickle, not always loyal, sarcastic, devious, irresponsible, doesn't finish what they start, lacks direction, inconsistent, confused, difficult to pin down, irritable and restless.

LIFE PATH SIX

Souls on a six-life path are endeavouring to bring beauty and love into the world. This can be manifested at many different levels.

When expressing positively, the nature of a six is very giving. That's what they're working on in this life. They want to create a better and more harmonious world. People who need help and support are instinctively drawn towards the six.

DESTINY NUMBER SIX

Strengths

Charming, spiritual, peace-loving, creative, honest, graceful, serene, humanitarian, loving, caring, thoughtful, sympathetic, homemaker, charming and considerate.

Weaknesses

Self-righteous, extravagant, meddling, interfering in others' affairs, vain, cynical, self-righteous, needy and mean.

LIFE PATH SEVEN

These souls are choosing to re-balance the heart in this life. Those on this life path often become quite spiritual as a way of balancing the heart.

Surrendering to a higher power or getting in touch with one's own divinity is one way of doing this. Divine love is unconditional. It is therefore a safe way to open the heart to love.

DESTINY NUMBER SEVEN

Strengths

Kind, psychic, intuitive, imaginative, introspective, deep-thinking, philosophical, artistic, intelligent, compassionate and perfectionist.

Weaknesses

Withdrawn, reclusive, stays in shell, timid, escapist tendencies, repressed emotions, secretive, likes their own way, sarcastic and cunning.

LIFE PATH EIGHT

The soul choosing to experience life on the eight life path will usually have had a previous life of either extreme excess or extreme lack. The soul needs to learn how to balance their needs with their wants.

An eight can become very wealthy and successful, but attaining money, status and power is not the final goal of an eight. The goal is the satisfaction of becoming materially self-sufficient and using their power in a compassionate and caring way.

DESTINY NUMBER EIGHT

Strengths

Powerful, can become famous, perceptive, ambitious, successful, leadership qualities, reliable, humanitarian and wise.

Weaknesses

Hunger for power, too interested in money, self-centred and vain, intolerant of others, stubborn, greedy, controlling and misuse of power.

LIFE PATH NINE

We are all connected, not isolated units of consciousness. Souls on the nine life path have chosen to move their soul onwards towards acting upon this realisation.

The main lesson of the nine is to learn to give purely for the satisfaction of helping others and not giving in order to be rewarded.

A nine who is on track will be involved in charity work, caring for the sick, needy or under-privileged. Their giving might be in the form of friendship or love towards others.

DESTINY NUMBER NINE

Strengths

Philosophical, intelligent, sincere, wise, generous, kind and compassionate, evolved, charitable, can be highly artistic and creative, tolerant and broad-minded.

Weaknesses

Over-emotional, self-pitying, moody, critical, can be resentful about giving, argumentative, selfish, "the dreamer" and tight-fisted.

THE MASTER LIFE PATHS

Being on a master number life path does not automatically mean that you are a master of something. Any life path number expressing at its highest potential can produce masters.

However, the heightened energy of a master life path gives you the potential of being a catalyst for change in the world.

MASTER LIFE PATH ELEVEN

Those on an 11-life path have chosen to experience being in the physical universe whilst carrying a vibration than can be used for the good of others. All numbers carry a vibration.

The 11 (a compound number) carries a much higher vibration than the single digits. These souls have decided that they are ready to take their place on earth and be of use in some way.

You can find elevens in all walks of life. Wherever they are found and whoever they are, in my experience there's almost always a mystique about these people.

Souls on an 11-life path are charged with energy. This energy is held in the nervous system. Too much of this energy buzzing through them can cause the eleven to be very highly strung.

DESTINY NUMBER ELEVEN

Strengths

Working for the common good, spiritual, powerful, a leader, brave, inventive, intuitive, psychic, big visions, high ideals, deep thinking, creative and inspiring.

Weaknesses

Nervous problems, indecision, fearful, insecure, inhibited, inferiority complex, over-sensitive, daydreamer, opinionated and addiction issues.

MASTER LIFE PATH TWENTY-TWO

Number 22 is considered the most powerful of all the life paths. It is also the rarest one. Here is the soul with the potential to be a force for change in the world.

A 22 carries a lot of nervous energy and can be prone to burn out. A foggy mind, a sluggish body and weary heart tend to be the manifestation of a 22 who has lost their way.

If you are a 22, remind yourself that you are here for the benefit of humankind. Be gentle with yourself, pray for help and support, and stay positive.

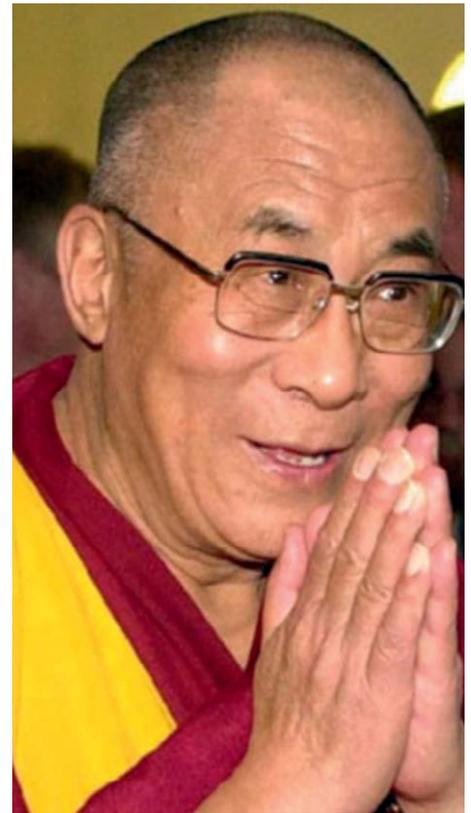
DESTINY NUMBER TWENTY-TWO

Strengths

Common sense, intuition, charisma, leadership ability, able to think out of the box, able to manifest ideas, powerful, commanding and grounded.

Weaknesses

Aloof, withdrawn, inflexible, stubborn, nervous, controlling and manipulative, arrogant.



THE DALAI LAMA

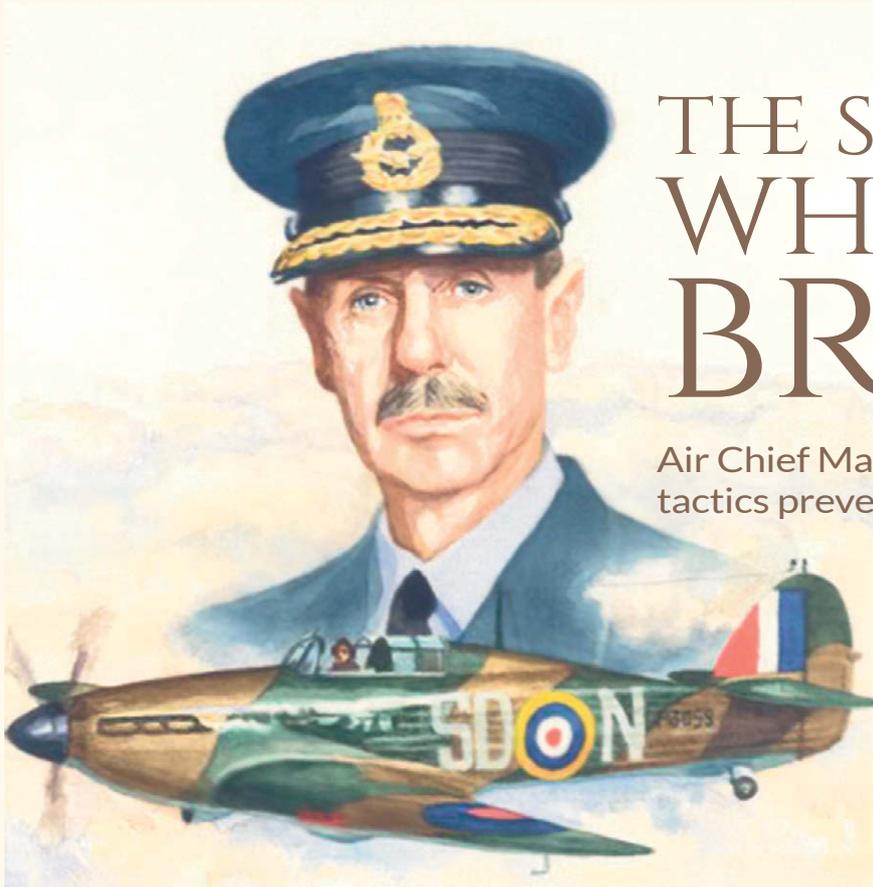
July 6, 1935
7+6+9 (1+9+3+5)=22

Here is a perfect example of a 22-life path. Although the Dalai Lama is certainly a force for change in the world, his path has not been easy. Not all 22s are destined to hold positions such as his, but they can certainly aim towards being of benefit to others.

Number interpretations in a nutshell

- 1 - *Beginnings and starting things*
- 2 - *Relationships, choice and duality*
- 3 - *Past, present and future, and moving forward*
- 4 - *Structure, safety and security*
- 5 - *Change, instability, travel and communication*
- 6 - *Peace, balance, harmony and beauty*
- 7 - *Spirituality and introspection*
- 8 - *Worldly success and the material universe*
- 9 - *Finishing off, tying up loose ends and gaining wisdom*
- 0 - *Linking, wiping the slate clean or returning to nothingness*

■ You can visit Hilary on Facebook as 'Hilary H Carter' or on Instagram as 'numberwoman1111'



THE SPIRITUALIST WHO SAVED BRITAIN

Air Chief Marshal Lord Dowding's brilliant tactics prevented Nazi invasion

Picture: Royal Mail

“Dowding, who was given a peerage in 1943 in recognition of his wartime services, became increasingly occupied with spiritual matters and with Spiritualism, in particular”

Photo: Bentley Priory Museum



EXACTLY three-quarters of a century after the Battle of Britain was fought in the skies over southern England, and 45 years after the death of the man who masterminded the operation that prevented a Nazi invasion of Britain, Air Chief Marshal Hugh Dowding and his team are back in action at Fighter Command's impressive secret command centre in Middlesex.

Well, not exactly. So that the heroic efforts of Lord Dowding and the young fighter pilots he commanded are not forgotten, a museum has been created at Bentley Priory as a permanent memorial to their successful endeavours.

To preserve it for posterity, the public are not allowed into the room from which Dowding ran the intense three-month campaign, furnished with his desk and the seats used by prime minister Winston Churchill and General Dwight D. Eisenhower when they visited.

Instead, it has been ingeniously used as a backdrop to a 20-minute audio-visual presentation about the Battle of Britain, with glimpses of an actor playing the role of Dowding and speaking the words he uttered or expressed in letters to Churchill and others, as he sought support for his strategy.

He argued that Britain should not lose valuable fighter resources in the defence of

France and that they should be retained to defend Britain.

Not everyone agreed but eventually his tactics were proved right.

The Bentley Priory Museum at Stanmore, just north of London, which opened in 2013, is a brilliant and evocative reminder of a period in history that should never be forgotten.

It also commemorates the national heroes whose bravery and determination in fighting an aggressive enemy were pivotal in ultimately achieving freedom from tyranny not only for the United Kingdom but also for civilisation.

The aim of Hitler's Luftwaffe – the German Air Force – was to destroy Royal Air Force (RAF) airfields and infrastructure, paving the way for an amphibious and airborne invasion of Britain. Dowding developed a system involving new technology – radar – and rapid communications through a set of reporting

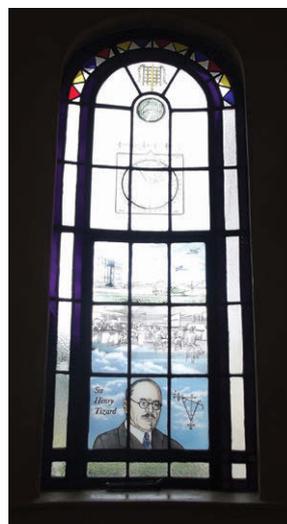
“He argued that Britain should not lose valuable fighter resources in the defence of France and that they should be retained to defend Britain. Not everyone agreed but eventually his tactics were proved right”



KING GEORGE VI and Queen Elizabeth, escorted by Air Chief Marshal Sir Hugh Dowding, Air Officer Commander-in-Chief of Fighter Command, visit the Headquarters of Fighter Command at Bentley Priory, near Stanmore, Middlesex, in September 1940. (Photo: © IWM)



Photo: Atlas AV



chains which monitored and led to the interception of Luftwaffe flights.

That achievement will be enshrined in three stained glass windows at Bentley Priory Museum, two of which are already in place, alongside other windows depicting the Spitfires and Hurricanes that played such a vital role.

It was the Battle of Britain's victory over Hitler's forces that led Winston Churchill to utter his memorable tribute: "Never in the field of human conflict was so much owed by so many to so few."

The brave young pilots, mostly British

but also from many other countries, were referred to by Churchill as Dowding's "chicks" and eventually became known as "the Few".

Dowding retired as Commander-in-Chief of RAF Fighter Command, unwillingly, on November 24, 1940, before the end of World War II, and the failure to reward his efforts by making him an Air Marshal was widely criticised.

In retirement he turned his mind to the fate of the airmen who had sacrificed their lives in the battle. Did they still exist in another dimension and, if so, could they

communicate with their loved ones?

It was a question many widows were also asking, among them Muriel Whiting whose husband, Max, had died during a bombing mission over Eastern Europe.

She was hoping to enlist his help in finding out from the Air Ministry what had happened to him. Dowding sent a letter of condolence to all those who wrote to him, but in Mrs Whiting's case he extended an invitation to lunch to discuss Max's case.

When they met, she asked him why he had invited her to lunch. Dowding explained



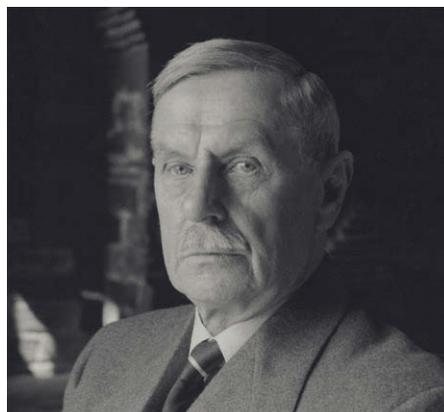
Bentley Priory Museum

that shortly after receiving her letter he had visited a medium through whom Max had spoken. "I wish you would take my wife out to lunch," Max is reported to have said. "You will like her." And he did.

Dowding was a widower, his first wife having died two years after they married, following a short illness, leaving him with a young son. He and Mrs Whiting fell in love and married and she proved to be a great influence on his life, persuading him to give up game shooting and become a vegetarian.

Dowding, who was given a peerage in 1943 in recognition of his wartime services, became increasingly occupied with spiritual matters and with Spiritualism in particular. He recorded his quest for spiritual knowledge in a trilogy of books that had a huge impact on a grieving world: *Many Mansions*, *Lychgate* and *Dark Star* (all of them recently republished by White Crow Books). He also campaigned against animal cruelty and his wife, Lady Dowding, was a founder of Beauty Without Cruelty, the first company ever to launch a range of ethical cosmetics and one that still exists today.

Badly crippled by arthritis in his later years, Lord Dowding made his last public appearance in a wheelchair in September 1969 when he attended the royal premiere of the film *Battle of Britain*

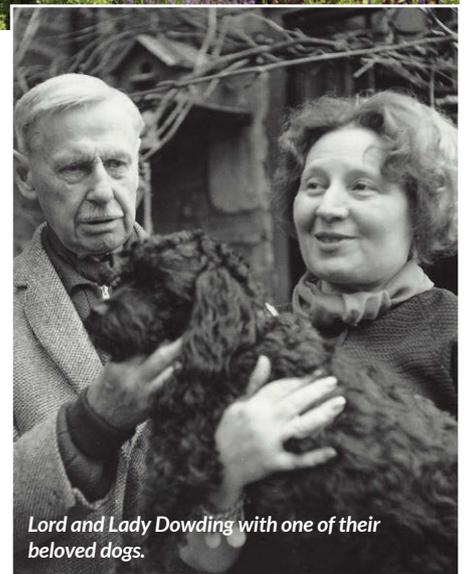


in which he saw himself portrayed by Laurence Olivier.

When he passed away, less than four months later, he was described by *Psychic News* as "our most famous living Spiritualist". A private cremation service was held and his ashes were laid to rest in a memorial service at Westminster Abbey.

The casket holding his ashes was carried by a Battle of Britain pilot and a close friend of Dowding. Four wing commanders carried the Air Chief Marshal's insignia and the escort was formed of 16 surviving Battle of Britain pilots.

Lord Dowding's ashes were buried just beneath a hole pierced through the wall of



Lord and Lady Dowding with one of their beloved dogs.

the abbey by a fragment of a German bomb towards the end of the battle and just a few feet away from those of Lord Trenchard, founder of the RAF.

"Opposite," *The Times* reported, "is the grave of Oliver Cromwell. All around are the graves and chapels of the Kings of England."

Among those invited to the 1970 memorial service was Hunter Mackintosh, president of the Spiritualist Association of Great Britain, and medium Ena Twigg, who said she saw Lord Dowding's spirit standing between two vases of roses at the altar during the service. He looked radiant, "full of life and vitality". ■

THE AURA UNVEILED

By Billy Roberts



TODAY, especially with the advancement of science and the extremely sophisticated devices available, the human aura is as scientific as much as a metaphysical phenomenon.

This extremely mysterious aspect of man's subtle anatomy is greatly misunderstood, particularly where the majority of mediums and others working in the mind, body, spirit field are concerned.

What most mediums say they see is really only a minute part of what there actually is to be seen, as the aura is an extensive, multidimensional phenomenon, which possesses a kaleidoscopic appearance that represents an individual on many different levels of consciousness, causing him or her literally to shine.

In fact, the aura is a database of human experience. Although colours in the aura appear to change with every passing thought and emotion, one aspect of it is predominant and represents someone's true character and personality, and therefore never changes.

It is this aspect of the aura that makes us either warm to a person or sends us warning signals of displeasure. This would suggest there really is a chemical reaction when we meet someone for the first time, creating overwhelming feelings that should never be ignored.

The aura does not have to be seen to be experienced, for long before we make physical contact with another person, our respective energies connect. This is what makes it so special, as it is our prehistoric radar device, allowing us to detect danger in advance.

The aura is also responsible for that feeling we get when we are being observed

by someone in a crowd, causing us to feel uncomfortable and the hairs on the back of our neck to stand up.

You may be walking alone with your dog in picturesque woodland when suddenly your legs feel heavy and clumsy. This occurs when there is someone in close proximity and perhaps watching you, even though you are not conscious of his or her presence.

This affects muscle resistance and causes the body's natural "warning" device to become active. It is quite amazing when you think about it. We would all benefit

from a little understanding of the aura and how best to use it to our advantage.



What exactly is the aura?

The human organism is an electromagnetic unit of incredible power, processing inflowing energy, assimilating and modifying it before discharging it into the surrounding atmosphere.

Chemical energy is converted by the cells of the body into light energy, culminating in what science refers to as "human bioluminescence."

This optical phenomenon is sometimes seen emanating from deep-sea aquatic creatures, as a mystical glow that seemingly shines from within.

Commonly known in esoteric parlance as "the aura," this display of colour is believed to be an external representation of internal balance or imbalance, whichever the case might be.

“

The aura is our prehistoric radar device

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The aura is best described as a vaporous mass of electromagnetic particles surrounding all living things. It is frequently seen as a white or pale blue mist surrounding a person. With a little practice and perseverance, the other colours should become visible to you.

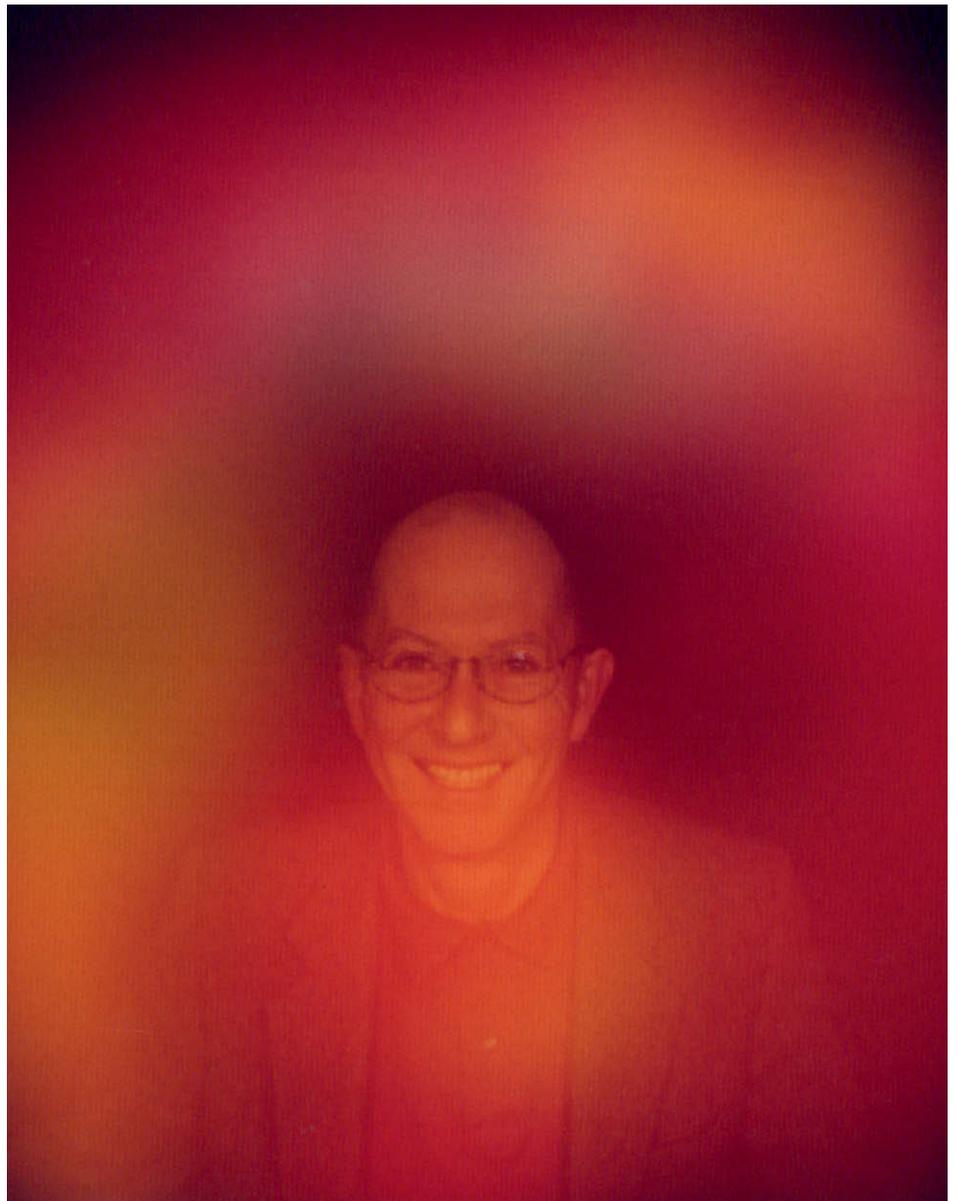
There are various exercises that will encourage the development of auric sight. Although I have featured one of these in other articles, a little experimentation will give you a deeper insight into the aura and help you to understand its true nature even more.

Try this exercise, for which you will need a fresh plum and a dried fig.

- Place both fruits an inch apart on a piece of white paper, preferably in a dim light as possible, but with enough for them both to be visible.
- Simply fix your gaze on the space between the plum and fig, and watch for a few moments.
- Slowly move your gaze from one to the other and you should be amazed.
- You should see two very different emanations of light around the plum and the fig. The light around the fresh plum should appear quite radiant whilst the emanation of energy from the fig ought to be strong but less vibrant.

Try the same experiment with the pips from a fresh apple. The emanation of energy from fresh apple pips should be pale blue or vibrant white and move in a clockwise manner around the pips.

What you are actually seeing around the fruit and the apple pips is the radiation of prana – the universal life force – and is equated to the human health aura. It tells



TAKEN as red. Pictured some years ago, this photo shows the aura around PN editor Tony Orzten.

you how healthy the fruits actually are.

This energy is also the first to be observed when viewing the human aura and helps you to ascertain an individual's state of health.

The complex human energy system

Health problems become apparent in the aura some considerable time before they manifest in the physical body.

Indeed, anyone who is sensitive to the energy system will very quickly be able to ascertain when the flow of energy has been compromised for some reason.

Blockages can occur in the energy system for any number of reasons and if left will eventually impact on the corresponding organs in the physical body.

When allopathic treatment has failed, this is one of the primary reasons why a person consults a complementary

practitioner, such as a reflexologist or an acupuncturist, who, in many cases, can resolve the problem.

Complementary treatments work at a very subtle level by treating blockages traditional medicine cannot affect.

Network of subtle channels

The majority of people are familiar with meridians. These are major subtle channels that permeate the body in the constant process of conveying energy and maintaining balance and harmony.

Whilst a meridian is symbolically perceived as the trunk of a tree, *nadis* are equated with the branches of the same tree. The word *nadi* comes from the Sanskrit root *nad*, meaning channel, stream or flow.

Their job is to support the relentless work of the meridians and to ensure that energy is evenly conveyed through the

blood, maintaining the overall health of the body.

When a blockage occurs, for whatever reason, an acupuncturist will address the problem by inserting fine needles at strategic points, thereby releasing the blockage and alleviating the problem.

In more or less the same way, a reflexologist will attempt to alleviate the problem with gentle manipulation of the feet, where, it is understood, the nadis all meet.

From this we can see that the human form is much more than it appears to the naked eye and is a veritable network of etheric wiring. It is an electromagnetic mass, radiating its power into the surrounding atmosphere.

The mediumistic process and radio waves

More than all these things, the aura serves as a sort of neurological radio mast, sending and receiving signals from the supersensual side of the universe and allowing spirit beings to communicate.

Streamlining the aura through meditation encourages a more refined and consistent energy field, thus allowing more accurate and coherent communication with inhabitants of the spirit world to occur.

Auric colours and their meaning

Generally speaking, the colours in the aura are nearly always open to the interpretation of the seer.

However, the way they are interpreted is often wrong, as the individual colours are usually complemented by other colours, giving the overall appearance of the aura a completely different meaning altogether.

For example, red can present different meanings depending on the colour or colours that support it. Red can be seen to flash through an individual's aura when he or she is angry.

When static and complemented with pink, it suggests that the person concerned has a great deal of stamina and is also extremely compassionate.

The best way to understand the colours in the aura is to make a detailed study of the different shades and hues. Take a look at these examples:

YELLOW: Suggests that the individual is spontaneous and open to inspiration.

GREEN: Depending on the shades, this is

the colour of the peacemaker and those who enjoy their own company.

BLUE: Depending on the depth of this colour, it indicates that a person is quite diplomatic and tends to be philosophical about life in general. They can also appear unemotional and detached.

PINK: This colour is nearly always accepted as suggesting that an individual is sensitive and very calming. A deeper shade of pink can also mean that the person is shallow with no opinions of his or her own.

BROWN: Contrary to popular belief, this does not represent a low order of mind. It is a monastic colour that nearly always represents someone who devotes much of their time to meditation, contemplation and prayer.

GREY: This is another colour that is very misleading. Unless it is very dark and foreboding, the lighter shade represents an ambitious, materialistic and determined individual, often with no scruples.

PURPLE: This colour is also one with an inaccurate interpretation. It is a transient colour and rarely seen in the aura of an ordinary individual.

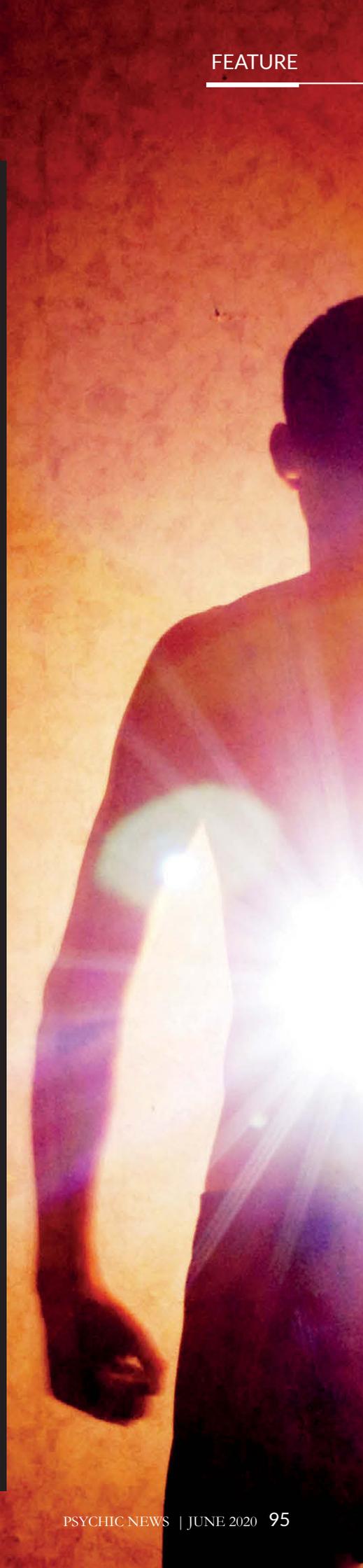
It is one of the highest colours in the visible spectrum and suggests someone has high morals and principles. He or she possesses integrity and is able to assess people's spiritual status very quickly.

When seen with blue and yellow, the individual is extremely unreliable and changes his or her mind very quickly.

ORANGE: This colour suggests the person is well balanced, discerning and loyal, but unpredictable.

WHITE: All colours come from white and suggest someone who is pure, trustworthy and spiritually minded.

These colours are just to give you a brief idea of how they appear in a person's aura. Experiment as much as possible and try to feel as well as see the colours, perhaps in a friend's aura. As with anything, practice makes perfect! ■





RIGHT ON WITH REIKI!

Composed of the words *rei*, meaning soul or spirit, and *ki*, which stands for vital energy, since it originated in Japan, reiki healing has become increasingly popular around the world. But what exactly is reiki healing? Here reiki teachers Bronwen and Frans Stiene, supply the answers.

Based in Sydney, Australia, the couple are founders of the International House of Reiki and teach reiki in the USA, Europe, Asia and Australia.

Frans and Bronwen are active members of leading reiki organisations in Australia with Bronwen being the vice-president of the Reiki Association, the Australian Reiki Connection and a board member of the Council of Australian Reiki Organisations.

THE motivational factors behind learning the system of reiki are endless due to the system's numerous and immeasurable benefits. You may wish to support people in palliative care, treat animals, teach professionally, help your family, support your personal wellbeing or for many other reasons.

In researching the system of reiki for our teachings and books, we found that there are many layers of understanding within the system. At its heart is the remembering of what it means to be our true selves.

If we can move towards this purpose, all of the other benefits of the practice will fall into place. First, to understand this perspective we need to discover what "true selves" actually means and how some of the system's tools can help us find our way back there.

The metaphysical meaning of reiki

Anyone who learns the system of reiki is called a practitioner. The more knowledge you obtain about what you do and experience, the deeper the connection to your practice becomes.

The metaphysical meaning of reiki is an excellent place to begin. The word "non-duality" is one of the basic laws of the universe. It expresses the underlying oneness of existence – that there is no "I," but just the simplicity of being.

It also exemplifies the concept that we all come from the same source, are the same source and return to that same source.

Reiki, which is spiritual energy, is often seen and taught as something external

from ourselves, something we need to channel, something we need to access from a different source rather than ourselves, something that a reiki teacher gives you.

This understanding of spirituality is non-dual; it is our birthright. In other words, this spiritual energy is a reflection of who we really are – our true selves.

Reiki symbols and mantras

The reiki symbols and mantras are some of the tools we use in the system. They guide the energetic novice into understanding more about energy work and ultimately provide a path to one's true self.

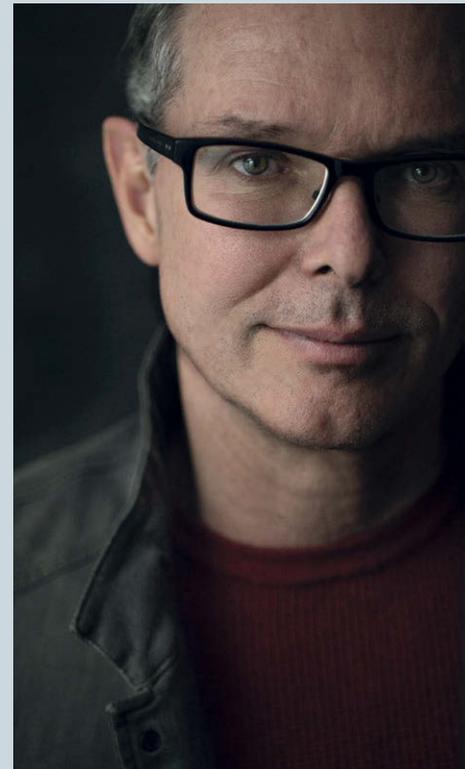
Historically, there are four traditional Japanese reiki mantras and symbols. The mantras are not the names of the symbols, as the symbols and mantras are separate elements.

We visualise the symbol and repeat the mantras again and again and again. This is a common custom in traditional Japanese spiritual teachings.

The mantras, also known as kototama, are traditionally taught in Okuden Reiki II and Shinpiden Reiki III teachings. They are Choku Reiki, Sei Heki, Hon Sha Ze Sho Nen and Dai Ko Myo.

The use of kototama was popular in the time of the system's founder, Dr Mikao Usui, in the early 1900s. This was also due to the fact that the Meiji Emperor and his wife were modern kototama researchers and practitioners.

The word kototama literally means



BRONWEN AND FRANS STIENE: "Heaven can trigger a thousand beliefs."

"word spirit" or "soul," but also stands for the spiritual (tama) power of sound (koto). Incidentally, Dr Usui (1865-1926) is also often referred to as Usui Sensei.

The ultimate aim of chanting these kototama is to realise our interconnectedness with the universe.

The more we start to realise this interconnectedness, the more we experience that everything is kototama. When chanting from this perspective of interconnectedness, it is not you chanting kototama, but the whole universe.

The four symbols are also clearly recognisable in Japan. Symbol 1 has connections to Tendai symbology, meaning that you are already a divine being/ Buddha. Thus, the first symbol within the system of reiki is linked to this.

Versions of Symbol 2 can be seen in temples across Japan. Symbols 3 and 4 are Japanese kanji (written characters). When read in Japanese, they create the actual name of the corresponding mantra.

The Japanese cosmology of symbols and mantras

Delving into the system's layers requires that a researcher understands the Japanese philosophy of heaven and earth. Knowledge of these dualities – or polar opposites – is the primary structure required before appreciation of this law can grow.

Dualities are the breeding grounds for



THIS photo of a reiki retreat was taken in the redwoods in California.

the ultimate experience of non-duality. Not specifically a Japanese concept, non-duality exists in all forms of life. Its dual beginnings can often be found in references to yin and yang, negative and positive, or female and male.

A Japanese cosmological theory states that through the union of the dual forces of earth energy and heaven energy all things were born, including humankind. To live purposefully, these elements need to flow freely, becoming united.

This can occur through working specifically with the first two traditional symbols and mantras taught in the system of reiki.

Symbol 1 and the mantra Choku Rei enable practitioners to connect to earth energy. You are earth energy, but just haven't acknowledged its existence.

Underneath the growing layers of anger,

sadness, fear and beliefs that humans gather, this knowledge lies hidden and neglected.

These layers obscure one's true nature that inherently comprises earth energy. To re-establish a personal connection with the energy of the earth is the purpose of Symbol 1 and Choku Rei practice.

In the West, Symbol 1 and Choku Rei are renowned for their grounding, protective, physical and powerful qualities. By comprehending this and applying this facet of the code to the system of reiki, one's practice begins to take on a whole new meaning.

Working with Symbol 2 and Sei Heki involves exploring your mental and intuitive abilities. By taking this understanding one step further than the Western usage, the realm of Japanese philosophy and its connection to heaven energy is exposed.

Heaven can trigger a thousand beliefs, emotions and visions in religions and cultures worldwide. Viewed throughout the globe as an abode for angelic beings or a future resting place, heaven maintains its culturally unique interpretation in Japan as one that includes an internal connection.

As with Symbol 1 and Choku Rei, practitioners can find their relationship to heaven energy innately within themselves. To achieve a profound understanding of the connection between earth energy or heaven energy and yourself requires dedicated practice.

This is accomplished by practising solely



with one symbol and mantra at a time. Humans are too often in a rush to get to enlightenment forgetting that the process itself may possess the enlightening factor.

The grounding effect of the first symbol and mantra supports the ensuing work with the ethereal second symbol and mantra since the development of intuitive or psychic abilities can be hazardous.

You may become unbalanced like an upside down triangle; stand with your base firmly rooted to the earth, supporting your inner growth.

Now comes the third symbol and mantra Hon Sha Ze Sho Nen. In the West, this is commonly associated with distance. It is believed that by using these elements distance can be breached to send energy.

This concept goes deeper still into the mechanics of the Japanese universal laws: Symbol 3 and Hon Sha Ze Sho Nen aid the realisation of oneness.

Japanese teacher, Hiroshi Doi's translation of Hon Sha Ze Sho Nen is "Right consciousness is the origin of everything." That "right consciousness" is oneness. Experiencing oneness with everything is an alternative viewpoint about distant healing.

To fully comprehend the purpose and meaning of Symbol 3 and Hon Sha Ze Sho Nen, it is also necessary to have worked with the previous 2 symbols and mantras of heaven and earth energy.

Without undergoing the process of first becoming earth and heaven energy, it is impossible to give birth to oneness within. Just as in conception, it is imperative that the egg and the sperm join to create a complete human.

With earth energy alone and no understanding of heaven energy, oneness cannot be given birth to. This is the central cosmology of reiki. Practising with each of the symbols and mantras draws one along the path to oneness and non-duality.

Returning to the Great Bright Light

So where does that leave the fourth and final symbol and the mantra Dai Ko Myo? When translated literally, Dai Ko Myo, a frequently used Japanese word, means "Great Bright Light." It appears commonly in Japanese religious texts.

Within non-duality, a teacher is not interested in the outcome. In this space there is no need for protection for ourselves. If we reside within Dai Ko Myo, symbols have no use, as we already are the symbol and all that we must do is Be.

Self-appointed titles of master and grandmaster are superfluous in the state

of Dai Ko Myo. To quote Japanese martial artist, Yuki Yoshi Takamura (1928-2000), "Anyone who refers to himself as a 'master,' isn't."

To find out more about Dai Ko Myo, we can dissect some of the information we have about Usui Mikao.

During reiju (a ritual performed by a reiki teacher on a student), Usui Sensei would simply sit opposite the student, being a vessel for the universal energy to flow through. Usui Sensei appeared to exist without any attachment to the process and worked within oneness.

Out of Usui Sensei's 2,000 students, only twenty were practising in Shinpiden (reiki teacher level) when he passed on.

In Usui Sensei's time recognition as a teacher was given only once the teacher became Dai Ko Myo. How many of his students actually completed Shinpiden is still an unanswered question today.

It could be said all that is required of the practitioner is to be an empty vessel to let the universal energy flow through us.

Being an empty vessel is a life-long practice. Are reiki practitioners willing to take this life journey? It is one that entails self-responsibility and working solidly with the tools that Usui Sensei pieced together for us.

A reiki practitioner needs to intellectually understand the concept of Dai Ko Myo. This process needs to be supported by a qualified teacher who can guide the practitioner intellectually.

After intellectualising Dai Ko Myo via traditional reiki practices, the practitioner must then gain an initial experience of being that empty vessel.

Finally, a space is reached where we are the universe and the universe is us. We come to abide by our true selves.

Becoming this light is truly knowing the concept of non-duality. There is no good or bad, but just existence. Once you acknowledge this oneness in every thought, feeling and movement of your being, the true nature of existence is uncovered.

This system that you practise is multi-layered. Know that the profundity of these arcane teachings is here to be discovered, their sole purpose being to support your life's spiritual progress.

Uniting heaven and earth together, you travel the inner path to oneness. The unique system of reiki is offering you the opportunity to return to your true self, guiding you towards the Great Bright Light. ■



(Photo: Glyn Ridgers)

URI TELLS OF WORKING WITH UK'S SECRET SERVICE

By John West

Uri Geller is a household name in the world of the paranormal. Mention Uri Geller and spoon bending and the majority of people will instantly know who you mean. He has been the subject of books, films and documentaries, and courted by pop stars, politicians and royalty.

Since the 1970s, Uri has achieved cult status and been the subject of intense scrutiny and debate with both supporters and detractors frequently crossing swords over his claim to possess psychic faculties.

After spending many happy years in England, Uri returned to Israel, where he is busy setting up a museum devoted to his interests.

I recently phoned Uri to discuss his long and varied career as the world's most famous psychic. The first question I put to him was, "When did you first realise you had psychic powers?"

IT happened here in Tel Aviv. I am looking out of a window of my home and would say that I'm now situated about three kilometres from where I had my first experience.

It was in a tiny apartment where I lived with my mum. I was eating soup with a spoon and, as I lifted it to my mouth, it broke. This was the first time that I had an encounter with this phenomenon.

Did other members of your family have this psychic power or were you the first one?

I'm the first to have this ability. Even my children can't do it. They tried to bend spoons, but it never happened.

I think it's a unique ability from the point of view that I managed to activate it in my mind. I believe other people also have this power, but it's dormant in them.



URI GELLER paranormally bent this spoon and key at a press conference organised by the BBC.

How did you bring your gifts to the world's attention?

I worked for Mossad, the Israeli intelligence service, but it didn't really understand what I did, so it asked America's Central Intelligence Agency (CIA) to examine me. The Americans started testing me and I began working for them.

The one person who made my show



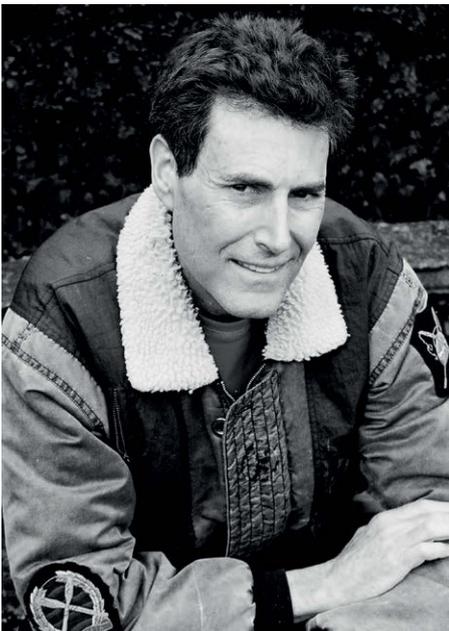
INTRIGUED TV presenter David Dimbleby looks on as Uri Geller demonstrates his gift.

business career was David Dimbleby. In 1973, I was invited to England to appear on his talk show and the reaction was phenomenal.

I'll now reveal something, which will be very interesting to readers. My appearance on David's BBC TV programme was, in a way, camouflage to hide the fact that I actually came to England at the request of MI5.

This is the UK's domestic counter-intelligence and security agency, which wanted to test my abilities, as it had a very hard time believing what the CIA had discovered about me. MI5 wanted to see it with their own eyes.

One of the leading scientists in England



URI GELLER: "The American government used psychics." (Photo: Jason Figgis)

was David Bohm, who probably had direct links to MI5.

Bohm has been called one of the most significant theoretical physicists of the 20th century. He was open-minded about the paranormal and a friend of Albert Einstein. During my time in London, Bohm and some other scientists tested me.

As an aside, I read a year ago that a number of letters written by Einstein were being auctioned. One of them was from Einstein to Bohm advising him not to move to Israel, as culturally the country was not ready for him.

Bohm ignored his advice, relocated there and married an Israeli girl. They both later moved to England. I managed to buy that letter, which will be on display in my new museum in Jaffa.

In the 1970s, you became the subject of intense media interest and were treated almost like a film or pop star.

You appeared in newspapers, on magazine covers and never seemed to be off the world's TV screens. Did you ever find the fame and adulation a burden?

No, as I enjoyed it. I especially remember the David Dimbleby show. What I did on that programme was extraordinary really.

I don't know what made me do it, but I looked into the camera and asked people to get spoons from their kitchens. At that time, there were only three TV channels in the UK and 20 million viewers tuned in.

It turned out that during the programme, hundreds of thousands of spoons bent, and even broken watches started ticking. The next day, I was on the front of the newspapers with headlines like "Uri Geller puts England in a bend."

This news went across the world and countless TV channels across the globe wanted me to do a show of that nature in their own country – America, Greece, Spain, Holland, Turkey and Japan.

Talking about burdens, the publicity fuelled controversy, which began with sceptics saying that I was a magician and everything I did was a trick. They really didn't understand what PR meant.

Oscar Wilde said, "There is only one thing in life worse than being talked about, and that is not being talked about," which is very relevant to me.

During the 1970s and 80s, I became even more famous because of the controversy and the secret service work I did.

I never looked at fame as a burden. Hey, this is what I do. I'm unique in my field. There are many famous singers, actors, sports people and politicians, but there is only one Uri Geller!

You formed friendships with such people as John Lennon. Was he very interested in psychic matters?

