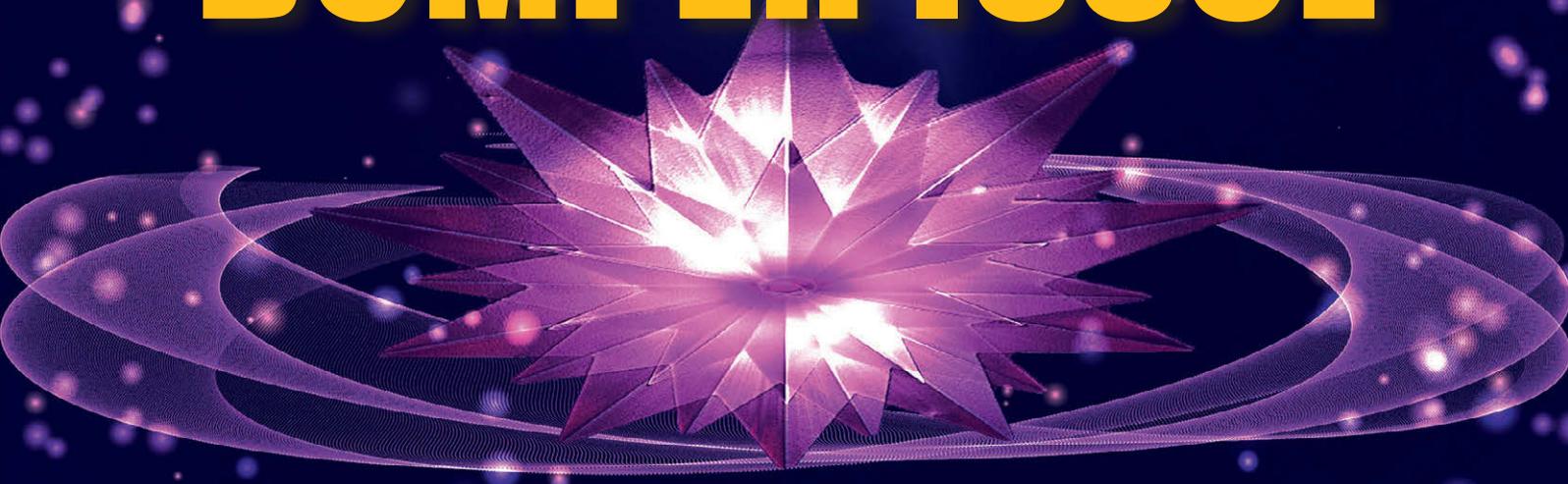


PSYCHIC NEWS

Incorporating Two Worlds

FREE

BUMPER ISSUE



**200 pages of spiritual news, features,
articles and art, including:**

**John Edward, James Van Praagh, Russell Grant,
Gordon Smith, Kyle Gray, Fern Britton, John Holland,
Lisa Williams, *Will and Grace's* Shelley Morrison,
Radleigh Valentine, Charlie Morley, T J Hobbs,
John Cleese, Olivia Newton-John and much more**

EDITOR
Tony Ortzen

ASSISTANT EDITOR,
ADVERTISING,
CIRCULATION & MARKETING
Paul Brett
pnadverts@gmail.com

CIRCULATION MANAGER
& EDITORIAL SECRETARY
Amber Wallbank
pneditorials@gmail.com

TECHNICAL ASSISTANT
Magnus Smith

DESIGN AND LAYOUT
Louise Lynch & Paul Brett

ACCOUNTS
Bryan Golland

CONTACT DETAILS:
Psychic Press Ltd,
Unit 2, Griggs Business Centre
West Street, Coggeshall
Essex CO6 1NT

Tel: 01376 563091

EDITORIAL EMAIL
pneditorials@gmail.com

WEBSITE &
ONLINE SUBSCRIPTIONS
www.psychicnews.org.uk

ISSN 0033-2801

*The Psychic News logos are UK and Community
registered trade marks of Psychic Press Limited*

FRONT COVER
(Photo: Shutterstock.com)



Psychic News. Published by Psychic Press Limited. Pre-press and printing by Warners (Midland), Lincolnshire. We regret that we are unable to recommend particular mediums and healers. Whilst we endeavour to ensure those given editorial coverage on our pages and those who advertise their services are bona fide exponents, the abilities of exponents are often subjective. Advertisements appearing in *Psychic News* do not necessarily reflect editorial policy and no responsibility can be accepted for dissatisfaction with any service or product. Readers are asked to exercise due care when responding to advertisements. Whilst we welcome them, PN cannot take responsibility for unsolicited manuscripts, articles, photographs etc. © Psychic Press Ltd



FROM THE EDITOR TONY ORTZEN

IT is 10.00 o'clock on a Monday morning. In the garden, the wisteria is in gorgeous full blue bloom and some lovely white lilies are swaying in a slight breeze. When I popped out, the sun caressed my cheeks.

Normally, it would be a perfect day yet it cannot be so as a vile virus grips the world and the news makes painful viewing.

Like many other countries, Great Britain is in lockdown. A plane has not crossed the sky for weeks. Traffic is minimal. There are queues at shops. Those taking a walk keep their distance.

However, neither our hearts nor minds need to be in lockdown. This is the time to open our hearts wide and yet wider still to send thoughts of love, light, peace and healing to those who are fighting for their lives in hospitals.

From afar, let's also send a virtual warm, loving and comforting hug to many thousands of bereaved families as they struggle with grief. Countless dreams and futures have been shattered during this living nightmare.

Because Spiritualist churches, psychic centres and some newsagents have closed, at the moment it is not feasible to produce *Psychic News* on its usual monthly basis. But every problem has a solution.

My much-valued colleague Paul Brett has spent days and days reading through back issues to compile some bumper copies of *Psychic News* and selected various features and news items to lift our collective spirits.

Normally, *Psychic News* runs to 68 pages and costs £3.80 in newsagents and £2.80 at churches and centres. This issue is free.

As Spiritualists, we are able to look to the spirit world for guidance. Here are some words from Silver Birch, the guide of

medium Maurice Barbanell, who founded *Psychic News* in 1932.

"There is nothing in the world of matter that can quell your spirit. Your spirit is greater than anything that appertains to the physical body.

"When things and people seem difficult sometimes, withdraw into the silence. Allow the great love emanating from our world to enfold you in its embrace and to recharge you with its power, so that you emerge stronger as a result."

Individually and collectively we need to stand tall and strong, and find inner reserves until these terribly trying times pass.

Captain Tom Moore, who, at the time of writing, is soon to celebrate his centenary, has raised millions of pounds for NHS charities by walking around his back garden. This feat has brought him worldwide fame and acclaim.

Like him, let's all resolve to soldier on. Try to find strength in fear. Allow tranquillity to replace anxiety. Keep calm, kind, positive and optimistic no matter what.

A tiny team produces *Psychic News*. We will never personally know many of our readers, but truly regard each one as a valued friend, so stay safe until we meet again via our magazine.

Now please settle back and find interest, inspiration and illumination in the pages that follow.

Along the way, please also remember in your prayers all the marvellous brave members of the NHS, care workers and everyone else from refuse collectors and postal operatives to those working in supermarkets who are battling on come what may. We owe them a massive debt of gratitude.

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.

© We are always thrilled when readers and subscribers tell their social media friends about *Psychic News* and the stories or features that they particularly enjoy. By publicising our existence in this way you are giving us valuable support.

But please remember that like all other publications, our contents are copyright, which means you must not publish screen captures or copies of our pages on Facebook, Instagram, websites or other online media platforms without our permission.

Instead, when you write a comment or a few paragraphs about something you have read in our columns, please add psychicnews.org.uk as a link so that your followers can visit us and buy their own copy of the magazine or take out a subscription and read the story in full.