John Lennon was always interested in UFOs. As synchronicity would have it, on the very day of this interview, there is a report in the *Daily Mail* about a secret drawing of a UFO by John Lennon, which is being auctioned in Los Angeles.

John was very interested in aliens, the powers of the mind and the paranormal. He desperately wanted to meet me, so we met and quickly became friends.

Elton John asked me to persuade John to perform live with him at New York City's Madison Square Garden in 1974. Sadly, that concert turned out to be John's last ever live stage performance.

John gave me an alien egg, which I cherish and keep with me all the time. He claimed that he got it from an extraterrestrial when he was living at the Dakota Apartments.

To quote John: "I was straight that night.



JOHN LENNON "was always interested in UFOs." (Photo: Shimshon Shtrang)



(Photo: Glyn Ridgers)

I wasn't dreaming and I wasn't tripping. There were these creatures, like people but not like people, in my apartment.

"I tried to throw them out, but when I took a step towards them, they kind of pushed me back. I mean, they didn't touch me. It was like they just willed me. Pushed me with willpower and telepathy.

"I don't know. Something happened. Don't ask me what. Either I've forgotten, blocked it out or they won't let me remember.

"After a while, they weren't there and I was just lying on the bed, next to Yoko, only I was on the covers.

"Yoko woke up, looked at me and asked what was wrong. I couldn't tell her at first. But I had this thing in my hands. They gave it to me.

"I've been carrying it round ever since, wanting to ask somebody the same question. You have it. Maybe you'll know."

Of the egg, John told me: "Keep it. It's too weird for me. If it's my ticket to another planet, I don't want to go there."

You also formed a friendship with the noted writer and psychic researcher Colin Wilson, who became a staunch supporter of your work.

Colin was from Leicester. By the age of fourteen, he had compiled a multi-

volume series of essays on many aspects of science. I believe that's what eventually led him into the paranormal.

Colin was a philosopher, novelist and author of many books about true crime and the paranormal. He was an amazing individual.

I considered him a friend and a very open-minded person who could see the truth in what I was demonstrating. He didn't really care about sceptics. He wrote a book about me, *The Geller Phenomenon*, which, overall, was very positive.

Colin's book also mentions James Randi, a magician and very vocal opponent of your work. What are your thoughts on him?

I owe James Randi a thousand bouquets because he was my unpaid publicist for decades. Most of the sceptics were not very clever in that respect. Every time they attacked me, it generated even more publicity for me.

They even attacked *PN* for covering my work. If you tried to calculate the cost of the free publicity they gave me, it must be in the tens of millions of pounds.

I smiled every time sceptics mentioned my name. I embraced all the articles they wrote about me. I never read them, but always measured them. The longer they

were, the better for me!

You even met Elvis Presley. Tell us about that.

Elvis Presley is a legend, an icon and a phenomenon. He was also interested in UFOs. I met him for only an hour, but I blew his mind when I took a spoon from him and bent it. It's now on my Cadillac.

In case you don't know, my Cadillac is covered in bent spoons and has become almost an iconic art piece. It was displayed in Israel's National Museum for a year.

The museum wanted me to donate the car permanently, but I couldn't, as I had also promised it as a display piece to other museums in America.

Spoon bending became synonymous with the name Uri Geller. Do you ever feel that this has overshadowed your other gifts? Are you now sick of being asked to bend spoons on demand?

I would never get tired of that! It's my trademark and what made Uri Geller. However, I'm surprised and bewildered by how I managed to instil spoon bending into world culture.

Spoon bending is now a cultural phenomenon. Take films, for instance. *The Matrix* has a spoon bending scene with Keanu Reeves. George Clooney played

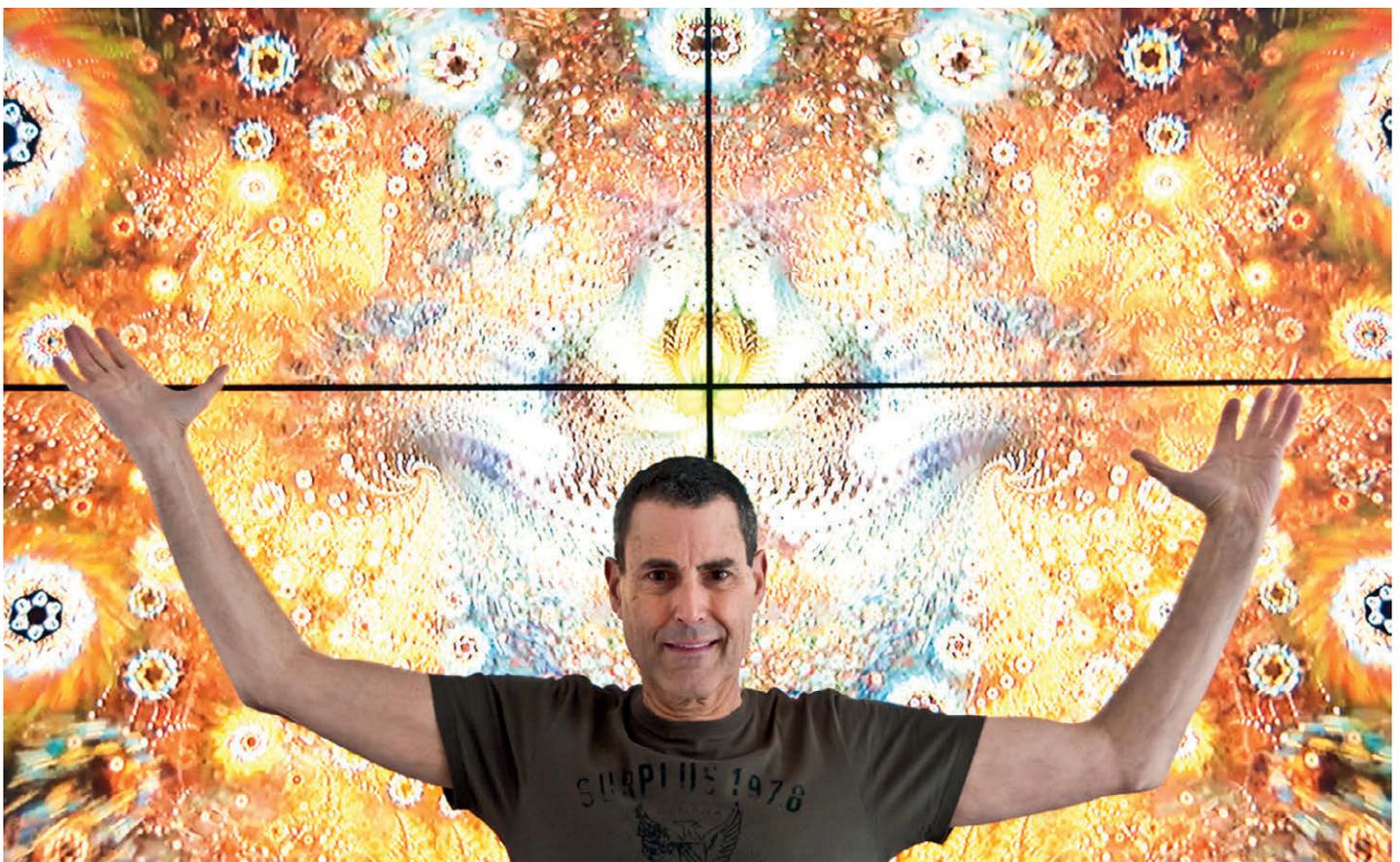


Photo: Thom Bleasdale

a character based on me in *The Men Who Stare at Goats* and Robert De Niro portrayed a sinister version of me in *Red Lights*.

Woody Allen mentions me in *Annie Hall* and the rock group Incubus even wrote a song that mentions me. I could go on and on. IKEA once sold a stool called Uri with bent legs!

I'm very flattered and honoured when someone walks up to me and asks me to bend a spoon. If they have one, I'll do it!

You have already mentioned being examined by the CIA in the 1970s. They concluded, "As a result of Geller's success in this experimental period, we consider that he has demonstrated his paranormal perceptual ability in a convincing and unambiguous manner."

It was the height of the Cold War. Was

the CIA hoping to use you like a psychic James Bond against America's enemies?

Yes, of course. The American government used psychics. I also believe that I'm the only Israeli featured on the official CIA website.

If you Google Uri Geller, CIA you will find a link that will take you to the official CIA page and declassified documents regarding the tests it did with me.

You should also check out a book by Pulitzer Prize finalist Annie Jacobsen. Her book *Phenomena* is devoted to America's use of psychics in the Cold War.

It will blow your mind when you read about what the Americans wanted to do with psychics!

The CIA's admission that you had genuine powers couldn't have pleased the sceptics who constantly tried to discredit your

abilities.

It was a mega blow to the sceptics! For years they had been trying to debunk me. For many, many months the CIA tested me under laboratory-controlled conditions where cheating couldn't happen.

If you look at the BBC documentary *The Secret Life of Uri Geller*, you will see a CIA agent called Kit Green talking about how I knew what he was holding in his hand while he was sitting in the CIA headquarters in Langley, Virginia.

I was in California and I drew exactly the picture that he was looking at in a book. After that, there was silence from the sceptics.

What could they say? It was a shattering revelation for many when the CIA released those documents. There are many, many more CIA documents, but they will remain secret.

'I HAVE NO DOUBT WE SURVIVE DEATH' SAYS URI GELLER

In the second and final part of his exclusive interview with Uri Geller, John West poses a series of questions on various subjects. The first point Uri answers is, "What are your views on the afterlife?"

THERE is no doubt in my mind that the afterlife exists. In 1924, Albert Einstein came up with an equation $E=mc^2$ which means that mass, light and everything we perceive equals energy. He proved scientifically that energy cannot be destroyed.

We are energy beings. Everything is made from energy, so one must ask: "If energy can't be destroyed, what happens to us when we die? What happens to our soul? What happens to our spirit? What

happens to our mind energy?"

Well, what happens is very simple: we go into the afterlife, to another world, though I don't know what it is.

It could be heaven, a different dimension or even a different world, but I have no doubt that the spirit survives and we advance closer to God.

You are a great believer in the power of numbers, especially the number 11 11. What is the reasoning behind this? Why is the

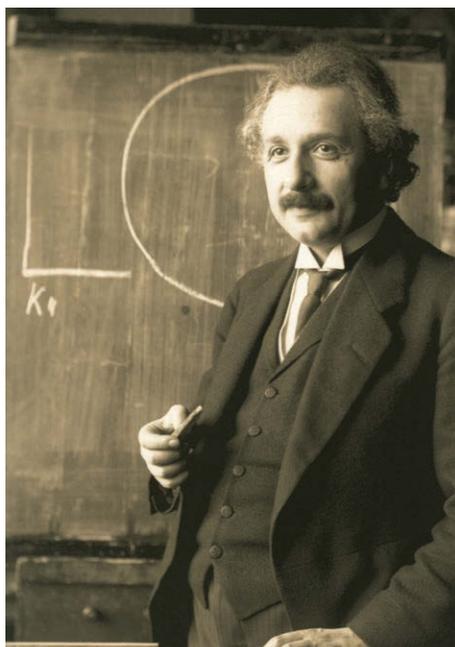
number 11 so important to mankind?

I started seeing 11 11 when I was 40 years old: that's 24 years ago. I brushed them off initially as coincidence, but after a while I just couldn't do that any more.

Look at it this way. If you bump into someone in the street twice, you would call that coincidence.

However, if you bumped into the same person many times a week, no matter where you happened to be, you walk around a corner and out of the blue, the person is standing there, you wouldn't call that coincidence. In fact, you would probably take out an injunction.

This is the way it is for those of us



ALBERT EINSTEIN "proved scientifically that energy cannot be destroyed."



HERE is Uri Geller's museum in the ancient city of Jaffa. (Photo: Uri Geller)

who have begun to notice this bizarre occurrence. Let me give you a warning – you will probably start to see 11 11 now, as anyone who reads about it tends to start experiencing it.

Examples of some of my own recent experiences are so many it's hard to choose. However, a good example is what happened on the day that I went to stay on Lamb Island with Andrew Strangeway.

A decorator and adventurer, Andrew is the first – and so far the only – person to complete the challenge of landing and sleeping on all 162 of Scotland's islands of 40 hectares and above.

Lamb Island is a small, uninhabited island between the islands of Fidra and Craigleith in the Firth of Forth, off the southeast coast of Scotland.

I'm on the train on the way to Edinburgh and just happened to take a picture of Durham Cathedral through the train window. This was the day's first instance of 11, as my webmaster sent me a text to ask, "Do you know that was built in the 11th

century?" OK, that's no big deal and could be a coincidence.

We reached the train station and had a look at what platform we arrived on – 11. The next thing is that I happened to look up at the platform clock to see what time we arrived.

To my amazement, the time on the platform clock was 11.11, so I quickly took a snap on my BlackBerry and somehow managed to take it at exactly 11.11.11.

What I find really incredible are instances throughout history of 11 and 11 11, especially in relation to particularly important historical events. Here is just a mere fraction of ones I'm aware of:

World War One formally ended at the 11th hour (11.00 am) of the 11th day of the 11th month of 1918, which is why Remembrance Day is 11.11.

Harry Patch, the last surviving English World War One soldier to have fought in the trenches, was the world's third oldest man and the oldest man in Europe. He was 111 years and 38 days. $3+8=11$.

The date the Berlin wall came down was 11.11.89. Palestinian political leader Yasser Arafat died on 11.11.2004.

The first telephone call by Alexander Graham Bell was on March 11, 1876. $1+8+7+6 = 22$, which is $11+11$.

One of the first solar eclipses in the 20th century was on 11.11.1901 and lasted 11 minutes and 1 second. The last ever total eclipse of the 20th century was on August 11, 1999, had a magnitude of 1.029 ($2+9=11$) and was at its fullest in the UK at 11.11.

I could literally go on and on and on. As far as I am concerned, 11 is a sign of peace. Although some of the references of 11 are related to war and violence, they also appear to signify events which have united much of the world's population in the desire for peace.

I believe 11.11 is a reminder to find life balance, so when you see it, welcome it and be amazed.

See it as a positive sign that the world is improving, your life is improving and that despite the seeming doom and gloom in the world's economy, we are heading towards a time of light and of peace.

You have presented your own TV documentaries in the past, including a film by Jason Figgis, which was devoted to the ghosts of Venice. This became the highest ever rated show on Sky One. Do you have plans to work with Jason again?

Yes, I would love to work with Jason again. He's an amazing director. I always told him that if he had been born in Los Angeles, he'd be comparable to Steven Spielberg.

Jason has a niche for horror. When he undertakes a film about horror, he does it so well. I don't know anyone else who



AN internal shot of Uri Geller's museum, where he plans to sell some of his works of art. (Photo: Uri Geller)



APOLLO 14 astronaut Edgar Mitchell conducted informal telepathy tests from the Moon.



directs a movie about horror as well as he does. He's also a really nice person.

I was surprised to learn that you studied art under Salvador Dali and are quite an accomplished artist in your own right. Is painting very important in your life? Is this something that you may expand upon in the years to come?

Yes, I am expanding on it because I will be exhibiting and selling my work in my museum shop in Jaffa. My first painting of a Greek farmer was made during my time at the Santa Terra College in Cyprus. I was aged thirteen and won first prize as the best painter in my class.

I painted a lot in the 1970s, but then stopped for a while. Now I'm back in Israel, I've started drawing very different, very unusual and very surrealistic pictures.

The museum gave me a boost to start drawing again. I have now completed over 400 new examples of my work.

You can look at photos of my work on my website. These include faces, aliens, mystical symbols, Hebrew letters, hands, Egyptian pharaohs and birds.

You lived in England for many years. What made you decide to return to Israel? Do you miss England?

I miss England, but Israel is almost like a cosmic spiritual magnet. People born in Israel have an energy burning in their mind, in their soul, in their body and in their heart.

I believe that something always draws them back. It certainly did with me; it was the spirituality and a yearning to be back with my people.

I bought this amazing 1,000-year-old structure, which I'm turning into a museum

“Uri bent a spoon for me. The first time he did it, I thought there must be a trick. The second time I was stunned: completely stunned and amazed. It just bent in my hand. I've never seen anything like it”

DAVID BLAINE (above)

to display my collection of paintings and artefacts. The artists include Pete Fowler, Gavin Turk and James Duan Webb.

James makes fantastic sculptures out of driftwood. He lives in the Philippines and pulls the wood from the sea himself. He made me a fantastic, almost life-size figure of a horse.

John Lennon's alien egg will also be on display. So will David Bowie's customised telephone.

When will the museum in Jaffa open?

My dream is to open the museum on November 11, 2019. I even found an ancient soap factory under my new museum. That story became news around the world and was featured in *Psychic News*.

What are your opinions on UFOs and the possibility of life on other worlds?

You have to look at the word infinity. There is no end. There is no end to inner space or to outer space.

If there were no extraterrestrials, then what a waste of space that would be, so of course there are civilisations out there. Some of these civilisations have managed to build crafts to take them to other universes.

They have visited us in the recent past and probably also landed here millions of

years ago. Maybe we are the Star Children!

Some even believe that aliens are among us now. I'm open-minded. Yes, I believe that there is life in both outer and inner space.

Do you believe we are all inherently psychic and have the ability to do what you can? Are people more open-minded now when it comes to the paranormal?

Absolutely! Everyone is psychic. Ask 100 people. Stop them in London's Oxford Street and ask them if they ever experienced telepathy, déjà vu, synchronicity or seen a ghost. Most of them will answer "Yes."

I will now astound you with some statistics, as believers in the paranormal on this planet are the majority. Let's take the USA, which has a population of over 300 million people.

About 76 per cent of Americans believe in at least one paranormal phenomenon, such as lost civilisations, alien encounters, telekinesis (objects' supernormal movement), fortune telling and angels.

They also believe in Bigfoot – hairy, upright-walking, ape-like creatures that dwell in the wilderness – and in haunting spirits. Yes, that's 76 per cent of all Americans!

Believers outnumber sceptics. As I said in last month's feature, sceptics tried to

debunk me for 50 years and failed.

Yesterday, there was a huge story about me in *Bloomberg International* and a piece about me in the *Daily Express*. As we speak, there is a movie about me in Japan.

It's just endless. So what did the sceptics ultimately achieve in their efforts to discredit me or people's belief in the reality of the paranormal?

I can remember going on America's Johnny Carson show in the 1970s. He sat there scoffing and sneering at me. The next day I felt humiliated and thought: "That's it. I'm going back to Israel."

I failed on Johnny Carson: the spoon wasn't bent enough for him and so on. The next morning, Merv Griffin, who was as big as Johnny Carson, phoned up and said, "I want you on my TV show this week."

The sceptics achieved a big zero, a big zero riddled with lovely big flowers from Uri Geller!

Are there any people, living or "dead," who inspired you in your work as a psychic?

Edgar Mitchell, the sixth man to walk on the Moon, and Dr Andrija Puharich, who wrote the first book about me.

There was also Senator Claiborne Pell, Head of the American Foreign Relations Committee, author and psychic researcher Colin Wilson, and American scientist David Bohm, who has been described as one of the most significant theoretical physicists of the 20th century.

I must also add former CIA officer Dr Kit Green, famous classical pianist Byron Janis and most of all my family. All these people supported me for 50 years.

Away from the public gaze, what do you do to relax?

My wife and I like to walk a lot around Tel Aviv. Sometimes we find ourselves covering over fourteen kilometres a day. We also love walking the streets of old Jaffa.

We never fail to be enchanted by the temples, the bathhouses and the buildings from the days of the Knights Templar and the British Empire.

What does the future hold for Uri Geller?

Apart from the museum, I never plan things. I go with the flow. If things come and I like a project, I take it. I have no agents or managers and yet offers come in all the time.

Finally, what is your philosophy on life?

Believe in yourself and think positively. Whatever you can visualise, you can materialise.

You are the architect of your own life. Never smoke, don't touch drugs, take care of your body, exercise and eat the right food.

There is nothing that you cannot be, do or have. The secret of success is originality. If you are an original thinker, you will make it in life. ■



DAVID BOWIE'S customised telephone will be on display at Uri Geller's museum. (Photo: David Shankbone)

● Uri Geller's website can be found at www.urigeller.com

'PSYCHIC NEWS' EDITOR FIRST TO PRINT URI'S TALENTS IN UK

At *Psychic News* we are honoured to think of Uri Geller as our good friend. Despite his colossal fame around the world, throughout the years he has always taken our calls, responded instantly to emails and requests, and given us exclusives.

I remember one instance when we were a weekly newspaper and suddenly left without an editor overnight. We had a whole issue to get out that week and had no main story to use.

Thankfully and luckily, a call to Uri sorted this problem out in an instant. He revealed his latest project to me on his mobile phone while being driven to the event. You'll have to search our archives to find out what it was.

Mind you, it might not just be because we are very nice people to deal with – which we are (yes, modesty is underrated) – it could possibly be because our previous editor, Roy Stemman, was the first person to mention Uri's abilities in print in the UK. Roy revealed in his 2015 interview with Uri the following:

When I interviewed Apollo 14 astronaut Edgar Mitchell in 1972 it wasn't his journey to the Moon that dominated our conversation. Just two years after he became the sixth human to walk on the lunar surface, Mitchell's exploratory spirit had shifted to "inner space."

Mitchell, who conducted his own informal but successful telepathy tests from the Moon's surface with pre-selected individuals on Earth, had since retired from the U.S. Navy and was free to openly conduct research into parapsychology. And he was particularly excited by some of the early results of mind-over-matter experiments, known as telekinesis, he had witnessed.

"I have seen one of our subjects, an Israeli sensitive, Uri Geller, deform, and on occasions break, metallic objects just by concentrating on them," Mitchell told me.

Geller's name meant nothing to me at the time. When my story was published in January 1973 – the first newspaper account in Britain to mention Geller's abilities – I realised he would soon be well known within the world of psychical research.

I never suspected, however, that within a year the whole world would know of him.

And to this day, the phenomenal Israeli continues to baffle, intrigue, astonish and challenge us with his remarkable displays of apparently supernormal powers.

Paul Brett



URI GELLER'S spoon-covered Cadillac is to go on display at his museum in Israel. Here, Uri is seen outside his former home in Berkshire. (Photo: Olivia Mann)

Ottoman-era soap factory found at Uri Geller's new museum

AN Ottoman-era soap factory and a number of large underground vaults have been found in an ancient building which is being renovated to house a new museum being opened by mentalist and paranormal metal-bender Uri Geller.

When an estate agent showed Uri the property in Mazal Arieah Street in the ancient port city of Jaffa, Israel, he exclaimed "Wow!" Uri "couldn't believe what I was looking at."

The building boasts sturdy stonework arches and foundations that could date back one thousand years. Underground chambers and a soap factory were discovered as electricians re-routed wiring.

Tools used for soap making were also found along with several utensils including a shovel, a strainer, a wooden mallet and even a shoe, which must have belonged to one of the workers.

"Our work on the museum required, among other things, that we rewire the electricity in the ancient building," Uri said, explaining how several large chambers were uncovered before the discovery of the soap factory.

"When the Electric Corporation began working on the structure, in tandem with inspectors from the Antiquities

Authority, we were amazed to uncover a large chamber with moulded recesses."

In a statement from the Israel Antiquities Authority (IAA), Uri added: "As the work proceeded, I noticed a pile of refuse on one side. I intuited that there was something hidden there.

"To the surprise of the Israel Antiquities Authority inspectors, an exceptional find was revealed: a factory for making soap."

Dr Yoav Arbel, an expert on Jaffa archaeology at the IAA, said the soap factory was the second of its kind to be found in the city, which is now a part of Tel Aviv.

"The site was well-preserved and included troughs for mixing raw materials for the soap, a large cauldron, a hearth, water cisterns and underground vaults that were used for storage," he added.

"This find allows us to reconstruct the manufacturing process and to draw comparisons with similar factories where the traditional manufacturing process

has been perpetuated to this very day."

The IAA said that soap production has a long history dating back to the tenth century in what are now Israel and the West Bank. Soap became an important export during the Ottoman period to elsewhere in the empire.

Unlike Europe, where soap was partly derived from pig fat, soap produced in the area had an olive oil base, which allowed its use by Muslims and Jews. Other ingredients were soda ash, water and lime.

In an interview with the Israeli newspaper *Haaretz*, Uri said: "I felt psychically that there was something under the dirt, in the ground.

"I got the Israel Antiquities Authority's permission to get rid of the rubble and stones and the dust, and lo and behold, we discovered an ancient soap factory."

Because the proposed museum involves renovation of an old Ottoman structure in an ancient city, the IAA has been supervising the project from the beginning.

At the museum, Uri plans to display treasures he has been collecting for 50 years, including paintings by Salvador Dali, Pablo Picasso and Andy Warhol



along with artefacts from Sigmund Freud, the founder of psychoanalysis, and theoretical physicist Albert Einstein.

Also on show will be Uri's Cadillac, which is decorated with about 2,000 spoons. They belonged to various people, including Napoleon, former American president John Kennedy, Golda Meir, Israel's fourth prime minister, and politician Yasser Arafat, the first president of the Palestinian National Authority.

Of the spoons adorning the car, Uri said that "most were bent with my mind. I obtained others at auction."

The museum will open in around a year's time, as there is "a lot to fix up - the lighting, air conditioning and the floors.

"Also we're building the biggest spoon in the world, 18 metres (nearly 60 feet) long, weighing eight tons, which will be in the museum courtyard."

Uri predicted that the supersize spoon will attract hundreds of thousands of visitors.

"Everybody will want to have their photo next to an 18-metre spoon," he added. "We will take a picture of the spoon from space. I have friends in NASA and among the cosmonauts."

Uri told *Haaretz* that in the late 1960s, he worked for Mossad, Israel's national intelligence agency, but "they didn't understand how I did what I did." Mossad contacted America's CIA, which was interested in his gifts and took him to Langley, Virginia for testing.

The paper commented, "A year ago, the CIA released secret documents and footage of him, he says, which he has posted on his website and says they 'basically validate' his powers."

Uri added that the CIA "wanted to see if I could find tunnels that North Korea dug into South Korea."

Asked if he has ever encountered anybody with similar gifts to his, Uri answered: "I think all humans and animals have some kind of intuitive powers in their minds. I basically developed it more."



THIS water or oil jug is one of the discoveries made during excavations (see left) after the soap factory was found. (Photo: Israel Antiquities Authority and Dliila Bar-Ratson)



URI GELLER'S museum will display some of the treasures he has been collecting for 50 years. (Photo: Uri Geller)

The building being converted into a museum closed its doors in 1948. During the soap-making process, ingredients were cooked in large cauldrons for seven to ten days.

The liquid soap would be poured onto lime-covered surfaces to cool and solidify for a further ten days. It was then cut into bars on which the factory logo would be embossed. Only after two months' more drying would the soap be wrapped for sale.

During a consultation at the museum site, Uri accepted a suggestion from former Tel Aviv District archaeologist Moshe Ajami that the underground vaults be used to display ancient items of sorcery.

Artefacts associated with the soap factory will also be featured.

For many years, Uri and his family lived in Sonning-on-Thames, Berks. He and his wife Hanna moved back to Israel in 2015.

"Ever since I left Israel in 1972, there was always a spiritual magnetic urge for me to go back," Uri once said. "I think it's like that for almost every Israeli.

"If you're born there, there is powerful mystical energy that gradually pulls you back. After roaming the world for 40 years, it's time to go back to where I started."

■ For further information on Uri's work, visit www.urigeller.com



SACRED OILS TO SOOTHE THE SOUL

FELICITY WARNER: "Aromatic plants have been used for medicine and ritual for many thousands of years."

Felicity Warner is the founder of The Soul Midwives School, which she began over 20 years ago after sitting with hundreds of people at the end of their lives. She lectures at universities and international conferences, and has written three acclaimed books, "Gentle Dying," "A Safe Journey Home" and "The Soul Midwives' Handbook."

In 2017, Felicity was named "End of Life Care Champion" by the National Council for Palliative Care at the House of Lords and won an award as one of the "Daily Mail's" most "Inspirational Women of the Year."

Her latest venture is another book, "Sacred Oils." Subtitled "Working with 20 Precious Oils to Heal Spirit and Soul," it is published by Hay House at £10.99.

In this specially commissioned article for PN, Felicity writes about the oils, their uses and history.

UPLIFTING and fragrant essential oils are used by many of us to soothe a headache or help us sleep, but who would guess that they are also powerful psychic tools?

Oils such as Lavender and Rose can be the keys to developing clairvoyance and sharpening spiritual sight when they are used as sacred oils, which can help to develop psychic abilities and heal "dis-eases" of the spirit and soul.

I am a "myrrhophore" – or mistress of the oils – and work with aromatic oils in an ancient craft linking back to pre-biblical times. Myrrhophores belong to an esoteric lineage linking back to ancient Egyptian temple traditions where priests and priestesses were both healers and magicians.

Mary Magdalene is said to have been a priestess in this work, displaying her skills and knowledge of the sacred properties of oils when she anointed Jesus with costly and precious Spikenard, which is still

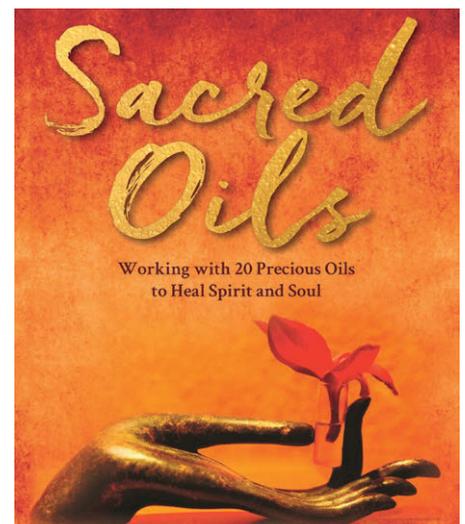
used today to work with those close to transition.

Modern myrrhophores use familiar essential oils such as Sandalwood, Holy Basil and Patchouli to work at the deepest level, expanding consciousness and bringing healing and clairvoyance.

My apprenticeship with oils began when I was a teenager living in Copenhagen, the capital of Denmark. I was introduced to an extraordinary woman, Lys De Grasse, who worked with plants, herbs and essential oils.

It turned out that she was also a myrrhophore; no wonder I hadn't heard of one before, as there are only a handful across the world.

Lys lived like a recluse surrounded by books, animals and plants. Having heard that I was extremely sensitive to smell and sound and had healing hands, she invited me to tea.



Over time, Lys showed me how to work with the spirit of a plant by attuning to the energy of oils and learning which ones to use for healing.

One of Lys' mantras was, "It is dangerous to have knowledge without wisdom." Myrrhophore work has never been written down and is always passed from master to student and kept out of sight to deflect from the power it carries.

Lys observed that I had a nose like a sniffer dog and a snake-like ability to sense vibration. Two essential talents for becoming a myrrhophore, this was still not enough for her to decide to begin teaching me.

I had to prove that I was physically robust enough to be a vessel for the high energies I would be working with. This couldn't be taught, but only discovered through a series of initiations and much challenging practical work.



THE ancient Egyptians were extremely skilled in the art of preserving bodies, rubbing a variety of aromatic gums, including Cedar and Myrrh, on them before they were mummified.

Once achieved, I began my apprenticeship. I was tested to the limits to see how much energy I could “hold” and if I could discharge it when I was full, as holding high energy for too long can make you ill.

This was the beginning of a long and sometimes gruelling time, where I would struggle up a level or so and then be totally blocked for a time whilst I absorbed and grounded the knowledge.

Like unravelling an onion, there were layers upon layers of understanding the way the oils worked, as most of them are veiled in hermetic and alchemical-like symbolism.

As a soul midwife, the oils are valuable healing tools. Using them with those close to the end of earthly life, through simple touch and meditation, I can help to ease fear and anxiety as well as helping people to understand the great mystery of life and death and the rich journey it presents.

The history of oils

The myrrhophore tradition grew from celestial medicine and was practised in the temples of Egypt.

The concepts of celestial medicine were based on the ritualistic relationship between the signatures of bodily constitution, ailments and remedies, planetary alignment, medical alchemy and celestial anatomy.

Aromatic plants have been used for medicine and ritual for many thousands of years. Traces of plants, seeds and resins have been discovered by archaeologists excavating ancient temples and tombs.

Nefertum, the ancient Egyptian god of perfume, was also the god of

healing. This inextricable link between aroma and healing spread through many aspects of their culture.

One of the best-known uses of oils in ancient times was in mummification. The ancient Egyptians were extremely skilled in the art of preserving bodies, rubbing a variety of aromatic gums, including Cedar and Myrrh, on them before they were mummified.

The resins from these gums were antibacterial and fungicidal, thereby preventing bodies from decaying. Jars of essential oils have been found in the tombs of pharaohs.

Modern aromatherapy is very different from working with sacred oils. In contemporary clinical practice, oils are used for their chemical constituents, which govern their antibacterial or anti-inflammatory properties.

New research shows that essential oils may be the next great step towards fighting infection, as bacteria become ever more resistant to antibiotics. Sacred oils are powerful, energetic beings with huge potential and knowledge to share with us. Wisdom and humility are required to work with them.

Each oil has distinct energetic codes to be deciphered before you can gain access to the deeper levels of understanding of how they can be used.

The oils work with the aura rather than the physical body. They resonate with the energetic frequencies generated by both physical and emotional imbalance and trauma.

Oils have specific resonances with certain conditions. For example, Violet oil, which helps people experiencing deeply held grief, resonates with deep emotion

and trauma in a similar way to how homoeopathic remedies work.

Interestingly, the ancient Egyptians believed that the sense of smell and the ability to intuit the effect of smell was the most important sensory ability. They knew that the inhalation or energy absorption of oils can increase one’s frequency by stimulating the pineal gland.

This gland is thought to be the seat of the soul and the divine connector to enlightenment within the body. It attracts energy from the highest source.

Energy carries light and information, and your nous is activated and expanded by this invisible energy.

Throughout history, oils have been used to invoke altered states of consciousness and initiate individuals into various spiritual traditions because:

- They are powerful and divine intelligences
- They are energy and light manifested in matter
- They are sacred tools of consciousness
- They have energy signatures that resonate with the human soul and spirit
- They can help us to project consciousness for use in healing others
- They can prompt visionary experiences and take us back into past lives
- They can show us the future
- They heal the light body

Apart from their healing qualities, the oils help us to see into the future by enhancing clairvoyance. In meditation, they can also connect us to loved ones and link us to other realms of consciousness. They may also give insights into past lives and reveal our soul’s purpose.



Traces of this ancient way of working with aromatic oils can still be found in our culture with the practice of anointing. The word “anoint” comes from the Latin *unctus*, which means smearing with oil, which is making a person sacred, setting them apart and dedicating them to serve a higher spiritual purpose.

Whenever a British monarch is crowned, at the climax of the ceremony they are anointed with a special blend of oils to draw down divine sovereignty to the new king or queen.

This is such a sacred act that it is performed beneath a canopy out of sight of the thousands of people who attend the coronation or millions watching on TV. Prepared in advance, the special oil is consecrated before being placed in a gold vessel in the shape of an eagle.

At the appropriate moment, the oil is poured through the beak of the eagle-shaped container into an anointing spoon, which is used to anoint the sovereign’s hands, breast and head.

Though the exact recipe for the oil is kept secret, it’s based on one from the 17th century. It consists of Sesame seed and Olive oils, with oils of Rose, Jasmine, Orange, Cinnamon, Musk, Civet and Ambergris.

The blend creates a very potent highly energised oil that has an otherworldly fragrance as well as bestowing divine qualities such as wisdom and leadership.

Rose, Orange and Jasmine oils all have links to the angelic realms and carry an extremely high frequency.

Although sacred oils are relatively easy to buy, especially online, you need to find a reputable supplier, as some cheaper ones may be adulterated with other ingredients. As with many precious commodities, you pay for what you get.

If you are tempted to blend oils yourself, be aware that many are highly irritant and shouldn’t be used by people with certain medical conditions, such as epilepsy or high blood pressure, and not by pregnant or breast-feeding women. Some essential oils are toxic and need to be used with great care and expert knowledge.

Six oils and their sacred attributes

Cedarwood

Cedarwood is one of the most spiritually and emotionally grounding essential oils of all. It is used by Tibetan Buddhists as temple incense.

Being grounded is an essential skill for healers, otherwise the emotions they intuitively pick up from the people and environment around them could easily knock them off-balance, making them feel vulnerable and eventually even undermining their health.

When we are grounded, we are present in our body and connected with the earth, allowing us to feel centred and balanced no matter what is going on around us.

This is why Cedarwood is so useful when preparing to undertake sacred work of any kind. It anchors us in ourselves and in the here and now.

Cedarwood is also helpful for facing up to and letting go of difficult situations or relationships, especially when we feel they are holding us back. It can help to release negativity in whichever form we experience it.

In summary, it helps us to find our power and strength, fosters optimism and hope, and releases negative thoughts and emotions.

Frankincense

Frankincense is all about connecting to Spirit and linking into the divine force. Meditating with Frankincense slows down breathing and deepens breath. When we are born, we come in on a breath and when we die, we go out on a breath.

Frankincense carries the mechanism of this energy. Breathing connects the astral and physical body, and ignites the spark of spiritual life.

It calms and soothes, steadies restlessness, helps the overactive mind and heals obsessive memories of the past.

This oil can be used to counteract melancholy and disruptive thoughts. It soothes inner chaos, helps during a spiritual crisis of any kind and gives spiritual direction when important decisions are needed. It is ideal to consecrate a sacred space.

Holy Basil

Oil from Holy Basil can be used for protection before performing a ritual and also help to ease the passage in any situation where the soul is travelling during meditation or dream work. This beautiful high vibration oil links us to the divine life force of the universe.

Having a green herby scent, which is reminiscent of cloves, it helps to dissolve difficult relationships and cuts negative emotional ties.

Myrrh

Myrrh brings wisdom and spiritual growth along with forgiveness. One of the first steps on the path to spiritual mastery and full empowerment is to learn how to correctly connect to the Source of All.

Another piece of this process is the soul’s awakening. This process prompts the deepest questions, such as, “Who am I? What am I here to do? How am I to serve?” Myrrh encourages this and gives valuable insights when used in meditation.

It is useful for releasing negative emotions, soul pain and building courage when remembering painful deeply buried feelings. Myrrh also helps in letting go and the forgiveness of sins.

Patchouli

Patchouli releases emotional confusion and stops jitteriness after heightened experiences such as telepathy, psychic work and levitation. It will gradually calm the aura when it has been extended too widely and too quickly.

With a warm, rich and spicy scent, it grounds and stabilises, helps when recalling past lives, assists if working with high energies, releases emotional confusion and allows us to see the bigger picture.

Sandalwood

Soothing, calming and stabilising, Sandalwood helps us to slow down the world when it feels fractious and stressful. It can counteract chaotic energy and provide an etheric refuge from external forces such as negative energies and encroaching thought forms.

Sandalwood also opens our inner ears enabling us to hear what isn’t being said. It can give us clarity when we are in muddled situations.

Apart from soothing the restless spirit, Sandalwood is useful to counteract stress, anxiety, anger, rage, restlessness, nervousness, insomnia, migraines and headaches.

Earthy and tranquil, it hushes a busy mind, stops overthinking, urges us to slow down and not worry, and to tune into love, beauty, harmony and natural forces.

Sacred oils are powerful and potent, yet gentle in their work. I hope that my new book shows that in these modern, unsettled times, they are still able to heal and offer their spiritual gifts as much as they ever did thousands of years ago.

For more about Felicity, please visit www.soulmidwives.co.uk Felicity’s “A Journey with Sacred Oils,” a two-CD set of guided meditations for working with 20 ancient and sacred oils, is also available. ■

Medium has friendship to sing about!

A former hairdresser, medium Steve Holbrook (pictured right) features in the editor's interview in which he tells of his long and close friendship with singer and TV presenter Jane McDonald.

The first point put to Steve was, "What was your first psychic experience?"

MY grandad came to visit me in the early hours of the morning, telling me: "I've gone. Go and tell your mother." I found out the next day that he had visited me within five minutes of his transition to the spirit world.

Where were you born and when?

In Hemsworth, South Yorkshire, on April 29, 1966.

Can you briefly describe the area where you live now?

I live near Castleford, West Yorkshire, in a modern, minimalist three-storey town house, with excellent connections to the motorway.

Who is in the rest of the family?

My partner Rob and three children – Robbie, Bradley and Ellie.

Do any of your children shows signs of being psychic?

As a child, Robbie, who is now 25, showed many signs of becoming a budding medium. He's the eldest.

I always remember that when we were in Norfolk and he was running his toy cars along the windowsills in the caravan, Robbie turned round and asked, "Dad, what would happen if a helicopter crashed into the sea with seven people on board?"

Bradley, my other little boy, had got his hand stuck in the safety gate in the caravan, which distracted me. Therefore, I did not give Robbie the attention he should have had.

Later that day, we decided to drive into Cromer. This was five hours later, and a

local news bulletin came on the radio, saying that a helicopter had just gone down off the coast of Cromer with seven people on board!

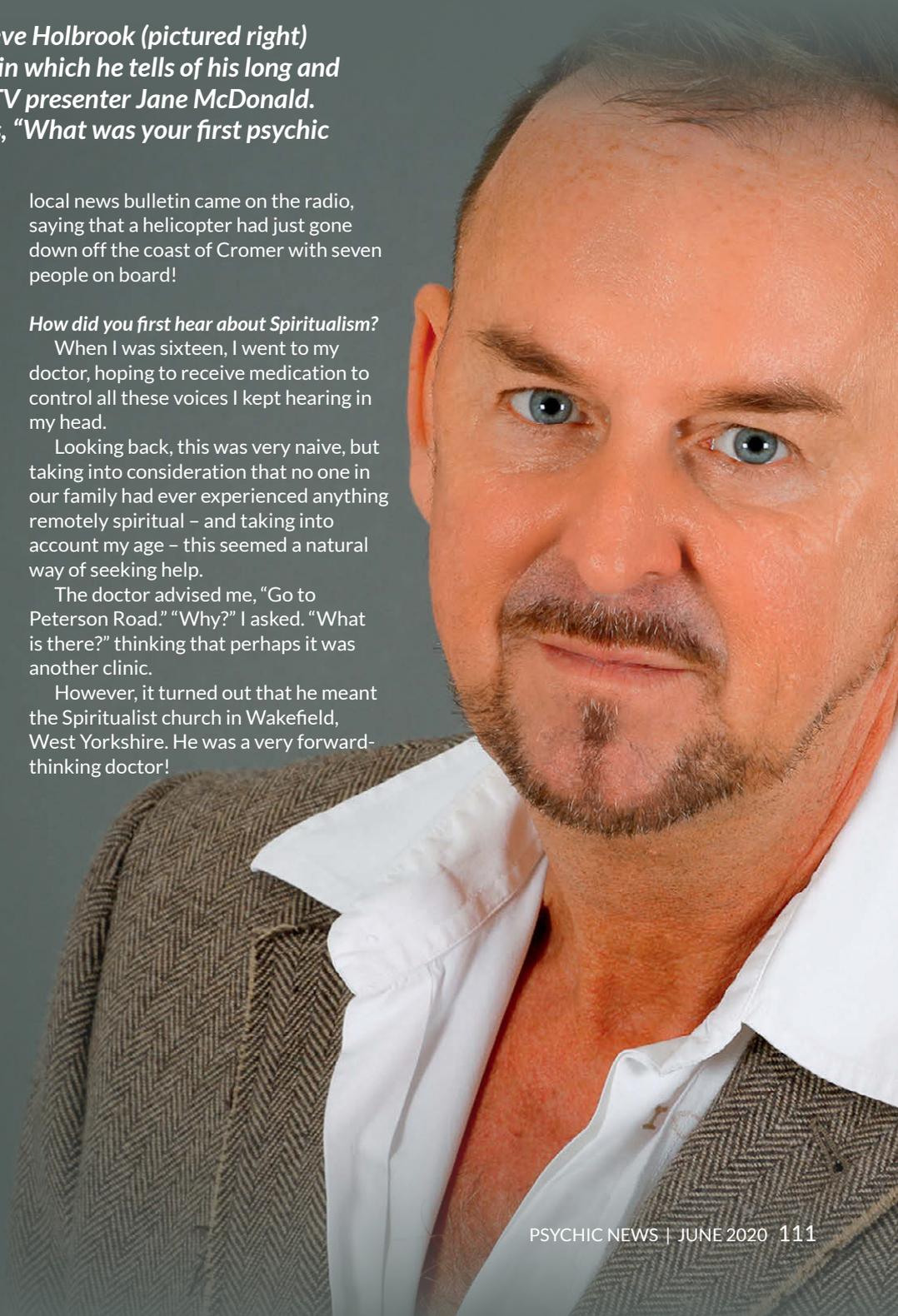
How did you first hear about Spiritualism?

When I was sixteen, I went to my doctor, hoping to receive medication to control all these voices I kept hearing in my head.

Looking back, this was very naive, but taking into consideration that no one in our family had ever experienced anything remotely spiritual – and taking into account my age – this seemed a natural way of seeking help.

The doctor advised me, "Go to Peterson Road." "Why?" I asked. "What is there?" thinking that perhaps it was another clinic.

However, it turned out that he meant the Spiritualist church in Wakefield, West Yorkshire. He was a very forward-thinking doctor!



What psychic gifts do you possess?

I am a clairaudient.

Where did you develop your mediumship?

Within the arms of the Spiritualist church.

Before becoming a full-time medium, you ran a hairdressing salon for eighteen years. Were you worried about making ends meet financially after leaving your daytime job?

Yes. I ran a very busy hairdressing salon in Leeds city centre. Without sounding conceited, I was so busy that if my clients didn't re-book when leaving, they probably would not get another appointment.

Looking back, I'm pretty sure they weren't coming just for their hair. Clients were more interested in receiving messages from loved ones, which frequently happened.

I always remember giving a message to Nell McAndrew, who came in for an appointment at the age of fourteen. She was very quiet and shy, and in her school uniform.

Spirit inspired me to say, "You are going to be a very famous model and travel all over the world." Nell looked totally embarrassed by this, so much so that she never came back.

However, one day about five years later, a young girl came in who I didn't recognise and handed me a portfolio.

Not only was Nell on the books of Elite Model Management in London, but also appeared as the Lara Croft model for the video game *Tomb Raider*. Additionally, Nell received sponsorship from Lucozade.

This was the shy girl I had given the message to several years before. Since she became famous, Nell has spoken of what I told her in the salon many times in magazine interviews.

You're currently touring the UK. How many venues are you visiting? Do you travel by road, rail or plane?

Some months, I can do 26 nights, and I travel by car. Thankfully, I don't do any of the driving.

I leave that to Rob, who manages me, to get me there safe and sound. This gives me time to catch up on bookwork, interviews and sleeping.

Do you have any idea how many thousands of miles the tour will entail?

Usually, we clock up between 40,000 and 50,000 miles a year.

When on tour, is it tiresome living out of a suitcase and staying in hotels?

Tiresome? Yes, very! We are used to it now and just have to get on with it.



"YOU can take a woman out of Yorkshire," says Jane McDonald, "but you can't take the Yorkshire out of a woman!" (Photo: Facebook)

You're demonstrating not only at Spiritualist churches, but also at a library, hotel, bowls club, golf club, Masonic hall, town hall and Conservative club.

Do you believe it's important to try and reach those who would never enter a Spiritualist church or mind-body-spirit centre?

Yes, I do have a very varied type of venue. Until about five years ago, I was fortunate enough to work with three of the country's main newspaper groups: Johnston Press, Trinity Mirror and Newsquest. I still work with some of the newspapers, but much less frequently.

During the four years before that, I worked with Norwegian Cruise Line with Spirit Cruises. However, I felt increasing pressure, as I was on a constant treadmill.

Year after year, it meant repeating the same venues each and every time. It goes without saying that on their part, it was a purely commercial entity, so I was never asked, "Did you have a good evening?" or "Was it a good crowd?"

At that point I received a call from Sue Farrow, a former editor of *Psychic News*, telling me that Eric Hatton had communicated at Stansted Hall, Essex, and mentioned me by name.

Sue wondered if I knew why he wanted to speak with me. I promptly replied that I had no idea.

Apart from the fact Eric was a great friend, and very respected within the movement, he told me he found my work refreshing and treated my mediumship with respect.

This was so much so that during the last few months of his life, he managed to attend one of my public demonstrations of mediumship at Wolverhampton Civic Hall in the West Midlands.

However, I still was not sure what Eric had wanted. Fast forward four months and I was working in Spain.

Eric decided to come through to me directly and passed on so much information in such a short amount of time

that I had to run back to the apartment and write everything down in a note, which I treasure to this day.

Going back to the "varied venues" point, this all comes down to the information that Eric passed on to me, which has been invaluable. I gained variety, which stimulates me.

Also, working alongside the lovely Debbie Connell, a former trustee of the Spiritual Truth Foundation, which promotes spiritual truths and tries to encourage a wider audience to attend spiritual centres and churches, made me realise that evenings in theatres are not for everyone.

One thing is for sure: I am fortunate enough to meet a massively diverse range of people, which keeps everything fresh.

Why do you think that at many evenings of mediumship women far outnumber men?

The ratio of men who attend these evenings as opposed to women has always fascinated me.

I just think it's a fact that men are generally more closed off to the emotional side of things. Therefore, the death of a loved one, however sad, challenges their emotions.

If they were to receive a message among a group of other people and be reduced to tears in front of an audience of 85 per cent women, it could be just too much.

Can you tell readers something about your close friendship with singer and TV presenter Jane McDonald?

I have now known Jane for over 30 years and our friendship has stood the test of time. There is a mutual respect thing going on, both personally and with the work we do.

We live almost around the corner from each other, but these days rarely have the opportunity to get together because of our busy schedules clashing.

However, recently Rob and I went

round to Jane's house for a lovely home-cooked meal – and she does an amazing shepherd's pie!

Although on this occasion, the host was her partner Ed, it was a lovely evening and great to spend quality time with them both and have a catch-up.

It's unbelievable how things have changed: this beautiful home with magnificent surroundings is so different from the mid-terrace house where Jane lived for many years on the outskirts of Wakefield.

But what hasn't changed at all is the woman sitting opposite me. She is the same now as she was 30 years ago. As Jane says, "You can take a woman out of Yorkshire, but you can't take the Yorkshire out of a woman!"

My mobile is ringing now and it's Jane! This will no doubt be to see how we enjoyed her show last night at the Lowry Theatre in Manchester.

Sadly, due to the time schedule, I couldn't make it backstage afterwards to see Jane. I don't think I needed to say much to her, as a five-minute standing ovation said it all!

Yes, correct: I must be psychic! Jane also phoned to tell me that I'm featured throughout her new book.

I did tell her how strange it was for her to ring while I was writing about her, to which she replied, "It better be good, love!"

Our paths are more spiritually entwined than people realise. It would take far too long to go into right now, but with Jane what you see is what you get.

That woman on the telly is not just a persona. It's the real deal, which is why I love her so much.

In her official biography, Jane wrote: "To Steve Holbrook, my best friend and spiritual advisor for the last 13 years. Thank you for making me feel wonderful. How do you do it?" Praise indeed!

What do you know about your spirit guide Archie May?

He was a hairdresser's assistant, who went to fight for his country in the First World War. There's a picture of him in my book *Survival*.

Due to injuries, Archie was left with a deformed arm. It seems more than co-incidence that he chose to work with me spiritually, as I was a hairdresser for seventeen years.

Why have you always shunned appearing on TV?

I haven't gone down the TV route, despite the BBC coming to Hull to watch a demonstration with Henrik Briksen

OF his long friendship with Jane McDonald, Steve Holbrook says, "Our paths are more spiritually entwined than people realise."





AFLOAT a boat. Jane McDonald thanks medium “for making me feel wonderful.” Here the singer is seen on TV’s “Cruising with Jane McDonald.” (Photo: Channel 5)

(Jane’s former husband) and wanting to do a four-part series about me and my work.

At the time, this would have featured Jane too. This was around twenty years ago, so things are a bit sketchy in my memory, but I know I was hesitant.

At a venue in Salford, Greater Manchester, waiting to go on stage, when chatting to my friend Pat, I heard so loud and vividly the song *Please Don’t Go* by KC and the Sunshine Band.

Immediately before the evening started, I rang Jane and said, “I’m really sorry, but you’ll have to explain to Henrik it’s not a route I want to go down.”

The format was very interesting and would have been very different from the TV programmes of today. As always, I went with my inner feelings, and to this day I am so glad that I did so.

I think it’s helped knowing Jane because I realise what power TV has and how it can change your life beyond all recognition. I have always enjoyed the simpler things in life and like my privacy too.

What’s the most unusual spirit message you’ve relayed which sticks in your memory?

Oh my goodness! There are literally thousands of unusual messages over the last 37 years. Unfortunately, I can only remember the latest set of events.

A couple of weeks ago, I was at a demonstration and it was the last message of the night. The lady had received a message from her father, who had been gone five years, and also her sister Helen.

Just as I was finishing the message off, I said: “Christine has just walked in. She’s mentioned the third of April.”

The lady excitedly and emotionally shrieked: “Oh my God. It’s my friend Christine, who only died this morning.

That’s her birthday!”

I added: “She says to tell you she is with Brian and to tell you about the black and white stone in your purse.”

She replied: “Brian is her dog, who passed away five weeks ago. The black and white stone in my purse is a lucky stone she gave me only yesterday.”

The lady came up to me afterwards and explained that only four hours previously, she had been with Christine in the chapel of rest, so within a few hours of her passing, Christine came through for her friend.

Towards the end of the message, I noticed a lady three rows from the front, looking around and appearing bewildered. Not knowing that she knew the lady I had given the message to, I asked if she was OK.

“Yes, I am,” she replied, “but I’m in shock. I didn’t know Christine had died.”

Can you tell me something about the work you do for charity?

I am very passionate about combining evenings of clairvoyance and spiritual awareness with raising money for charities.

So far, I’ve raised over £30,000 for my local Wakefield Hospice and £27,500 for PACT.

This Sheffield-based charity raises funds for children under thirteen with terminal cancer and counselling for their bereaved parents.

This year, we have undertaken over twenty evenings for various other local good causes, including dementia and breast cancer.

Do you have any interests or hobbies away from the psychic scene?

I like swimming, going to the gym and jogging.

How do you relax at the end of a long, hard day?

I often have a glass of wine, watch TV, maybe a bit more wine, then sleep!

In a nutshell, what’s your philosophy of life?

Twenty-five years ago, I was taking the Divine service at Zoar Street Spiritualist church in Morley, Leeds.

Unsure of what philosophy I should give, my grandad pre-empted me very clearly. This is how it went...

“The jigsaw puzzle of life. Day one. The first piece is fitted in the top left-hand corner. Through the journey of life, different pieces of that puzzle are put into their rightful place, each piece being a relevant component of our life.

“A happy or sad memory, an occasion, a birth, a life and significant occasions all fit together to create that puzzle.

“Everyone’s puzzle is totally unique, but not until our last day in this life, and our transition to the next, is the final piece put into place.

“Then – and only then – we have the chance to look at our picture in full, and look back with a greater understanding and knowledge of how the many tangled events, the ups and downs, and the highs and lows of our life, all come together to create our own unique individual journey.”

■ Steve Holbrook currently has three books available – “Light in the Darkness,” “Out of this World” and “Survival.”

Please visit www.steveholbrook.co.uk for Steve’s tour dates.



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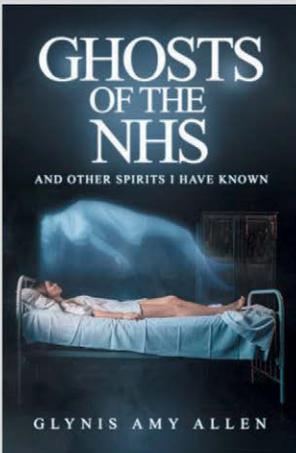
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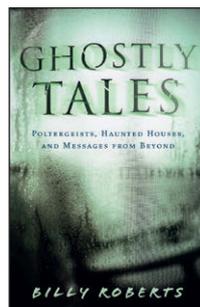
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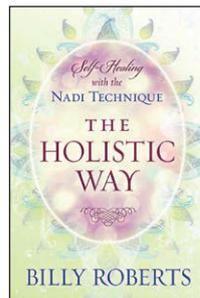
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Medium's unique perspective on animals

GORDON SMITH discusses their intuition, unconditional love and the impact they have on the lives of so many

AS A lifelong animal lover whose family life has always included pets, best-selling author Gordon Smith has countless stories to tell about his own experiences and those of the many people who have written to him over the years.

And since he also happens to be one of Britain's top mediums, he brings a special otherworldly perspective to various elements of his 2018 book, *Animal Magic* (Hay House).

It is, he tells me when we meet at the College of Psychic Studies in London, an expanded version of a book he wrote over 10 years ago – *The Amazing Power of Animals* – with many new stories that he received after that book was published together with his own more recent experiences.

Fascinated with nature and animals since his childhood, Gordon and his six siblings ran an animal hospital at the bottom of the garden of their terraced house in Glasgow where they looked after strays and nursed various animals and birds until they were well enough to be released.

"By the time I was 12, I knew the Latin name of every bird species in Britain," he says with justifiable pride.

So it is hardly surprising that this affinity with animals is evident in the messages he communicates from loved ones in the spirit world, some of whom bring a pet with them or refer to a special bond they had with a

dog or cat.

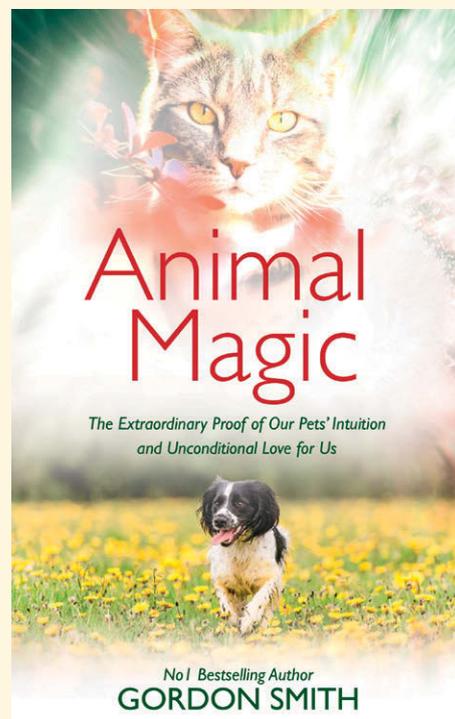
We meet just a few days after Gordon's appearance on ITV's *This Morning* programme which was followed next day by an absurd tabloid claim that he is a "fraud" largely because he told the presenters that animals do not speak to him (see our report, page 118).

The caption on the screen suggested that they did, but it is not a claim Gordon has ever made. "My pets don't speak to me in this life, so how could they speak to me after they die?" he laughs.

But, typically, he shrugged off the negative tabloid headline and story. "It never worries me what people say about my mediumship. Being criticised doesn't matter. I know in my heart that what I do is genuine and it helps people."

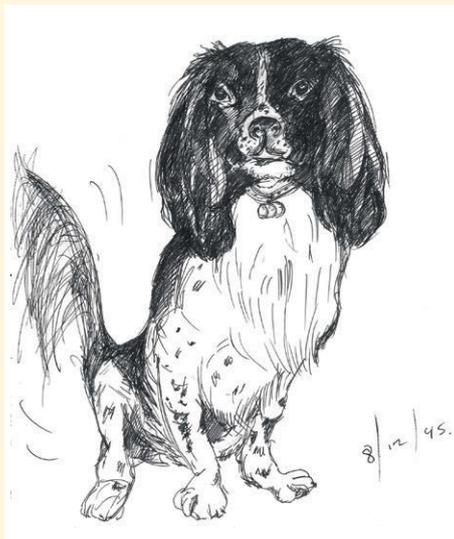
He was surprised, however, that presenter Phillip Schofield appeared to think he was an animal communicator to whom animals can speak. "He knows I'm a medium. I've been on his programme a number of times including one when Prof Chris French did various tests with me. Phillip was just playing games!"

Had the presenters or their producers read *Animal Magic* there would have been



no confusion. Gordon elaborates on his animal communication skills with these words:

"The experience of bringing through an animal is just the same as making a connection to a human spirit: I feel a presence, a personality that is impressed on me. I see images and I feel a real, palpable emotional connection that affects



DRAWING of Charlie by psychic artist Dronma on day he was born.

the owners, too. Just as I know if a human being is happy, I can tell when a dog or cat is content and wants to let its owners know that they shouldn't worry about it."

Readers get to meet all of the dogs that have been an important part of the Smith household over the years, and Gordon's writing skills bring numerous anecdotes to life as he captures their personalities and special abilities.

The original version of the book, incidentally, was inspired by a vet, Bill Jordan. He shared many fascinating stories with congregations at the London Spiritual Mission's annual Animal Service, working first alongside Gordon's mentor, famous medium Albert Best, and then with Gordon himself.

I ask if Gordon would like the ability for animals to speak to him.

"It would only be useful if it enabled me to help the living," he responds. "That's what my work is about. The dead, in Spirit, are absolutely fine. It's dealing with the grief, guilt and regret and all the other things that the living feel, that's where my mediumship works best.

"Even with animals, my job is to help the person and enable them to let go of the emotions of their multi-layer grief. And if I've learned anything as a medium it is that grief, by its nature, is a sense of disconnection and everything else that attaches to it is a sense of depression, or forms of emotional attachment.

"So you realise that your sitters have lost somebody and feel terrible bouts of guilt. That's what I'm healing. By picking up on episodes in their lives I give the people I give readings to permission to go back and look at them. We hit the nail on the head as quickly as possible.

"It's not just about the names and all

the evidence, it's about the healing quality of the message. If there's no compassion, it's not mediumship. And since pets are very much part of the family, their loss is often felt as strongly as when humans pass on. It's easy to love animals and it's easy for them to love you. We build strong relationships and bonds with our pets. They don't lie and they don't have masks.

"And they are as keen as our human loved ones to make their presence felt and let us know they are well."

Gordon's new book will delight its readers, regardless of whether or not they have pets, as well as addressing many questions people have about animals in the spirit world. But he doesn't claim to have all the answers.

One of the most intriguing stories involves a development circle he was holding in a Glasgow Spiritualist church on 8 December 1995. Those present included Dronma, a Tibetan Buddhist and an impressive psychic artist. During the circle, Dronma made pencil sketches of spirit people who were making contact.

At the end of the session, as the circle members sat discussing their experiences and looking at the drawings to see if they recognised friends or relatives, Dronma turned over a page and presented a drawing of a springer spaniel puppy sitting in front of a door.

"I don't know why I drew this at all," she said. "I don't think it's a spirit dog. Look behind it. That's your front door, Gordon."

The puppy had a crooked white stripe down his nose, and a white chest with lots of spots. "You should remember this," Dronma told Gordon. "It's just a pencil drawing but his collar is blue and the little plastic barrel hanging from it is red." She then dated the drawing and placed it in her sketchbook.



CHEEKY CHARLIE living up to his name.

Nine months later, Gordon received a call from a friend, clairvoyant June Oakley, who occasionally rang to catch up with what had been happening. During their chat she suddenly said, "You're going to be offered another pup. He's got long ears and a beautiful face – he's ever so cute. When you see him you'll fall in love with him. I am being told by my friends in the spirit world that you must accept this little dog. You can't turn him down because he needs a home. He's been abused and he needs you."

Gordon admits he didn't take his friend's prediction too seriously. Besides, he and his partner Jim already had an elderly golden Labrador and weren't looking to get another dog.

A week later, after he had spoken at a Spiritualist seminar, an elderly woman approached Gordon and asked if he would be willing to take in a dog owned by her upstairs neighbours who kept him locked in a cupboard all day while they were at work. It seemed likely that he would have to be returned to the dogs' home.

Gordon told her he could not help but just as she turned away he recalled June's prediction. "Wait a minute," he called out to her. "Is this dog a spaniel?" Surprised, she said it was.

Despite their reservations, Gordon and Jim visited the dog, named Charlie, fell in love with him and decided to take him home: a decision they often questioned as his "boisterous and damaged character" relentlessly challenged their patience. The next three years were a struggle. But they had realised there was a purpose in "Cheeky Charlie" coming into their lives.

"A month after we brought him home his papers arrived and as I glanced over them I noticed his birth date: 8 December 1995, the day that Dronma drew the little spaniel puppy with the spots on his chest and the blue collar with the red barrel, sitting on my doorstep.

"We tried to get him into a sitting position long enough to take a photo to match the pencil sketch and when we compared them the likeness was amazing – even the specks of brown on his chest were in the same position and the stripe on his nose was a perfect match."

"So where does that picture come from, in Dronma's mind, to draw a nine-month old springer spaniel which, at that point, is a new-born piece of flesh and fur? I had no knowledge of the people we got the dog from nor any connection with them.

"It opens your mind to the fact that something in the ether's really different ... and that's incredible!" ■

ROY STEMMAN

KAYLEIGH CUNNINGHAM

My cat Dexter had passed away quite suddenly and I saw on Facebook that *This Morning* wanted to hear from people who had lost pets and would like a message from Gordon Smith. It's not something I would normally do, but because he had gone so suddenly I wanted to see if I could find out if he was OK.

I'm a bit sceptical about these sorts of things so I tried to give them as little information as I could. He had a heart condition and a blood clot in his back which stopped circulation to his leg, but I didn't tell them that. But the medium picked up on it, which was amazing.

I'd only had Dexter for a year but he was my rock and he got me through some really tough times. Gordon spoke to me for a good 20-25 minutes and the reading was absolutely incredible. It blew me away.

He told me that when Dexter passed away he wasn't in any pain. He said he was numb, which he was – he was paralysed. He knew I was with him when he passed.

I'd been away and he picked up on the fact that I'd been on a lot of short trips recently, which I have, visiting my partner in Oxford.

He told me Dexter was drawing attention to his neck and said he didn't like anything placed around it. A few weeks before his passing he'd developed a neck infection and we had to put a dressing on it to stop him scratching and he absolutely hated it.

Gordon said Dexter was with a man. My grandfather, who was a huge animal lover, passed a few years ago and Gordon said he had been watching over me when I was doing my visits.

He really put my mind at ease,

explaining that although Dexter had been with me for only a short time, he was here for a reason and the purpose had been fulfilled. It was his time to go. I had found him on the floor on my return from an Oxford visit and took him immediately to the vet, who said there was nothing that could be done for him. He looked into my eyes and I told him he could go ... and he did, just like that, without needing to be put down.

It has made me feel a lot better, knowing that Dexter is OK. It was really comforting. I'm definitely less sceptical since talking to Gordon. He told me things he couldn't have known. He's definitely not a fraud, despite the *Mirror's* story!

I also have a cat called Margot and Gordon picked up on that, too, telling me that Dexter had a friend. My son was worried that Margot would now be lonely since Dexter's passing so I have taken on two rescue cats, too, which came as a pair.



(Photo: ITV)



KAYLEIGH and her cat Dexter.



MATTHEW and Millie.

MATTHEW WHITBREAD

During my reading from Gordon, he mentioned that my dog had gone blind, and he saw me in Brighton running up and down the beach with my dog. I live in Brighton and used to go down to the beach with Millie quite a lot.

He told me there was a lady in the next world who was now with Millie and that could be an aunt who was very close. She died five years ago of cancer and she often used to look after Millie..

Before Millie passed I got another dog, Phoebe, and she kept Millie going for a couple of years. Even to this day, I get

Millie and Phoebe mixed up when talking about them – both are West Highland terriers. I'd even given *This Morning* the name Phoebe instead of Millie.

Millie meant a lot to me and I felt very uplifted by the message I received from Gordon.

'I prayed I would wake up as a girl' says trans medium



Please welcome medium Becs Sawyer for another editor's interview with a serving medium.

Once a martial arts trainer and motorcycle courier, some years ago, after a lifetime of struggle, Becs decided to make the transition from male to female.

The first question she answers is, "Forgive me if this sounds clumsy, but at what age did you first feel you were a woman inside a man's body?"

I KNEW from my very earliest memory that I wanted to be a girl. It really started when, as with any child, they start to identify with their gender.

I knew who I was, but when I was a child there was no education or discussion about anything trans. Even being gay was totally frowned upon.

Were you able to discuss this with your parents and friends?

Not at all. The fear of rejection and ridicule was extreme, and the thought of ever being found out petrified me on a daily basis.

As a little boy, I was not just eager but desperate to fit in. However, I was always the odd one out. When a child – and even into all my teenage years – I didn't have many friends.

I tried to be one of the boys, but the whole rough and tumble, along with that aggressive male ladder of dominance, was something I couldn't play and I ended up on the bottom rung.

Did you get bullied at school?

Dreadfully. At junior school it was bad enough trying to be a "normal" boy while every night wishing and praying I would

wake up a girl, but senior school was even worse.

The day I started senior school, I can remember thinking: "This will be different. I will make new friends."

Mmmmm. That lasted about a week and then the bullying started. I used to cut across fields at the end of school to avoid the other boys.

I took refuge in chocolate cake and hiding in my bedroom dreaming of being anyone but me. The self-hatred and loathing were immense, and the more I tried to fit in, the more isolated I became.

It was only as I reached twenty and found dancing and made some wonderful girlfriends that life changed.

However, even then I could never have mentioned being trans. That fear of rejection, ridicule and exposure was too great.

At what age did you decide to start to transition to a woman?

In my wildest dreams, I never thought I would ever transition. I was 6ft 2ins and a very big young man with heavy masculine facial features.

It finally started when I discovered a maxillofacial surgeon in Belgium in my early 40s who, after I visited him three times, performed a twelve-and-a-half hour operation to feminise my facial bone structure.

I ended up in intensive care strapped to the bed, as I was hallucinating, thinking I was being kidnapped by space aliens.

None of the nurses spoke any English. It was not the best day of my life. I had 45

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The self-hatred and loathing were immense, and the more I tried to fit in, the more isolated I became

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staples across the top of my head, along with eighteen screws and six plates in my mouth and jaw.

That was just the first facial operation. A further two soft tissue facial operations followed over the next few years.

All this time I still never thought anything would change and the dream of being me was just that: a dream.

What did this process entail? How long did it take?

Ten years ago I had my gender reassignment surgery, but it still took me many years finally to be at one with myself.

Last year, you were featured in a local paper and a couple of nationals, too. Did you receive any adverse reaction?

No, none at all. I find the more open and honest I am, the more people just accept me.

People at my demonstrations will often ask questions and I'm more than happy to chat. I get parents with young trans children coming up to ask advice and find the change in society very uplifting.

The papers described you as "A former 6ft 2ins martial arts trainer" and "an eighteen-stone bodybuilding bloke." When you see old photos of yourself, does it feel like someone completely different?

It does now. I am completely detached from the old physical me, but it has taken a long while to find that place.

You and your wife Nicky married in 2007. Was it difficult to tell her that you wished to transition? Did it come as a complete shock to her?

I was very blessed with Nicky. By the time I met her, I had decided never to have a "normal" relationship again.

We started off as friends, but before our relationship became one of boyfriend and girlfriend, it somehow came out I was trans.

She was so supportive. Nicky not only nurtured me through all of my surgery, but when I was thinking it was all a waste of time and feeling very down, she was the one that kept guiding me forward.

How would you describe your relationship?

It was fantastic, although recently we broke up. It sounds like a cliché, but we are still amazingly good friends.

Without wishing to sound flippant, did Nicky give you advice on make-up and clothes?

She was invaluable. Nicky would often do my make up, but not advise so much on clothes, as I wasn't bad at doing that.

Where were you born?

East London.

Where do you live now?

Out in the wilds of Essex, not far from the Arthur Findlay College at Stansted Hall.

Do your neighbours know about your transition? If so, how did they react?

I assume they do, but I just get on with my life, trying to be nice to everyone. As that old saying goes, "It really is none of my business what others think of me."

What was your first psychic experience?

When I was very young, I had an imaginary friend I simply called Girl. According to Mum, from the age of about two right through to me starting school, Girl would always be with me and had to be included in everything.

As I got older, the only thing I can remember is wanting to be a mermaid, which was great at seven years old, but not so good at 25!

How did you come into contact with Spiritualism?

I always wanted to do this. I remember watching Doris Stokes on TV and just wanting to do what she did. With Alexis, my first wife, I sat in a development circle for a time, but didn't really progress very far.

Later when mediums Colin Fry, T. J. Higgs and Tony Stockwell were on TV, I would get incredibly frustrated watching them, as that was all I wanted to do.

If someone had said to me that years later I would work with Colin and be really close friends with T. J. Higgs, I would have slapped them in their third eye.

Things started when Nicky and I decided to get married and she suggested a Spiritualist church. I was still living as a man. Well, trying to.

After John Rooney, of Woodford National Spiritualist Church, invited us to visit, we started attending services. From there, we met medium Jeanie Jackson, who, once we set a date, officiated at our wedding.

We started sitting in Jeanie's circle. That was how it all got underway, though it's been a long, slow and often incredibly frustrating path.

Where else did you develop your mediumship?

There is an old saying, "When the student is ready, the teacher will appear," and in my case it couldn't be truer.

Eamonn Downey entered my life about fourteen years ago. Eamonn was taught by the late Gordon Higginson and has been my guiding light and main tutor.

Along with the likes of Jackie Wright, Mavis Pittilla, Jan Marshall, Simone Key

and a host of others from the Arthur Findlay College, I've been blessed with a wonderful education.

I have been so lucky always to live near to the college and continue to attend courses there.

What psychic gifts do you possess?

As a medium, I am clairsentient. I don't really work psychically. When demonstrating, for me it is all about staying in the power, connecting with the divine and giving spirit communicators a voice.

Spirit know their job. The job of the medium is to get out of the way, so Spirit can get on with their job.

As soon as you go psychic, it means you have dropped out of the power, lost the connection and are reading the recipient directly and not representing anyone in Spirit.

Are you a full-time medium?

Yes.

Let's whizz through your CV. What other occupations did you have before becoming a medium?

I've been a martial arts instructor, personal trainer and even a motorcycle courier.

How many churches do you serve a month? Are these all over the country?

I serve a few Spiritualists' National Union churches and independent centres, but most of my work is away from the norm in places like rugby clubs, function rooms, etc.

I regard my mediumship incredibly seriously and take it to many people who would never think of walking into any church.

Every time I work, I always begin with an address, sharing how mediumship works, the beauty of reunions with our loved ones, how natural and normal mediumship is, and that we are all eternal beings having a human experience.

Whenever I work, my little motto is, "I want to be entertaining and keep everyone as engaged as I can, but I am not cheap entertainment." It is a show, but never show business.

Some people come to my evenings as sceptics and total cynics: some of those will leave feeling exactly the same way.

However, others will leave with questions that will resonate with them to maybe make them seek more. Some find they become aware that mediumship is real and normal.

I think it is vital to reach out to every spirit going through this human experience, to help them awake to the reality that we are divine beings and that the people they



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Remember that
mediumship is love
and healing

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love most, who they miss, are no more than a thought away.

My evenings can vary from an upmarket hotel to an Irish working men's club in an Essex town where the carpet is sticky and even the bar manager gets drunk and heckles me until his mum comes through and it changes his life.

Everyone deserves that gift from Spirit. There is nothing more beautiful than when someone comes up to me or messages me saying that they have found a peace they never had before.

Remember that mediumship is love and healing: that's all it comes down to – love and healing.

Deciding to transition must have been an emotional and difficult decision. Do you think this gives you a special empathy with those who have suffered in various ways?

It certainly allows me to feel things with an empathic soul. Native American trans people are called “Twin souls” and revered because they are viewed as being a gift from the Great Spirit with insight into both the divine feminine and strong masculine.

What's the most unusual spirit message you have ever received?

There are so many, but I like the one where a young gangster who was shot came through telling his cousin and “business partner” about the drugs and a gun hidden in Epping Forest.

The man's face went ashen. All he could say was, “You're not going to phone the police, are you?”

Away from your work as a medium, how do you relax at the end of the day?

I love yoga, as it combines the physical, emotional and spiritual perfectly.

To reconnect with the real you

Below, Graham Jennings reviews Becs Sawyer's CD, which is entitled “Everyone's a Medium.” Running to just under one hour, it costs £11.00.

HOW often in our very materialistic world do we hear mention of the great spiritual truths concerning the reality of human existence? In my experience it is rarely, if at all, even in a religious or philosophical context.

All the more uplifting, then, to hear these truths itemised at the beginning of this CD one after another! They set the tone for the rest of the meditations.

“I truly believe we are spiritual beings,” says Becs, a medium and teacher, “having a wonderful human experience.”

Our real home, she tells us, is not here, but in the Higher Realms, whence we have come and where, at the end of our earthly sojourn, we shall return.

However, we do not have to wait until then to visit. As Becs promises, we can experience something of our spiritual home while still in the mortal body – home, of course, being where our loved ones, who have gone before us, also reside.

As Spiritualists, we know something of what it is like thanks to over 170 years of spirit communication through mediums. But have you considered becoming your own medium and receiving such communication?

“I firmly believe,” continues Becs, “that everyone has the potential to be their own medium: to sit with their own spirit, their own soul and link back with home, back with Spirit.”

Mediumship, she maintains, is not a divine gift: it is a faculty of being a spirit, a gift you can develop in your own time and at your own pace. Practice is essential. The more you practise, the easier it becomes.

The first step is to recognise that you are spirit here and now. This is done through Becs' guided meditation in the twelve-minute “Introduction.”

Reconnecting with your true self, the real you, is the first step. It involves nothing more complicated than quietly sitting upright with a straight back and concentrating on your breathing.

This is, of course, the classic meditation of yoga and similar systems. The difference is that the purpose here is not simply to relax mentally and physically, but to reconnect and blend with Spirit.

The difficulty will be your brain. It is so used to being active that it will repeatedly come between the mental you and the object of your meditation, the spiritual you. Learning to quieten the brain and becoming aware of the Spirit's presence is the first step.

Once you have reconnected with “the real you, the eternal you,” you can “blend,” as Becs puts it, with the spirit world and reconnect with your loved ones.

The remaining three meditations are “Letting go to the Blend,” “Who is the real me?” and “Going Home.” This is where we travel mentally to the spirit world and meet a loved one.



WE ARE ALL PART OF THE GREAT SPIRIT

By David Hopkins

IN recent years, my main involvement with Spiritualism has been in Inter-Faith (IF). At a recent IF meeting, I was more than a little taken aback when Spiritualists' National Union (SNU) President David Bruton "hijacked" the start of the meeting to present me with its Diamond Award.



DAVID HOPKINS (second from left) appears with the Rt Rev Richard Atkinson, OBE, Bishop of Bedford and Inter-Faith Network Co-Chair (first on left), and Malcolm Deboo, Inter-Faith Network Co-Moderator. Second from the right is Minister David Bruton, President of the Spiritualists' National Union.

In 1959, at the age of eighteen, I became an individual member of the union. At this time, the age of majority was 21, so I had limited rights.

Some time ago, I agreed to talk to my local IF group about Spiritualism, entitling my talk "Spiritualism – A personal journey." The combination of this stark reminder of my years and the talk set me thinking and reminiscing.

I have really been involved with Spiritualism since birth. My parents were both working mediums and had long links with the SNU.

Both were excellent speakers and mediums. Through them, I can trace my Spiritualist lineage back to the 1920s, so my memories are linked with family stories to create my ongoing story.

From a young boy, I was fortunate to meet, and become friends with, many of those pioneers who were still closely linked and active in the SNU and Spiritualism in the 1950s, '60s and '70s.

The first Spiritualist Summer School was established in South Wales. This attracted most of the top speakers and mediums of the day, as there was nothing elsewhere of

a similar nature.

Because of my parents' close association with the opening and development of the school, well-known names came to know this young lad and he them.

From this early age, I got used to listening to outstanding minds and talents sharing their knowledge and wisdom. This, I think, gave me a start that no-one else can now claim, as all those around at the time have moved on.

I have been fortunate to witness materialisation with several mediums, including Alec Harris. My parents had sat with Helen Duncan.

I also experienced transfiguration with people like Queenie Nixon, whom I knew well, and also in my own home when, in one of his rare trance sessions, my father's face changed in front of my mother and me to that of a black man – not just a mask over his face, but his entire bone structure and facial format.

Psychic artist Coral Polge was also a good friend, having visited us when she was just starting out.

I was told that as a young boy, my uncle would hold a photographic plate between his hands and images would appear.

My mother's two younger sisters regularly sat in the home circle. When they got tired, they would just go to sleep on the settee. So much for claims that involvement with Spiritualism and mediumship can be damaging to the young!

I was never interested in developing as a platform medium. My path led me to be a speaker and later to write.

Starting as a teenager supporting my parents, later I began to get bookings in my own right. Initially, I followed Dad's style, writing out my address in full.

He used to spend hours reviewing and refining and almost knowing a talk by heart whereas my mother just got up and the words flowed. Eventually, she convinced me to try her way and the die was cast.

I was about 21 when I spoke at a Manchester Good Friday Rally. The medium was one Jessie Nason. The hall was packed and the atmosphere electric. If I couldn't perform in that setting, then I might as well have given up. Fortunately, it went well.

Much involvement in the early days of the Arthur Findlay College, Essex, where my parents lived for a while, together with international links, expanded my experience, awareness and understanding, as I met and came to know some exceptionally talented folk whose spirituality set them apart.

I worked closely with former SNU president Gordon Higginson – mind you, we did not always agree! – and Robin Stevens, one of the best mediums of the latter part of the twentieth century. A good friend, he officiated at the wedding at Stansted Hall of my Swedish wife and myself.

Then there was former SNU General Secretary and medium Ron Baker. Coupled with knowing other mediums and speakers who were household names in the Spiritualist community has brought me to the stage I am at now.

Having seen and heard such quality, and knowing what can be possible, when I choose to comment it is based on knowledge and experience. Of course, those two don't necessarily combine to produce wisdom.

I would suggest that mediumship has two main functions: to offer evidence of survival and to create an opportunity for those with experience and knowledge extending beyond the physical to communicate wisdom to those still in an earthly form.

A recent survey on attitudes about religion, which was reported on TV, stated that 25 per cent of atheists believed in life after death. Somewhat surprising, isn't it, that a quarter of those who lack belief in a God or gods accept the continuity of life?

Does this suggest that over the last century something has convinced those with this lack of belief that death is not the end? Could that "something" be Spiritualism and its beliefs and message?

If 25 per cent of atheists believe in life after death, this supports the concept that a large percentage of the population who are "theistic" (believing in a God of some kind) accept that life after death is reasonable, logical and likely.

There may be caveats such as acceptance of specific ideologies, but surely the battle for accepting survival



CORAL POLGE is seen adding the finishing touches to a spirit portrait.

after death seems largely to have been won.

If you agree with that, then the question arises, "Why are we still continuing to put so much time and effort into this function of mediumship?"

If there is mass acceptance that death is not the end, how we deal with life, now and in a post-physical phase, becomes the major issue; here the second role of mediumship I gave takes pride of place.

Does this mean a complete re-thinking of Spiritualism by Spiritualists? I would venture a positive answer.

If we move our emphasis from death to life, we realise it is the quality and not the quantity of life that becomes pre-eminent – how we live life rather than for how long.

We can use mediumship and the philosophy we have already created to offer different ways of living.

We can also help to remove outmoded ideas, replacing them with reasonable, logical, sensible and workable concepts of how we share our lives with those around us, be that on the local or global stage.

Respect can replace control, allowing every person to know and appreciate their own value. We can be proud of who we are and our achievements rather than accepting the concept that one should be humble or that pride is a sin.

Indeed, we come to understand that there is no sin into which we are born, no Devil to hide and be saved from, no evil seeking to tear us away from Spirit, no heaven and hell: there is just a force of love, light and energy that is always there for us to call on. There is only "good" and "less good."

We reach the realisation that we are, always have been and always will be a part

of that force, whatever name or however many names we give it. Respecting the rights and responsibilities of all, we will create a new level of understanding.

When we totally accept and absorb it, Spiritualism becomes our way of life, influencing all our decisions on a personal, political, local, national and international level.

It can unite humankind – indeed all life on our planet – for it respects the rights and needs of non-human life as much as our own as humans.

By accepting responsibility, we take away the power of all who seek to rule, including the priesthood, corporations, the rich and the strong. A new morality based on fairness and justice for all could be established.

My years in Spiritualism have brought me to a point where, in my late 70s, I am still the awkward so-and-so I ever was (though perhaps a little more diplomatic!), still the one who challenges authority, still the one who speaks for others when they lack the ability or strength to speak for themselves, and still the voice of dissent.

So often in Spiritualism we hear the words "Yes, friend." Well I'm the one who says "No."

It's "No" to mediocrity when I know what we are capable of; no to acceptance of anything less than freedom and fairness; no to what is happening in this wonderful world of ours; no to "progress" that benefits a small minority and not the majority; no to technology that diminishes rather than enhances our lives; no to the dehumanisation of humankind.

My voice may not be as strong as it once was, my energy less than in days gone by and my vigour limited. However, as long as I have breath I will proclaim the truths I have come to understand through my own life and the lives of others I have known and respected.

The body may be showing signs of wear and tear, but not the spirit – and it is the "spirit" in Spiritualism that is key.

Our message is simple and contained in our first two principles; there is a Great Spirit that has created us and of which we are all a part.

We are not a chosen people; we will not survive death because we believe we will, but because we all will; we do not need to follow forms and ceremonies to find God. Just look into our hearts and there God resides.

Life is an adventure, a challenge and an opportunity. There is an old saying "Nothing ventured, nothing gained."

Now is the time for each of us to embrace life to the full. Life is not a computer game or virtual experience; it is the real thing. Grab it with both hands and make it yours! ■

SPIRITUAL ART

Natural artist Sue Clyne has been fascinated with enchanted, mystical and spiritual art since early childhood. Born and based near Norwich, Norfolk, UK, she blends her craft with spiritual awareness and imagination. Here Sue shares some of her work and explains the inspiration behind the art and how each painting organically evolves.



Let's start from the beginning...

Ever since I was small I had a very over active imagination. I used to love role playing and making stories up. I was the 'famous five' rolled into one – ME! I had a lot of friends and was always up to something. I'd plan the day out with adventures of what might be. But most of all I always remember I loved to draw and paint.

I also liked to dig things up and find things, old things; this has stayed with me and never left. I'm always picking things up, especially when we travel to America around the reservations.

I like to pick up little rocks or anything interesting to bring back. I feel I'm picking up the DNA of the earth. These little rocks and stones which could be thousands of years old would have seen so much of life's history! They help me when I'm painting Native American Indians – just holding them and looking at the colours takes me right back there.

I call my style of art "Fantasy/Reality". What I mean by this is I see things for more than what they are. Take for instance a tree. I'm not just looking and thinking "Tree." I'm looking at it thinking and seeing a whole new world as clear as day – including faces, or fairies sitting on the branches! The trunks of trees are great places for old wise



Photos: Sue Clyne at work in her studio (top left)
CIRCLES OF LIFE (top right) and
HORIZON (bottom right)

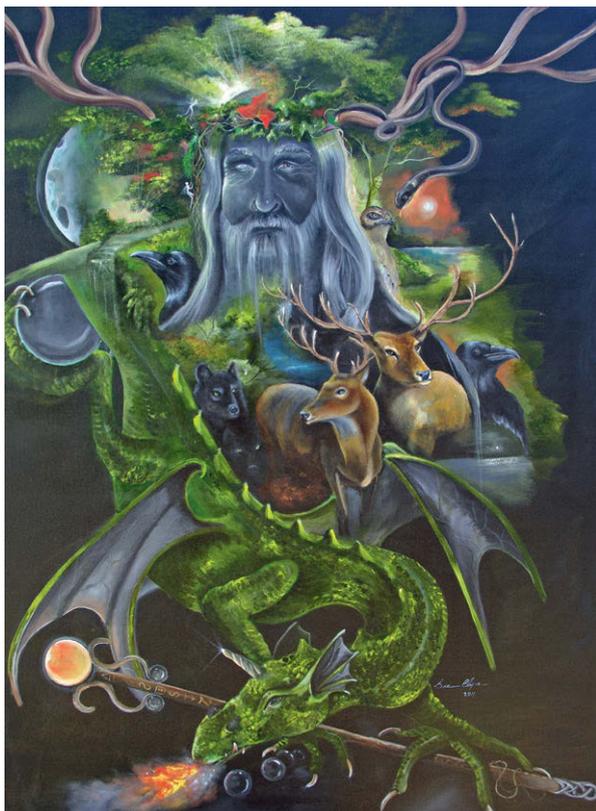
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NATURE'S CALENDAR



ODIN



THE SPIRIT OF THE WAR BONNET

men's faces. When we travelled in America around the reservations I couldn't believe all the faces I could see in the rocks and in the mountains.

The spirit of the Native American Indians lives on. When you see the hills you can't help but feel their spirit and presence, so much so you're waiting for them to appear from over the hills, just like on films. This is amazing inspiration for my Native American Indian art, my imagination is on overdrive...

My child-like imagination has never left me. I'm lucky enough to live in my dream world every day! When I paint I start off with a subject matter. I'll paint this first to get a feel for it, then the picture evolves day by day.

I never know exactly what I'm painting; it just comes together. When I've finished the painting I wonder to myself, "How did I paint it?" I like the thought that I never know what I'm painting; it's the fun of what might be.

When I have my subject matter I then work on the background. That's when I tell the story. The background is the feeling of the story, which evolves as I paint.

There are also lots of moons and suns in the work, some so small that they are hard to find. These are little journeys. They are often a path to take you further into the picture – it could be the sea or a river surrounded by trees to lead you to different lands.

Sometimes there are faces hiding – they're fun to find, too. Some I put in



CAN YOU HEAR WHAT I HEAR? (above)
AND NOW THE JOURNEY BEGINS (below)



PEACE PIPE OFFERING (above)
THE GATE KEEPER (below)



intentionally and some just happen naturally. I never say where they or the journeys are when people view my art; it's a fun way to get them involved in looking closer to find things.

I think the different lands and places come from my childhood. I used to love to explore the woods or hills thinking they would take me to different worlds.

I also like taking pictures of interesting people. Nearly all the faces you see in my paintings are people I know or have met. I change them to the character that I want to paint.