MIX
Paper from
responsible sources
FSC® C017177

CONTENTS

06 Muhammad Ali and the Ali-ens

07 Jim Parsons in tears after spirit message

08 Angels v. Guides
Gordon Smith and Kyle Gray discuss the spirit helpers who watch over us

12 Van Morrison a Spiritualist?

13 John Cleese supports paranormal researchers

14 The transcendental glow of everything
Billy Roberts offers an exciting aura experiment for you to try

16 Crystal wands' influence on actor Tom Hardy

17 Top tips to beat stress

18 James Van Praagh
Assisting lightworkers in raising consciousness

24 'Will and Grace' actor Shelley Morrison makes spirit return to husband

25 Imagine that!
Liam Gallagher says John Lennon is his guide

26 Football team walks over hot coals
Before Tottenham Hotspur football club played Liverpool in the Champions League, its manager attempted to get his team to connect with a "superior energy"

27 'Dead friends help me on stage' says singer
Actress and singer Olivia Newton-John reveals that two "dead" celebrities visit her whenever she performs

29 How to communicate with the animal kingdom
An in-depth interview with animal communicator Pea Horsley

33 How to get some starry-eyed sleep
Barbara White investigates how much sleep you need according to your astrological sign



25

36 'The Conjuring 2 - the Enfield Poltergeist'
Conjuring up movie terror

37 Haunted royal homes
John West reveals ghosts connected with Britain's longest reigning monarch

40 Spiritual Art
James Ayers' beautiful paintings of Native American cultures

43 COMPETITION
Your chance to win a deck of Hay House's *The Akashic Tarot*

44 The Akashic Records
International speaker Sandra Anne Taylor explores and explains the Akashic Records

47 'I believe in life after death' says TV's Fern Britton
An exclusive interview with Fern Britton, who discusses angels, an apparition, guidance and intuition

50 Medium John Holland raises \$12k for charity

50 Apparition seen at publishing magnate's mansion
A former partner of Hugh Hefner, of Playboy fame, tells of seeing a phantom at the Los Angeles property where he lived



29

36

THE NEXT TRUE STORY
FROM THE CAST FILES OF
ED AND LORRAINE WARREN
THE CONJURING 2
FROM THE DIRECTOR OF
THE CONJURING AND INSIDIOUS

JUNE 10



51 The day *Downton Abbey* creator Julian Fellowes used his psychic powers

52 Vicar bans yoga classes
A vicar objects to yoga's "religious connotations"

53 **WATCH THE IMAGE MOVE!**
Have a go at our moving meditation test and try to stop it moving - Good luck

54 Medium John Edward on why he is a student of the universe

58 Pendulum power
Bestselling Hay House author Radleigh Valentine reveals all about how to use a pendulum and harness its power

62 How a doorkeeper safeguards mediums

63 Pioneer Spiritualist was arrested as spy
Columnist Graham Jennings reveals the astonishing life of Mabel St Clair Stobart, who was honoured by Serbia

65 The Kinks discuss their paranormal encounters

66 Can the future really be foretold?
Richard Bryant looks at successes and some unforeseen failures



70 Finding a home for Holmes
When fiction becomes fact for Conan Doyle enthusiasts

72 Actor feels wife's spirit moving in room
Footballer-turned-actor Vinnie Jones says he now believes in the afterlife following his wife's passing

73 Put colour into your life
Billy Roberts tells you how to do it

76 Try our puzzling paranormal quiz!
See how many 30 mind-body-spirit questions you can answer

78 'Will & Grace' actor tells of mother's spirit return
Shelley Morrison received remarkable evidence from British medium

83 Seoul Searching: 'orphan' and parents reunited
Spirit messages provide link between Norway and South Korea

86 Yoga 'could be a lifesaver' after major heart attack'

87 Fleetwood Mac: Christine McVie's mother was a medium

89 **COMPETITION**
Your chance to win a copy of 'Reflections with Glyn Edwards'

90 Robert Brown on standards of mediumship, animal survival & table-tilting

92 Spiritual art
Paul Brett introduces Debbie McIntee's angelic works and her spiritual journey

99 New church depicts drug-induced spiritual journeys

100 Get in tune with sound healing
Going, going gong! Lyz Cooper explains how and why sound and music can be effective therapeutic tools

104 Stephen O'Brien's wise words

106 Rock star Graham Coxon's impressive spirit message

108 Thousands recall details of past life

109 Parents tell of children's psychic experiences

110 How to experience astral travel



115 Feeling stressed?
Don't panic!
Billy Roberts will enable you to enjoy the power of peace

117 My spiritual journey
Friend's bereavement led Wendy Stepney to discover healing

120 Profile: Russell Grant
Celebrity astrologer and psychic prodigy

125 Singers in tune with the paranormal?

126 Top film director's paranormal fascination
Guillermo del Toro reveals two ghostly encounters

127 Nigel Peace explores coincidences

130 Spiritualism gave voice to suffrage campaigns

131 How to become Karma Neutral
T J Hobbs advises on how to balance your spiritual debts

134 The magic of the Findhorn Foundation
From humble beginnings in a caravan park, the Findhorn Foundation now attracts some of the world's best-known speakers and teachers on spirituality and allied topics

138 Rare documents reveal countless held séances at her castle
Anne Greville, the 4th Countess of Warwick, attended sittings at which a "dead" servant returned



139 World's largest ouija board goes on display

140 Wicked Ouija ... or channel for spirit?
History shows Spiritualists were involved in its creation

146 'Music from Heaven' accompanies us to next life?
Near-death experiences, it seems, are seldom silent

150 Council gives the green light for film near standing stones
Hollywood legend Steven Spielberg gains permission to film a First World War epic near Stonehenge

151 Chris Sizemore: one person, multiple personalities

152 A wide-awake look at lucid dreams
Explore the fascinating field of lucid dreaming with expert Charlie Morley, who has appeared at workshops around the world



157 Tarot reader hears murderer's confession

158 For whom the bell tolls
John West recounts the astonishing story of Ignatius the talking ghost

161 'Psychic told David Bowie when he would die'

162 The medium, entertainer and media mogul
Interview with Lisa Williams on her remarkable career

166 The magic and mystery of standing stones

171 Advertising and UK & US church and centre listings

196 Get clued up with our quiz answers
Check how you scored with the editor's 30-question puzzling paranormal quiz



Muhammad Ali and the Ali-ens

BOXING LEGEND Muhammad Ali had a passionate interest in UFOs. He firmly believed in them and is said to have had several encounters with their occupants.

Ali, who died on 3 June 2016 in Scottsdale, Arizona, was regarded as one of the most significant and celebrated sports figures of the 20th century.

He is reported to have made a number of claims about UFOs, including that he had seen a massive UFO mothership; that he was watched by extraterrestrials, and that alien visitations were “of tremendous importance to the whole world”.

Author and UFO expert Timothy Green Beckley met Ali four times in the early 1990s in the course of researching his book, *Flying Saucer Experiences of Celebrities, Rock Stars and the Rich and Famous* (2015).

In a moving online tribute to the great boxer and civil rights activist, Beckley said that no one seemed to know more about the subject from a firsthand point of view than Muhammad Ali.

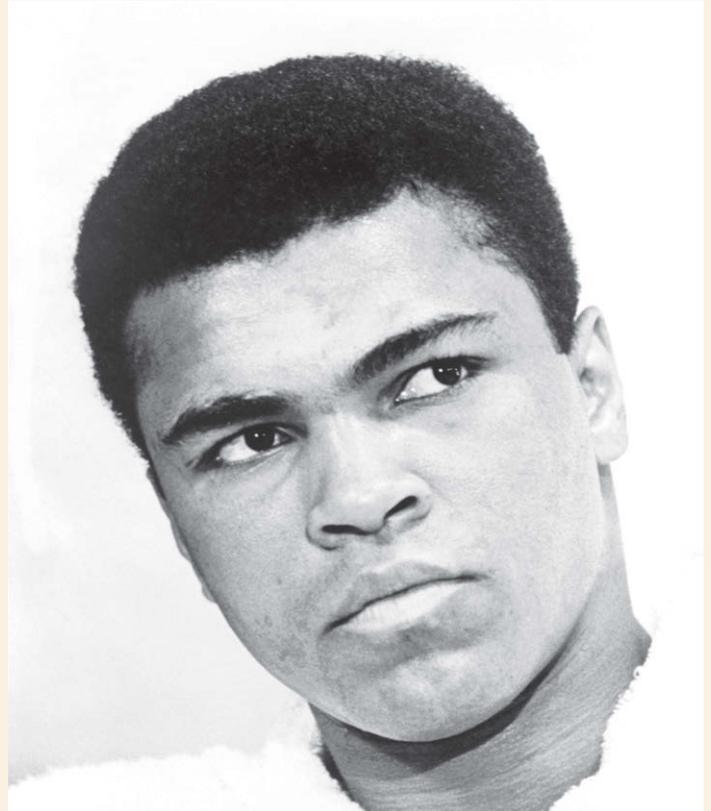
He revealed that Ali claimed to have seen two UFOs over New York City, in the park and from his home, explaining: “I happened to look up just before dawn, as I often do while running, and hovering above us was this brilliant light hanging as if by an invisible thread.