I have a cat called Dave. You will see him in some of my paintings, one being "Cat Nipping-Cat Tripping" where he's looking in the fish tank with a wishful glance and spaced-out look. I often wonder what he's dreaming about, so another painting is "Cat Dreaming" where there are fishes in the sky! Both can be found on my website.

I'm lucky to have kept my child-like imagination, which has never left me. It helps me in my world of painting every day. I'm very young at heart and this comes through in my paintings.

I like my art to talk and have an effect on the viewer. I've had several people get emotional and even cry when they see it. It's an amazing feeling when your work affects someone in this way. Mind you, I'm a very sensitive person and sometimes get a lump in my throat when I paint. I can feel the emotion. A lot of spiritual people can relate to my art and feel the connection.

When I paint I play appropriate music that I can lose myself in and zone into without even knowing it's playing. I've bought music from people who inspire me; some of my music comes from America when I'm travelling. Like art, music has the same effect emotionally, so music's very important to me while I'm painting.

I'm lucky to live in my world and be able to paint every day without interference. I have a specially-built studio with lots of light and space. It's in the roof so I have a natural triangle surrounding me as I paint.

My work sells all round the world. You can now see my art on fine art prints, posters, decals, cross stitch, tin signs, puzzles and much more.

In 2015 I had my first book released called "Dreams of Art". In the book there are over 90 images of my work with power captions telling you about the art and what inspired me.

You can catch up with me on my Facebook page (Susan Clyne Art) where I post all my new work and keep you up to date on events and anything else that's happening. ■

Dreams of Art is available from Amazon, Waterstones Online and Sue's website, where you can also purchase cards, originals and prints of her work.

Giclee print posters are available from:
www.allposters.com (US only)
 and www.art.com

For more details of Sue's art, visit:
www.susanclayne.com



SPIRIT OF MANY MOONS (right)



Your paranormal and s

BY GRAHAM JENNINGS

'Dead' dancer is seen at ballroom

What is the story of Resurrection Mary, Chicago's most famous ghost? Unfortunately, I am not on the internet and can find nothing in my psychic library – Sean Griffiths, by e-mail.

Resurrection Mary is believed to be the ghost of a young American woman, who has been associated with a particular ballroom and cemetery since the 1930s.

The ballroom was the Oh Henry, later the Willowbrook, that stood on Archer Avenue at Willow Springs near Chicago, Illinois.

The cemetery is the Resurrection Catholic Cemetery and Mausoleums on the same avenue in the village of Justice, Cook County.

Mary is said to have blonde, shoulder-length hair, a pale complexion, a white or cream dress, a clutch bag and matching patent leather shoes.

Over the years an urban myth grew about her. Mary was said to have quarrelled with her partner at the Oh Henry Ballroom and left in a huff.

As she walked along Archer Avenue, she was killed by a hit and run driver. Her parents had Mary's body interred in Resurrection Cemetery dressed in her dancing outfit.

Instead of "resting in peace," Mary began to be seen in dance halls and other places. Over the years, there are generally three phases to her appearances.

The earliest sightings, back in the Big Band era, have all the hallmarks of a classic ghost story. A young man goes to a ballroom, sees an attractive young woman and asks her to dance. They chat, enjoy the

dancing and even kiss.

He offers to drive her home. Mary gives an address, but directs him along Archer Avenue to the gates of Resurrection Cemetery, where she hops out and disappears.

In the second phase of sightings in the 1970s and 80s, Mary wanders along Archer Avenue. Occasionally, she steps into the path of oncoming traffic.

Several horrified drivers believed they had run over a young woman and called the police, but a body was never found.

The third phase of sightings is of the hitchhiker Mary. She either tries to solicit a lift from passing cars or hails a taxi.

by 47th Street and Mozart Avenue in the Brighton Park area of Chicago.

There are different versions of his encounter, but no witness statement. One version gives the year as 1936, but another 1939. Also, the Liberty Grove was listed as a tavern or inn. There may have been dancing there, but it was not a ballroom.

Brighton Park was a largely Polish area. The woman Palus asked to dance gave her name as Mary and appeared to be Polish American. He found her surprisingly cold to touch, like a corpse, but shrugged it off as "cold hands, warm heart."

Afterwards, Palus started to drive her to the address she gave as home, but Mary

directed him along Archer Avenue instead, which was miles in the opposite direction.

Mary told Palus to stop at the cemetery gates. There Mary said she must go where he could not follow and did her disappearing act.

There is a different version

of this part of the story too. According to his brother Jake Palus, Jerry did not drive Mary there himself, but was a passenger with her in a friend's car.

As to her disappearance, Jake would neither confirm nor deny his brother's story. Jerry Palus passed in 1992.

The next day, said Jerry Palus, he went to the address Mary had given and her parents answered the door. Their daughter, they told him, had died in a road accident years before. Palus noticed a photo on the piano and sure enough, it was of the girl he had danced with.

What we should all like to know is this: what was the parents' surname and were their daughter's remains in Resurrection Cemetery? Either Palus did not ask them or he never revealed the answer.



A "DEAD" young woman appeared at the Willowbrook Ballroom, formerly the Oh Henry Ballroom, in Willow Springs, Illinois. (Photo: Mr Harman)

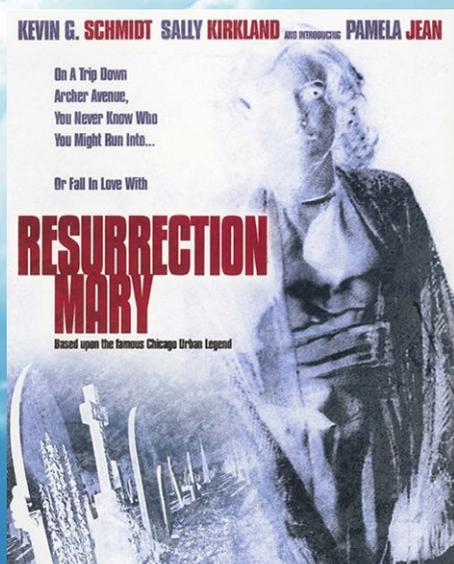
Mary climbs in and directs the driver to stop at the cemetery gates. There she either opens the door, alights and disappears or simply vanishes inside the car.

One irate cab driver was convinced that Mary had hidden in Chet's Melody Lounge, a bar and restaurant opposite the cemetery gates, to avoid paying her fare.

Long used to hearing tales about Resurrection Mary, the bar staff assured him no such person had entered. They invited him to search the premises, but he found no one.

How then did the saga of Resurrection Mary begin? The earliest recorded sighting was when a young man, Jerry Palus, told how he saw a beautiful young woman in the ballroom at the Liberty Grove and Hall

spiritual questions answered



THE haunting featured in a 2007 horror film, "Resurrection Mary," with Pamela Jean Noble in the title role. (Photo: High Integrity Productions)



SEVERAL horrified drivers believed that they had run over a young woman, who turned out to be a phantom.

Ghost hunters have identified more than one Mary who died in a traffic accident, but no one person fits all the facts – if indeed they were facts, not fancy.

Another problem is that a man called Vince told a suspiciously similar story. He drove his Chevy Cabriolet to the Oh Henry Ballroom and downed a number of rum cocktails before asking a blonde girl in a white dress to dance.

She accepted, they jitterbugged for a while and then waltzed. Vince noticed how cold she felt and joked about “cold hands, warm heart” just as Palus had done.

Nevertheless, they liked each other and he offered to drive her home. The girl gave an address on Damen Avenue in the Brighton Park neighbourhood that was near to his.

Vince drove her towards town – and after all those rum cocktails! – along Archer Avenue, but as they neared the cemetery gates, she told him to stop.

“I have to go, and you can’t follow me,” she said. The girl alighted, walked up to the gates and disappeared.

Over the years she was thought to have visited other dance halls around Chicago. In 1973, the girl was spotted at one of them twice in a month.

The outdoor sightings continued. In 1976, a motorist passing Resurrection Cemetery noticed what appeared to be a woman struggling to open the gates from inside. He called the police in case someone was trapped.

When the police arrived, they found the cemetery deserted, but noticed that two of the bars in the iron gates had been bent.

On the blackened bars were prints of what appeared to be human hands.

A reasonable explanation emerged. A cemetery worker had accidentally backed his truck into the gates, bent the bars and tried unsuccessfully to straighten them with a blowtorch.

The prints were from his gloves. Films of the damaged gates can be seen on YouTube.

Nevertheless, people speculated that the bars had been bent by Mary’s ghost. When they were eventually removed, straightened and put back, the management was accused of a cover-up.

As far as I know, sightings of Mary ended last century. However, in 2007 a horror film, *Resurrection Mary*, with Pamela Jean Noble in the title role, revived the myth.

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Fiction becomes fact on disasters at sea

Lists of coincidences on the web are plentiful, but are there any that contain an element of prediction and the supernatural? Can you give some examples? – Martin Thomas, by e-mail.

“What a delightful thing a coincidence is!” observed American humourist Mark Twain (1835-1910). “There isn’t anybody to whom that mysterious conjunction which we call a coincidence is a matter barren of interest.”

In 1909, Twain made this prediction: “I came in with Halley’s Comet in 1835. It is coming again next year, and I expect to go out with it.”

“It will be the greatest disappointment of my life if I don’t go out with Halley’s Comet.”

“The Almighty has said, no doubt, ‘Now

here are these two unaccountable freaks; they came in together, they must go out together.’”

Well known for his book *The Adventures of Tom Sawyer*, Twain passed on April 21, 1910, just two days after Earth passed through the comet’s tail.

Another American writer, Edgar Allan Poe (1809-1849), is noted for writing a novel that to some extent was mirrored in real life.

In 1838, Poe published *The Narrative of Arthur Gordon Pym of Nantucket* in which a whaler founders and becomes waterlogged. With the only boat washed away, four survivors, thirsty and hungry, resort to cannibalism and draw lots.

The one who draws the short splinter and is eaten by the other three is named Richard Parker.

In 1884, the *Mignonette* sank in the

South Atlantic. Four survivors – three men and the cabin boy – drifted in an open boat.

With no food or water, two of the men, Dudley and Stephens, suggested drawing straws to decide which of them should be killed and eaten. The third man refused, but eventually all three ate the boy. His name? Richard Parker.

Back in Britain, Dudley and Stephens were charged with murder. Their plea of “necessity” was rejected, they were found guilty and sentenced to death.

The judge’s ruling set a legal precedent that “necessity” is no excuse for murder. However, their sentences were commuted to six months’ hard labour.

In 1898, another American, Morgan Robertson (1861-1915), an experienced seaman and a writer on maritime affairs, published a novella entitled *Futility*.

It featured an ocean liner named *Titan*, “the largest craft afloat.” She had “19 watertight compartments” and with “9 flooded the ship would still float.”

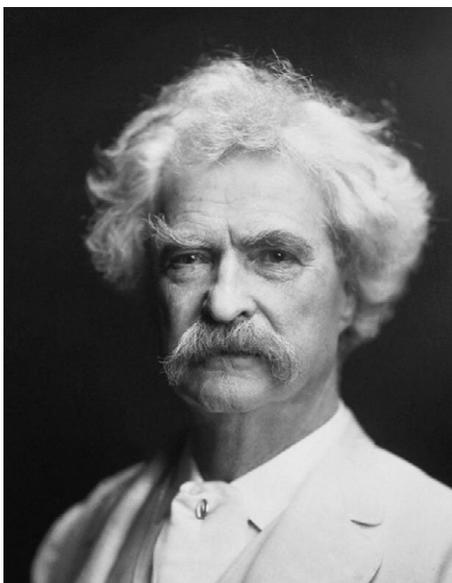
The vessel was “800 feet long” and of “70,000 tons displacement.” Her top speed was 25 knots.

Robertson added: “Unsinkable – indestructible, she carried as few boats (24) as would satisfy the laws.

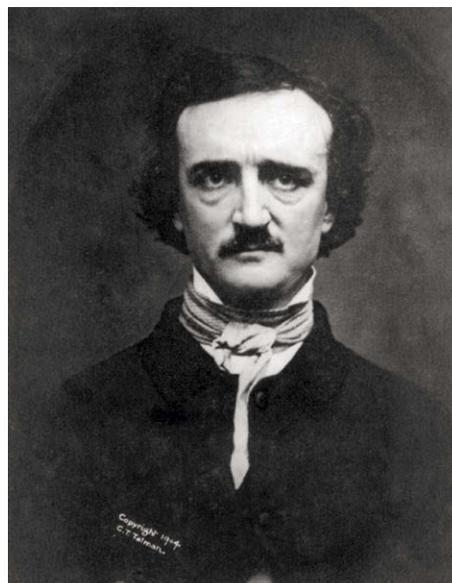
“In case of an end-on collision with an iceberg – the only thing afloat that she could not conquer – her bows would be crushed in, but... at the most 3 compartments would be flooded – which would not matter with 6 more to spare.”

Does this ship not resemble *RMS Titanic*, which was launched fourteen years later? *Titanic* had sixteen compartments of which, it was claimed, four could be safely flooded.

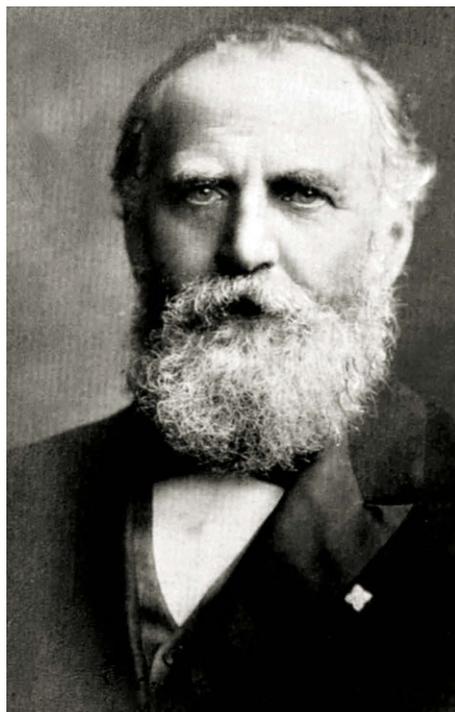
However, the bulkheads were not capped at the top, so if flooded, each would overflow into the next.



MARK TWAIN: “What a delightful thing a coincidence is!”



EDGAR ALLAN POE wrote a novel that to some extent was mirrored in real life.



W. T. STEAD said that he would die either from lynching or drowning. His passed on when the "Titanic" sank on its maiden voyage.

Titanic was 882½ feet long and of 52,000 tons displacement. Her top speed was 23 knots and she carried twenty lifeboats.

As if these similarities are not astonishing enough, *Titan* like *Titanic* strikes an iceberg on her maiden voyage in April and sinks.

Robertson was suddenly famous for predicting the disaster. Was it a case of clairvoyance? "No," he always replied. "I know what I'm writing about, that's all."

He republished his novella as *The Wreck of the Titan: Or, Futility* (1912). This is the version that survives – and is quoted here – reportedly with one or two changes.

Robertson's is not the only fictional account of a ship's sinking which has uncanny similarities to *Titanic*.

William Thomas Stead (1849-1912) was a crusading journalist, a pioneering editor and a Spiritualist. In 1882, he wrote a story for *The Pall Mall Gazette* entitled *How the Mail Steamer went down in Mid Atlantic by a Survivor*.

It tells how a steamship collides with a sailing barque and begins to sink. Immediately, there is a scramble for too few lifeboats.

Stead's story states: "I calculated that, by loading all the eight boats down to the water's edge and packing the children along the bottom boards, we might accommodate 390 people. We were carrying 916 altogether." Obviously, most of the passengers drown.

Stead's editor added this postscript: "This is exactly what might take place

and what will take place if the liners are sent to sea short of boats."

Later, Stead went on to edit his own magazine, *The Review of Reviews*. In 1892, he wrote a similar story for it entitled *From the Old World to the New*.

It is about a passenger liner that makes a detour through an ice field to rescue survivors from another liner that has hit an iceberg and sunk.

While neither story actually predicts the *Titanic* disaster, Stead told people that he would die either from lynching or drowning.

In 1909, in a tilt at the Society for Psychical Research (SPR), he gave a lecture in which he compared himself to the victim of a shipwreck.

"I am Stead, W. T. Stead!" he said. "I am drowning here in the sea! Throw me the rope. Be quick!"

However, instead of rescuing him, his would-be rescuers demanded proof of his identity and other confirmatory details.

"Well," he concluded, "that is pretty typical of the 'help' given by the SPR to the friends who are trying to make us hear them from the Other Side!"

When Stead was invited to speak at a peace conference at Carnegie Hall in New York in 1912, he had no hesitation in embarking on *Titanic*.

Before leaving for the USA, Stead received a pamphlet from Archdeacon Thomas Colley, who was rector of St Michael and All Angels, Stockton-on-Tees from 1901-1912. Its title was *The Fore-ordained Wreck of the Titanic*.

Colley was a Spiritualist and an affectionately remembered eccentric. He once had himself carried round his church in a glass coffin to dispel the congregation's fear of death.

Stead replied: "Dear Sir, Thank you very much for your kind letter, which reaches me just as I am starting for America.

"I sincerely hope that none of the misfortunes, which you seem to think may happen, will happen; but I will keep your letter and will write to you when I come back. Yours truly, W. T. Stead."

Likewise, he wrote in *The Review of Reviews*, "I expect to leave by the *Titanic* on April 10th and hope I shall be back in London in May."

The reports of Stead's stoic conduct as the ship sank, such as reading a book, are unreliable. Afterwards, he communicated his experiences through several mediums.

In *The Blue Island* (1922), for instance, Stead describes the spirit rescue of himself and other victims (see www.spiritwritings.com):

"Where I was (in spirit) I could see the wrecked ship, the people, the whole scene; and that seemed to pull me into action – I could help..."

"And so in a few seconds – though I am now taking a long time to tell you, it was only a few seconds really – I found myself changed from the helpless state to one of action; *helpful* not helpless – was helpful, too, I think." ■

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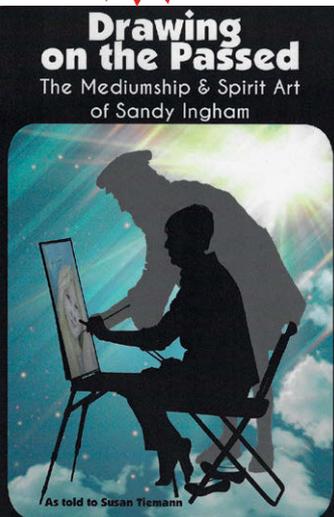


As told to Susan Tiemann

Available from:

www.sandyingham.co.uk

*"I am extremely passionate about giving people proof to help them understand that we do not and cannot die, but that we simply move on to a different and better place, still remaining around our loved ones."
Sandy Ingham*



‘I accept life after death’ says new Poet Laureate

BY ROBERT BROWN

Early in 2019, Joy Harjo was appointed the first Native American Poet Laureate in the history of the United States.

A member of the Muscogee (Creek) Nation, Joy is a remarkable person whom I first knew as a client, then as a writer and friend, and more recently as a facilitator at my annual week-long retreat, which I've been holding for the last twenty years.

The winner of countless awards, Joy is also a musician and playwright. The author of several books of poetry, Joy is in residence as Tulsa Artist Fellow in Tulsa, Oklahoma.

This year also saw Joy being elected a Chancellor of the Academy of American Poets. On this occasion, academy chancellor Marilyn Chin said Joy "is an iconic and beloved multi-genre artist.

"Her poetry, prose and music have delighted, informed and tantalised an international audience for over four decades.

"Joy's poetry displays a strong commitment to her social and political ideals as she fights tirelessly for Native American justice, ending violence against women and a variety of important issues.

"Her masterful spiritual grace always shines through with compassion and forgiveness. Her poetry is a timeless gift to the world."

Joy will be reading some of her work at my next retreat in 2020. I recently had the opportunity to ask her some questions. My first point was, "When did you start writing poetry?"

I WROTE my first poem in eighth grade because it was an assignment. We all hated it. I don't remember the poem. It was forced.

Then at Indian boarding school (a Native arts high school with two years' post-graduate work) everyone wrote poetry naturally because the students were still close to oral cultures.

I wrote songs for an all-Native acid rock band, but they weren't very good. It wasn't until I was at university as a pre-medical school student, then an arts student involved in Native rights movements that I

began writing poetry.

Rather, the spirit of poetry came to me, took pity on me and said that I needed to learn how to listen and to speak. I was called the shiest kid at Indian school. That is shy!

At first, did you have to seek outside employment to make a living?

Yes. If I had listened to those around me, I would not have taken up poetry. I got help getting into the university because I was a Native who wanted to be a physician – a healer really.

Within a semester, I changed my major back to the arts, something I had done all my life. Then, when I was about to graduate, I changed to a creative writing major.

My friends and mentors were concerned. I was a single mother with two young children. How would I make a living?

I was urged to be an education major. I was not supported as a poet. Yet I had to listen to my guidance, my inner voice, what I call "The knowing."

I knew my choice didn't make sense economically, but through the years I have learned that "The knowing" is always right. I haven't always heeded it and have even argued with it.

Once what I call "The counsel" came to me and said it was time. I responded: "I'm tired of responsibility. I want to have fun."

After seven years of hard times and bad luck, I then said: "Yes. I will get on with my assigned work in this world."

I worked as a petrol pump assistant, a nursing assistant, a waitress and a photographer. After graduate school, I began to get teaching jobs and was lucky to teach creative writing and Native literature.

Throughout the years, the demands of teaching jobs would interfere and I'd resign and work on my own, then be approached for another job just when I needed the income. I learned to love being in the classroom.

JOY HARJO: "The spirit of poetry came to me."

You are now the new Poet Laureate. Who decides who will receive this accolade?

The position is decided by the Head Librarian of the Library of Congress and was quite a surprise. A phone call about the award sent a lightning shock through me.

What struck me first was that everything would change. I now have a kind of national presence that I didn't have before.

I was known in the poetry and Native communities, but not in this manner. The announcement changed my life and continues to bring surprises.

Secondly, I thought, "What a responsibility!" which is true. My third thought was, "What an incredible doorway for Native people in this country."

For the most part, we are still invisible unless we're wearing traditional dress, are dancing or in movies with the US cavalry chasing us until we disappear. We are human beings... and even poets!

Was a special ceremony held to grant you this award?

An event was held, including a reading and performance, at the Library of Congress in Washington, D.C. I took my band to perform with me. I also play saxophone and various flutes.

I even have an office and desk at the library, but do not have to reside in Washington, D.C. The title is for a year, and then renewable for a further year.

If you renew, which I will, you create a special project. I am working on a special project that will highlight indigenous peoples in the country and our poetry by digital mapping and community visits, and will connect to as many poets as possible.

Poetry is a way to speak beyond words. I want to facilitate that between Native and non-Native populations. We all need to be able to hear each other.

What will your duties entail?

I am essentially a poetry ambassador. I will do my usual appearances and

performances, or "gigging" as I call them, and then undertake some special poet laureate office-generated appearances.

I will finalise my project and we'll set it into place. The last event of the year is a lecture at the Library of Congress. I am insisting we have a dance party. Everyone is invited. You should come, Robert!

What has compounded the intensity of all this is a new book of poetry, *An American Sunrise*, that was published in 2019. For the first time ever – and I've published many books of poetry that have done well with sales – I am getting attention in the media.

I have been at this for 50 years, with all the ups and downs, but kept on because I love what I do.

My mother always said I was a late bloomer. When she was in her last few weeks on this earth, she took my hand in hers (she was not a taking-your-hand-in-hers kind of person) and told me that I would experience success beyond my imagination.

Do you ever feel spirit-guided or inspired when writing poetry?

Always. I believe that the arts are spirit-guided. We are called upon to develop the tools that make a place in creation to inspire us.

I think of a poem as being a place where dreams, time, history and intent all intersect in words. I am often surprised about what comes through.

My work is about listening and crafting. It's the same with music. So many intuitives and mediums I know are, or were, musicians and singers. Others are artists of some sort.

My intention to be a healer finds its place here. My poetry has taken me to stages all over the world. The stage is a place where I have had to learn how to listen and will often speak inspired by something I hear given to me.

I hear and speak what is meant specifically for that audience or particular audience members. It's what I love about improvisation with music. It is a kind of

playing with Spirit.

My favourite horn player, John Coltrane, who passed on in 1967, admitted that his art was about speaking with God, and was a spiritual path. That is true for me.

Are there any specific subjects you home in upon when writing poems and verse?

A predominant theme in my poetry is transformation: how do we change hatred to love? My poetry embodies a yearning for home, a home that I have found in moments, places and people.

In a sense, I make my poems into places of home, even as the poems can also be embodiments of questions for which there are no answers by anyone living on Earth.

Will your position be of help in raising awareness in matters that are often not publicised?

That I am the first Native American to be named in this position is raising a tremendous awareness of Natives. The media attention has been extensive.

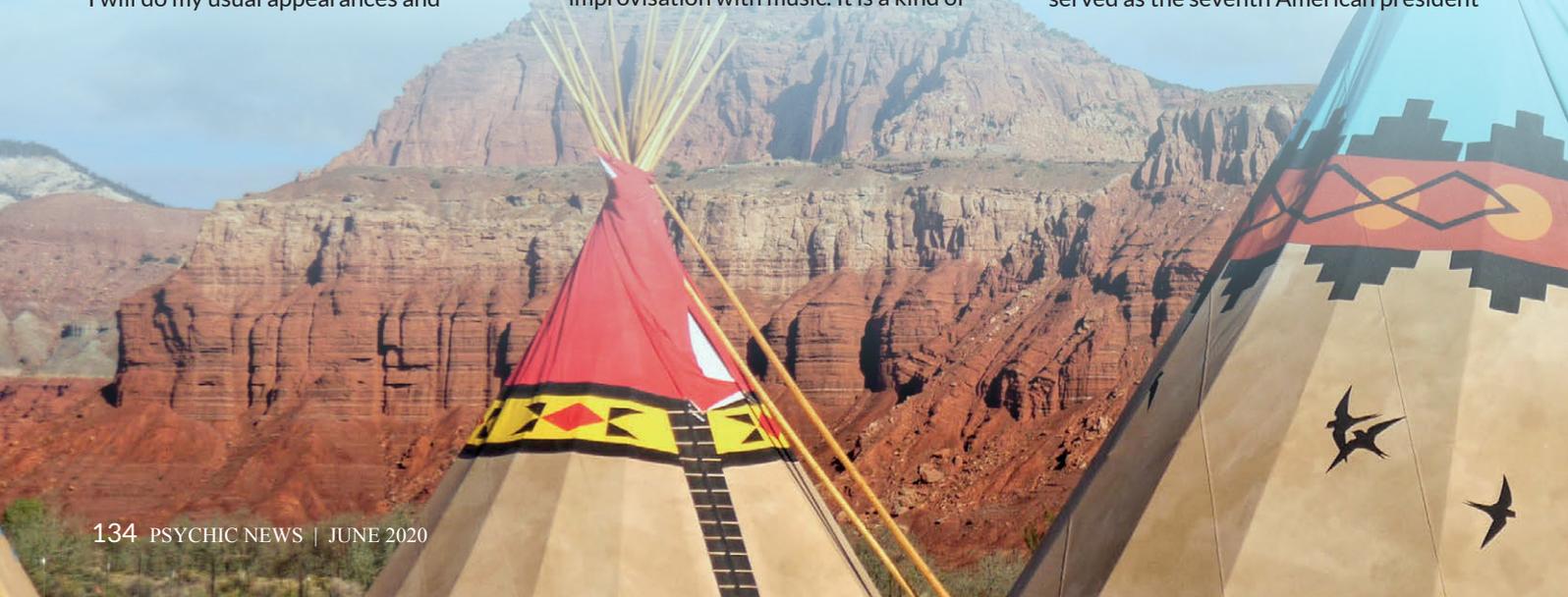
This appointment comes in the wake of Standing Rock and the election of the first two Native congresswomen, Deb Haaland and Sharice Davids.

Standing Rock was a resistance by the Standing Rock Sioux Nation against an oil pipeline, which would cause degradation to the land and inhabitants. This movement gained national and international attention.

You come from the Muscogee (Creek) Nation. Can you tell readers something about your upbringing and background?

I grew up in Tulsa, Oklahoma, which is at the crossroads between the South and the West. Our tribal nation was originally in the south-eastern part of the US, in the area now called Alabama, Georgia, Florida and up into Tennessee.

Monahwee, my great-grandfather seven generations back, fought Andrew Jackson (an American soldier and statesman who served as the seventh American president



from 1829 to 1837) and the illegal move from our homes.

We settled in this area. The first settlement in Tulsa was Muscogee Creek in 1836. This city is essentially Muscogee Creek land.

We were never called a reservation, but have lands, mostly rural, that have been retained by tribal members.

I grew up in a mixed neighborhood of Native and Anglo-American people in a troubled home, as my father was an alcoholic.

I went to public school until high school, then to a Bureau of Indian Affairs school in New Mexico, a Native arts school.

It saved my life. I found myself there at a time that defined contemporary Native art and became a member of the first all-Native drama and dance troupe. We were trained as professionals.

I graduated from high school as a teenage parent, which turned into years of struggle, but there were always guardians in the physical and spiritual realms. Henry Marsey Harjo, a great-grandfather, is always with me if I need him.

An American Sunrise focuses on Monahwee and the story of our removal. I have experienced his memories and feel close to him.

Do you believe in life after death?

There was never a question of doubt about this in my mind. Before speech, even as an infant, I often left my body and travelled.

I would hang out in other times and be with relatives and ancestors. Being in those places and carrying bits of memories back kept me centred in a reality that wasn't just the often disturbed realm my parents made for me.

At points of crisis or in a need-to-know situation, I will be shown a story or a life that is relevant. Sometimes I can see them in others.

Dreams bring me gifts of these stories. There's a meeting place I sometimes go to visit. At one point in my life, I was helping

people to cross over. This is just part of my reality.

Have you ever sat with a medium?

Probably my first sitting was when I was a student at the University of Iowa and in their famous Iowa Writers' Workshop. I have studied spiritual texts and readings for about as long as I could read.

I was reading Theosophy and studying astrology, and discovered that there was a Spiritualist church in a town about two hours away.

I drove myself there and felt at home in that kind of place. I had a reading from the head of that church who was known for her New Year predictions. Then when I lived in Phoenix, Arizona, I had a sitting with which I wasn't very impressed.

Probably my first full-on sitting was with you, Robert, in Los Angeles, California. What you gave me in that sitting resonated deeply and was pertinent for years.

It validated much of what I was sensing, although I could write a book about all the times I doubted or went against what I was being told spiritually!

What's your philosophy of life?

We are spiritual beings created by a God with a tremendous sense of humour! We are loved. We have to find our way out of this place and through this place.

We might as well be conscious and remember that we are here to serve each other. Gaining knowledge is paramount. We will never go wrong with kindness.

Do you follow a particular religion?

Generally, I keep religions at arm's length, even though I have studied some of them and am respectful towards them.

Most wars are religious, and religions have been a destructive tool of colonisation. In our tribe, it divided the people.

However, I respect everyone's path and realise that a religion can provide a spiritual template for belief and gathering, and finding community.

Our tribal nation's way of belief is really about love and compassion, and having respect for this place we find ourselves in, and each other. We cannot own land or each other.

We are beholden to the Creator, who loves us. We are in a spiritual realm and part of a planet we call Ekvnvjakv, or Mother Earth.

In the churches I found myself in as a child, we were told that we were created evil and could only be redeemed through their particular denomination.

However, I also found mentors who were acting out of a place of deep compassion.

Do you think that poetry can touch people's hearts and souls in a very special way?

Yes, because ultimately you go to poetry because there are no words. Poetry finds them.

What advice would you give to budding poets?

The art of poetry is about listening. Cultivate listening by reading, attending poetry readings, learning how to sing, and by paying attention to what you think and say.

Also listen to what plants, stones and other beings that aren't two-legged are thinking and saying.

Cultivate knowledge that is literary, then outside the literary worlds. And write. It is not just a practice. The art embraces your life, your generation, your history and mythic roots.

We all have poetry ancestors. Know who they are. Mine include the Mvskoke poet Alexander Posey, who was a cousin, Irish poet W. B. Yeats, English poet, painter and printmaker William Blake, and Jamaican American poet June Jordan.

I have saxophone ancestors, especially John Coltrane. Then there are medium ancestors. Acknowledge them and thank them. ■



MUSE UPON NEW TAROT DECK

Wendy Stokes grew up around her grandma, who saw visions in the fire and gave wise advice received from the spirit world, and her father, who was interested in Spiritualism, Theosophy and related topics.

During the late 1960s, books by Carlos Castaneda, Lobsang Rampa, Erich von Däniken and other bestselling spiritual authors were household reading.

Though Wendy's working life involved "rather boring admin, marketing and project management posts," she was inspired by spiritual reading and always enjoyed writing.

She has written articles for "Psychic News," "Two Worlds" and "Psychic World," and many mind-body-spirit magazines and e-zines.

Throughout 1999, Wendy's dream column in the "Sunday Mirror" magazine was extremely popular. She was commissioned by AGM-Urania as Editor for the book accompanying the "Mystical Lenormand" card deck and has collaborated with well-known practitioners on her YouTube channel, which specialises in meditation.

Additionally, Wendy has a blog featuring reviews and interviews, and another which focuses on psychology. Wendy holds qualifications in counselling and occasionally sees clients.

Here, Wendy reviews "The Muse Tarot," which was released by Hay House UK on April 7. It retails at £21.99.

CONTAINING 78 cards, *The Muse Tarot* comes with an accompanying guidebook and is presented in a high quality hard box.

The words printed on the inside of the box state: "There is magic in truth, there is truth in my veins, where my blood speaks in sooth, and my mind has no reins."

The concept for this tarot deck is loosely based on the *Rider-Waite* deck with "contemporary imaginings" of the traditional archetypes and symbolism that we would usually expect.

There are only upright meanings provided, although the card backs do not reveal which way up the cards are laid.

Many of the Major Arcana cards are retitled, such as "The hanged muse" for card number 12, "Awakening" for card number 20 and "The world cosmos" for card number 21.

The Kings are described as "Muses." The Suits are renamed as "Emotions" for Cups, "Inspiration" for Wands, "Voices" for Swords and "Materials" for Pentacles. Already we are preparing ourselves for the unusual!

The card artworks are highly coloured, computer generated, dream-like and mysterious images. Almost all are of young women in their 20s, slim and confident, and set in surreal landscapes where everything is in motion.

Multi-cultural female figures are surrounded with straight lines at angles, wavy lines, circles, mirrors and mirror image duplications, flowers, pyramid



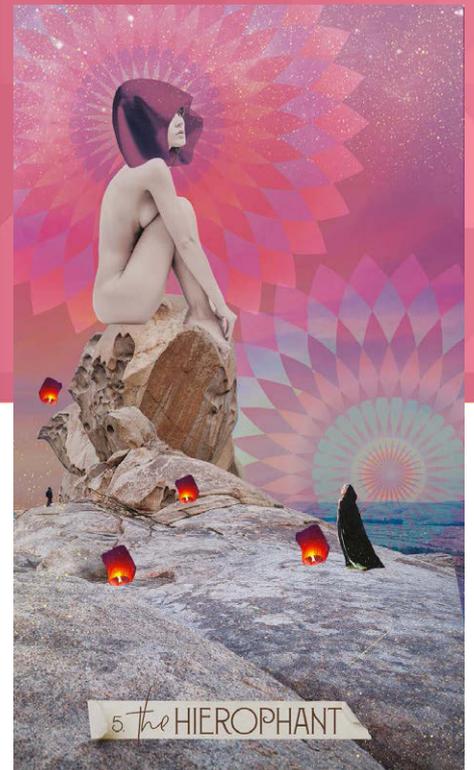
WENDY STOKES: "I found myself in a meditative and trance-like inner space."

shapes, astrology symbols, runes, dominoes, horses, crystals and other artistic details.

The guidebook provides keywords, prompts, a poem and an explanation for each card, but there is no instruction on preparations or how layouts apply to possible questions. Explanations are philosophical and often given in the third person of "she."

"There are no rules," we are told in the "unguided" book, but it is suggested we converse with the characters and make connection with our own inner muse.

I asked a question and opened the guidebook at a random page, read the text



and gazed at the appropriate card. I found myself in a meditative and trance-like inner space with the type of thoughts that arise just before sleep or upon awakening.

I also found I had difficulty focusing my mind on the images, as there is a lot of activity portrayed in the artwork.

The Major Arcana of the tarot usually take us through archetypal figures that provide learning which leads to self-development, wisdom and maturity, and the Minors people, emotions and situations. *The Muse Tarot* is very broad in its understanding of traditional parameters.

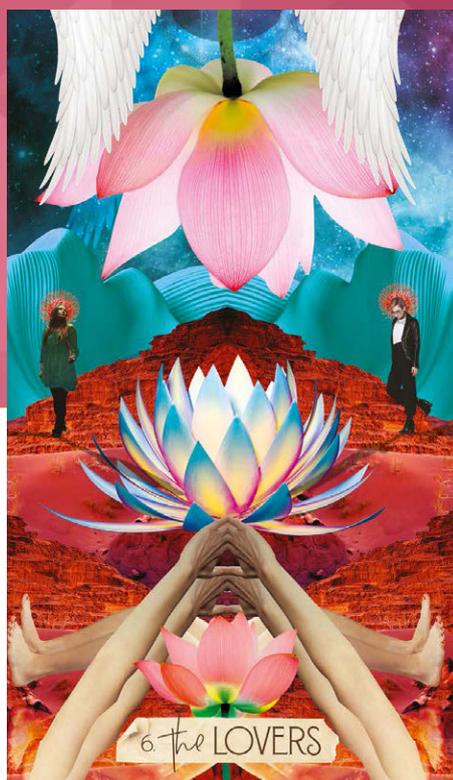
This is a sample reading from card 6 of Materials. "Keywords: Giving and receiving, the flow of abundance, being charitable, accepting help from others, power and balance, side-stepping a miserly mind-set.

"Prompt: May it rain roses. Explanation: The Muse whispers, 'Sacred mirrors are all around, and when the energy flows in perfect balance, all parties are served, loved, found, helped, seen, appreciated and empowered.'

"She reminds us that we live in a duality that strives to distribute resources (and power!) between the states of having and having-not – and between gifting and being gifted.

"She shows you that needing to receive and needing to give aren't all that different, aside from your perception of who you think you are when you are standing in either spot.

"Imbalances of energy can arise from holding on to things too tightly (stagnation) and not being able to hold on to them at all.



And both states can stem from a mind-set rooted in scarcity.

“Give freely... share... open your gentle generosity, and consciously create your gift of time, energy and money. Poem: Kind drops of generosity. Prosperity to make – The flow state lends porosity. I give all I can take.”

Chris-Anne Donnelly is 45 years of age and lives in the Blue Mountains of Ontario. She studied marketing strategy at the University of Toronto and holds a Sheridan Bachelor of Design award from York University.

In 2008, Chris-Anne started Pixelbrand, her marketing and graphic design company for healers, feel-good companies, “soulpreneurs” and people helping people.

She is a “change-maker” and “dream builder” whose style is Bohemian, chic and unique. Her “brand catching” marketing company operates within the health and wellness sector. It launches products and services, and creates coveted and memorable brands.



CHRIS-ANNE DONNELLY has over 4,000 e-mail subscribers and 24,000 Instagram followers.

Chris-Anne also produces courses and products for soul philosophers and dream chasers. As a champion “card slinger,” she has independently crowdfunded three tarot decks on Kickstarter, *The Sacred Creators Oracle*, *The Light Seer’s Tarot* and this latest *Muse* deck.

Kickstarter is an online platform that exists to help bring creative projects to life without excessive cost by, for example, raising money for film, music, art, theatre, games, comics, design, photography, etc.

Crowdfunding is also an online platform. It raises funds by asking a large number of people for a small amount of money to finance, for instance, a business project or venture.

The *Muse* deck is described as “experimental” and “unorthodox,” and was originally designed for a digital audio experience. It is still available in this form with the poetry, creative prompts and audio files required for readings.

There are also harp music sound-healing tracks to enjoy. These can be accessed on themusetarot.com

The Muse Tarot supplies “Air energy to fluff your wings or a little moss to ground your love, a tiny spark to ignite giant dreams or an ocean tide to heal your wounds.”

It is quirky and offbeat, a deck that “tickles ideas into formation and acts as a springboard for curiosity and intuition.”

Due to this, using this deck requires a basic knowledge of tarot. I think these cards are best read for oneself rather than for others. The images are “female centric” and would therefore appeal to young women.



Photos: “*The Muse Tarot*,” by Hay House UK.

Chris-Anne has over 4,000 e-mail subscribers and 24,000 Instagram followers. Hay House UK terms her latest deck “A revolutionary tarot of kaleidoscopic colours and dramatic figures to inspire and unlock creativity...”

“Whether the user is an artist, writer, mother or entrepreneur, every soul is the architect of her own life, a creator mapping the path forward through the desert inspired by the whispers of the muses.”

■ **Chris-Anne Donnelly’s website is at chris-anne.com Wendy Stokes’ website is at www.wendystokes.co.uk**

PAT YOUR PET TO KEEP THE DOCTOR AWAY

By Billy Roberts

GANDHI once said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

This is quite evident, in our so-called modern and advanced age, when we look at the way in which some countries regard animals. In ancient Egypt, anyone caught being cruel to cats would be executed with no questions asked!

Thankfully, the majority of people in the western world treat animals with great fondness and respect. Most families have a pet of one kind or another. Whether a dog or a cat, he or she is nearly always considered as one of the family.

This does not in any way mean cruelty to animals no longer happens because, sadly, we know that it does. However, both dogs and cats contribute far more to the family atmosphere than a mere furry presence.

It is really only over the last twenty years or so that it has been realised just how much dogs and cats affect our lives from a psychological as well as a physical perspective.

Indeed, there is a great deal of evidence to suggest that children brought up with a dog or cat are far more sensitive, caring and emotionally balanced than those raised in a family without a pet.

Much more than this, it is now widely accepted that pets, particularly dogs and cats, possess the extraordinary ability to make us feel better when we are not too well or simply out of sorts.

Our dog or cat always seems to know when we are under the weather and will always insist on cuddling up to us on the settee in an effort to make us feel better.

There is no doubt that shows of affection from a pet are not only comforting when you're off colour, but they really do make you feel better.

Although in previous years the healing that occurred was thought to be simply a psychological phenomenon, today there appears to be a more scientific explanation



DOGS are being trained to react to various conditions, such as sniffing cancer.

why it occurs.

These days, dogs are being trained to react to various conditions ranging from sniffing cancer to warning of the onset of an epileptic seizure.

All in all, there is far more to your furry lodger than you realise, giving a whole new meaning to the expression, “Not all angels have wings.”

This would suggest that a pat a day really does help to keep the doctor away. Indeed, some medical practitioners are even recommending that infirm, elderly people get themselves a dog or a cat as a companion instead of being prescribed tranquilisers, sleeping pills or another form of medication.

A pet really does help to relieve stress and anxiety. Moreover, there is now a great deal of evidence to suggest that they also have the ability to ease pain.

You might have noticed that when a painful back is bothering you, your dog or cat will gravitate to the affected area, where he or she will settle down behind you.

Pets not only possess a sixth sense,

but their brains contain a neurological component which allows them to monitor molecular changes in the atmosphere and an acute sensing faculty which tells them something is not quite right.

To forewarn households in volcanic areas of an impending eruption, some families keep cats or dogs. They can sense it will occur up to 24 hours beforehand.

So-called Enviro-Dogs are now being trained to inspect the overall structure of a building to reassure a prospective buyer that it is structurally sound before a purchase is made.

Turning to war zones, the military rely on canine sniffers to locate the whereabouts of an explosive device and to help rescue victims buried in the rubble of a building destroyed during an air raid.

From all of this, we can see there is far more to our pets than we thought 50 or so years ago. Although cats and dogs are very different species, they both play extremely important parts in the process of healing their human carers.

They appear to discharge an extremely subtle energy that encourages the release of endorphins in us. These are the brain's natural morphine-like hormones that ease pain and make us feel good.

Elizabethan apothecaries obviously understood the healing nature of cats and believed that our feline friends possessed a powerful component essential for the alleviation of various inflammatory conditions.

With the belief that cat fur could ease the pain of gout and arthritis, as well as for warmth, it would be draped over sufferers' beds in the winter months. However, I am sure that the creature passed of natural causes before its fur was used.

Sometimes, an apothecary's belief in the healing ability of cats would be carried to extremes. They would bleed a cat's ear, mixing the blood with an infusion of herbs, honey and vinegar, which was orally administered to a person suffering from shingles and other maladies.

Whether this vile concoction brought about any positive results is uncertain, but it cannot have done much good to the cat.

It's the general consensus that both dogs and cats possess a sixth sense in that they appear to be able to detect impending disasters before they occur. You could term it a sort of early warning system.

Whether these abilities constitute being psychic or are just an indication that the overall functioning of their brains is completely different from ours remains to be seen. However, what it may well suggest is that we can learn a great deal from our pets, especially in the way that they treat us and each other.

HOMEWARD BOUND

You must have noticed that cats seem to have an uncanny ability for finding their way back home. Regardless of distance, they nearly always return home just in

time for their evening meal.

Cats separated from their owners in transit have been known to find their way back over hundreds and sometimes thousands of miles. This is because they have their own highly developed and very sophisticated neurological navigation system, which is very similar to that of birds.

Whilst a cat is living in a house, its brain makes a mental note of the angle of the sun at specific times of the day. In the event of your cat getting lost, by calculating the angle of the sun, it can trace its way back home. And no – it doesn't have to be a sunny day because it uses polarized light to get its bearing.

PETS AND YOUR HEALTH

It is now a known scientific fact that keeping a pet makes us less prone to minor illnesses such as backaches, colds and headaches. They can even help with depression and anxiety.

It is also a proven fact that stroking a dog or cat helps to relieve stress and reduces blood pressure and cholesterol levels.

In 2003, research took place at Cambridge University and Addenbrooke's Hospital to train Labradors and Alsations as diagnostic animals to sniff out prostate and breast cancer simply by allowing them to smell the odour of a sufferer's urine.

Dr Barbara Sommerville said they

intended to train dogs to distinguish the odour of urine from men with malignant prostate tumours.

To confirm their success rate, they would also be presented with urine from healthy men to allow them to assess their findings and eliminate the possibility of chance.

At the time, Dr Sommerville told the BBC: "If there is a consistent change in odour, the dogs will be able to detect it; of that we are in no doubt.

"At the moment, identifying prostate cancer is an inexact science. The tests are serum tests, which provide a lot of false positives and some false negatives.

"These create a lot of problems, especially as the next stage of diagnosis is multiple biopsies.

"Our research would be based on the fact that a dog's sense of smell is so acute that it can detect any change in odour.

"There have been recorded cases of dogs spontaneously alerting owners about changes to moles that have turned out to be cancerous."

Today, dogs are also being used in the treatment of Alzheimer's patients. The effect they have on someone suffering with this condition is proving quite astounding.

This is now available across Canada and is run by the St John Ambulance Dog Therapy Programme. Meanwhile, cancer-sniffing dogs have been approved for an NHS trial in the UK. ■



SURVIVAL EVIDENCE

Evidence from dead man accepted in court

Spirit messages through Brazilian medium challenge the sceptics



“

The gun fired and Mauricio fell to the floor mortally wounded

”

ALTHOUGH he is best known for producing lengthy novels in automatic writing, with his hand controlled by dead authors and poets, Brazilian medium Francisco Cândido Xavier (“Chico”) also enabled the spirits of ordinary individuals to communicate with their loved ones.

Surprisingly, very little interest seemed to be shown in these evidential messages by Brazil’s Spiritists, in general, during Chico’s lifetime. They were far more fascinated by the philosophical literature he produced in abundance.

As recounted in our first feature on Chico’s outstanding mediumship (*PN* August 2015), he produced around 100,000 handwritten pages during his lifetime, written in different styles and on a diversity of subjects, resulting in 400 books being published. Some 50 million copies have been printed and one has been made into a full-length movie.

For Guy Lyon Playfair, author of *Chico Xavier: Medium of the Century* (£7.99 from www.roundtablepublishing-uk.com), it is the personal testimonies from individuals whose identities can be verified that are the most important aspect of Chico’s mediumship. Some are astonishingly evidential.

“Of all the thousands of personal messages Chico received over the years, one stands out from the rest, because it made both national and international headlines. It also made legal history,” Playfair writes.

It concerns two boys: Mauricio Garcez

Henrique, 15, who was visiting the home of his 18-year-old friend, José Divino Nunes. Mauricio asked José if he had a cigarette. He didn’t, but he thought he might be able to find one. While Mauricio went into the kitchen, José looked in his father’s briefcase.

There were no cigarettes inside, but there was a gun. José took it out. It was the first time he had handled one and he stood in front of a mirror, waving it around and imagining firing it at reflections in the mirror.

As he did so, Mauricio returned from the kitchen to change a programme on the radio, walking between José and the mirror. As he did so, the gun fired and Mauricio fell to the floor mortally wounded.

This tragic event on 8 May, 1976, led to José being arrested and charged with murder. When the case eventually came to trial before Judge Orimar de Bastos, José discovered there was an unexpected witness who was prepared to testify that the deadly shooting was an accident. That testimony came from the victim himself: Mauricio.

After the shooting, the dead boy’s parents had visited Chico Xavier in the hope that he would be able to provide them with evidence that their son lived on. Not only did Mauricio make contact with them from the spirit world but also, controlling Chico’s hand, he wrote:

“José Divino was not guilty, nor was anybody else. We were just playing around, thinking about shooting somebody’s reflection in a mirror, and when I passed in



Francisco Cândido Xavier – known as "Chico" throughout Brazil – produced 400 books during his long career as an automatic writing medium.

front of my image reflected in the mirror, the shot hit me. If anybody has to ask forgiveness it should be me – I should have been studying instead of fooling around."

Unusually, this information was presented to the judge who noted that the details contained in the message corresponded to the evidence. He concluded:

"We must give credibility to the message automatically written by Francisco Cândido Xavier where the victim recounts the event, exempting the defendant from any guilt. He describes the scene where he and his friend were playing with the gun, and how the shot came to be fired."

The case against José was dismissed.

Playfair notes: "It was the first known instance of a criminal case being decided on evidence purportedly originating from a deceased person. The fact that both Mauricio's parents and the judge were Catholics says much for the respect given to Chico even by non-Spiritists."

Remarkably, this was not the only

occasion in which the famous medium's spirit communications were used in evidence in courts.

Playfair, a journalist who lived and worked in Brazil at one time and witnessed Chico's mediumship firsthand, writes: "On three other occasions, a message from Chico was enough to influence a murder trial."

FOOLING AROUND WITH GUN

All three involved death from gunshot wounds. Indeed, not one only did one of them have curious similarities with that of Mauricio and José but it was also heard by the same judge who had stopped that trial.

Again, it concerned two young men, one of whom had a gun. Henrique Grigoris and his friend João Franca were fooling around in a hotel room with a couple of young women and a gun. At some point in the alcohol-fuelled fun, João's gun went off and

Henrique was unlucky enough to be in the firing line. He died instantly.

After João confessed he was charged with culpable homicide and his case, apparently by pure chance, came before Judge Orimar de Bastos.

"It was," Playfair tells us, "a highly unusual case in which Chico not only produced a message from Henrique insisting that the shooting was accidental and João should not be blamed, but had a private meeting with the judge at which he produced a message from a deceased judge which apparently led to the accused's acquittal.

"In addition, the judge himself became an automatic writer – while banging out his decision on his manual typewriter he seems to have gone into a trance, dashing off five or six pages without a single spelling mistake, afterwards remembering nothing of what he had written. Interviewed on the TV Globo programme *Linha Direta*, he said he had no doubt that 'something supernatural' was going on."

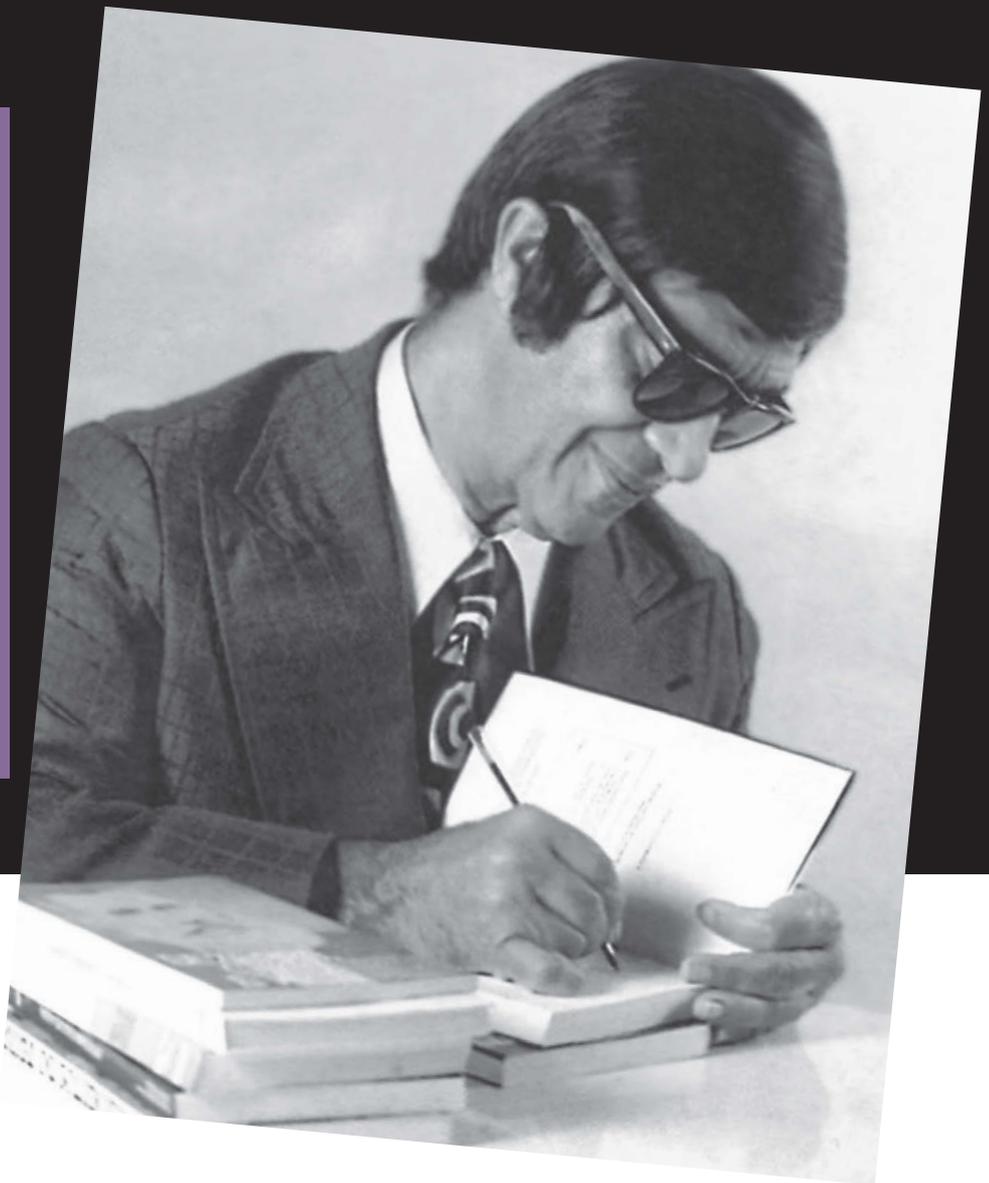
These impressive cases were among 45 that were researched thoroughly by a team of Spiritist investigators and a further two by media company TV Globo.

As already noted, Chico's reputation rested heavily on the automatically-written output of numerous works of literature from various authors that had been produced since his mediumship first manifested in the mid-1930s. Nearly four decades later, by which time he was a national hero in Brazil, word spread around

“

Thousands of personal communications were received by bereaved parents who travelled to Uberaba

”



the country's Spiritist community that Chico seemed to be getting lots of personal messages at his public meetings that appeared to come from the spirits of young people who had died prematurely, particularly in car crashes. Many were not well known enough for their deaths to have been reported in the media.

It is believed that thousands of these personal communications – “too many to count” says Playfair – were received by bereaved parents who travelled to Uberaba in the hope of hearing from their loved ones through Chico's mediumship. This provided a unique opportunity for researchers to investigate in depth. And their findings present very persuasive evidence for survival of physical death.

In the early 1990s, a group of São Paulo-based Spiritists, headed by Dr Marlene Nobre and Paulo Severino Rossi, decided to do an in-depth study of 45 messages, selected from the hundreds that were available to them. They were selected because the recipients were within reach of their home town.

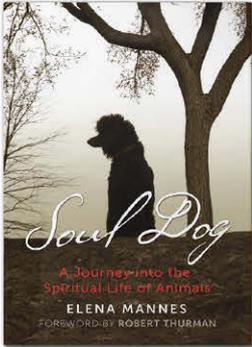
Together with colleagues from the São Paulo Medical Spiritist Association (AMESP) and Brazil's leading parapsychologist, Hernani Guimarães Andrade, they visited all 45 witnesses. As well as presenting them with an extensive questionnaire, they interviewed each of them for up to three hours.

And here's what they found:

- Of all the mass of information contained in Chico's handwritten messages not a single statement was found to be incorrect.
- Only half of the communicators (22) were Spiritists. The others were either Catholic (20), Jewish, Protestant or agnostic (one of each).
- The communicators usually began by greeting their parents by name and giving the names of their grandparents or other relatives, all of them correctly.
- They would then describe how they died, in all cases in words appropriate to the cause of death.
- Some communicators were so determined to establish their identity that they provided the names of up to 16 relatives and friends.
- Some signed their messages with nicknames, some of which were probably unique.
- Those who signed their real names did so with their usual signatures, though the main body of the message was written in Chico's own handwriting. Comparisons with their earthly signatures were judged identical in 16 cases and similar in 10.
- One brief message came through in Italian – a language Chico never learned – from a woman in Italy whose son, whom she named correctly, had emigrated to Brazil. ■

Another team of researchers has taken a very different approach to Chico Xavier's mediumistic results. Their findings were published in 2014. Instead of comparing and analysing numerous spirit communications, they chose to focus on a single communicator – a 24-year-old man who had died by drowning – whose grieving parents and sister made several visits to Chico in the hope of hearing from him. They were rewarded with 13 letters from him which have now been scrutinised by the team. Their findings support those of the AMESP researchers. *Psychic News* tells the full story on page 144.

Books for the Mind, Body & Spirit

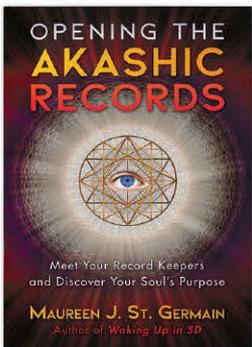


Soul Dog A Journey into the Spiritual Life of Animals

Elena Mannes

Foreword by Robert Thurman
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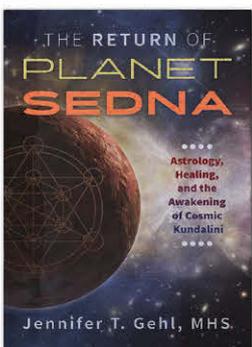


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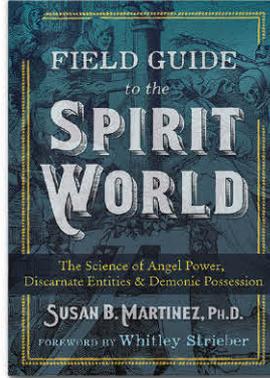


The Return of Planet Sedna Astrology, Healing, and the Awakening of Cosmic Kundalini

Jennifer T. Gehl, MHS

Gehl explores how the Inuit legend of the sea woman Sedna offers clues about the message of the same-named planet's return, including a warning about the sustainability of our planet. She also details how we can tune ourselves to Sedna's energies and harness them for healing ourselves and our planet.

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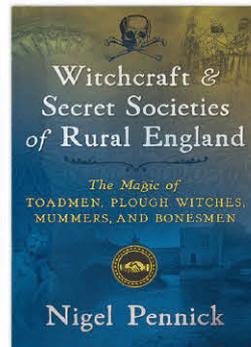
Field Guide to the Spirit World The Science of Angel Power, Discarnate Entities, and Demonic Possession

Susan B. Martinez, Ph.D.

Foreword by Whitley Strieber

Just as houses can be haunted, so can people. Martinez explores the concept of "overshadowing" by spirits and how it can offer an explanation for many mental disorders as well as psi abilities and creative genius. She includes instructions on how to free spirits so they can continue their journey into the beyond.

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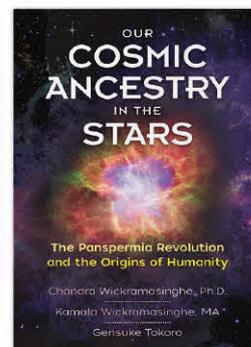
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The Magic of Toadmen, Plough Witches, Mummies, and Bonesmen

Nigel Pennick

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Our Cosmic Ancestry in the Stars

The Panspermia Revolution and the Origins of Humanity

Chandra Wickramasinghe, Ph.D., Kamala Wickramasinghe, MA and Gensuke Tokoro

The authors show, with extensive scientific evidence, that life came from space, arriving via comets and interstellar dust—a concept known as panspermia. The authors explore the philosophical, psychological, cultural, and religious ramifications of this new scientific worldview and how it offers answers to many longstanding questions about the origins of life.

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Letters from a dead son

Scientific study confirms the astonishing story of
Jair Presente's spirit communications to his family

WHAT began as an outing for six young friends ended in tragedy when Jair Presente, aged 24, dived into a reservoir and failed to come to the surface. Fire fighters based nearby were called and retrieved his body after a brief search but were unable to revive him.

His parents and sister were devastated. Jair had so much potential. He was in his fourth year of mechanical engineering at one of Brazil's top universities, in Campinas, a municipality of São Paulo where the Presentes lived, and also worked as a schoolteacher and private tutor.

Now he was gone. But where? The family asked the inevitable questions: had his spirit survived death, and if so what was he experiencing? But finding answers that satisfied them seemed impossible.

Then, 30 days after Jair's tragic death on 3 February, 1974, a customer gave his father – a tradesman – a book by Chico Xavier that he hoped would offer some comfort. Xavier was a famous medium with the gift of automatic writing – referred to as psychography in Brazil – which enabled spirits of the dead to communicate from their world (see "Further Reading" opposite).

The book so impressed him that he, his wife and 26-year-old daughter, Sueli, decided – just 40 days after Jair's death – to go to the Spiritist centre in Uberaba, in the state of Minas Gerais, 250 miles away, to seek a consultation with Chico.

They arrived without appointment



Nome: Jair Presente

Morte: afogamento
3 de fevereiro de 1974

Local: Praia Azul,
Americana (SP)

and joined the few hundred other people who sought his help, free of charge, every week. Every Friday afternoon, starting at 2pm, people queued for the opportunity to speak with him for just a few minutes. Four hours were set aside to do so.

From 6pm, for a six-hour period, Chico would move to a back room with two assistants and write homeopathic prescriptions from dead physicians as well as dispensing spiritual advice to the hundreds seeking help.

Around midnight he would return to the main hall where many visitors sat patiently in the hope of hearing from their loved ones. They watched quietly as the medium sat at a large table and allowed his hand to scribble across page after page, uninterrupted, for up to three hours.

Only then were the communications revealed, as Chico read them aloud to the audience. On average, six spirits wrote letters to their loved ones in this way. On the night the Presentes attended, seven letters were produced, and they were astonished to hear the medium ask, "Who are the relatives of Jair Presente?"

They had met Chico briefly earlier in the day but the only information Sueli had

given was that she had lost her brother – without giving her name or his – and her parents were devastated. They walked to the front and stood next to the medium as he read to them the words that had been written, beginning, "My father, my mother, my dear Sueli".

The letter went on to mention two other names – Elvira and Grandpa Basso – and the day on which he died: Sunday. In addition, he gave a detailed description of the circumstances that led to his death, as well as referring to incidents in his life and one postmortem family event, all of which they recognised. When he finished reading the letter, which consisted of 569 words written on 32 sheets of paper, Chico handed it to Jair's mother.

It brought enormous comfort to the Presentes and was to be the first of 13 letters from Jair, written for them on their visits to see Chico at Uberaba between 15 March, 1974, and 13 January, 1979. This other-worldly correspondence has also comforted others because the family has shared some of it by allowing the letters to be quoted in books.

We should remember that other families were receiving similar evidence

from their loved ones at these remarkable weekly sessions.

It has been estimated that during his long life, Chico produced 10,000 of these personal letters. But how evidential were they?

Five Brazilian researchers decided it was time to make a detailed study of several letters allegedly written by the same discarnate entity whilst the recipients were still alive and able to cooperate and corroborate the contents. After a systematic search of published and unpublished letters written through Chico's hand they identified the Jair Presente correspondence as suitable for a Case Study.

Their extremely positive findings were published in *Explore: the Journal of Science and Healing* (Sept/Oct 2014, Vol 10, No 5).

The principal participant in the Case Study was Jair's sister Sueli (his father had died in 2006 and his mother declined the invitation because of ill-health and age).

The researchers also interviewed three of Jair's close friends and a friend of his parents, collected and analysed personal documents and writings of the dead man, and inspected two newspaper articles and a biography of her brother written by Sueli.



ELIZABETH FREIRE

Not only did they want to assess the accuracy of the information conveyed through Chico's hand but also the likelihood that any of that data could have been acquired normally by the medium.

Investigating the Fit and Accuracy of Alleged Mediumistic Writing: a Case Study of Chico Xavier's Letters provides a level of proof that goes far beyond what most scientific investigators can hope for. The authors conclude:

"We identified 99 items of verifiable information conveyed on these 13 letters. 98% of these items were rated as 'Clear and Precise Fit,' and no item was rated as 'No Fit.' We concluded that normal explanations for accuracy of the information (i.e., fraud, chance, information leakage and cold reading) were only remotely plausible. These results seem to provide empirical support for non-reductionist theories of consciousness."

In the course of writing 13 letters to his family, Jair Presente also referred to three discarnates who wanted him to send messages of comfort and solace to their parents and relatives. The researchers refer to these individuals as "drop-in communicators" and comment that what they said varied in degree of verifiability. One case, however, concerning a man named Irineu Leite da Silva, was verified by Sueli's research.

The story of her quest to confirm the identity of the man – who Jair described as a friend – is told in Guy Lyon Playfair's *Chico Xavier, Medium of the Century*.

As well as giving his friend's full name, Jair provided his date of death – 7 June, 1973 – and mentioned that he was buried at Flamboyant Park, one of three cemeteries in Campinas. But when she visited it the cemetery manager could find no record for him.

Since her brother's spirit communications had proved so accurate,

she decided to continue with her attempt to confirm Irineu's identity. This led her to the offices of a local newspaper which, she soon discovered, reported the death of a man named Irineu Leite da Silva who died on the date her dead brother had given the family.

Sueli Presente returned to the cemetery and persuaded the manager to search the records again for admissions on or near that date. And there he was – except his first name had been incorrectly entered in the records as "Pirineu".

Case solved, it added one more piece of corroborated evidence to the Presente family's impressive collection of after-life communications from a much-loved son and brother who had demonstrated that he was still very much alive. ■



ALEXANDER MOREIRA-ALMEIDA

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FURTHER READING

"Investigating the Fit and Accuracy of Alleged Mediumistic Writing: a Case Study of Chico Xavier's Letters" – *Explore*, Sept-Oct 2014, Vol 10, No 5 (available at www.explorejournal.com)

"Evidence From Dead Man Accepted in Court" – *Psychic News*, page 140

"Spotlight on Brazilian Mediums" – *Psychic News*, October 2015

Chico Xavier: Medium of the Century by Guy Lyon Playfair (Available on Amazon)

USEFUL LINKS

"Research on Chico Xavier's mediumistic writing" is a nine-minute YouTube video in English, presented by Alexander Moreira-Almeida and Elizabeth Schmitt Freire, which discusses the research considerations involved in studying "letters from the dead" produced by the famous medium.



COSMIC INTERACTIONS

CAN FINDING YOUR GODDESS

HELP YOU ON YOUR PERSONAL JOURNEY?

JOCELYN CHAPLIN believes it can, for both men and women, just as she has benefited from attuning to a new goddess, Equalia

ONE SUMMER evening in 2013, I was meditating in my temple, surrounded by statues of ancient goddesses, when I sensed a presence and heard a name. That name was Equalia.

Who was she? A long-lost forgotten goddess? A name for the balancing process that we call goddessing? A name to describe my deepest intuition? Or was she a new goddess waiting to be created?

Someone or something revealed itself to me that day. And she or it has been with me ever since.

That realisation was a peak moment on a journey which had begun in Crete in 1987. I had been teaching an anthropology class that included ancient goddess-centred cultures like that of Minoan Crete (2000-1400BC).

There is a vast academic field studying the goddess in many forms, past and present. But most scholars, female and male, agree that for thousands of years (8000-2000BC) female deities and priestesses were central in communities from the Indus valley to Sumer, from Celtic Europe to North Africa.

The mere knowledge of this was empowering for me and many other women in the 70s and 80s, and still is in the 21st century. It seems that the goddess is returning today to help rebalance the over-emphasis on "masculine" values, ways of thinking and organising.

In 1987, I visited the temple/palace complex at Knossos in Crete on a pilgrimage to find out more.

What I found was as much a personal experience as an archaeological exploration. Walking up the wide, worn-down steps from the sea, seeing the massive bull's horns ahead, I became dizzy

and almost fell over.

There was a powerful sense that I had been there before. Was it in a past life? To my amazement, this has since been confirmed to me by several psychics. From that moment, my studies and teaching about the goddess came alive. Academia was not enough.

As I am also a psychotherapist, much of my work has been concerned with helping women and men find which goddess archetypes help them in their personal journeys. Using their myths and images, as well as actual dreams, has often proved helpful.

For some, it may be that they haven't developed their intellectual side, so the goddess Athena can be worked with as a specific archetype to change their lives. Some people don't believe in the actual existence of goddesses or any other-dimensional beings, but still find the image useful.

I might relax the person and get them to imagine walking to a temple in which their chosen goddess is waiting for them with words, gifts or actions.

A mother goddess like Demeter might put them on her knee, comfort and hold them in the same way that some use the Virgin Mary. Indeed, most cultures have a "memory" of a mother goddess in their past if not the present. We all sometimes need that comfort.

To find the goddess with whom you most resonate could involve exploration on the internet. There are thousands of websites devoted to goddesses. You could also research your own cultural history to find what some call the hidden divine feminine.

There are goddess groups all over the world. Some are more practically oriented

and others are more academic.

Some link closely with the pagan world where the female goddess and priestess are equivalent to the male god and priest. They may be in the Wiccan tradition, which is more structured than some. Other groups are women only, as in the Dianic tradition.

There is the Fellowship of Isis, founded after Hiroshima, to bring the goddess back to a troubled world, and other spiritual traditions like those in the African diaspora that are often led by women and include African goddesses like Yemaya. These have a continuity with the past, often through slavery, keeping the African religions alive while also merging with Christianity for survival.

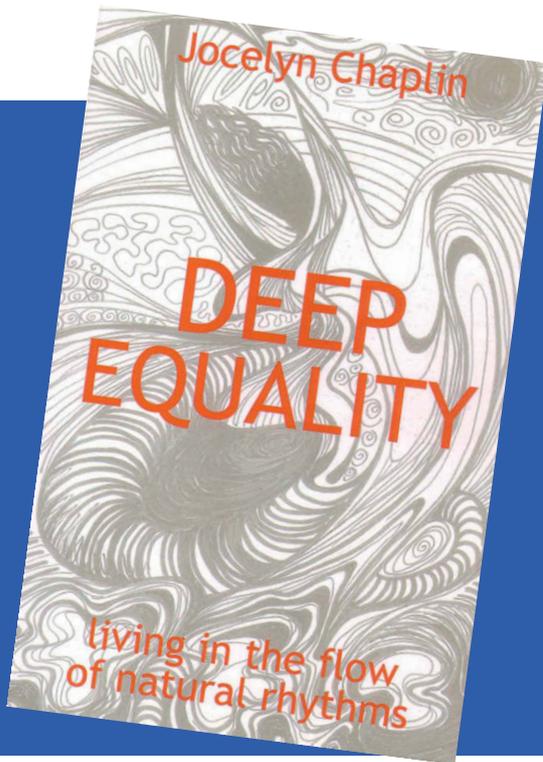
Some of the more recent neo-pagan groups have a degree of continuity, through family traditions in remote places, for example, but many were started by charismatic individuals who set out blueprints to be followed in the 19th or 20th centuries.

Others prefer more creativity, and are not bound by particular traditions, which may not even be very old.

Academics are forever arguing about what pagan and/or goddess traditions really were practised in the past, and exactly how and why. However, there's a lot we cannot know.

The power of human imagination, combined with the reality of energies in other dimensions, brings the goddess to life as effectively as any research study.

Visiting sites once sacred to a goddess is also a powerful practice where some people sense and attune to her actual presence. But even performing a simple ritual like leaving her a gift can connect us



“

Visiting sites once sacred to a goddess is also a powerful practice where some people sense and attune to her actual presence. But even performing a simple ritual like leaving her a gift can connect us more to her

”

more to her.

There are so many named and unnamed goddesses that we don't always know who to honour. But perhaps that doesn't matter so long as the intention is there. In the past, the whole of nature seems to have been sacred and spirits inhabited everywhere.

Communities gave them names, and some were called goddesses and others were nymphs or nature spirits. We, too, can make up our own names according to the needs of the moment.

So back to Equalia.... I see her as a process flowing between opposites in nature, human and non-human. She is a balancing force to be attuned to, through emptying the mind, for example. When we breathe in and out we can quietly speak her name as without both opposites we wouldn't last long.

We can invoke her with open arms when we need her presence. There is no bowing or praying needed, just an honouring of her as an unseen force. When we attune, we notice an increase in synchronicities as well as more joy and compassion. We feel freer.

But there can also be images of Equalia in a variety of forms. I have depicted her in two of my own paintings and in an image for the cover of my book, *Deep Equality - Living in the Flow of Natural Rhythms* (O-Books, 2008). ■

For more information on Jocelyn's work, visit: serpentinstitute.com

Painting (right):
"Equalia in the Mediterranean"
painted by Jocelyn Chaplin.



'PASSING ON MEANS GOING HOME'

says 'Corrie' star

William Roache, MBE, is one of Britain's most beloved actors, best known for his long-running portrayal of Ken Barlow in the popular ITV series "Coronation Street." Having appeared in its first ever episode in December 1960, he is listed in "Guinness World Records" as the longest-serving male TV star in a continuous role.

Bill – as he refers to himself in his new book – was awarded an MBE in the 2001 New Year's Honours list. One year earlier, he was the recipient of the British Soap Awards Lifetime Achievement Award for his role as Ken Barlow.

Another achievement followed in 2007 when he was awarded the Honorary degree of Doctor of Letters by the University of Chester in recognition of his contribution to television. He also holds an Honorary MA from the University of Derby.

His latest book, "Life and Soul: How to Live a Long and Healthy Life," is published by Hay House at £16.99, and is packed with good advice and his psychic story. Here, in his own words, Bill summarises his conviction about life after death being a reality.

WE all go when our soul decides we've done enough and it's time to go home. If we're meant to go, we will. If we're not meant to go, whatever happens to us, we won't.

Going back home, what we call "dying," means returning to the heavenly realms. Dying is only a change of environment. We're all eternal beings who come here to experience separation from "home" so that we may discover ourselves.

We don't need to come here. We come by choice – to learn, to grow and to express who we are. This life is a schoolroom. It is a temporary place whereas "home" is our eternal home; it's more alive and active than here.

When we're there, we're certainly not sitting on a cloud playing a harp! There are schools of learning there, and we have free will, just as we do here, so we can continue

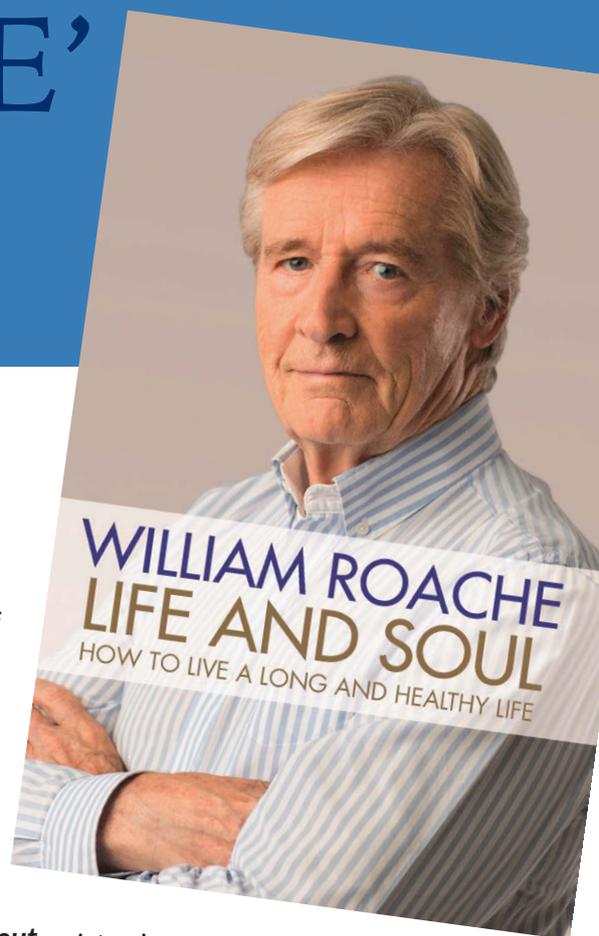
to learn in our own way. And of course everything is made of the one energy, which is love...

As I understand it, when the soul does go home, it goes to the level of its worth. There's no such thing as heaven and hell, but if you're an angry, violent, vicious person, you'll be drawn to that level, and if you're a very loving, kind person you'll be drawn to that level.

Like attracts like. Most of us are going somewhere in the middle. Yet regardless of the level we are drawn to, our true home is a heck of a lot better than here on Earth and it is eternal.

'Angels and loving beings protect me'

Despite his hectic acting schedule, Bill agreed to take part in an e-mail



interview with the editor.

Questions put to him appear in italics.

Some years ago, you spoke at a number of Spiritualist churches. Indeed, I had the privilege of chairing for you when you addressed a packed-out meeting at the Spiritualist Association of Great Britain. Professionally, you are obviously extremely busy, so why did you decide to speak at Spiritualist venues?

Spiritualist churches are a good gateway for anyone wanting evidence of an afterlife. Because I have a knowing of this, I was invited to speak at a local Spiritualist church and from then on invitations to speak kept coming in from other churches.

Having investigated Spiritualism and been to our churches, what was the overriding impression you were left with?

The impression I got from visiting many churches was that

“

Our true home is a heck of a lot better than here on Earth and it is eternal

”

“MINE’S a pint please!” The Rovers Return Inn has always featured prominently in episodes of “Coronation Street.” (Photo: ITV)

they were good at getting the message over about the afterlife.

Some sections of your book contain teachings and sentiments identical to those expressed by spirit guides. Have you read any philosophy by, for instance, Silver Birch and White Eagle?

In my early days of searching, I found Silver Birch a great help and inspiration. The Silver Birch books were the ones that I kept and referred to for a long time.

You write, “We’re all loved and protected by the universe, by our guardian angels and by other beings.” Are you aware of a specific guide or person who helps you from the Higher Realms?

I am aware of the protection of angels and of loving beings around me, specifically of God Himself, and, of course, my own essence or soul.

Over the years, you have investigated many paths such as Druidry, Hinduism and Buddhism, Theosophy and astrology, “as well as the family favourite, Spiritualism,” but now “don’t identify with any religion or belief system.” In a nutshell, what’s the reason for this?

A religion is something that should help you with your relationship to God. I have my relationship with God and live with love, truth and peace. I do not need a religion

Do you have any psychic gifts?

I do not have any psychic gifts, but my intuition is very strong.

What do you think “Our Ken” would make of your spiritual beliefs?

I do not have any beliefs. Beliefs are changeable. It is better to seek the truth, as truths do not change. Ken has shown little or no interest in my knowing.

As Ken Barlow, you’ve had 22 girlfriends,

four wives (if you count both marriages to Deirdre), three children and a stepdaughter.

In real life, you’ve had to cope with the sudden and unexpected passings of your second wife and two daughters. Additionally, you’ve faced two much-publicised court appearances, one of which drove you to bankruptcy.

Your book is packed with loving advice and exercises on dealing with negative thoughts, behaviour and difficult situations. Can you summarise how you’ve survived the tragedies which have peppered your life?

You ask how I have survived the tragedies in my life. I do not regard them as tragedies. Human life is full of challenges from which you can learn and grow stronger.

You are never given more than you can take. Do the best you can and then ask for help. It is always there.

After your beloved daughter, Edwina, passed on at just eighteen months old, Peggy Kennard, a natural, non-professional medium, relayed many “loving messages” from her. Through Peggy, Edwina told you “she was now a nurse, helping children who had passed over and were asking for their mothers.”

You add, “While Peggy’s messages brought me great comfort at the time, I’ve had no urge to receive further messages through mediums.”

Would you rule out ever sitting with a medium again or have you received all the evidence you require that life after death exists and that the so-called dead can – and do – return?

I do not need any evidence for the existence of the heavenly realms.

In the book, you state, “I feel there are certain incidents that are preordained in our

lives.” How much free will do you think we have?

We have free will. We cannot do much about the circumstances that come to us, but we can do a lot about how we deal with them.

How would you reply to a sceptic who says: “It’s absolute nonsense. All mediums do is cold read and relay generalities that could apply to most people”?

I would not argue with a sceptic. They have their knowing; I have mine.

The book covers a fascinating array of spiritual and allied subjects, but there is only a brief mention of reincarnation. Is this because you believe it is potentially perilous territory? Do you accept that rebirth occurs?

Reincarnation is a vast and complex subject, which we will only understand when we are in the heavenly realms. But, yes, it does happen.

Fame and acclaim often come at a very high price. Are there any negative sides to being so well known? Do you ever get weary of constantly being recognised and, for example, people peering into your supermarket trolley to see what you’ve bought?

I have had fame, celebrity or whatever you wish to call it for nearly 60 years, which is plenty of time to get used to it. There are positive and negative aspects to it, but overall I am comfortable with it.

Lastly, is there a specific message you would like to give our readers?

Have love and peace in your heart. Live with truth and try to make the world a better place.

Actor gives tips on learning forgiveness

One of the hardest lessons in life is perhaps learning how to forgive others and ourselves. Here "Our Ken" gives some tips on how to learn to do so.

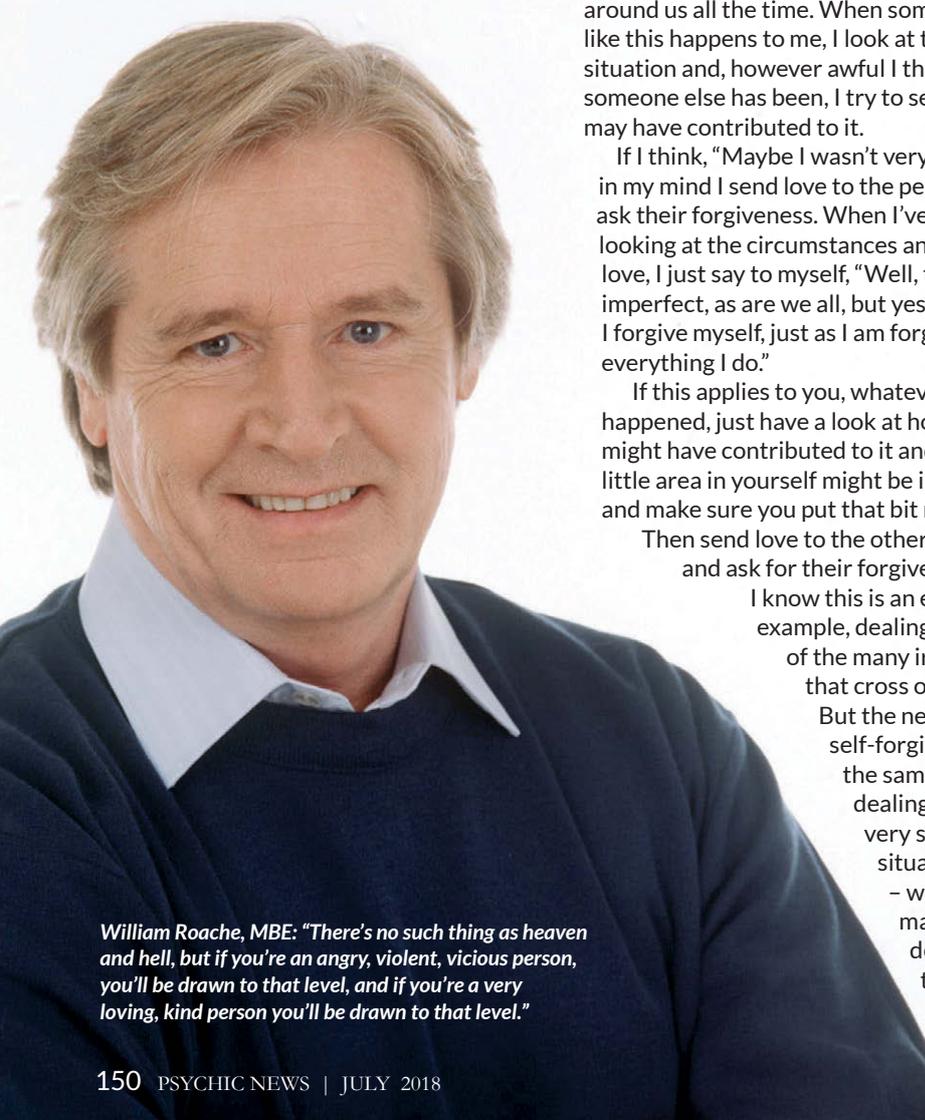
ONE of the most important things is to forgive ourselves, totally and absolutely. When we forgive and love ourselves, we can forgive and love others.

In life we have experiences that are there to help us realise that we are, by nature, beautiful forgiving beings. Life is really just about remembering who we truly are. It is that simple.

We forget who we are much of the time – the world is so busy and stressful, and we're often living in the mind, pulled this way and that and doing things that aren't quite right.

We can't help that. We're flawed, perfectly flawed. We are designed that way in order to learn.

We're all really learning the same lesson: how to remember our true and loving nature. Our soul purpose presents us with certain experiences that are designed to show us how to do this.



William Roache, MBE: "There's no such thing as heaven and hell, but if you're an angry, violent, vicious person, you'll be drawn to that level, and if you're a very loving, kind person you'll be drawn to that level."

So we need to love ourselves with all our imperfections. They are all part of our soul's plan.

We come into this life through a veil of forgetfulness and our circumstances will condition us. But our conscience is always there to guide us and tell us when we're doing things wrong.

Of course we'll still make mistakes, which is where self-forgiveness comes in. Self-forgiveness helps us to look after ourselves more and be kinder to ourselves.

If we need forgiveness for something, we need to look at it and accept what was wrong and take steps to see that it doesn't happen again, so in a sense forgiveness does need to be earned, even though it's always given.

Source, the universal life-force, always forgives us. Source is like the father of a family who loves all his children, but doesn't like how a lot of them behave!

We can begin with forgiving ourselves in small everyday ways. Say you go out of your front gate and a cyclist nearly knocks you over and swears at you and you want to swear back. This is typical of the way we just react to external stimuli and maybe don't behave as well as we should.

These little events are happening around us all the time. When something like this happens to me, I look at the situation and, however awful I think someone else has been, I try to see where I may have contributed to it.

If I think, "Maybe I wasn't very kind," in my mind I send love to the person and ask their forgiveness. When I've finished looking at the circumstances and sending love, I just say to myself, "Well, that's me, imperfect, as are we all, but yes, of course I forgive myself, just as I am forgiven for everything I do."

If this applies to you, whatever's happened, just have a look at how you might have contributed to it and what little area in yourself might be improved and make sure you put that bit right.

Then send love to the other person and ask for their forgiveness.

I know this is an everyday example, dealing with one of the many irritations that cross our path.

But the need for self-forgiveness is the same when dealing with very serious situations – when we made a decision that had severe

consequences, for example, or felt guilt after a traumatic event, even though it couldn't be helped...

There are several myths about forgiving others. It doesn't mean you forget what has been done to you or that you have to be friendly towards the perpetrator, or anything like that. It doesn't mean that they will get away with it.

We live under the law of cause and effect, so they will have to come to terms with what they have done and go through whatever process is right for them to understand the consequences of their actions. This is a "process" – it's never punishment; it's always a teaching.

If a person has done something wrong, it is because they have strayed away from who they are, because they really are something beautiful. Instead of condemning them as a bad person, say, "That person needs a lot of love."

The more aggressive and horrible a person is, the more love they need, so always, in whatever judgement you happen to come to (and we can't help it, we make judgements all the time), remember that the people who are doing the worst things are the ones who are hurting the most.

That's not easy, particularly if they've been extremely aggressive towards you or someone you care about; I understand that. It's extremely hard. Learning to forgive might be a lifetime lesson, but forgiveness ultimately releases you.

It's part of the letting-go process that we all need to go through to get away from some of the ego we've built up and into the truth, reality and love of who we are.

Because we are part of the energy of Source, which is love, and that energy is forgiving, it is in our nature to forgive. If we don't forgive, we're going against our own nature.

This can make us feel unhappy, bitter and resentful. So forgiving others doesn't alter in any way their situation, but it does alter ours. Once we forgive them, we are free.

Bill's book will be up your street...

Here, Graham Jennings nips up North, as it were, and reviews Bill Roache's new book. As he discovers, there has long been a spiritual side to the actor's family.

THERE is a saying that if you can remember the sixties you weren't there. Yet if you tuned in to the earliest episodes of *Coronation Street* in 1960, how could you possibly forget?

There on our screens for the first time were ordinary working people in back-to-back terraced houses on a grim Northern

street. It was not called a “soap” then, recalls Bill Roache, who was in it from the beginning, but “cutting edge” and “kitchen-sink” drama.