“At first I thought it was a beacon projected from a helicopter. But moments later a similar object passed in front of us. It had a glowing red trail behind it.

“I brought it to the attention of my trainer, who was standing nearby. We watched for some time and saw them move slowly across the sky for at least 15 minutes. The best I can describe the sighting is to say they were just round and big.”

Ali claimed to have had 16 sightings up to the time he talked to Beckley. During their third meeting, the author took Uri Geller to meet the world-famous boxing champion at his training camp in the Pocono Mountains, Pennsylvania.

The author wrote, “Ali happily returned to the topic of UFOs, with which he seemed genuinely more comfortable than psychic phenomena.” ■



(Photo: Ira Rosenberg/Library of Congress)



(Photo: Glyn Ridgers)

“

I happened to look up just before dawn and hovering above us was this brilliant light hanging as if by an invisible thread... Moments later a similar object passed in front of us. It had a glowing red trail behind it

”

Jim Parsons in tears after medium's reading

THE STAR of long-running American TV sitcom, *The Big Bang Theory*, Jim Parsons, is reported to have broken down in tears after a televised reading with medium Theresa Caputo.

She is known as "The Long Island Medium", which also happens to be the title of her long-running TV reality show, now entering its sixth season, in which Caputo conducts private and group readings.

When Jim Parsons appeared in the show with his sister, Julie Pruski, as part of a special celebrity programme, Caputo made spirit contact with their father, Jack.

"It was very intense and very moving," Parsons told *Entertainment Tonight*. Jack was killed in a car accident in 2001.

"Our father was very hardworking, very loyal. His family was the most important thing for him bar none," Jim explained.

In the TV episode, Caputo is seen

asking, "Who's the father figure who has departed?"

Julie replied it was their dad, at which Caputo then clarified that their mother was still alive, and said she could see their father handing her red roses. There was an August connection.

"When Theresa talked about red roses and August, I knew that's my parents' wedding anniversary," Julie added.

Parsons said afterwards, "She's the right medium to get across some deep messages. I just love her. I was sorry when we had to stop."

The reading was a real life echo of an episode in *The Big Bang Theory* that had



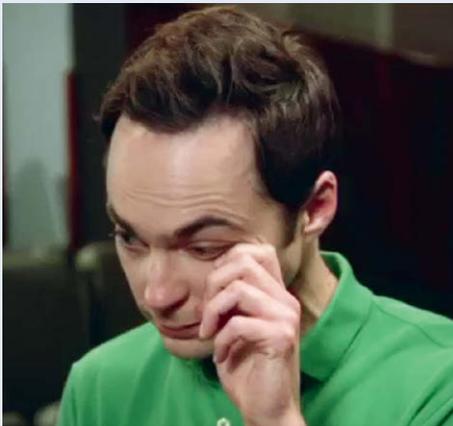
Jim Parsons (Photo: iDominick)

a very different outcome. Parsons plays a character named Sheldon and in one episode has a reading from a "fortune-teller" which ends with him dismissing her as a fake and saying it is all "malarkey."

Theresa Caputo has, like other mediums, been accused of fraud. The *MailOnline*, which carried this recent story of her reading for Jim Parsons, published an accusation of fraud against the Long Island Medium in June 2014, from a sceptic who labelled her "a vulture preying on the most vulnerable".

That was the claim made by "myth de-bunker" Ron Tebo who investigated Caputo for a year. He accused her of investigating and even interviewing her audience members prior to her live readings in order to gain information she can later claim to have received from "the other side".