Whoever would have guessed that the nation would be watching the *Street* and Ken Barlow over half a century later?

Now aged 86, the actor works full time – sometimes up to twelve hours a day filming – then learns his lines for the following day.

Every Thursday and Saturday, Bill does a “fun fit” session – running, walking, basketball and boxing, which “gets the heart rate up and raises a sweat.” So how does he manage it?

The answer is partly physical, in the form of healthy living, but spiritual too with daily meditation. Bill can bypass the mind, go into the heart and be at one with his true self i.e. the person he really is.

Much of the book is devoted to suggestions and exercises to help readers accomplish this for themselves, which was his main purpose in writing it.

There has long been a spiritual side to his family. His paternal grandfather, William, was a doctor, surgeon and hypnotist who also found time for Theosophy and Spiritualism, thereby “inhabiting the worlds of both science and spirit.” Meanwhile, his sisters Mabel and Mickey were Spiritualists in the 1900s.

The actor’s maternal great-grandfather, James Waddicor, was “a phrenologist and what was then known as a ‘medical electrician,’ administering mild electric shocks to the day trippers on Blackpool’s thriving seafront to treat a range of ailments.

“Electrotherapy’ was popular during the Victorian era and probably cost much less than calling the doctor. It’s not something I’ll be recommending in this book, though!”

The young Bill began his spiritual quest with meditation over 50 years ago, but did not experience the calmness and relaxation he expected. Instead, he felt stressed and angry.

He realised that the fault lay not with the meditation, but with him and he was experiencing himself as he truly was, not how he thought he was.

Bill was left feeling “depleted and empty, and knowing something was lacking within me.” Yes, he was a successful actor with no material worries, but he drank, smoked heavily and was unhappy with life.

“I knew I wasn’t a bad person,” he writes. “I just wasn’t living in a way that suited me.” Moreover, he discovered that his anger was really a kind of fear – a fear of letting go.

Fortunately, he tells us, when one

“
Learning to
forgive might be
a lifetime lesson,
but forgiveness
ultimately
releases you
”

is treading the spiritual pathway “the master always comes when the pupil is ready.” A friend introduced him to Dr Thomas Maugham, a homoeopath based in Dulwich, South London, who also taught meditation.

“Gradually,” writes Bill, “I learned to take no notice of the mind and to concentrate on the bigger picture and understand my eternal self. When this happens, we gain perspective and see the nature of our problems.”

His increased perspective and understanding can be seen in his reaction when his car was stolen. Bill had left the key in the ignition, thus invalidating the insurance.

Instead of being angry, he reasoned that “The person who’s stolen the car is not living a good life, so I wish them well and hope they will learn from this experience and sort themselves out.”

The police located his car and Bill found it “gleaming, clean and in perfect condition” – better than when it was stolen!

He eschews belief and seeks only truth, writing that “Truth is not a belief. I’ve always had difficulty with the word ‘belief.’

“Beliefs... change because they’re not the truth... The truth is the truth, and can never let us down.”

After 20 years in the *Street*, Bill experienced the nightmare of many an actor – forgetting his lines. He took the problem into the silence of meditation and discovered that the cause was again fear – fear that he had let into his life.

“I knew that fear disappeared,” he

writes, “when you face it, and that it could not exist where there was love, so I really started to focus on my love of acting – the love of the words, the enjoyment of acting, the pleasure of going into work and the love of *Coronation Street*. Quite quickly, the fear dissolved and everything returned to normal.”

In the last decade, Bill has had to bid a sad temporary farewell to his wife Sara, who passed after 31 years of marriage, Anne Kirkbride, his on-screen wife Deirdre of 35 years and then, just as *Life and Soul* was going to print, his eldest daughter Vanya.

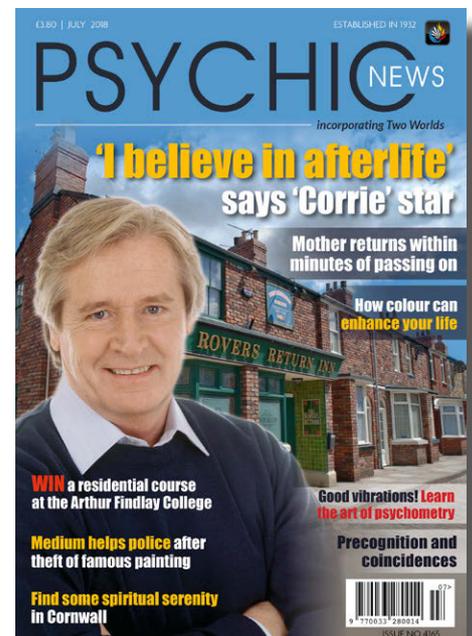
Of his wife’s passing, Bill writes: “I knew her spirit had departed and would already be in the spiritual realm, so, touching her hand, I just said, ‘Goodbye, love,’ knowing we would meet again some day... The truth is she had died because her soul chose to.”

Concerning Vanya’s unexpected passing at the age of just 50, Bill says: “We only had just over two weeks in which to arrange her funeral, and we decided to hold the service ourselves at the crematorium. This kept us occupied.

“It is good to grieve for a while because you miss your loved one, but also good, as soon as you can, to get to the stage where you think about the happy times.

“Because we were holding the service ourselves, we decided that it should be a celebration of Vanya’s life and an expression of our love for her, and we quickly became able to think about the happy times. And I know that she is now dancing in a wonderful place.”

This is a book truly worthy of the New Age. It comes highly recommended... and will be right up your street, too, so do treat yourself or a friend to a copy! ■



Did death of Prince left its mark on global consciousness?

THE sudden unexpected death of Prince in April 2016 was greeted with shock around the world. Tributes poured in for the flamboyant singer, songwriter and multi-instrumentalist – real name Prince Rogers Nelson – who was one of the best-selling artists of all time. Worldwide sales of his records were over 100 million at the time of his passing.

Death and the afterlife are referred to in the lyrics of a couple of Prince's best-known songs, notably *Let's Go Crazy* in which he sings, "But I'm here to tell you there's something else ... the after world".

So it is perhaps not surprising that the Global Consciousness Project (GCP) reported that its global array of random number generators (RNGs) recorded a positive reaction to the outpouring of love for the singer on the date of his death, 21 April 2016.

Readings taken from 35 devices around the world, whose randomness ought to produce a straight line graph, showed a rising peak that appeared to equate with reaction to the news of his passing.

The parapsychology project, developed by Roger D. Nelson in 1998, was originally

run by the Princeton Engineering Anomalies Research Lab at Princeton University and describes itself as an international collaboration of 100 research scientists and engineers.

Its published findings appeared to support the hypothesis that events which produce widespread emotion or grab the simultaneous attention of large numbers of people may affect the output of RNGs. In other words, their minds affect matter by interfering with the randomness of the devices.

The project's purpose is to look for evidence of large scale group consciousness that has effects in the physical world. It claims to have found notable correlations with many events, including 9/11 and Princess Diana's death.

Bryan J. Williams of the Psychical Research Foundation in New Mexico ran an independent analysis of the Prince data, focusing on an eight-hour period of breaking news about the singer's death. It corroborated Roger Nelson's analysis. Williams also refined his study to data from the nine RNGs based in the USA. These also produced meaningful changes.

"Although they cannot be taken as evidential on their own (since it is possible that these trends could be due to fluctuations that one should expect to see from time-to-time in random data like these)," he reports, "the graphical results do look interesting, and on an aesthetic level, seem to reflect the shock and sorrow many of us felt upon learning that a music icon has suddenly left this life." ■



TRIBUTES left to Prince by fans at Paisley Park.
(Photo: Facebook)



PRINCE at the Coachella
Festival in 2008.
(Photo: Scott Penner)

SEEING THE FUTURE

YOU MAY SAY I'M A DREAMER

*NIGEL PEACE discovers that precognition is probably
the most important of all paranormal experiences*



MY EMPLOYER was selling off two minibuses at a nominal price, one considerably older than the other, but I had often driven it and knew it was in good condition. I thought I'd convert it into a campervan for holidays, so I made an offer to our finance man. He accepted it and we shook hands on the deal – that's how business used to be done!

But that night I had the following dream:

I was returning home from abroad in a hired car. Near a crossroads, someone was selling horses, a mare and a foal, so I switched on my hazard lights and stopped to talk to him. I was feeling rather uneasy about the situation but offered £450 for the mare.

Just then, the police took my car away so I hurried after them without making the deal. The police returned my car to me immediately.

Now, the hired car and being abroad

suggest holidays, while crossroads in a dream represent a decision to be made and hazard lights are a clear warning signal. "Horse-trading" is a traditional metaphor for dishonesty and the loss of my car was obviously an interference with my plans.

There were two horses for sale here (representing the minibuses) and I intended to buy the older one. So this dream seemed like a clear message from my unconscious mind that something was going to go wrong with my plan.

Incidentally, I have learned that the

police in our dreams are always helpful to us, believe it or not, so my mind was also reassuring me that I wouldn't be too badly hurt by the situation; perhaps they were even telling me to back away!

However, I was on good terms with the finance man. I'd known him for years and trusted him so at the time I didn't understand the warning. Yet seven weeks later the man reneged on his promise to me and even claimed that we'd never discussed the matter!

The minibuses were eventually sold off by secret auction and the one I'd wanted was bought by a colleague... for £450. (And, um, the finance man left the company soon after.)

So it became clear that my dream wasn't just some sixth sense about a possible problem, as if I had unconsciously picked up on that man's body language. Nor was it a case of the brain working on the



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The precognition included the precise sale price that no one could possibly have known at the time

”

probabilities of what might happen (even though I am a mathematician!). No, this was an actual precognition of real future events, including the precise detail of the sale price that *no one could possibly have known* at the time.

I believe that such experiences have profound implications for our understanding of what it means to be human. For one thing, they prove that knowledge can be received without using the physical senses. And they also disprove the notion that time is linear, even though this is how we experience it in waking life.

Indeed, because of what it seems to tell us about the ability of our minds to access alternative states of consciousness, precognition is perhaps the most important of all paranormal experiences.

Clearly, dreams like this can be of great help and reassurance to us. In my example, I was less upset by the subsequent events than I might have been because I had been “warned”. There are also countless other more serious examples of people averting disaster as a result of premonitions.

It is, indeed, very sweet to realise how immensely powerful our minds are as we stumble through our complicated lives. If only we could cultivate these abilities.

Well, we can. Much has been written and taught in recent years about cultivating mindfulness or adopting a regular practice of meditation; these things certainly help to put us in touch with the inner mind and thus to recognise meaningful synchronicities in waking life.

But we can also prepare ourselves mindfully before sleep, asking our deep unconscious for problem-solving dreams: the history of science is full of discoveries made creatively this way (the DNA double helix, the atomic structure of benzene, the Periodic Table) and Paul McCartney even came up with the music for *Yesterday* in his sleep!

This phenomenon of dream precognition has been familiar to me since childhood and I have many diaries full of examples of predictions made from a few days to several years ahead. I would often experience those *déjà vu* moments and have an inkling that I had previously dreamed the event; so I started to record every dream that seemed to be important and that demanded attention, teaching myself (just by intention) to wake up after the dream.

I soon realised that it was useless to switch the light on and reach for paper and pencil, as experiences of the night just dissolve away when we do this. So I started to use a small tape machine to record the important details, writing it all up properly next morning. A mobile phone voice

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I have many
diaries full of
predictions
”



recorder is a good modern alternative.

With time, at first using books of A-Z dream symbolism, I learned interpretation. But the fact that the majority of such precognitive dreams are nothing to do with impending disasters and, indeed, often concern very ordinary everyday experiences is surely even greater evidence of the mind's power to step outside the normal limits of space and time.

Not all dreams are precognitive, of course, or even useful and many of them seem to be nothing more than our brains scanning the previous day's information to see what's important and worth storing away in memory. I call these "filing dreams", and they're usually the first of the night.

Sometimes, old memories will pop up, too, as if the brain is searching for a link between past memories and more recent experiences, or perhaps it's simply reorganising its record systems just as we have to do in our everyday lives from time to time: these are "spring cleaning dreams".

On the other hand, a long, coherent and episodic dream involving strange symbolism and begging for our attention is very different. These usually occur later in the sleep period. It is as if the unconscious mind is telling us something that we need to know but haven't been able to grasp in normal wakefulness (perhaps there's an inner medical condition beginning to develop), or something we've refused to accept because we don't want to believe it (suppressed fears). I call these "therapy dreams".

They usually affect our physiology dramatically too, so that we wake up sweating or with heart pounding. These dreams, such as the one I am about to describe, must be heeded.

I went on board a ship that was about to leave port and stood in a queue to get my ticket checked. A certain friend was sitting nearby. I was jostled and almost lost my bag, then someone told me insistently that I shouldn't be on this ship at all.

A steward dressed all in white called me out onto the deck where he put a rope into

my hands and urged me towards the stern by pulling on the other end! The ship was starting to leave the shore but the steward still insisted that I should get off, and he even jumped into the water to show me that it wasn't too deep yet and I had time to follow him.

There had been things about that particular friend's behaviour that had bothered me recently, but I'd decided not to worry about it and tried to let it go. But my inner mind clearly knew better and was warning me that I should get out of this situation immediately before I was in too deep.

Despite my experience of dreams, and my clear understanding of this one, I confess to being human: I ignored the advice given and duly suffered the consequences later when this so-called friend caused me huge upset.

But at least that answers the question that often arises when considering premonition, of whether the future is predestined. No, it is not: we always do still have a choice. And, by the way, some people interpret a helpful figure dressed in white in our dreams as "a guardian angel", a sort of spiritual police officer!

The most important kind of dream is what I call "clairvoyance", in which we receive paranormal information and perhaps even precognition, as in my first example of the horse-trader. My dream of the ship's steward may just have been a result of my brain analysing probabilities. But with clairvoyant dreams we can get information, without using our physical senses, that is not based on any previous knowledge, and which can be about events far into the future that neither we nor anyone else can influence. It's time travel!

The interpretation of dreams is, of course, fraught with problems and, moreover, just to make the matter even more complicated, the mind being what it is, any one dream may be a mixture of all four categories. Not everything apparently symbolic is important and it takes experience to discriminate the messages, as in this dream:

My neighbour from number 168 brought

round a package for me that the postman had delivered while I was out. I unwrapped it to find a beautiful painting of a waterfall. But as I looked at it, the water began to turn red and a sword emerged from it, the point turning towards me.

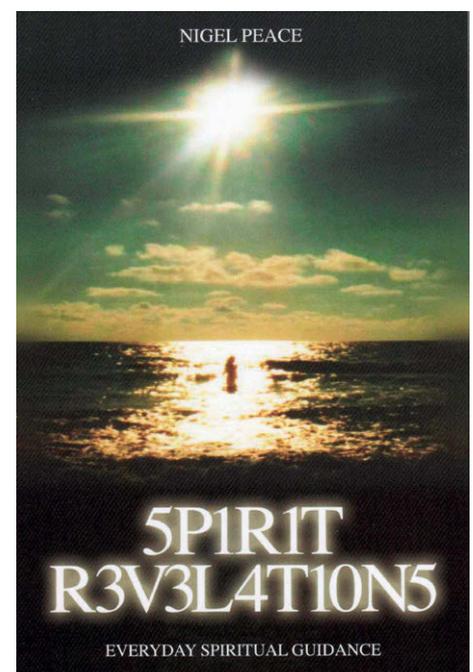
Since water usually represents emotions and a sword is clearly a challenge, this is an obvious warning about betrayal by someone close to me, isn't it? Well, no. The previous day had been 16 August (16/8) and I had watched a TV art programme. Later in the evening, I had drunk some red wine that tasted rather sour and had given me a stomach pain...!

Our minds are brilliant and there is so much we still have to learn about human consciousness, especially about how and why we dream. We must pay attention to these experiences.

Equally, we have to be careful and honest with ourselves when trying to understand dreams; we should study what others have written about interpretation as well as recognising that some symbolism may have special and personal meaning for us.

Yet it's enough to experience just one genuinely precognitive dream to know that conventional scientific wisdom about the mind-body relationship is shattered. This is so empowering! ■

Nigel Peace is the author of SPIRIT REVELATIONS, an award-winning book on dreams and synchronicity published by Local Legend. The book describes hundreds of examples of precognitive dreams and everyday synchronicities. His website is www.spiritrevelations.com.



How to be kind from your armchair

By Anita Neilson

An author, spiritual poet and blogger, former teacher Anita Neilson writes for many mind-body-spirit and chronic illness publications. Anita suffers from the debilitating conditions fibromyalgia and myalgic encephalomyelitis (ME) and believes that everyone can make a contribution to the world regardless of any limitations they may have.

The author of "Acts of Kindness from your Armchair," Anita lives in the west of Scotland. Her interests include daily meditation, spiritual reading and nature walks with her dogs. She aims to teach that everyone can make a meaningful and positive contribution to the world by reconnecting with their inner compassion and love through small acts of kindness to themselves and others.

WHAT does it really mean to be kind? Collins English Dictionary defines it as "considerate, friendly and helpful." Kindness fundamentally necessitates an opening up of the heart to allow compassion to flourish, which we can then share with others.

That's the vital ingredient here – sharing with others. After all, kindness contains the word "kin," our fellow human being. Kindness involves a shift in consciousness from selfishness to selflessness, and when we achieve this it is joyous.

The more we can disregard the ego part of us with its incessant wants and comparisons, which only induce anxiety in us, the more we are in touch with our true selves enabling our innate kindness to blossom.

We are at peace with ourselves. We see the world, everyone and everything in it in a different truer light; we see beauty in the simple things; we delight in others' joy; we begin to see our interconnectedness more clearly.

It is at this point, when the heart has opened, that a willingness to serve others arises spontaneously in a great many of us. For me, this is where our true purpose lies: in sharing our light and being kind to others.

Carriers of the light

Let's just assess where we're at right now on planet Earth. We are experiencing a readjustment of planetary energies to counterbalance the ego-bound mores of intolerance, distrust and fear which have pervaded our dealings with each other over the centuries.



ANITA NEILSON: "Listen to your intuition, for it will quietly provide guidance in the background if you are open to listening."

More and more, we are awakening to what is needed now – a raising of the vibration of love and compassion in our hearts. A beautiful consequence of this inner healing journey as we seek balance is that we then become better equipped to spread love and kindness to those around us.

We are strengthened and enlightened physically, emotionally and spiritually. As kindred spirits and carriers of this light, I believe it is our sacred duty to share this energy with others.

We do this in a variety of ways: for example, in practical spiritual and self-help workshops, in offering comfort and solace through services such as mediumship, tarot readings, etc.

Others still offer healing, whether

spiritual, reiki, theta, crystal, and so on. The list is endless and the community of love is growing, guided as we are by intuition, not fear, leading by example, not judgement, and accepting difference with delight, not suspicion. Old habits and blockages are dissolved in the nectar of this Divine love and light.

Why kindness?

In recent years, through social and traditional media I became aware of the many acts of kindness taking place all over the world. I would ask myself, "How can I do acts of kindness to help others since I'm at home most of the time?"

The perceived impotence to help others can lead to a feeling of being unable to contribute to the world. This was the starting point for my book.

Acts of Kindness from your Armchair is a toolbox of practical ideas, skills and knowledge to demonstrate in a myriad of ways how we can all be kind. We are not all meant to be eco-warriors or do big, visible acts of kindness on a national or global scale, but each of us is created equally on Earth and each has equal merit.

I like to think of small acts of kindness as the threads which knit the whole tapestry of the world together. The tapestry would be weakened were it not for the binding strength of the individual threads, so never underestimate the importance of each small act of kindness that you do.

The following extracts are from my book and demonstrate how you can show kindness to yourself and others from the comfort of your own home:

Be kind to those closest to you – and that means everyone!

Often it is easy to be kind to friends and colleagues, but really difficult to show kindness to our closest loved ones. Yet they are the people who give us the most support.

I can take my husband, sisters and best friend for granted. I am aware of this and work especially hard to be kind to them.

How? By thanking them for each little

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Always see
your glass as
half-full

”



thing they do for me; by smiling at them; giving them gentle hugs; buying little gifts for them; giving them my full attention; by choosing not to talk or complain about my pain or fatigue; by asking about their day, and so on.

Always allow others to help you if you need it, for if you rebuff this offer of help, you are denying them an opportunity for soul growth through carrying out an act of kindness. All of these acts of kindness benefit you and them in equal measure.

Once we have practised being kind to our nearest and dearest and this becomes a new ingrained, positive habit in our life, we can then extend that kindness and compassion out towards all other life on Earth through acts of kindness and selfless service.

Selfless service is common among many religions and faiths. It is seen as a major way of achieving spiritual growth and union with the Source. As the *Bhagavad Gita* states, “Therefore, do your work with a spirit of detachment and you will attain the highest level.”

Selfless service is key. It means not advertising your good deeds to gain or expect anything in return. It simply means being kind because it is the right thing to do to help others since we are all interconnected.

We each have the spark of the Divine within us, although some reflect it to a greater degree than others. If we use the analogy of carbon, we can say that both a lump of coal and a diamond are made of carbon, but the diamond has evolved and enlightened so that it reflects much more of the universal light than the dark lump of coal.

We – the soul, not the body-mind – are individualised reflections of this universal omnipresent light. Intrinsicly, we are all made of the same stuff. We are all one. When we help another individualised soul, we also help our own soul to progress on its spiritual path.

Kind thoughts and words

We often don't realise just how many negative and unkind thoughts about ourselves and others we have in the course of a day. Once you become aware of an unkind thought about someone, notice it, but don't take the next step to express the thought in words. Keep silent. This in itself is a wonderful act of kindness.

Next, substitute the unkind thought with a positive one. Really try to use your compassion and put yourself in the other person's shoes. These two acts of kindness have the added bonus of helping you to become a kinder person.

Remember that the universal light is in everything and everyone. Our thoughts, words and actions will affect all other life on Earth through the law of mass karma. Accumulated bad mass karma precipitates wars, diseases, poverty, devastating earthquakes and other such calamities.

Love, kindness and understanding are the foundations of a more peaceful world. Before you speak, think to yourself, “Is this coming from hate or love?” If you can't say anything nice, keep silent, walk away and calm down if need be.

At the other end of the scale, you will become more proactive and positive, eventually sending out positive loving thoughts to those who seem to irritate you.

I have heard it said many times that we have more to learn from those people with whom we find fault because they reflect back at us something about ourselves that we intuitively know needs to be addressed, so look on them as a gift and an opportunity for self and soul improvement.

If they criticise you, don't retaliate, but keep silent. Think about what they said during the day. Do some self-





YOU can show kindness to the animal kingdom by making sure that a bird feeder is always topped up.

analysis and you will find they may well be right, so thank them inwardly for bringing this to your attention that you might now address it. Turn every negative situation around to the positive. I promise that it will change your life.

Daily gratitude practice

Every morning, make a note of five things for which you are grateful. Here are some of the things I am grateful for:

- For the fact that I work from home and can keep my own hours. This flexibility is really important to me and gives me a sense of control.
- For my dogs, as they get on well together and are good company for me.
- For electricity because it provides an abundance of energy for cooking and heating. In this way, I can wake up in a nice warm environment which helps my pain with a lovely hot cup of tea which soothes my soul.
- For my sense of hearing, so that I can listen to the birds. This makes my heart sing.
- For my friends, as they make me laugh and keep me positive.
- For the family into which I was born. My parents instilled diligence and perseverance in me, which allowed me to prosper in life. My siblings are a constant source of friendship.

Make your own gratitude list. If you're thankful for your partner's patience as he or she cares for you and this makes your life so much easier, include this. If you're grateful that you live in the middle of a city because you love the buzz and the noise, write that.

List the things which resonate with you. Everyone's list will be different. Being thankful is a major way to show love and kindness to ourselves. It also has the added side-effect that our renewed positivity will affect those around us.

Even if we don't say anything, they will perceive by our demeanour and outlook

that we are much more positive and thankful, so be kind to yourself.

Change negativity, sarcasm, pessimism, lack of motivation and a glass half-empty attitude to positivity, optimism, compassion, determination and a glass always half-full. You will become a better, kinder person if you effect these changes in your life.

How did I show love and kindness today?

Another practice is to note how you showed love and kindness. I do this at the end of the day lying in bed.

Reviewing your day, remembering what you did, and more especially, in what ways you were loving and kind, is an act of kindness to yourself. It focuses the mind, enabling you to analyse events and how you made someone else's life better that day.

Break this practice up into three sections: kindness to the self, kindness to other people and kindness to the natural world and the environment. To help you get started, here are some things which you could include:

- I showed kindness to myself by eating healthy food because I know it helps to keep me strong.
- I showed love and kindness by watching something other than the news. In this way, I was more positive, which I know is good for me.
- I showed kindness by meditating on one of my poor behaviour choices from the past and handing it over to God.
- I showed kindness to myself by sitting out in the garden for a while, just being with nature. It is so good for the soul with the birds singing, flowers showing off, the warmth of the sun on my bones, and the smell and sounds of grass being mown.
- I smiled at the grocery delivery man and engaged him in a conversation. He showed me a photo of his dog on his phone. That made us both smile!

- I showed kindness to birds by making sure their feeder was topped up otherwise they waste vital energy flying in only to find there is no food.
- I showed kindness to others by joining in a remote meditation, sending love and positivity to world leaders as they met to discuss a peace plan for a Middle Eastern country which has been ravaged by war for years.

It's over to you now

Be inspired by these examples and commit to making a change today in your mental and emotional focus. You are capable of so much more than you believe. You are stronger and kinder than you think.

Regardless of your limitations, you can change your world today from the inside out by simple thoughts, words and acts of kindness.

Listen to your intuition, for it will quietly provide guidance in the background if you are open to listening. Your intuition will always guide you to a path that is for your highest good.

I call these spontaneous or "spur of the moment" thoughts, words and acts of kindness. Listen to how your body feels by way of a simple barometer – relaxed is a "Yes," contracted is a "No."

I will leave you with a few more simple selfless actions to try: take the time to add a positive comment or review to a social media site; play and interact with your pets; tidy up mess in your street or local park; bless others for the service they have carried out for you, and so on.

Do not advertise your good deeds to everyone. Simply inspire by example. Today and every day, in this and every moment, may you choose kindness and love.

■ **Anita's "Acts of Kindness from your Armchair" is available from your preferred online retailer or local bookshop. It is published by Ayni Books and is available as a paperback and as an e-book.**

MEDIUM PAINTS LIVING IMAGES OF THE 'DEAD'



Under the mediumistic microscope for the editor's interview is psychic artist Sandy Ingham, whose gift takes her to various parts of the world. The first points put to her were: "Do you see, hear or sense spirit communicators? Are your hands guided when painting?"

I SEE Spirit and have done so for 71 years, communicating by thought and vision. However, when drawing I am unaware of anything at all. I step my conscious level away, and then Leo, my guide, comes in to use my hands.

Can you tell me more about Leo?

Leo was an artist in his time. He was also an inventor, sculptor and scientist, doing a great deal of detailed work about the body and how it works. However, I have others who help in different situations.

Leo will visit mediums who are scheduled to work with us. My favourite example of this was when he appeared in the kitchen of medium Winter Brook Ryan of Long Island, New York. He simply instructed her to invite me over.

Winter looked up from her soup, calmly said "OK," checked me out on the internet and subsequently asked me to visit. This was over a year ago. I am currently on tour in the USA – and sitting in her lounge as I reply to your questions!

On average, how long does it take to complete a spirit portrait?

A portrait can be done in one minute,

twenty-nine seconds soonest, and up to ten to fourteen minutes if Leo is drawing two people at the same time, one with each hand.

Most often, it will be two family members, such as a grandfather and grandmother, or a mother and her mother. Equally, it could be a son, daughter, husband, wife, etc. Examples are on my YouTube channel.

Is it difficult to concentrate on producing an image and relaying survival evidence at the same time?

I do not draw and communicate by speaking. Written words are used to convey messages, family names, dates, memories, etc.

When producing a spirit portrait, do you use watercolours, pastels, crayons or another method?

On stage I use only black charcoal. Where colour appears, it is entirely spirit activity. I use pastels at home if someone requires a spirit guide portrait, which I do only by special request.

Say someone passes on at the age of 70. Why do some spirit communicators return looking much younger?

Often a person passes in old age or after extreme illness and will not wish to be remembered like that. Hence they come back at a younger age or often before they got sick.

Leo tells me he also does this because most of the time the person receiving the drawing has a matching or close photo, be it taken 100 years ago or last week.

Do much-loved pets ever manifest through your mediumship?

Pets will often be referred to in a reading, but not really drawn at a public demonstration. Leo likes to touch as many people as he can and will draw between eight and fifteen faces.

Before you became a psychic artist, were you interested in art?

In my subconscious mind, I always wanted to do art, but have no knowledge or teaching in art. I could not draw a face however much I would have liked to.

I asked Leo why he chose me to do this work since I have absolutely no artistic ability. His answer was, "Because you have no ability," meaning I don't try to influence what my hands are doing when he is in control. An artist would because it would be their instinct to do so.

Is it harder to produce a picture by post than if someone is having a one-to-one sitting? How do you establish a viable link with a distant sitter?

By post, I ask that a handwritten request be sent to me, so there is a link on my website to print off a form.

I place my hand on the writing and ask Leo to draw for the person whose energy



HERE Sandy Ingham is seen putting the finishing touches to a spirit-inspired portrait.

left on the paper when in the act of writing. It makes no difference to me how the portraits are done. It just is what it is!

However, I often wonder how people must feel to see their loved ones appear in a portrait – other than the obvious joy, of course.

Afterwards, do sitters often send photos of a communicator, so you can see how well their likeness has been captured?

People sometimes send a matching photo. Mostly, they genuinely promise to, but don't always get around to it.

What's the most unusual portrait you have ever received?

There have been so many, but at one show I was working alongside medium Steve Holbrook. I say "show" because my work is visual.

Before the audience arrived, I told Steve of a connection I had from Spirit en route to the event. I had been told to mention a sword and a snake.

I drew a young man whose parents were in the audience. From the angle of his body it was evident that he had been compromised in this life. He was unable to speak or feed himself, and needed full-time care.

His mum and dad could not understand the reference to the snake and sword. However, six months later, at the same place his parents were waiting for me with photos and an explanation.

The mum's brother would call to see the boy each day. He'd sit in front of his chair, putting his hands either side of the young man's chair. The snake and sword were tattooed up the arm of the uncle, which is what the young man related to with love each day for his uncle.

Another time, as Steve connected with a young woman who had lost her husband, Leo and I drew him. Steve asked how close the image was to her husband. She said, "I will show you."

The young woman walked up to the front of the stage and pulled the back of her loose fitting sweater up to reveal a life-size tattoo of the husband on her back. The portrait was an identical copy.

Where were you born and when?

In 1947 in the high peaks of Derbyshire in the middle of the worst storm on record still to date I believe. It was on November 25. I came in on a storm and my life unfolded that way for all my young life and into adulthood.

Were you raised in a Spiritualist household?

I was not born into a Spiritualist household, and the problems I faced



as a child were mostly down to my not understanding that everyone couldn't see what I saw.

I was feared by my mother and the neighbours, and it would be fun for children to cause me trouble. I had many sound thrashings for things I had not done and knew nothing about.

"Why?" was a question always on my mind and it was awful to meet abuse with no understanding of what I had done wrong. For instance, I underwent some terrible experiences, such as sexual abuse, attempted murder and the loss of a child.

However, I now celebrate all the pain and tortured times because whoever I am reading for, whatever their suffering, I can pretty much say, hand on heart, "I know how you feel."

Did you consciously sit to develop psychic art? If not, how did the gift first manifest?

My work as a psychic artist is relatively new and was totally unexpected, particularly as I have absolutely no artistic ability. It is fair to say that I discovered rather than developed this talent.

It started when I began to notice noses, mouths, ears and incredibly lifelike eyes staring up at me from scraps of paper scattered around the house. Much to my surprise, I then slowly realised that I had absent-mindedly drawn them.

I only began to understand the significance of what and who I was drawing when my hairdresser gasped, "That's my granddad!" when looking at a portrait I was drawing on a sketchpad in my lap as the colour set on my hair!

You are now a full-time medium. Have you had any previous occupations?

I did nursing for some years, but retired from that a long time ago.



IN this comparison photo, note how the spirit communicator returned wearing identical earrings to those in the picture.

Where do you live?

In Cornwall, having a house built by a river and amongst my beloved trees and birds.

My daughter both designed and built the house, which is in two wings. The larger wing is home to my daughter, her husband and two children.

My wing is the wooden-built cabin I wanted so much, which blends in with the trees around me. It is beautiful. My heart just soars as I sit on the deck outside enjoying the sights, smells and sounds of nature. The nearest city to us is Truro.

I know that you've worked in Germany, Spain and the USA. Anywhere else?

Yes, I have worked in Germany and Spain, and in many parts of America and Australia. There are too many places to mention.

Do you enjoy this aspect of your work, or is hanging about at airports, where one's always herded around, and undertaking long flights trying?

Do I enjoy travelling? Yes, very much so, although I have been somewhat challenged this last week or so when flying out to Lily Dale in America and we were left with nothing at the airport after our flight was cancelled.

I finally made Lily Dale one hour after my demonstration was to have started, wearing the same clothes since leaving England three days earlier.

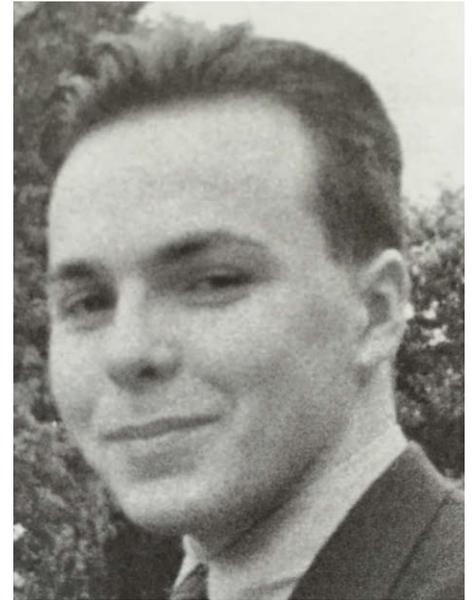
It can sometimes be tedious coping with airlines and airports, but the love of my



"WHEN this child was drawn," said Sandy, "the recipient did not recognise her. She found it again nine years on when she and her granddaughter were looking for something. This is the granddaughter. Her daughter was pregnant when the portrait was done." The rose on the child's T-shirt is identical to the portrait.



YET again, this comparison photo shows how well Sandy Ingham and her guide captured the communicator's likeness.



work, Leo and the people we touch makes all the discomfort worthwhile.

Mike, my husband, always travels with me and manages everything I do. After I accept an event, I hand everything over to him. Mike books the flights and hotels, drives me all over the country, and sets up my camera and equipment on stage.

Do you find that some countries are more open to spirit communication than others or are people very similar with the same hopes, fears and dreams?

Fortunately, most people are curious about what I do. Once the portraits are seen, they are completely convinced that we survive physical death and can still communicate.

As I say, "You can't argue with a picture of your mum." The portraits open doors for many, who tell others, who then tell others. Slowly, we take away fear and bring love and the joy of reunion. Mediumship quite literally changes lives and challenges past indoctrination.

You also give sittings by Skype. Do you get many requests from overseas?

I work by Skype globally since being recommended in the online magazine of American actress Gwyneth Paltrow.

This came about through a new book, which carries the case of one of my readings with a gentleman whose family lost a young soldier in the First World War. No one knew what happened to him and no record existed anywhere to help find him.

He was found through my readings after he gave me his grave number, and the names of the cemetery and of the soldier lying in the grave next to him along with a

great deal of information about his passing.

What's the most satisfying aspect about being a medium?

Seeing the effect it has on people. They arrive broken, and I watch them straighten up, with tears washing away the pain of grief, as they talk closely with their loved ones.

It humbles me completely that I can help in that way. I often say that it is my pleasure and privilege to help.

How many spirit portraits have you produced over the years?

Thousands, although I could not begin to count them. The majority are recognised immediately, but some later on in the most surprising way.

One lady was hoping to see her husband, but received the portrait of a young pilot, who was shot down at the age of 21. She did not know him, but trusted my reputation.

Going through her husband's personal effects, at the bottom was a World War Two ration book. When lifted, a photo fell to the floor and matched my portrait very closely.

It was her husband's young brother, whom he had never mentioned. I guess he wanted her to know they were reunited. What a wonderful outcome!

■ **To request a sitting with Sandy, please visit www.sandyingham.co.uk**

MASTERING MINDFULNESS

By Paddy Brosnan

In May 2019, "PN" reported that pupils at around 370 schools were to be offered mindfulness in one of the largest trials in the world to boost the evidence about what works to support mental health and wellbeing. Relaxation techniques and breathing exercises would also be available.

Below, Paddy Brosnan explains what exactly mindfulness is and invites you to take part in a meditation. A sought-after public speaker, he travels extensively to deliver workshops and retreats, as well as visiting schools to encourage mindfulness in children.

Paddy's book "This Works - How to Use Mindfulness to Calm the Hell Down and Just Be Happy" is published by Hay House at £10.99.

MINDFULNESS is not something you do, but rather something that you are. It is a way of living and being, and not just an independent, standalone resource to be drawn upon now and again, whenever circumstances or conditions require it, like when we are stressed or anxious.

We practise mindfulness in order to live mindfully. When we live mindfully, we live with awareness of what is happening in each moment with a heightened consciousness that allows us to be really present.

To hit you with just a little bit of science, it's been established that the average person has about 60,000 thoughts per day. The greater proportion of these is not new.

In fact, studies have established that about 95 per cent of our thoughts are exactly the same as yesterday, and the day before that, and so on.

So we don't generate 60,000 new thoughts per day, but rather recycled versions of old ones, which in turn are based on our existing impressions, prejudices and opinions.

This is the way most of us go through life from one day to the next – on autopilot: reprocessing old thoughts, relating and reacting to things based on the way that we've done so in the past and pretty much condemned to continuing the same patterns of relating and reacting to things in the future.

Research also reveals that we spend over half of our waking hours in "default mode." This is where we are generating thoughts, but are not consciously aware of them.



PADDY BROSINAN: "It's been established that the average person has about 60,000 thoughts per day."

We also know from research that the greater majority of our daily autopilot thoughts are negative; this is our default bias.

Most of us have an instinctive sense of the predominantly negative nature of these thoughts. We very seldom catch ourselves thinking in a positive way about ourselves, for instance.

Practising mindfulness is the way to change these ingrained ways of thinking and perceiving. There are just two basic elements to the practice – formal meditation and the work of bringing mindfulness into everyday life.

Formal meditation

Mindful meditation is the process of becoming aware of the body and mind, so that we can learn about our thought processes and the feelings accompanying them.

Through formal meditation, we learn the skills that will enable us to make conscious decisions and choices about how we react to events, our environment and the people around us instead of being pushed and pulled around by our negative thoughts (most of which we are not even aware of) and the often unhelpful feelings they generate.

A crucial point to note here is that mindful meditation is not relaxation, something that is intended to induce sleepiness – or even unconsciousness in the form of sleep – or to help you "tune out."

On the contrary, mindful meditation is actually aimed at reaching a state of focused awareness – a heightened form of consciousness where you are more intensely in touch with your bodily sensations, thoughts and feelings.

Twenty minutes morning and night

For daily formal meditation practice, you will need to set aside twenty minutes in the morning and twenty minutes in the evening. I recommend that you build up gradually, session by session until you are able to spend the full twenty minutes in meditation.

Begin with five minutes, and then start increasing the length of time from there. While twenty minutes might not sound like a lot, if you've never done any kind of formal meditation before, you may find it challenging to try to focus for this length of time when starting off.

When to meditate

For most people, the optimal time for morning meditation is just after waking up. In the evening, it's about an hour and a half before you go to bed.

Where to meditate

The best place to meditate is somewhere in your home where you can be sure that no one else will interrupt you. A quiet room

where there's no regular through traffic would be ideal – your bedroom or spare room, for example.

The best position for meditation is to sit with your spine upright (preferably with no support behind your back), your legs crossed and your hands in your lap, and with your left hand cradling your right, and your thumbs lightly touching.

You need to sit up straight yet in a relaxed fashion. Never meditate lying down, as again, the most likely thing that will happen is that you will fall asleep.

Remember that mindful meditation is about reaching a state of focused awareness, not reaching a state of unconsciousness!

Once you've got these practicalities sorted, you're ready to start meditating. The way that you approach formal meditation practice is very important. Various analogies have been traditionally used to help explain why.

When I was being taught the basics of formal practice, the analogy my teacher gave me, and which I found really helpful, was that of a tightrope.

In terms of the best physical stance and mental attitude to adopt while meditating, you are seeking the right balance in several senses: maintaining your posture and being physically relaxed at the same time, and between staying sufficiently mentally focused and not being overly tense or intense.

Where balancing on a tightrope is the act of meditating, it follows that if you are too rigid or tense – either physically or mentally – your tightrope will become overly taut and you will fall off.

Conversely, if you are too relaxed and unfocused, the tightrope will become too loose, you may end up falling asleep and, inevitably, fall off.

The tightrope analogy also comes into play regarding your mental attitude to meditating. If during your "sitting" you come across a thought, feeling or sensation that you don't like and push against it or try to resist it, you will fall off your meditative tightrope.

Similarly, if you have a thought or impression that you are enjoying and you make a conscious effort to try to hold on to it or grasp after it, you will also fall off.

Getting started

I generally suggest starting with one of the most important and simplest meditations – meditation on breath. This is one of the most widely used among meditators, largely for the basic reason that the breath is always available to us no matter where we are or what situation we find ourselves in.

Before beginning, simply close your eyes, take a deep breath and release it



slowly in and out through your nose. Allow your eyes to gently close as you breathe out.

Meditation on breath

Begin with sound. With your eyes closed (and keep them closed throughout the entire meditation), notice how sound and then silence – or the lack of sound – come and go all by themselves without us having to do anything. Just allow yourself to become aware of this.

Don't make a conscious effort to hear anything or to control what you hear. Let the next sound come into your awareness and hold it gently there as long as it lasts, then be aware of the silence or the next sound that replaces it. Notice how you don't have to do anything to cause the sound to happen.

Now bring that same kind of open awareness to your own breath. Notice how it happens and how each breath simply follows the next.

Let your awareness rest there, with your breath, with the sensation of air entering and leaving your body at the tip of your nose.

Don't try to force anything. Just breathe in and out through your nose as normal. You're breathing anyway, so just notice the breath that's there.

Now expand your awareness to follow the cycle of the breath. Notice the air entering your nostrils and follow it gently. Also notice your chest expanding,

then your belly and the little pause before the process is reversed again.

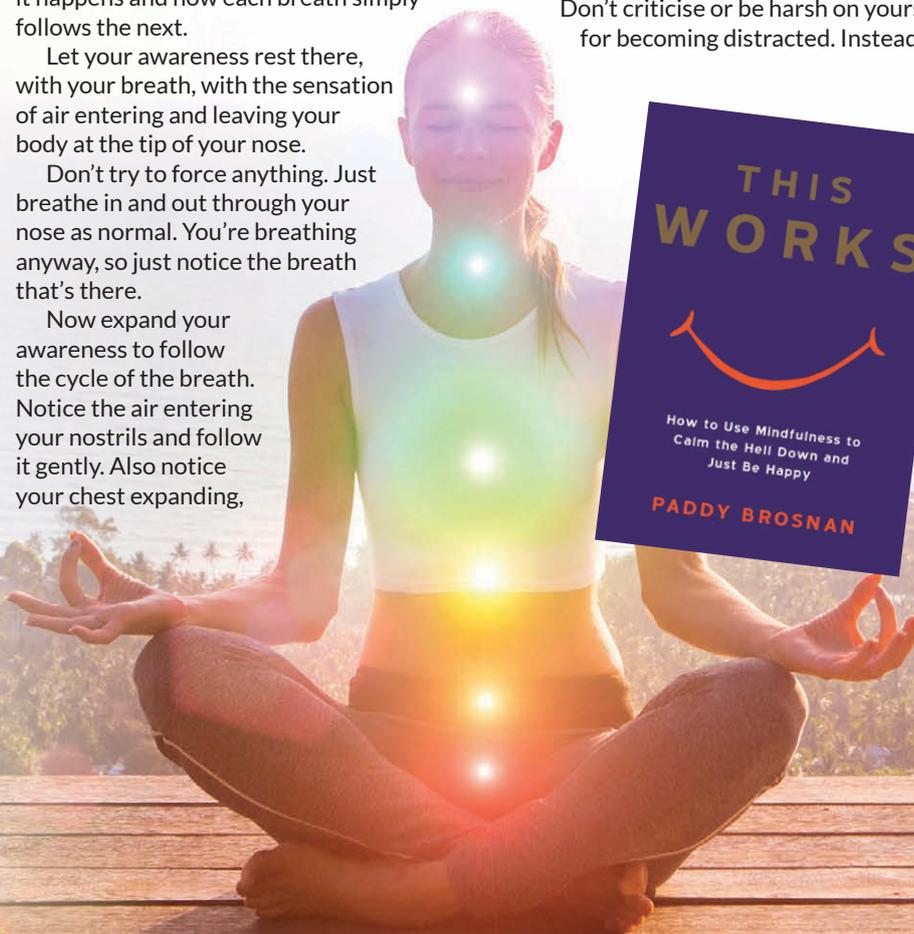
Don't try to take a special kind of breath, a deeper or shallower one – just allow it to happen, as you did when noticing the sounds around you.

Especially when you first begin this simple breath meditation, you'll find that your mind will wander, or even run amok, processing a seemingly never-ending stream of thoughts: I must remember to make out that to-do list when I'm finished here.

You may notice feelings, such as boredom, frustration or happiness, and bodily sensations – being too hot, too cold, having an itch, or various aches and pains in your body.

This is OK. Every time your thoughts take off and try to pull your attention in many different directions, gently and patiently bring your awareness and focus back to the breath.

Don't criticise or be harsh on yourself for becoming distracted. Instead,



each time you bring your attention back to your breath, congratulate yourself!

The practice of mindfulness lies in this simple exercise of gently bringing our awareness back to where we want it to be.

When the twenty minutes, or the allotted time you have given yourself, is up, take some deeper breaths in and out of your nose, and bring your awareness once more to any sounds you can hear.

Gently open your eyes and sit quietly, allowing yourself to slowly “come back” to your surroundings. Also allow yourself a few moments to reflect on your meditation and any realisations or insights it may have brought you.

When we focus our awareness on our breath as it enters the body, expands the chest and abdomen and then leaves the lungs again, we are bringing mind and body together.

These two constituent parts of our being cannot exist without one another, and naturally exist as one. When we bring mind and body together, it is our most natural and favourable state and we become at once highly focused and deeply relaxed.

Even as you increase and develop your meditation practice, you will find that the meditation on breath is one of the most important in terms of heightening your perception and deepening your awareness.

Bringing mindfulness into everyday life

The second element in the development of mindfulness is to bring the practice into your everyday life.

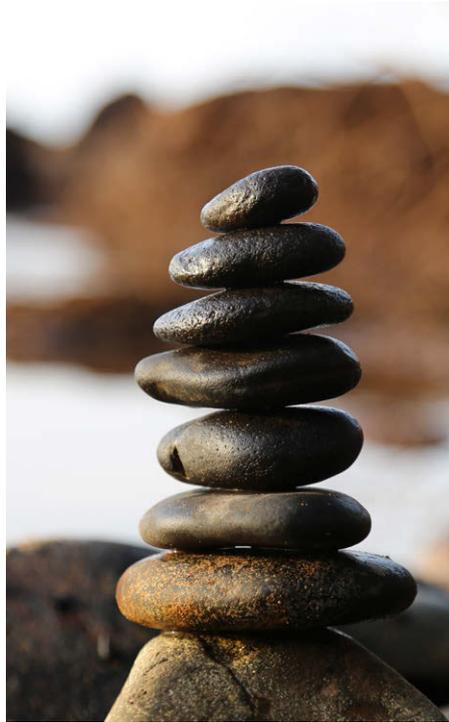
One important point to note here at the outset is that introducing a different quality into your daily life in this way doesn't involve interrupting or stopping what you are doing in any given moment in order to suddenly cut off and become mindful.

What it entails is bringing your attention back to your breath or to what you are directly experiencing just then physically and mentally – i.e. to the immediate sensations and feelings which come with the activity you are engaging in.

Don't bring anyone else into the shower with you

Aside from your twenty minutes of formal sitting, it's good to try to begin your day with some time when you consciously focus your full attention on what is happening right now.

If, for example, you have a shower first thing, you could decide that you will keep your focus on the physical sensations of this usually pleasurable experience.



Enjoy the freshness of the water – warm, lukewarm or cold – on your face and the rest of your body: your back, your arms, your legs and down to the soles of your feet.

Take in the smell of the soap or shower gel, and the sensation of your sponge, face cloth or loofah on your skin. Feel the water running over your head. Smell the rich lather of shampoo as you massage it into your hair.

Each time you find your thoughts drifting or returning obsessively to the events, challenges and anxieties of the day ahead, try to bring yourself back gently to the physical sensations of showering.

Decide that for once there will be no one else in the shower with you – that is, no one else occupying your thoughts and mental space, and preventing you from enjoying this personal morning ritual.

Relying on the kindness of strangers

When on your way to work, driving your kids to school or generally out and about in the car and you find yourself sitting in traffic or stopped at traffic lights, take a few moments to focus your attention inwardly and register what you are thinking and feeling.

Then bring your attention to any physical sensations – your hands on the steering wheel, handbrake or gear stick, and your feet on the clutch and brake. If it's practical and safe, close your eyes to heighten your focus on these sensations.

Don't worry about missing the lights – some kind soul sitting in the queue behind

will be only too delighted to let you know when it's time to move on!

Once more with feeling

At various intervals throughout your day, when the occasion arises, try practising mindful gratitude.

When thanking someone for something they've just done – giving you change at the counter, placing your purchases into a bag, bringing the coffee you ordered to your table, holding the door open for you, and so on – give your full attention to the act of thanking that person.

Sometimes it can help if you make the effort to specify what you're thanking them for, such as “Thank you for my coffee,” “Thanks for my change,” “Thanks for packing my shopping” and so on.

This focuses your attention on what's happening at that moment, as well as enhancing the quality of your interactions with the people you encounter during your day.

Not talking with your mouth full

Now for perhaps one of the most important and beneficial ways of bringing mindfulness into your daily life – try eating your food mindfully.

At mealtimes, eat slowly, chewing your food fully and really savouring the aromas and tastes as you do so.

Switch off all your devices. Don't take your phone or tablet to the table with you. Likewise, don't read the paper or allow yourself to go off into a reverie of worry about what's happening later that day or evening.

If you are eating with others, focus on their conversation while also keeping some of your attention on what you are eating. Try not to talk non-stop while you are eating, but focus on enjoying your food.

What you will find is that you will enjoy your food so much more, as you'll be aware of what you are eating and of when you've had enough.

Eating mindfully gives you the time to enjoy the experience of eating and the flavour of your food in a more relaxed way.

Developing your awareness through the practice of mindfulness is the greatest gift you can give yourself because you are learning to directly experience every moment of this precious, beautiful life you were given. My final piece of advice is to start today!

■ To find out more, please visit www.paddybrosnan.com and [facebook.com/paddybrosnanmindfulness](https://www.facebook.com/paddybrosnanmindfulness)



IRENE - 'BEAUTY FROM WITHIN'

When it comes to Royal Jelly – Nothing else compares

Irene Stein is not your average 80 year old. She is fit, healthy, energetic and, when not working on her business, she is out playing a game of tennis or two and enjoying life to the fullest. Not only this, her flawless complexion has many second guessing her age and not an inch of grey can be found in her full head of hair. Even more interesting is the photo of her mother at 82 years who also managed to get rid of her Arthritis and improved her heart condition by taking the Formula. **Is this not impressive!**



This miraculous formulation, created by Irene herself in conjunction with a Master in Complex Homeopathy and another Master in plant/herbal knowledge, is an excellent blend of Royal Jelly which is naturally preserved in honey with Ginseng, Echinacea and herbs and has been used in the treatment of at least 75 different health conditions. From allergies, digestive problems, diabetes, menopause and migraines right through to heart conditions, blood pressure, cancer, chemotherapy and prostate problems, Royal Jelly can significantly reduce symptoms and in many cases eliminate the condition completely.

Irene's first encounter with Royal Jelly was when she was around 40 years of age. After suffering from a retroverted uterus which was causing her a great deal of pain, Irene went through a hysterectomy.

She was advised that she would need to take hormone replacement tablets and would go into early menopause. As well as the inevitable hot flushes, night sweats and other hormonal imbalance symptoms she was also advised she would be out of action for at least 6 months.

Strong willed and determined to avoid medication; Irene refused to take the tablets and instead took Royal Jelly. Astonishingly, she did not go into early menopause and instead made a full recovery and was back at her desk just one week later!

Not only did this incredible formula relieve Irene of her symptoms, it completely removed her migraines – from which she had suffered from at an early age – and dramatically improved her immune system, meaning she never suffers from coughs, colds or flu.

"I was born to a mother ahead of her time and brought up on black molasses, cider vinegar, and told about the importance of breathing" Irene comments, "These early introductions worked for me and became my own belief, and when I discovered Royal Jelly in 1974 through a Greek Bee Keeper, my mother knew all about it, even though it wasn't readily available."

"I think it is true to say that I don't actually resemble my 80 years. Things like memory, retention, absorption, clarity, focus, agility, and I still seem to be firing on all cylinders. During the early part of my experiences with Royal Jelly, I was fascinated by the way in which my mother's arthritis disappeared completely in her late 70's and I watched her greying hair turned back to its natural colour.

"Incidentally my tennis is getting better and better. I am amazed how I am able to outplay players that I believe are much stronger than



myself. I am also amazed that many younger tennis partners are puffing and blowing by the time that we finish and I've still got energy to go on!"

Around 30,000 people worldwide have incorporated Royal Jelly into their daily diet including professional athletes, showbiz celebrities and members of the British Royal Family with famous faces including Queen Elizabeth, Prince Phillip, Princess Diana and Cliff Richard.

Irene's formula is 10 times more potent than Royal Jelly in other forms, thanks to the homeopathic potentiation of Echinacea and other herbs. Ingredients such as amino acids and glutamic acid are known to delay aging, while the pantothenic acid helps to prevent premature grey. In addition, elements such as inositol, lysine, phosphorus, silicon and sulphur are responsible for maintaining the skin, nails and hair, leaving them in peak condition and the ginseng, iron, thiamine (B1) and cyanocobalamin (Vit B12) provide an abundant source of natural energy.

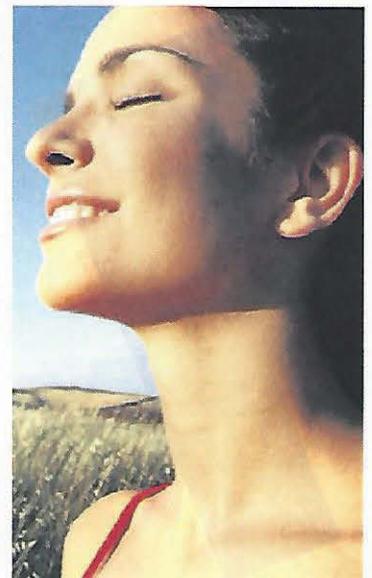
"In the 45+ years, I have been involved with this remarkable substance and my unique formulation," explained Irene, "there have never been harmful side-effects or contra-indications in any way, shape or form, including diabetics who are actually able to lower their units of insulin they take. Many people who believe they are allergic to Ginseng or any other ingredient, find that does not apply to this formulation. I also give it to babies before birth.

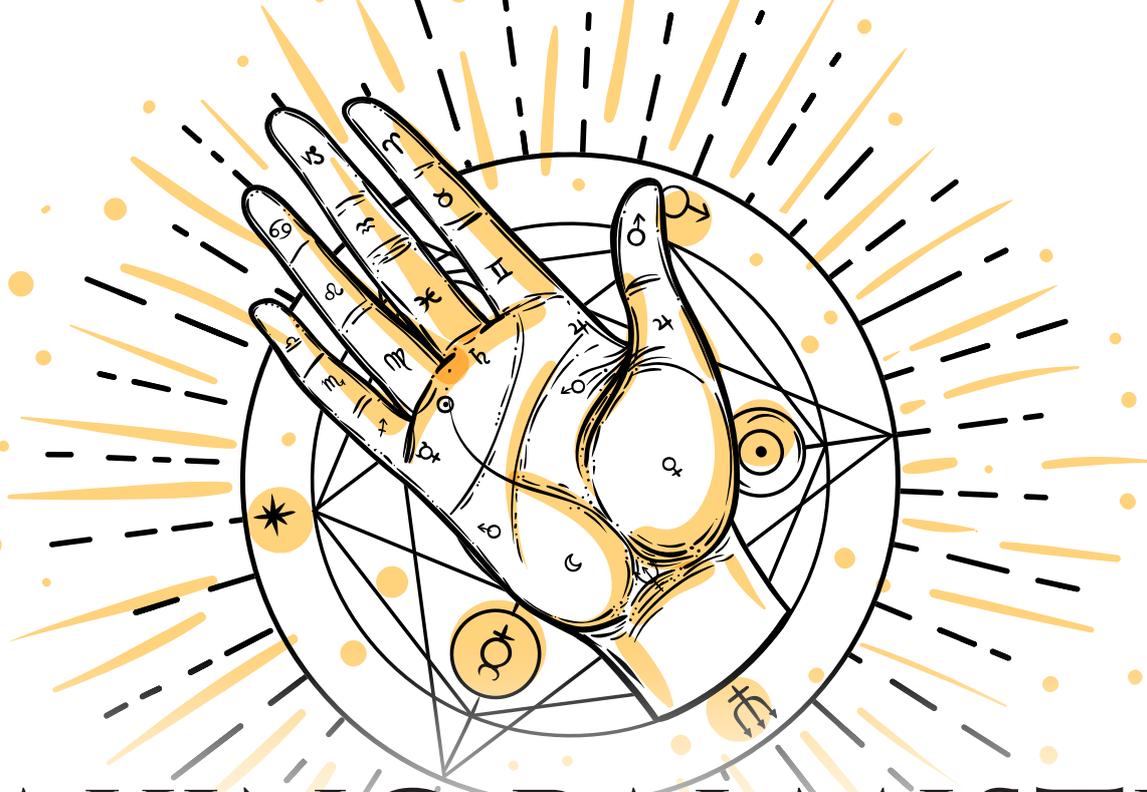
"I have as many people making this a-way-of-life as taking it just for a specific condition, since it is cumulative and there are many on-going benefits. I have always had a number of Practitioners sharing my vision and recommending the product to their patients as well as the biggest growth being the recommendation from one person to another."

"From this amazing learning experience," she concluded, "I still continue to astonish myself with the results that I see and hear about. I am still passionate and thrilled to bits with the way in which my unique formulation changes peoples' lives, and have no intention of retiring. Why would I give up my magnificent obsession!"

Irene believes Royal Jelly is something that needs to be discussed before use, and therefore does not feel it should be sitting on the shelves of supermarkets. She is more than happy to provide more information to those who are interested and discuss their conditions and needs to provide the best plan to suit them.

**Contact Irene now on:
+44 (0)7831 641 199
email: ireneroyaljelly@gmail.com
or visit the website at:
www.irenesteinrj.com**





TAKING PALMISTRY IN HAND

BY GARY MARKWICK

GARY MARKWICK is an international celebrity third generation palmist and clairscientist after his grandfather and mother. Using his talent for the last twenty years, he has read the hands of more than 20,000 people worldwide.

As well as appearing on BBC TV, Sky TV, Virgin Radio and BBC Radio 4, he has been featured by various newspapers including the "News of the World" and the "Daily Express."

One national newspaper asked him to read the handprint of a celebrity unknown to him at the time. This was Barack Obama before he became President of the USA.

In the 1950s, Gary's family was well known for performing with the BBC and theatres throughout Great Britain with mind-reading, escapology, illusions and palmistry.

Gary is the author of two books and is in the process of completing another two. Apart from being a reiki master teacher, he is also qualified in several other areas such as spiritual healing, hypnotherapy and past life regression, and offers palmistry readings in person or online.

PALMISTRY, also known as cheiromancy or chiromancy (relating to the word for hand in Greek), has been practised for several thousand years.

Palmistry is said to have originated in the north-west region of India, possibly somewhere between Pakistan and India, which was one country before the partition in 1947.

Since ancient times through to the present day, the Brahmin priests of India all had knowledge of reading the hands.

Palmistry continued to spread throughout Nepal, Tibet and China, finding its way to Egypt, Greece and then

to Europe. Humans have had an interest in hands since the Stone Age, the many paintings in caves from prehistoric times showing evidence of this.

Throughout history, great leaders and others of a reputable nature have also been known to take an interest in the science and art of hand reading, with chiromancy (the shapes of the hands), chiromancy (the lines of the hands) and dermatoglyphics (fingerprints).

- Moses told his chief men to go and find leaders of the Hebrew tribes of Israel. When asked, "How will we find them?" he replied, "You will know them by



GARY MARKWICK: "Palmistry has been practised for several thousand years."

looking at signs on their faces and the lines on their hands."

- The Emperor of China used his thumbprint to seal documents.
- The ancient Greek philosopher Aristotle also had an interest in palmistry and showed his research on it to Alexander the Great.
- Hippocrates, the Greek physician, likewise had knowledge of palmistry.
- Julius Caesar judged his men by the backs of their hands before recruiting them.
- Napoleon Bonaparte would also look

at his generals' thumbs to see their strength.

- Psychiatrist and psychoanalyst Carl Jung took a great interest in the science and art of palmistry.
- At the beginning of the last century, Scotland Yard began to use fingerprints for catching criminals

Despite suppression throughout the Middle Ages and its prohibited use during the reign of King Henry VIII – who banned palmistry and other alternative practices, branding those who used them as sorcerers and devil worshippers – palmistry is still flourishing.

Indeed, it is more popular than ever today, especially in these stressful times when we are all searching for the truth and answers within ourselves.

The reading of hands is not mere superstition. It is a science which was studied by the ancients along with astrology and has developed and been used ever since right up to the present day.

Throughout its long history, the most talented palmists were available only to a few people in their local neighbourhood. Thanks to modern technology, anyone in the world can now have a reading from the most experienced and gifted palm readers on the planet.

Palmistry in modern times

Many doctors and psychologists who have investigated its science have shown from their conclusions that hands have the potential to reveal a person's character, health and psychological state.

Although palmistry is a science and an art, by using psychic intuition a much greater understanding can be achieved.

Looking at palmistry from a more modern perspective, it can reveal a person's characteristics and show a potential outcome of what may lie ahead in their future.

Nothing is permanent in life, as we are constantly evolving and changing. Likewise, the lines on our hands also change.

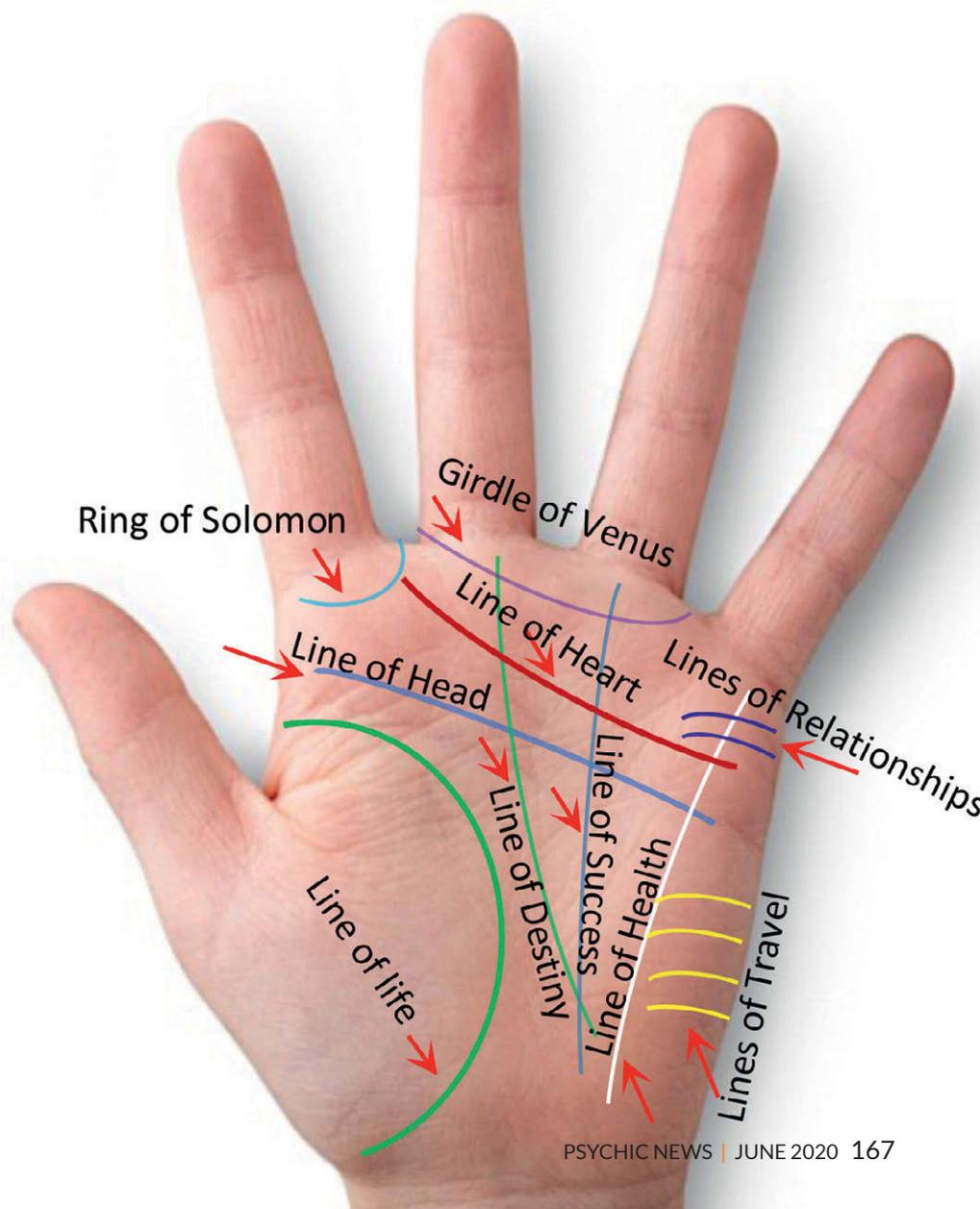
These lines are influenced by our thoughts, actions and the electrical impulses of the brain, which bring about the changes.

This can occur within a few weeks. However, it is more than likely to happen on average at around three months or more. Changes will usually depend on what is going on in a person's life at the time.

Other than "palmist," another term which is often used for someone who reads the hands is a "hand analyst." This is usually referred to as using a more logical and scientific approach rather than working



GARY MARKWICK: "The reading of hands is not mere superstition. It is a science which was studied by the ancients."





"If I could give an analogy of palmistry, it would be like the detective Sherlock Holmes gathering all the evidence and piecing it all together like a jigsaw puzzle," says Gary Markwick.

with one's own intuition.

There are also those who may look at the hands briefly and then move on to tarot cards or use another method of divination.

However, those who are professional in the field of palmistry and have many years of experience should be able to give a good in-depth reading with explanations within the realms of palmistry.

Giving a personal reading

When I read the hands of others, I begin by developing some rapport with a client. As a reiki master teacher and healer, I am often able to feel a client's energy through their hands.

This can give me more insight into their persona and the ability they might have towards helping others. Perhaps this may show they have a strong ability for healing or being altruistic in other ways.

I continue the reading by looking at the back and shapes of the hands, their colour and texture, the fingers, and which way the thumb, fingerprints and nails bend.

Next I study the lines of the hands, firstly at a glance and then zooming in with a more detailed inspection.

The palms of the hands could be likened to mountains, seas, larger rivers and smaller rivers. The Mounts on the palms (which are the fleshy parts or bumps) are the surrounding areas like the mountains which correlate to the planets in astrology.

The three main lines of the palms are

the Heart Line (emotions), the Head Line (mentality) and the Life Line (vitality). These are the seas.

The finer lines are the major and the minor rivers that flow into the estuaries and branch out in different directions. As in life, they show our strengths and weaknesses, and the new paths that we may take with setbacks and our achievements.

On a geographical level, certain parts of the world and areas can be identified within the reading, although this can take many years of experience to master. Of course, there are many other lines and markings which add to the complexity of palmistry.

As I read on, more is revealed to me about a client's characteristics, personality, career path, success, wealth, relationships, children, health, travel and more.

If I could give an analogy of palmistry, it would be like the detective Sherlock Holmes gathering all the evidence and piecing it all together like a jigsaw puzzle.

Being a therapist of hypnotherapy and reiki as well as a palmist, the readings I give are based on promoting a client's wellbeing.

My aim is to help and show people how to find positive resources and intentions by using one's own skills in obtaining the full potential that exists within our life.

I am also clairvoyant. Occasionally, I work on a level of clairvoyance (seeing), clairaudience (hearing) and claircognizance (knowing). I channel through the higher

self, using whatever I am given at the time during the reading.

For the beginner who would like to learn to read palms, at first it can appear to be very daunting with the lines showing like an electrical circuit of a wiring diagram.

Some of the lines are large and may have depth and colour whereas others are very fine and hardly recognisable. They appear to come in from all directions and it is hard to know where they are going and what they could possibly mean.

However, do not be overwhelmed by this, as with time, patience and practice you can learn the art of palmistry. Information may be gathered from the internet and books, but the best way to learn is by practice.

Look at your own hands and their shapes. Are there any changes you may have noticed in the lines since the last time you looked at them?

When you feel a little more confident, ask a friend if they are willing for you to look at their hands. Begin by studying the backs of the hands for shape and texture.

A person who has larger hands may be able to work with detail and have patience whilst someone with small hands might be a little impatient, but is able to see the bigger picture. Are the hands hard or soft? These factors will all contribute to the reading.

Look at the nails for shape and colour. Ideally, they should be a pinky colour. White spots on the nails can indicate stress.

Looking at the fingers, do they lean towards another? The thumb can tell us quite a lot about a person's character; bend it slightly downwards to see how flexible it might be. This can also show when the hands are bent gently backwards from the fingers.

A stiff thumb can indicate someone who says it like it is and could be a little stubborn. If it is waisted in the middle, then the person will be diplomatic, but may be indecisive.

Large thumbs compared to the rest of the fingers can show leadership whilst those with small thumbs may be followers.

If a client has a clubbed thumb, which can look like a bulb at the top of it, this can mean that its owner may have a lot of pent-up energy that they hold within and they may have short outbursts of anger.

Turn the hands over and look at the Mounts on the palms. These are the fleshy parts on the palms and relate to the planets astrologically. Notice which Mounts stand out.

The Mount of Venus, which is vitality and love, lies beneath the thumb inside the Life Line.

The Mount of Moon is on the opposite side of the palms and shows a curve on the edge of the hands. The more prominent the Mount, the stronger one's intuition will be. The other Mounts lie beneath each finger and various parts of the palms.

Once you have had a good look at the outer parts of the palms, then you can zoom in and look at the lines:

The Heart Line. This is the large, deep line which runs across the palms below the Mounts at the base of the fingers. This line is read from below the little finger side and continues across towards the first finger.

The Heart Line indicates our emotions. Someone with well-balanced emotions has a Heart Line which curves upwards between the first and second fingers.

When it appears to go straight across the palm, it can mean that a person may be idealistic and could set their expectations too high when finding a partner in relationships.

The Head Line. This begins from the Life Line and goes across the palm towards the Mount of Moon.

The Head Line is about one's mentality. A strong Head Line can show a strong mind, working with others and their intentions in life. A short Head Line could mean that a person may have given up on their wishes.

Alternatively, it may be that they have achieved certain things in life and feel that they do not need to pursue anything further.

There is another possibility that this person may specialise in something within the work that they do and are very focused

on it.

The Life Line does not represent how long a person may live! However, it can show their strengths and weaknesses.

This line is read from where the Head Line starts and is above the thumb and below the first finger. When the Life Line curves down and around towards the wrist, it is possible that the person will have reasonably good health and may live to a grand old age.

However, I have seen people with long Life Lines who do not live so long and those with shorter ones who do, so it is necessary to check other parts on the hands to see what is going on.

When there are breaks in the Life Line, it can show that there may be a dramatic change that occurs in a person's life. This could be a divorce, moving away from home, an illness or some other changes.

The further away that the Life Line goes out towards the Mount of Moon, the more adventurous a person will be. They may even spend time abroad or live abroad.

When there is a fork at the bottom of the line towards the wrist area, then it may be that the person will always return home if they know where their home lies.

Whichever line is the stronger of the fork is an indication whether they will remain back home or go abroad.

Whether it is for fun or eventually to become a professional palmist, these are some examples of how you can begin to get a feel for palmistry and to see if you would like to continue to learn more and give readings to others.

When attempting to read the hands of others, remember to keep it light-hearted and never jump to any conclusions.

I have seen many young people who were told by amateurs that they may die because they have a break in their Life Line, which is more than likely far from the truth.

When you become more experienced, then you may go further into detail with the readings.

■ *For further information, please visit www.palmistryinhand.com or e-mail Gary at g_markwick@hotmail.com He can also be contacted by phone on 07986 996414 or 07543 43655.*



IN this shot, Gary Markwick takes a closer look at a client's hand.

Medium moves from silver service to psychic service



PETRENE SOAMES: *"The most rewarding aspect about being a medium is that as the pain of loss clears for the sitter it is replaced by healing, peace, joy, hope and love."*

Visas and plane tickets at the ready. We're flying off to America for the editor's interview with a serving medium to meet British-born Petrene Soames, who now lives in Texas.

The first points put to her were: "To gain residence in the United States, you need a Permanent Resident Card otherwise known as the Green Card.

"These are somewhat difficult to obtain. How did you gain one? When did you move to the States and why?"

I MOVED to the USA in the late nineties. I never really wanted to live in America, but always knew that I would. It was just part of my journey.

I met a French man named Fabrice on a bus in Las Vegas whilst on vacation there. We got married just weeks later, so I stayed.

Fabrice already had Green Card status. We were together for a little over eleven years.

You now live in The Woodlands, Texas. Can you give me a quick tour around the area?

Begun in 1974, The Woodlands is about an hour outside Houston. It comprises many different villages.

As the name suggests, trees are all around and there is a lot of wildlife, such as possums, deer, raccoons and skunks.

The Woodlands has excellent shopping facilities, restaurants, recreational areas, and hike and bike trails.

Just half an hour from George Bush Intercontinental Airport, it is a clean and safe place to live. The weather is hot and humid. There are only a few cold days in the winter and lots of sunshine for the rest of the year.

Was it initially difficult settling down in a new country?

Yes, I took a year really to settle down and especially to get used to working here. My psychic self felt upside down.

The vibes were back to front, so it took a while to adjust. Apparently, the area is built on what in England are known as ley lines.

Back to the UK! Where were you born and when?

In Reading, Berkshire, in 1957.

Were you raised within a Spiritualist family?

No, I wasn't born into a Spiritualist family. I was adopted and the paranormal was not discussed at all.

Can you describe your first psychic experience?

It's difficult to remember my first psychic experience, but I recall being in an orphanage at about 18 months old.

I remember being held in a nurse's arms, looking at a clock on the wall and realising that I had a great deal to do in this life.

What psychic gifts do you possess?

The gifts I demonstrate are clairvoyance, clairaudience and clairsentience. I also work with ESP.

How did you develop your mediumistic gifts?

I sat in a development circle in Bournemouth, Dorset, to develop mediumship. I also visited many Spiritualist churches and developed myself afterwards as I went along.

Did you have another occupation before becoming a full-time medium?

Yes, I did have a few different jobs before becoming a full-time psychic, healer and medium, including being a silver service waitress and working in telesales marketing.

Who is in the rest of the family?

In the UK, I have three half-sisters, one married daughter and two adult grandchildren. In the USA, I have my youngest daughter, who is married, and three young grandchildren.

After moving to the USA did you particularly miss anything about Great Britain?

Yes. The thing I have always missed about the UK is that people may be reserved, but when they connect they really connect. I also missed Bakewell tarts and Mars Bars, which, happily, are now sold here!



"FIND the artist within and create flow in your life," says medium. "Take a piece of paper, then coloured chalks or pastels. Lay out the colours and pick one that you are most drawn to."

Your website says you have appeared on over 35 TV shows, more than 200 radio programmes and been featured in 100-plus articles. Were these mostly in the USA?

Yes. Most of my radio and TV appearances were in the US, but there were also some in England and one or two in Greece and Taiwan.

Are you allowed to demonstrate mediumship on American TV and radio stations?

Yes again! These days mediumship is popular on both radio and TV in the States.

Do you generally receive an open-minded reception or are some presenters and journalists downright sceptical with a "Prove it!" attitude?

For the most part, journalists and audiences are a lot more open-minded, but there is always one now and again who is a total sceptic and takes a "Prove it!" stand.

Your website says you are the first and only "progression therapist to successfully transport subjects to the future live on national television without any use of hypnosis." What is progression therapy?

It is an amazing therapy which allows you to go forward in time – perhaps a week, a year, five years, ten years or a lifetime.

People can use progression therapy for many different needs; they see and experience the future for themselves and get examples of what they need to do in order to accomplish long-term goals.

You can find out more about progression and what it does – and is – on my website at timeismine.com

You give sittings via the phone and e-mail.

Is this more difficult than sitting with someone face-to-face?

No. Sessions over the phone or via e-mail are not more difficult than doing them face-to-face. I generally tune into a recent photograph of a client.

Can you list countries where you have given phone and e-mail sittings? Also, do you offer Skype sittings?

Some of the countries where I have done phone sessions are England, Greece, India, Turkey, Germany, Taiwan, Australia and Israel. I also offer Skype sessions if someone prefers that to the phone, although these days I prefer to use Messenger.

In Taiwan, I've been on both radio and TV, and over many visits have taught my unique form of rebirthing to students.

I have a publicist and a translator there, who also organised private as well as group sessions for me. Some of those wanting private sessions asked specifically for mediumship, so that's what we did.

I know you've also demonstrated in Greece. According to the internet, "Greece is the only country in the world where the Eastern Orthodox Church is clearly recognised as a state religion."

Two questions. Why Greece and do you find the Greek people open to the notion of spirit return?

Why Greece? Well, I definitely had a past life in Greece, so feel very at home there.

I also have a great student called Xenia Aidonopoulou, who has her own healing practice. I work closely with Xenia. She translates for me whilst I'm there and when we work with Greek clients over the phone.

I have found that Greek people are

indeed open to spirit return. Of course, not all of them are. It's just the same as in other countries.

Xenia offers healing and self-healing. She is not psychic but sensitive and the only practitioner in Europe who offers my unique and powerful form of rebirthing.

Of course, Xenia works with Greek people, but also with those from all over Europe who travel to and from Athens for work, holidays or just for healing. You can see more on her website at www.yeswearestars.com

Does using an interpreter slow down the process of relaying survival evidence and make it less spontaneous?

On the phone or with one person giving a face-to-face sitting, it doesn't slow things down too much. However, it does take some practice with a live audience when working with an interpreter.

Can you describe a couple of really unusual or dramatic spirit returns through your mediumship?

A few years ago, I did a sitting in Houston with a dozen or so people, some from a local radio station. It was held at The Ale House, a pub which was being pulled down to make way for a car park. The property was known to be haunted.

There was a winding staircase going upwards near the table where we were all sitting and a long mirror to one side of it.

I tuned into several different people who had passed on, then came to a boy who was about nine years old. It's been a while now, so I don't recall his name, but he had lived in the property many years ago.

When giving evidence, I, as well as at least four others, looked up the staircase and a boy was seen in the mirror very clearly by all of us.

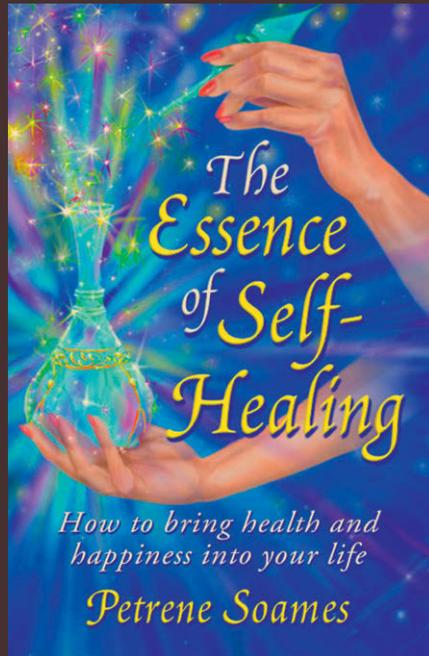
He was dressed in old-fashioned clothes. It was very dramatic and amazing, especially as one of the four sitters who looked up was a radio reporter, who had never had a paranormal experience.

The second dramatic incident was when the parents of a wealthy woman who had been murdered called me to a crime scene. Police and investigators were still there.

I went into the house and found the spot where the woman had been killed. She then came through, told me how it happened and who had done it.

Her parents and myself walked into the sitting room and the communicator indicated that a man in a photograph was the killer.

Everyone was shocked because it was her husband's brother. There were gasps



of disbelief from everyone. However, the police subsequently came to the same conclusion, the man was charged and found guilty.

He was sentenced and later committed suicide in his cell. I won't give too many details because at the time it was quite a well-known case.

You've written three books. One of them is called "50 Ways to Fix Your Life." Can you briefly summarise a few ways to improve our lives?

Repeat daily, "I love myself completely and without condition." Say it out aloud, feel it and get comfortable with it until it becomes your truth and your reality.

Develop self-awareness. For two weeks, morning, noon and night ask yourself these three questions and then listen to and accept your answers – "How am I being right now? Who am I being right now? Where am I being right now?" Do not accept, "I don't know." You do know, so insist on the answer.

Always celebrate your birthday. You are important, so embrace all that you are.

Find the artist within and create flow in your life. Take a piece of paper, then coloured chalks or pastels. Lay out the colours and pick one that you are most drawn to.

Do something on the paper – a line, a smudge, anything! Next, choose another colour and do something else.

If you find yourself judging what's on the paper or trying to make what you are doing into something specific, stop and turn the paper around 90 degrees. Keep doing this so that the picture isn't something in particular.

When you feel that it's finished, let it

be finished. Now, don't judge, but just pin it up.

There isn't a right way up. Stand back: you have created a masterpiece. When you let go of judgement, you will see just how amazing what you have created is.

Embrace feeling alone and you will never feel lonely and be alone again. Do not run away from the feeling, but sit with it and breathe from the bottom of your stomach with your mouth open.

While you are breathing, rub your stomach and chest, as they are both important emotional centres. Allow yourself just to feel.

Start every day with a positive thought. I am the creator of *The Positive Thought Cards*, a set of 33 brilliant and positive thoughts that you can preview and get on my website.

You can choose a positive thought card for yourself online or could make your own set of cards.

Another of your titles is "The Essence of Self-Healing." Again, can you put its main message in a nutshell?

The Essence of Self-Healing: How to bring Health and Happiness into Your Life was my first book. At its core is the essence and the bottom line of why we get sick, how to get well and how not to get sick in the first place.

It shows that we can each heal ourselves and features simple tools that work, which anyone can use for self-healing.

The book explains how the mind-body connection works, and gives examples with case studies. It's empowering, inspiring and easy to understand.

Lastly, what do you find most rewarding about being a medium?

I see that you've left the best question until last! I love this one and could go on and on. In fact, any medium must feel the same.

The most rewarding aspect about being a medium is that as the pain of loss clears for the sitter it is replaced by healing, peace, joy, hope and love.

Answers are given and understood. It's an amazing and awe-inspiring privilege to be able to supply survival evidence to sitters and show that their loved ones and friends are still around, still care and that one day reunion will occur.

Petrene's website is at www.timeismine.com/ ■

Nancy Reagan reunited with her husband

America's First Lady regularly spoke with his spirit and looked forward to joining him in the next world

ANOTHER fascinating chapter in the White House's long history of association with the paranormal came to an end on 6 March, 2016, with the death of Nancy Reagan, America's First Lady from 1981 to 1989.

Nancy's use of astrologers during Ronald Reagan's presidency caused a storm of controversy when it was made public by a senior aide with a grudge against Nancy. It has also been revealed that Reagan family members, daughter Maureen and her husband Dennis Revel, have encountered the White House ghost – thought to be that of Abraham Lincoln – during their stays.

And following his passing in 2004, Nancy said she not only saw her husband's ghost in the White House corridors but also often spoke to him at night.

Speaking to Bob Colacello for *Vanity Fair*

at her Bel Air, California, home in 2009 she expressed her grief at losing him after 52 years of marriage. "I miss Ronnie a lot, an awful lot."

She added: "It sounds strange, but . . . I see Ronnie. At nighttime, if I wake up, I think Ronnie's there, and I start to talk to him. It's not important what I say. But the fact is, I do think he's there. And I see him."

Stepson Michael Reagan used Facebook on the day she died to share this message: "I am saddened by the passing of my stepmother Nancy Reagan ... she is once again with the man she loved. God Bless."

Nancy's love for her husband and

determination to protect him led to her use of astrologers to offer advice on all manner of topics relating to his presidency. It is believed that Jeane Dixon, famous for predicting the assassination of President Kennedy, was advising the couple in the early days of Reagan's first term in office.

But she had also met astrologer Joan Quigley in the 1970s when the two appeared on *The Merv Griffin Show*. [Griffin was mentioned in these columns as the TV talk show host who introduced British medium Lisa Williams to American audiences (PN October 2015).]

Following the assassination attempt on

“ For a \$3,000 monthly retainer Joan Quigley helped set the time for summit meetings, presidential press conferences, State of the Union addresses and even Ronald Reagan's cancer surgery ”





WHITE HOUSE astrologer Joan Quigley.
(Photo: PA/Eric Risberg)

Reagan's life in March 1981, Nancy asked Quigley if the attack could have been predicted and possibly prevented if her husband's birth chart had been consulted. When Quigley gave an affirmative response, Nancy enlisted her help.

President Reagan was aware of this arrangement. Though he may not have participated in setting up the astrological advice service, he clearly allowed it to influence some decisions taken in the White House. These varied from the time and date on which certain events took place to a change of view on working with Russian President Mikhail Gorbachev.

The Reagans' dependence on Quigley's advice resulted in two or three phone calls a day and the installation of private phone lines for her at the White House and the Camp David presidential retreat.

This arrangement remained a closely guarded secret until Reagan fired one of his closest advisers, chief of staff, Donald T. Regan, in 1987 at Nancy's instigation. A year later, his memoir revealed the celestial influence that had infiltrated the White House.

He claimed that an astrologer was paid a \$3,000 (£2,075) monthly retainer for her astrological assistance that included setting the time for summit meetings, presidential press conferences, State of the Union addresses and other important events, such as Ronald Reagan's cancer surgery in 1985. And without her giving an OK, the presidential plane, Air Force One, did not take off.

It seems that the cloak of secrecy around these activities was so strong that the former chief of staff did not know her name when he wrote his book in 1988, a year after his dismissal, describing her



NANCY REAGAN

simply as "a woman in San Francisco".

Once the revelation became public knowledge, Nancy Reagan never contacted Joan Quigley again. She did, however, attempt to play down the importance of astrology in her own book, *My Turn: the Memoirs of Nancy Reagan* (1989), in which she described Quigley as "warm and compassionate".

She revealed, instead, that her husband had indulged her interest in astrology, saying: "If it makes you feel better, go ahead and do it. But be careful. It might look a little bit odd if it ever came out."

Quigley told a different story, however, when she published her own memoirs in 1990. She maintained that Ronald Reagan was as keen as his wife to know what the stars had in store for him, habitually asking Nancy, "What does Joan say?" Quigley emphasised the point by using it as the title of her book.

In fact, Reagan was no stranger

to astrologers when he took on the presidency. In his 1965 autobiography, *Where's the Rest of Me?*, he admitted that he and Carroll Righter, who was known as "the astrologer to the stars", were friends and he and Nancy read his newspaper column regularly.

Another astrologer, Joyce Jillson, who was also an actress, claimed that after the assassination attempt on President Reagan's life his campaign aides had invited her to advise on who would be the most suitable running mate in the 1980 election.

Of the vice-presidential candidates, she said she recommended George Bush, Snr, on the grounds that "George Bush, a Gemini, was the most compatible with Reagan, an Aquarian."

President Reagan's response was to insist "no policy or decision in my mind has ever been influenced by astrology". ■



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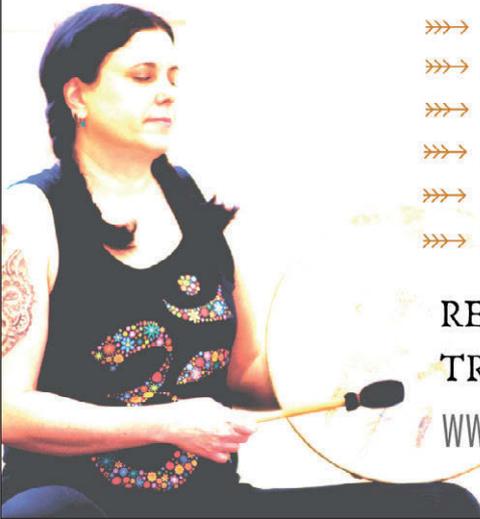


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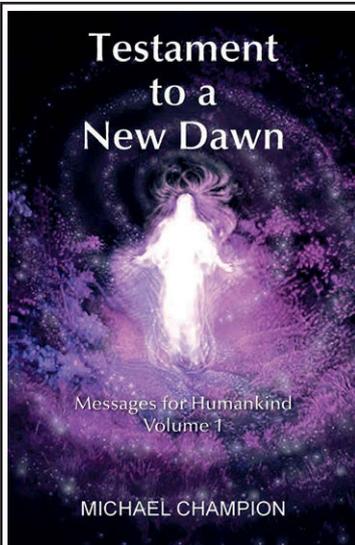
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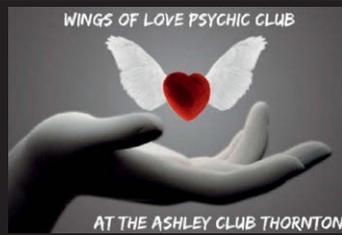
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www.highlandhealingspace.com

Tel: 07985 983160

Email: helenehealing@hotmail.com

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ANGELS WHISPERS

North Park Pavilion,
Weekly Glebe Road, Kettering,
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[Angels Whispers Events Page](#)



Angels Whispers is a group of ten volunteers that hold Evenings of Mediumship throughout the year to raise money for non-government-funded organisations in our local area

To date we have donated over £8,000 to nine different organisations since we began three years ago

We're open Friday evenings fortnightly 7:30pm - 9:30pm
It's £5 on the door and we also run four Saturday Night Specials that are ticket only events to help boost our funds

We have different mediums throughout the year

Join our Facebook Group Page:
Angels Whispers Events Page
for details of upcoming events

Enter as strangers and leave as friends ~ All Welcome

Harry Edwards Healing College Courses

Foundation Day Course (Introduction to Healing) on the 25th July 2020 and 14th November 2020.

Harry Edwards Healer Training Courses (2 years) commencing in September 2020, October 2020 and March 2021 (Weekend and midweek residential course options available).

Harry Edwards "Healer Know Thyself" Course (1 year) commencing September 2020

Courses include refreshments and a light 2 course vegetarian lunch. Limited accommodation available - please enquire.

Contact Shelley for more information on
college.administrator@burrowslea.org.uk
or 07706027141 or 01483 202054

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I've loved crystals and picked up Spirit around me since I was a child. In 2014, I had the chance to work in a therapy centre with my crystals and gave angel card, tarot and mediumship readings. In the summer of 2016, I moved to Yorkshire to follow my dream and work with Spirit full time.

Come and visit me at these venues:

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Readings & small amount of stock (Please book readings)
Thursday to Sunday, 8am - 5pm: Shambles Market, York YO1 8RY
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to view crystals or for a reading (please book in advance)

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Kettering, Northants. NN15 5LB
Telephone Su: 0755 730 0862
www.withcomplements.co.uk

Su's passion for helping others spiritually has kept growing since the therapy centre was established in 1997, so it now has three treatment rooms, a workshop room, several holistic therapists that work independently and the Align Crystal Shop. Therapies include Reiki, Rainbow Reiki, Reflexology, Psychic/Spiritual Readings, Tarot, Crystal Healing etc.

**For details of exciting workshops
planned for 2020, visit the website or
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Wellbeing at With Complements**



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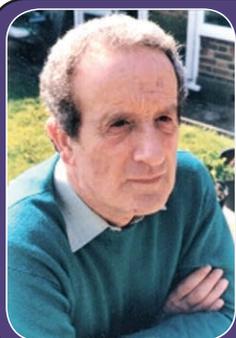
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RONALD HEARN

Born on June 9, 1927, Ronald Hearn (pictured left) became one of this world's greatest tried-and-tested mediums. Apart from public demonstrations, he reached countless thousands of people through highly accurate taped sittings and many TV and radio programmes. The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK.

Ronald passed to the spirit world on June 5, 2016

To read about his unique gifts, please visit the official Ronald Hearn website at:

www.ronaldhearn.com



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My name is Julie Hincks and I'm a Clairvoyant Medium working with an amazing team from the spirit world. I've had a connection since I was a child; to the point where mum had to serve dinner and kiss my spirit friend goodnight!

I started a career working in finance, where I eventually progressed to Finance Manager earning a well-paid, guaranteed salary. I was guided by spirit to set up my own spiritual shop so I took a blind leap of faith, quit my job and opened Eclectic Spirit (details above). It was quite scary but also very exciting and I trusted that spirit would lead people to me.

I've now been open over a year and have never looked back.

**I offer Tarot Readings, Mediumship Readings, Reiki,
Trance Healing and Aura Photography.**

When doing a Mediumship Reading I connect people with their loved ones in spirit so they can physically feel their presence and know they still walk by their side, as they always have. I also connect people with their own spirit guides.

I was also led to start Lechlade Spiritualist Church (details above) where I source different mediums each week to hold a divine service. Please do come and join us.

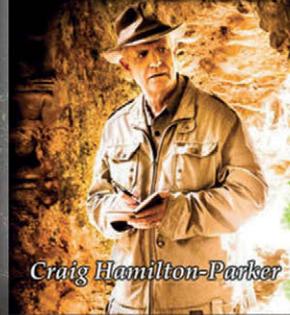
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My task, I am told by the oracle, is to bring the message to the people. The oracle went into extraordinary personal detail about my life and my past before revealing the core messages as to why I am here—the question I had asked Sathya Sai Baba to answer.

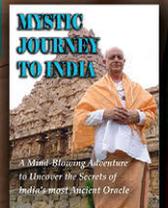
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STEVE HOLBROOK

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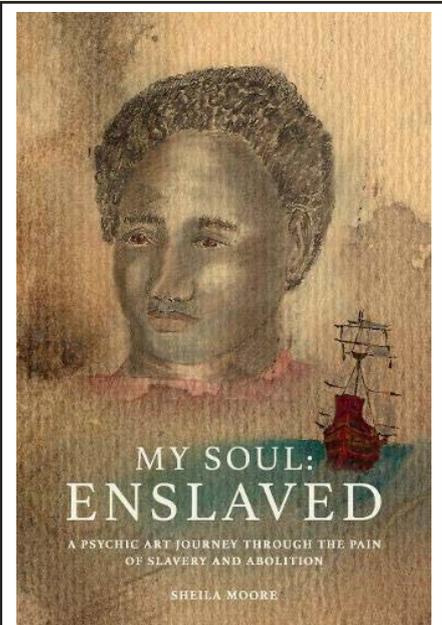
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Evening of Clairvoyance £5
All Welcome

This is a guide to the churches, centres and spiritual shops that advertise with us on a regular basis. During the coronavirus crisis all are closed unless stated otherwise but please do check with their websites and Facebook pages for details of when they will re-open. A full list of churches, centres and spiritual shops that stock *Psychic News* can be found on our website at www.psychicnews.org.uk

AWARENESS SPIRITUAL & WELLNESS CENTRE

Nevendon Community Centre,
Off Nevendon Road,
Wickford,
Essex
SS12 0QH
Email: hannonef@gmail.com
Mobile: 07847353054
Facebook page: www.facebook.com/AwarenessSpiritualWellnessCentre
Wednesday evenings:
Entrance £5.00
From 6.30pm until 8.00pm
1-2-1 Private Readings
Spiritual Healing
(which is a freewill donation)
Stalls
From 8pm until 9pm
Demonstration of
Platform Mediumship with
our guest medium
Refreshments of tea, coffee,
cakes & biscuits throughout
the evening
Extended Services, Circles,
Spiritual Workshops, Holistic
Certificated Qualifications,
Pamper Days and
Mind Body Soul Events
Qualified Therapists for
Private Treatments including
Hypnotherapy, Life Coaching,
Hair & Beauty
All Welcome

LYNDA OLDHAM SPIRITUALIST CENTRE

Stanway Village Hall,
Villa Road,
Stanway,
Nr Colchester,
Essex CO3 0RH
2nd Thursday, Monthly
Evening of Mediumship
Guest Medium each month
6.15pm for a 7.30pm start for
the Mediumship Demonstration
We offer:
15-Minute Readings
(for a donation)
Healings (for a donation)
Gong Healing
10 Craft Tables
Raffle
Cakes and a Cuppa
£3 admission
Please arrive early if
you want a reading
Lynda's Mob: 07591 920603
Follow us on Facebook

HEALING HEARTS SPIRITUAL CENTRE

A superb Platform Medium
every week,
Psychic Surgery, Healing,
Stalls, 1-2-1 Readings
and Luxury Raffle
Doors open EVERY Tuesday
at 6.00pm for
1-2-1 Readings and Healing
Platform Demonstration begins
at 8.00pm - 9.15pm
£4 entrance fee includes
FREE buffet with cakes and
all refreshments

HEALING HEARTS PSYCHIC SURGEONS
Opening times
see below or phone
(£5 minimum donation
includes refreshments)
All profits above running costs
to four charities

See website for more details at:
www.healing-hearts-centre.co.uk
Or see our Facebook Page
www.facebook.com/healingheartscentre
Contact: 07455 227100
Bulphan Village Hall,
Church Road, Bulphan,
UPMINSTER, Essex
RM14 3RU

GLOUCESTERSHIRE

CHELTENHAM NATIONAL SPIRITUALIST CHURCH

Bennington Street,
Cheltenham,
Gloucestershire GL50 4ED
Tel: 01242 703 288
Registered for Funerals,
Weddings,
Naming Ceremonies, Blessings,
Commitment of Union
www.snu.org.uk/community/churches/cheltenham.html
Follow us on Facebook:
Cheltenham Spiritualist Church
Sunday 11am Divine Service
Thursday 7.30pm
Open Awareness and
Development Group
Friday 2pm Healing
Saturday 7pm
Evening of Mediumship
Specials and Workshops
every six weeks
All Are Welcome

HAMPSHIRE

BASINGSTOKE SPIRITUALIST CHURCH

28 Victoria Street,
Basingstoke,
Hampshire RG21 3BT
Tel: 07544 548172
www.basingstokesc.co.uk
Facebook: BasingstokeSC
Sunday 6.30pm Divine Service
Thursday 7.30pm Mediumship
Open Circle
First, Second & Last Wednesday
of month at 7.30pm £3
Open Platform
Third Wednesday of month
at 7.30pm £2
Spiritual Healing
Monday 2pm - 3.30pm
Sunday 5pm - 6pm

BITTERNE SPIRITUALIST CHURCH

Top of Lances Hill,
390 Bitterne Road,
Bitterne, Southampton,
Hampshire SO18 1DR
Tel: 07731 938587
www.bscw.andydowland.com
Follow us on Facebook:
Bitterne Spiritualist Church
Official services offered:
Spiritual Naming, Weddings
(including Same-Sex Marriages),
Renewal of Vows, Civil Partnerships,
Funerals, Memorial Services
Tuesdays: Spiritual Healing
2pm - 3.30pm and 5pm - 7pm
Sunday 6.30pm
Divine Service with Medium
Also available:
Coffee Mornings, Private
Readings and Pathways
Development Group
See website for details of our
**Special Events, Workshops and
Development Groups**
All Welcome

FLEET SPIRITUALIST CHURCH

193 Aldershot Road,
Church Crookham,
Hampshire GU52 8JS
Tel: 01252 625976
President &
Mediums' Secretary,
Marion Chilver:
01252 624986
Website: www.fleetspiritualistchurch.co.uk

Sunday Divine Service
at 6.30pm

Thursday Clairvoyant Evening
at 7.30pm (£2 admission)
Healing
Every Tuesday 7.15pm - 9pm
(doors close at 8.40pm)
with leader ALISON CHAPMAN
Awareness Circle
Monday 7.30pm
Beginners/Novices
£3.50 (£3 members)
Open Circle
7.30pm - 9.30pm
Twice per month on Wednesday
with DENISE PLUMB
Open Platform
Friday 7.30pm with
SPENCER ROSE
£3.50 (£3 members)
See website for dates
All Welcome

HERTFORDSHIRE

CARPENDERS PARK CHRISTIAN SPIRITUALISTS

Bushford Scout Hall,
St Georges Drive,
Carpenders Park,
Watford,
Hertfordshire
WD19 5HD
(Hall cannot be seen
from road - go up drive
between numbers
37 and 39 St Georges Drive)
Contact Chris Palmer:
01923 221918
Sundays 10.30am
Divine Service
Healing Available
All Are Welcome
An activity table
is provided for children

HITCHIN SPIRITUALIST CHURCH

Whinbush Road,
Hitchin,
Hertfordshire
SG5 1PZ
Telephone:
07581 492507
www.hitchinspiritualistchurch.co.uk
Sunday Service 6.30pm
Healing:
Tuesdays 2pm & 7.30pm
Demonstrations and workshops
as advertised on website
All Welcome

KENT

BEXLEYHEATH CHRISTIAN SPIRITUALIST CHURCH

85 Lion Road, Bexleyheath,
Kent DA6 8NT
Enquiries: 07950 672200
Email: Bexleyheath.church@gmail.com

Or see us on Facebook
Sunday

Evening Service at 6.30pm
Tuesday

Afternoon Service at 2.15pm
Spiritual Healing

Tuesdays 1pm - 1.45pm
& 7.30pm - 9pm

Open Circles

Monday 7.30pm - 9pm £4.50
Wednesdays 12 - 2pm £4.50

Check dates at church or
Facebook

Open Platform 7.30pm

One Wednesday per month
All Welcome

THE SANCTUARY OF HEALING CHRISTIAN SPIRITUALIST CHURCH

Mills Terrace, Chatham,
Kent ME4 5NZ
Tel: 01634 880039

Email:

george.mcqueen@yahoo.co.uk
Website:

www.sanctuaryofhealing.co.uk

Sunday Service 6.30pm

Wednesday 10am - 1pm
Healing

Friday 4pm - 6pm Healing

Friday 8pm Clairvoyance

We also offer various Workshops
& Special Evenings of Clairvoyance
See website for more information

MAIDSTONE HEALING & SPIRITUAL DEVELOPMENT CENTRE

(M.H.S.D.C.)

meets at Madginford Hall,
Egremont Road

(behind the row of shops),

Maidstone,

Kent ME15 8LH

Tel: 07923 518148

Email: mhsdc@outlook.com

Website: www.mhdc.org.uk

We run Psychic & Spiritual
Development Mornings,
Open Circles,

Healing and Meditation
Mornings with free student
readings, monthly evenings of
Mediumship, Workshops,

Psychic Suppers,

Psychic Fairs, Courses,
Coach Trips etc.

Download the full programme
from our website or ring us!

Regular Events

All Welcome

WEST WICKHAM SPIRITUALIST CHURCH

Surrey Road,
West Wickham,
Kent BR4 0LU

President & Mediums' Secretary:

Alan Mitchell-Sleight

Tel: 01959 573049

E-mail: mitchellsleight@btinternet.com

Sunday Services 6.30pm
(doors open 5.50pm)

Wednesday Evening

Demonstrations 8.00pm

Open Circle Thursdays
11.30am - 1pm, 5pm - 6.30pm
& 7pm - 8.30pm

Private Readings

Thursdays ~ Please book in
advance with

Alan Mitchell-Sleight on
01959 573049

Spiritual Healing

After the service on a Sunday
at approximately 8pm
(providing healers are available)
and Wednesdays
12noon - 1.45pm

Workshops

Please see website or in church
for details

Please visit our website

www.westwickhamspiritualistchurch.co.uk

for other upcoming events

All Welcome

LANCASHIRE

BURY SPIRITUALIST CENTRE

3 Russell Street, Bury,
Lancashire BL9 5AX
Tel: 0161 654 9282

Website:

burysnu.weebly.com

Follow us on Facebook:

Bury Spiritual Centre

Tuesday 6pm Healing
(last registration 6.30pm)

Healing is also available on
request after the service

Tuesday 7.30pm - 8.45pm

Evening of Mediumship

Friday (fortnightly)

7.15pm for 7.30pm start

Awareness Class

Saturday 7.30pm - 8.45pm

Divine Service

All Welcome

CLEVELEYS SPIRITUALIST CHURCH

93 Beach Road, Cleveleys,
Lancashire FY5 1EW

(Opposite the Travellers Rest
Public House)

Whether you just want
to make sure a loved one
who has passed over has
arrived safe, if you want to
discover how you, as a
spirit yourself, play your
part in the Universe, want to

take your first steps on your
own spiritual journey,
or just want to sit in a
tranquil, welcoming sanctuary
for your soul to recharge
itself...

We will be waiting for you.

List of Services:

Sunday 2.30pm Guest Medium
Freewill donation

First Sunday of every month
2.30pm *Divine Sunday Service*
Monday 7.30pm (doors 7pm)

Guest Medium £2.50

followed by Open Circle

Tuesday 7.30pm £2

Awareness Class

Wednesday 12.15pm - 1.15pm

Spiritual Healing (donation)

2.30pm Guest Medium £2

7.30pm Awareness Class £2

Friday 7pm - 8pm

Spiritual Healing (donation)

Saturday Workshops

as announced

Special Services

as announced

Private Readings are available
upon request

We also have the facilities for:

Naming Ceremonies,

Weddings and Funerals

We are on Facebook

and on the web at:

www.cleveleyspiritualistchurch.co.uk

Call us on: 07756 967803

or come on in - it would be

lovely to see you

WHITE FEATHER SPIRITUALIST CENTRE

Claremont Community Centre,
Claremont Road, Blackpool,

Lancashire FY1 2QJ

Tel: 01253 355595

Every **Friday**

6.30pm Healing

7.30pm Clairvoyant Evening

followed by Open Circle

All Welcome

LEICESTERSHIRE

LEICESTER PROGRESSIVE SPIRITUALIST CENTRE

4 St. James Street, Lee Circle,
Leicester LE1 3RE

President: Marian Sawczuk

Services with Mediumship

Sundays 6pm Divine Service

Mondays 7.30pm

Wednesdays 2.30pm

Thursdays, Fridays and

Saturdays:

Special Demonstrations

as advertised

Development Groups & Circles

held every day of the week

Healing

Saturdays 10.30am - 12.30pm

Mondays 6pm - 7pm

Wednesdays 12.30pm - 2pm

Fridays 6pm - 7pm
For details of workshops
and special events, visit our
website:
www.progressivespiritualistchurch.co.uk

Email:

spiritchurch@outlook.com

Tel: 0116 2536098

All Welcome

LONDON

ACTON SPIRITUAL CENTRE

The Cottage, Woodhurst Road,
Acton, London W3 6SL

President: Elaine Jordan

Tel: 020 8896 0184

Sunday Service 6.30pm

One Sunday per month

Wednesday Service 7.30pm

Healing

Every Thursday 7.30pm

Large car park

A warm welcome

is extended to all

BALHAM SPIRITUALIST CHURCH

Hamilton Hall,

211 Balham High Road,

London SW17 7BQ

Tel: 07933 332187

Sunday Divine Service 11am

Wednesday Service 7.30pm

Spiritual Healing

12.15pm after Sunday Services

Private Sitzings

See Facebook for details

Open Circle

Mondays 7.30pm - 9pm

(except Bank Hols)

Development Circle

Tuesdays 7.30pm with

PAUL GRANT

Come along and meet us

See our Facebook Ad at:

Balham Spiritualist Church

All Welcome

BARNES HEALING CHURCH

Between

77-79 White Hart Lane,

London SW13 0PW

Five-minute walk from

Barnes Bridge railway station

General Enquiries:

07581 534028

Facebook: [BarnesHealingChurch](https://www.facebook.com/BarnesHealingChurch)

Website: www.barneshealingchurch.co.uk

E-mail: barneshealingchurch@hotmail.co.uk

Sunday Healing Service 6.30pm

Wednesday at 7.30pm

Evening of Clairvoyance £3

Special Events

For details about our Open

Platforms, Circles, Workshops,

Special Evenings and more,

please see our website or

our Facebook page

Healing

Tuesdays 7.00pm - 8.00pm
Thursdays 10.30am - 1.00pm
A Warm Welcome Awaits Everyone
REGISTERED FOR
MARRIAGES, CEREMONIES
& SACRED SERVICES

BATTERSEA SPIRITUALIST CHURCH

46 Bennerley Road,
Off Northcote Road,
London SW11 6DS
President - Margaret Cutler:
020 7223 3156
Enquiries: 020 7622 4900
or 020 3573 3571

E-mail: bsc@batterseasc.co.uk
Web: www.batterseasc.co.uk

Sunday Service 6.00pm
Thursday Service 7.30pm
Bennerley Friendship Club
One Wednesday per month
2pm £3

Private Readings

See website

Healing (except Bank Holidays)

Mondays 1.30pm - 2.45pm

CLAPHAM NATIONAL SPIRITUALIST CHURCH

11a North Street,
Old Town, Clapham,
London SW4 0HN
Enquiries: Tel 020 7498 5521
Sunday Service: 6.00pm
Tuesday: 6.00pm
Private Readings and Healing.
Readings end at 8.00pm
Saturday: 7.30pm
Evening of Clairvoyance
Open Platform

Every 1st Saturday of the month
6pm - 7pm

Everyone is Very Welcome
at our Church!

EALING NATIONAL SPIRITUALIST CHURCH

66-68 Uxbridge Road,
West Ealing,
London W13 8RA
(Next to Ealing Fire Station)
Buses 207, 83, E2, E7, E8
Enquiries: Alison
Tel: 07958 463529
Every Sunday except
Bank Holidays
Sunday Service at 6.30pm
Thursday Mediumship 7.30pm
Private Readings & Open House
See Facebook

Please note that Thursday
demonstrations are charged at
£3.00 (£2.00 members) - unless
stated otherwise - and Sunday
services remain as a
voluntary donation

Find us on Facebook:
Ealing National
Spiritualist Church
MARRIAGES SOLEMNISED
NAMINGS
All Welcome

EDMONTON

SPIRITUALIST CHURCH

14 Linnell Road,
London N18 2QW
Telephone: 020 8887 9610
www.edmontonspiritualistchurch16.com

Follow us on Facebook

Last Sunday of month at 6pm

Mondays at 1.30pm

Spiritual Healing

Tuesdays 12.15 - 1.45pm
& 6.30 - 7.30pm

Reiki Tuesdays 7.30pm £5

Come and enjoy the
empowerment of Reiki

Open Circle

Wednesdays 7.15pm £4

All Welcome

FULHAM NATIONAL SPIRITUALIST CHURCH

Kelvedon Road, Fulham,
London SW6 5BP
(Nearest Underground station
Parsons Green)

Buses No. 11 and 14

Tel: 020 7736 7248

Acting President: Derek Delves

Working for Spirit

into the 21st century

Sunday Service at 6.30pm

Thursday

Demonstration at 7.30pm

Open Circle

with JOHN JEMMETT

See in church for dates

A very warm welcome awaits

friends old and new

Come and meet us at

our lovely church

WEDDINGS

NAMINGS ~ FUNERALS

THE LONDON SPIRITUAL MISSION

13 Pembridge Place,
London W2 4XB
secretary@spiritualmission.co.uk
www.spiritualmission.co.uk

Telephone: 020 7229 2024

Church Activities

Sunday Services

11am & 6.30pm

Wednesdays 7.30pm

for an Hour of Clairvoyance

Spiritual Healing Mondays

11am - 1pm, 2pm - 3pm,

5pm - 7pm and

Thursdays 5pm - 7pm

For Special Events, Courses &
Workshops please see our website

Animal Healing

Mondays 11am-1pm

All domestic pets welcome

MORDEN SPIRITUALIST CHURCH

214 Morden Road,
Morden,
London SW19 3BY
Enquiries Telephone:
020 8648 5369
Church Tel: 020 8544 1816

E-mail:

morden.church@hotmail.co.uk

Sunday Evening 6.30pm

Service and Clairvoyance

Thursday Evening 7.45pm

Clairvoyance Entrance £2.50

Private Readings

Please see website

Open Circle

8pm Every Monday

Leader: Rene Bond

Spiritual Healing

Spiritual Healing available

8pm after Sunday Service

Free-will donation

All Welcome

VIOLET MOON SPIRITUAL CENTRE

Ruskin House,
Nelson Mandela Room,
23 Coombe Road,
Croydon,
Greater London CR0 1BD

Website:

www.violetmoonpsychic.com

Email: lorraine@violetmoonpsychic.com

violetmoonpsychic.com

Fridays:

7pm - 8.30pm Demonstrations

of Mediumship/Clairvoyance

Events

SYDENHAM SPIRITUAL & HEALING CENTRE

Venner Community Hall,
1, Venner Road, Sydenham,
London SE26 5EQ
(Venner Road is opposite
Sydenham Railway Station
The hall is adjacent to
Sydenham High Street)

Bus routes:

176, 312, 75, 194, 202, 450

Enquiries: Caroline Hackett
on 07891 067478

Demonstration of Clairvoyance
every Wednesday at 8.00pm

Doors open 7.30pm

Healing every week by

registered healers from

7.30pm until 9pm

Visit our website at:

www.sydenhamspiritualcentre.co.uk

WIMBLEDON SPIRITUALIST CHURCH

For information
call Ray on 0778 756 6274

WOOD GREEN SPIRITUALIST CHURCH

(Cnr of Maryland Road)
High Road, Wood Green,
London N22 5AR
Minister in Spirit:
Mrs Ida Stenning
Enquiries: 020 8888 1992

Website:

www.woodgreenspiritualistchurch.co.uk

Sunday 6.30pm Service

Wednesday 7.30pm Service
Tuesday 7.30pm - 9pm Healing
All Welcome

WOODFORD SPIRITUALIST CHURCH

9 Grove Crescent,
South Woodford,
London E18 2JR

<http://woodfordchurch.com>

Sunday 6.30pm Service

Monday 2pm Service

Weekly Services:

Monday 7.30 - 9pm

Spiritual Awareness Group

Tuesday 7.30 - 9pm £3

Open Circle with

SHARON LAW

Wednesdays

2pm - 4pm & 7.30pm - 9pm

Spiritual Healing

Friday 7.30pm - 9pm £3

Open Circle with

JOHN JENKINS

Please see website for details
of our regular Private Readings
Workshops & Dru Yoga Classes
All Welcome

MIDDLESEX

HAMPTON HILL SPIRITUALIST CHURCH

Angel Close, Windmill Road,
Hampton Hill TW12 1RG
Enquiries: 020 8941 5177
www.hamptonhillspiritualistswebeden.co.uk

Sunday 6.30pm Service

Thursday 7.30pm

Demonstration

Evening Open Circles & Classes

See website for days & dates

Open Platform with

MARTIN TWYXCROSS

Open Awareness Circle with

LINDA TWYXCROSS

Mediumship Practice Circle

with PAMELA POLLINGTON

Open Healing Circle with

SHEILA SMOOTHY

Open Awareness Circle with

SUSIE SHAW

Speakers & Philosophy Class

with MARTIN TWYXCROSS

Spiritual Healing

Every Wednesday from 7.30pm

Weddings, Namings and

Funerals arranged

See our website for

further details

All Welcome

HAYES SPIRITUALIST CHURCH

Albert Hall, Albert Road,
Hayes, Middlesex UB3 4HR
Telephone: 07949 186308

Find us on Facebook:

Hayes Spiritualist Society

Wednesday 6.30pm - 7.30pm

Healing

Wednesday 7.30pm £4 on the door
Service with Clairvoyance
Thursday 2.30pm - 4pm Healing
Every **Friday** 7.30pm £4
Open Circle
Coffee Morning:
last Saturday of the month
Jan - Nov 11am - 4pm
Private Readings:
£15 for 20 mins
Bookable in advance
All Welcome

KENTON SPIRITUALIST CHURCH & HEALING CENTRE

35 Churchill Avenue,
Kenton, Harrow,
Middlesex HA3 0AX
President: Bette Kotecha
Tel: 020 8621 3103
(Answerphone)
Sunday Service 6.30pm
Thursday Clairvoyance 7.45pm
Visit: www.kentonspiritualistchurch.co.uk
for further details
Special events
throughout the year
A Warm Welcome Awaits YOU!

THE LIGHT ON THE HILL HARROW SPIRITUALIST CHURCH

1 Vaughan Road,
Harrow,
Middlesex,
London HA1 1DP
Website:
www.harrowsnuchurch.wixsite.com/harrow
Email: lightonthehill@live.co.uk
Telephone: 07528 348 432

Service Times:

Sunday 7.30pm - 9pm
Wednesday 7.45pm - 9pm
Healing Services:
Monday 10am - 12pm
Wednesday 9.15pm - 9.45pm
Sunday 7.30pm at start
of Service
All Welcome

THE SANCTUARY OF THE SILVER CROSS Friends Meeting House, Belmont Road, Uxbridge, Middlesex UB8 1QW

President: Linda Chant
Tel: 07792 900194
Website:
www.sanctuaryofthesilvercross.com
Sunday Divine Service
at 6.15pm
Healing available after service
We are a five-minute walk from
Uxbridge Underground station.
Tea and cakes after services
All very welcome!

NORFOLK

SNETTISHAM INDEPENDENT SPIRITUALIST CHURCH

Memorial Hall,
Old Church Road,
(Next to the Rose and Crown)
Snettisham, Norfolk
PE31 7NA
Contact Sandra: 01485 541719
Follow us at:

[www.facebook.com/
SnettishamSpiritualChurch](http://www.facebook.com/SnettishamSpiritualChurch)
Services

Every 2nd and 4th Sunday
of the month at 3pm
Healing available after Service
All Welcome

NOTTINGHAMSHIRE

WEST BRIDGFORD SPIRITUALIST CHURCH

Wilford and South Notts
Community Centre,
Wilford Lane, Nottingham,
Nottinghamshire NG11 7AX
Tel: 07787 136531

Tuesdays

7.30pm Service £4
including Raffle (optional)

Fridays

1.30pm Divine Service
freewill donation £1 Raffle

Saturdays

7.30pm Service
£4 including Raffle (optional)

Follow us on Facebook:
West Bridgford Spiritualist
Church
All Welcome

SHROPSHIRE

DAWLEY GUIDING LIGHT SPIRITUALIST CHURCH

Dawley House,
22 Burton Street, Telford,
Shropshire TF4 2ES
Contact us: 01952 507188

Facebook:

Dawley Guiding Light
Spiritualist Church

Saturdays 7.30pm - 9pm
Evening of Clairvoyance
£3 at the door

includes raffle ticket, tea,
coffee and biscuits

Fridays: Specials as advertised
All Welcome

**TO ADVERTISE
IN
PSYCHIC NEWS**

EMAIL:
pnaverts@gmail.com
OR VISIT
psychicnews.org.uk

SOMERSET

ALCOMBE & MINEHEAD CHRISTIAN

SPIRITUALIST CHURCH
Grove Place, Manor Road,
Alcombe, Minehead TA24 6EH
Tel: 0783 110 4896

Summer **Sunday** Service
at 6.30pm

(March to end of October)
Winter Sunday Service at 3pm
(November to end of February)

Healing Groups,
a monthly Healing Day,
Healing Evenings, Open Circles,
Evenings of Clairvoyance
all available on various days
during each month.

See our website for the full
day-by-day itinerary of what
our church can offer you.

www.mineheadspiritualistchurch.co.uk

STAFFORDSHIRE

ANGEL ATTIC

Staffordshire's Principal
Independent Psychic Centre,
St Patricks Place, Stafford,
Staffordshire ST16 2PN
TEL: 01785 600994
or 07504 126336

Contact Rachel

email:

rachel.angelattic@gmail.com
Private One-to-One Sitzings,
Courses, Workshops,
Social Events, Afternoon Teas,
Psychic Suppers,

Classes & Groups, Open Circle,
Demonstration Evenings,
Educational Programmes
and so very much more...

**Do call or email, check out our
Facebook (Angel Attic) page
for upcoming events**

*A warm welcome is
extended to all*

Proud stockists of Psychic News

SURREY

CROYDON SPIRITUALIST CHURCH

Chatsworth Road, Croydon,
Surrey CR0 1HE
President:

Mr Alan Seymour CSNU, LSSNU
Contact Tel: 020 8688 1827

Email:

alanseymour@btinternet.com
Website: www.croydonspiritualistchurch.org.uk

Sunday 11am Service

Sunday 6.30pm Service

Wednesday 7.45pm Service
Healing

Every Thursday at

1.30 - 3.30pm & 6.00 - 8.00pm
Open Platform

Third Monday of the month

at 7.30pm Fledglings, training
speakers, demonstrators &
congregation required ~ Free
All Welcome

FARNHAM INDEPENDENT CHRISTIAN

SPIRITUALIST CHURCH
Hale Village Hall, 1 Wings Rd,
Farnham GU9 0HN
President: Jean Harris
Tel: 07936 708882

Follow us on Facebook
Divine Service

Every Sunday 6.30pm - 8pm
Free-will offering

Awareness Group

See Facebook or in church

Open Platform

See Facebook or in church

Healing After Services

plus Tea & Coffee

All Welcome

SPIRITUAL AWARENESS GROUP

Bringing Spirit to the people
Glyn Hall, Cheam Road,
Ewell Village, Surrey
KT17 1SP

Enquiries: Betty Masters
Tel: 07786 741509

Email: spiritualawarenessgroup@gmail.com

Sunday Services with

Clairvoyance

Entrance fee £4.50

Doors 6.15pm for 6.45pm start

**With regret, due to the current
coronavirus situation we are
suspending services for
April, May and June.**

HACKBRIDGE SPIRITUALIST CHURCH

For information call

Jackie on: 0781 806 1063
for further details

KINGSTON NATIONAL SPIRITUALIST CHURCH

Villiers Road,

Kingston upon Thames,
Surrey KT1 3AR

Website: www.kingstonsc.net
Email:

kingston.spiritualist@yahoo.com

President: Bernadete May

Secretary: Gerrie Chaney

Telephone: 020 8401 6967

Church Mobile: 07910 335 763

Sunday 11am Divine Service

Monday 7.30pm

Evening of Mediumship

Healing

Mondays 8.45pm - 9.45pm

Wednesdays 2pm - 4pm

(Pets welcome)

Open Platforms

Please see website

Spiritual Awareness Evenings

**Please note: The church is
currently closed. Please see
website for future updates.**

SUTTON YOUNG SPIRITUALIST CHURCH

Thomas Wall Centre,
Benhill Avenue, Sutton,
Surrey SM1 4DP
Enquiries: 020 8641 2630
Sunday Service at 6.30pm
followed by Healing
Clairvoyant Evening at 7.30pm
One Wednesday per month
We are a friendly independent
Spiritualist church
All very welcome indeed
Do come and visit us!
All Welcome

RICHMOND SPIRITUALIST CHURCH

97 Church Road, Richmond,
Surrey TW10 6LU
Website: www.richmondspiritualistchurch.com
Email:
richmondchurch97@gmail.com
Enquiries: 07507 703497
Follow us on Facebook
Sunday Divine Service 6.30pm
Free will donation
Wednesday Clairvoyance 7.30pm
£3.50 (Members £3)
Open Circles
First Monday of month
7.30pm with DEL HODD
Last Tuesday of month 7.30pm
with OWEN WILLIAMS
Open Platform
Second Tuesday of month
7.30pm with LYNN BURRIDGE
Meditation Circle
Third Monday of month at
7.30pm with
DEL HODD &
ANGELA PENYCATE
(Please note that no pets or
children admitted to circles &
open platform)
Speakers and Chairperson's Class
First Tuesday of month 7.30pm
with LYNN BURRIDGE
Private 1-2-1 Readings
Once a month
See website for details

After each service, there will be
free tea, coffee and biscuits,
and time for a chat
We have an *absent healing book*
for you to place the names of
those in need. We send out
prayers to them twice a week
at the above services.

EAST SUSSEX

SEAFORDSPIRIT

Seaford Independent
Spiritualist Church,
3 Warwick Road,
Seaford,
East Sussex BN25 1RS
Tel: 01323 737407
Email:
enquiries@seafordspirit.co.uk
Website:

www.seafordspirit.co.uk

Thursday 7.30pm

Divine Service

Friday 10.30am - 12 noon
Healing

Clairvoyant Evenings

Alternate Saturdays 7.30pm
Demonstrations and workshops
as advertised on website
All Welcome

WEST SUSSEX

ANGEL IN BLUE

Storrington Village Hall,
59 West Street, Storrington,
West Sussex RH20 4DZ
Social, Support and
Mediumship Demonstration
Evenings
The last Friday of each month
Starts at 7.00pm
Entrance £6 inclusive of
Raffle and Refreshments
Enquiries: Contact Val Harber
01403 865823
angelinblue@btinternet.com

BARNHAM SPIRITUAL CENTRE

Barnham Community Hall,
Murrell's Field,
Yapton Road,
Barnham PO22 0AY
Contact Darren Hart:
0774 945 4281
Every Monday 7.30pm
Evening of Mediumship
First Sunday of the month
6.30pm Divine Service
We are a spiritual centre
providing Evenings of
Mediumship on a weekly basis
and a monthly Divine Service
We also provide Private
Readings as well as Healing
Find details of all our latest
events on Facebook:
Barnham Spiritual Centre
Serving all local communities
All Welcome

CRAWLEY SPIRITUALIST CHURCH & HEALING CENTRE

Capel Lane,
Gossops Green,
Crawley,
West Sussex
RH11 8HL
President: Maureen Hedger
Tel: 01342 870657
Sunday Divine Service
6.30pm - 8.00pm
Wednesday 7.30pm 9.00pm
Clairvoyant Evening
£4.00 (Members £3.00)
Spiritual Healing
Thursdays 7.30pm - 9.00pm
E-mail:
crawleyspiritual@gmail.com
Website: www.crawleyspiritualistchurch.co.uk
All Welcome

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NEWCASTLE UPON TYNE, HEATON AND BYKER SPIRITUALIST CHURCH

16 - 18 Tosson Terrace,
Heaton,
Newcastle upon Tyne,
Tyne and Wear NE6 5LX
Telephone: 07809 532461
Sunday 4.30pm - 5.30pm
Healing
Sunday 6.30pm Divine Service
Monday 7pm Clairvoyance
Thursday 7pm
Discussion and Open Circle
Specials as advertised
All Welcome

WILTSHIRE

WILTON SPIRITUALIST CHURCH

Light, Nature, Truth
3 Warminster Road,
Wilton, Salisbury,
Wiltshire SP2 0AT
Tel: 07892 685626
Follow us on Facebook at:
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Sunday 6.30pm Divine Service
Includes a Demonstration
of Mediumship
Open Circle
2nd and 4th Tuesday of each
month at 7.30pm
Everyone Welcome

WEST MIDLANDS

SUTTON COLDFIELD SPIRITUALIST CHURCH

Kenelm Road,
Off Manor Hill,
Sutton Coldfield B73 6HD
Website:
www.scsconline.co.uk
Telephone:
0121 354 3266
Follow us on Facebook at:
Spiritualist Church,
Sutton Coldfield
Sunday 6.30pm
Service
Monday 1.30pm
Service
Tuesday 7.30pm
Mediumship Classes
Thursday 8.00pm
Healing
Friday 7.30pm
Open Circle
Saturday 11.00am
Healing
For Monthly Specials
& Workshops
please see our
Website/Facebook pages
All Welcome



THE BUTTERFLY FELLOWSHIP 2012

Wollaston Village Hall
Community Centre,
Bridgnorth Road, Stourbridge,
West Midlands DY8 3QA
(unless specified in listing)

Evening of Mediumship,
Special Events and
Afternoon Clubs

Complimentary refreshments
served after each event

Enquiries to: 07809 464165
See our excellent website at
www.butterfly2012.com
& follow us on Facebook:

The Butterfly Fellowship 2012
Psychic News available
at our meetings
Large Car Park at
Community Centre
All Welcome

STH YORKS

WHITHAM ROAD SPIRITUALIST CHURCH

109 Whitham Road,
Broomhill, Sheffield,
South Yorkshire S10 2SL
Tel: 0114 2664025
Mob: 0742 266 5205
www.whithamroadspiritualistchurch.co.uk
Sunday 6.30pm - 8pm
Divine Service
Sunday 3pm - 4.30pm
Open Circle
Tuesday 7.30pm - 9pm
Mediumship
Wednesday 11am - 1pm Healing
Wednesday 1.30pm - 3pm
Open Circle
Wednesday 7.30pm - 9pm
Open Circle

We also hold monthly
Special Evenings of Mediumship
along with other Special Events
throughout the year,
including three Psychic Fairs,
a Psychic Supper,
Development Workshops and
Development Courses

**THE
ADVERTISING
DEADLINE IS
THE 8TH DAY OF
THE MONTH
PRIOR TO THE
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MONTH**

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CARDIFF CF24 3BH
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Wednesdays 7.30pm
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Douzaine Room, St Peters,
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Channel Islands
Enquiries to: Ann Jennings
Telephone: 01481 247185
Mobile: 07781 413218
Email:
greetingplace@cwgsy.net
Website: www.healingand
spiritualcentre.com
Our regular services are:
Sunday 11.00am
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Monday 7.30pm Healing Group
Saturday 10.30am
Healing Clinic
Other services as announced
Everyone Welcome

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www.lightworkenergy.com	www.sandingham.co.uk
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www.broniawestclairvoyantmedium.co.uk	www.tomjohnstonspiritualistmedium.com
www.angelicreikiuk.com	www.healingangels.co.uk

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Centers in the USA



UCM = Universal Church of the Master www.u-c-m.org

NSAC = National Spiritualist Association of Churches www.nsac.org

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info@risingphxchurch.org

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arizonaegyptian@aol.com

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churchofthelivingspiritnsac.com

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wenfaithinaz@aol.com

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www.communityinterfaithchurch.com
revgeorge@hotmail.com

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1628 West Carter Road,
Phoenix, AZ 85041
(602) 304-0348

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Cottonwood, AZ 86326
(928) 639-2170
hunahealing@yahoo.com

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metamorphosisspiritualcenter.com
revsdna@msn.com

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Prescott Valley, AZ, 86314
mysticalspiritualistchurch.org

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PO Box 29097,
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unitedfellowshipchapel.org

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San Francisco, CA 94116
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safedoti@aol.com

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(919) 639-2393

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www.spiritualfellowship.org

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(916) 783-3546
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sfspiritualtemple@gmail.com
<http://firstspiritualtemple.com>

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Sunday 11.00am Lecture
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www.tscoi.org
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314 W. Cool Spring Ave,
Michigan City, IN 46360
(574) 298-5080

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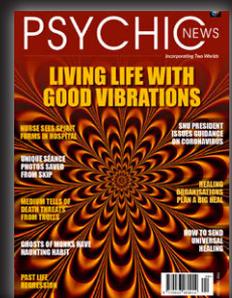
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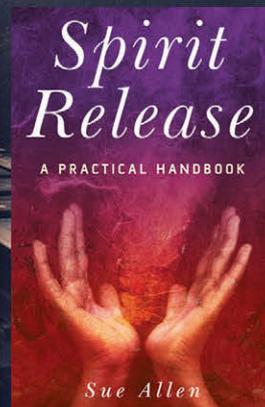
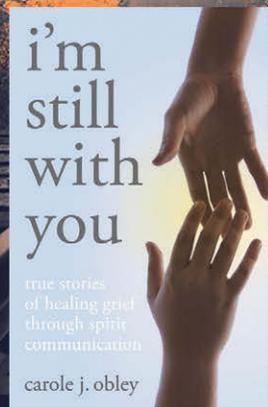
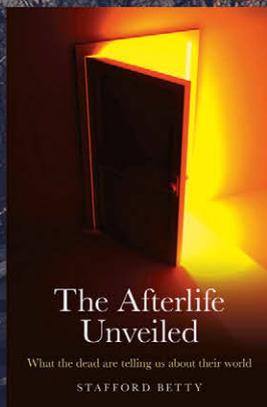
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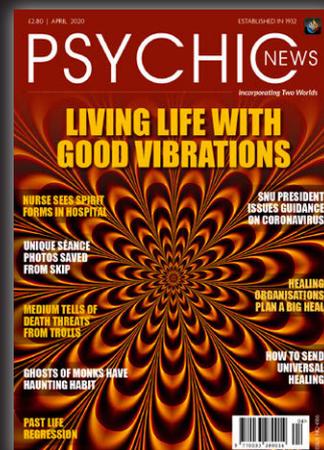
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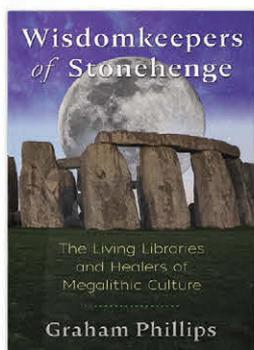
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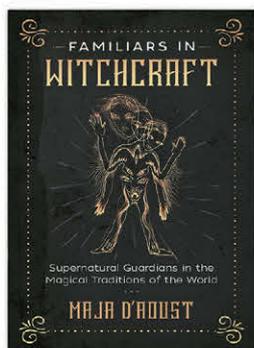
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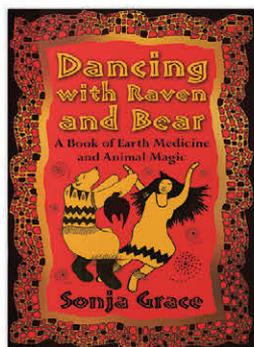
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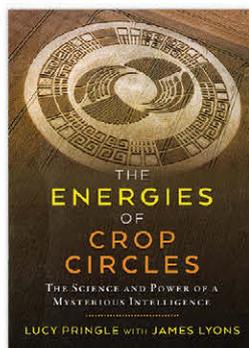
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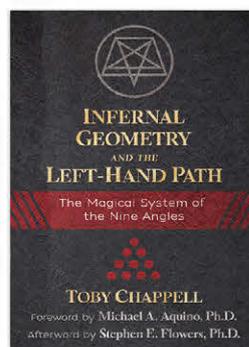
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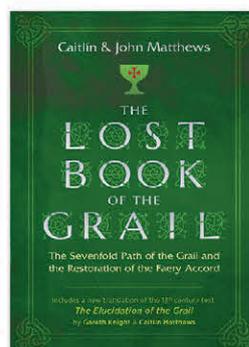


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