Caputo's response was a post on her Facebook saying, "Negative people need drama like it was oxygen. Stay positive, and take their breath away." ■



Jim Parsons crying during reading (Photo: TLC)



Jim Parsons and sister Julie Pruski with their father Jack, who died in a car accident in 2001 (Photo: TLC)



Theresa Caputo



Jim Parsons and sister Julie Pruski laughing at the end of the interview (Photo: TLC)

SPIRITUAL BEINGS

Angels

WHO'S WHO IN THE SPIRITUAL HIERARCHY?

*GORDON SMITH and KYLE GRAY tackle our questions
about the spirit helpers who watch over us*



Guides

THEY BOTH live in Scotland and developed their gifts in Spiritualist churches, but they have each made a name for themselves in very different ways.

Gordon Smith is one of our most evidential mediums, providing messages from dead loved ones and sharing his extensive knowledge in over 15 books on mediumship and Spiritualism.

Kyle Gray is passionate about angels, having written many angel-related books, created the Angel Prayers oracle and founded The Angel Club for fellow believers.

In March 2017, the two Hay House authors shared a platform in London and demonstrated their respective gifts at "Beyond the Veil: a Day With Angels and Spirits" at the Hallam Conference Centre.

They joined forces in January 2017 for this question-and-answer session, to set the scene for that event. Their aim was to assist *Psychic News'* then editor, Roy Stemman, in gaining a clearer understanding of why the number of advanced spiritual beings who are said to populate the higher realms seems to be on the increase.

It's only in recent years that I've heard any mention of angels within Spiritualism. Why haven't mediums been communicating with them before?

KYLE: One of Spiritualism's Seven Principles accepts "the ministry of angels" – so they have always been within Spiritualism, I would say. But I think the most exciting thing about going to a Spiritualist church is having a concrete connection with Spirit, because you know who it is you're hearing from.

I think angels have become a bigger part of it because perhaps people are asking bigger questions. It's given people an opportunity to expand on a spiritual

“ Talking with a spirit guide would be our doorway to heaven, our eyes and ears on the Other Side ”

path and with their personal development. That's my perspective.

But I also think that mediumship gives something that angels can't give, which is those personal memories or reflections from loved ones.

GORDON: I thought angels turned up with Diana Cooper in the '70s (said with tongue in cheek). No, obviously they're around but I don't think the "ministry of angels" in Spiritualism's Principles should be taken literally.

I interpret it as meaning your loved ones. It's referring to Spirit, but in an angelic way, because there's no mention of angels in Spiritualism other than that phrase. And we'd talk with a spirit guide, anyway. That would be our doorway to

heaven, if you like. That's our eyes and ears on the Other Side.

I worked with Doreen Virtue [founder of Angel Therapy] for many years and she's pretty big in this field. I heard Doreen talk of an amazing experience which she said she could only describe as being saved by an angel. It looked like that, the vision she had, the whole experience. Quite incredible.

And that's where she put her stock in angels. So I think it's where you put your mind. If your mind sees beings of light as angels, then they're angels. And that's absolutely fine.

KYLE: What Gordon's saying is really important. It's the way you see them – it's an interpretation of Spirit. We are all part of The Great Spirit, and the angels are just a facet of that Great Spirit, created in a way that we can have a personal relationship with them. I like visualising different things and I put most of my attention into angels because that's what interests me the most.

Do you actually see angels, or just sense them?

KYLE: I used to see them, when I was younger. But there's something magic about being on a public platform. I don't know about you, Gordon, but as soon as I go onto the platform my "sight" comes back, like crazy, and I see a lot more than I would on my own, in meditation, for example. It's like it's magnified.

GORDON: We would call that "working in the power". I was reading about that great medium Helen Hughes the other day and how she transformed when she went onto the platform. She felt she was working in electricity. To me, that's the power. And it happens. You just stand up and all of a sudden your mind is lifted for an hour and you're connected to a higher frequency.



An angel statue (Photo: Louise Docker)

Are you ever aware of angels when you are giving messages, Gordon?

GORDON: No. At least, not what I would call an angel. But I've been aware of beings of intelligence that don't seem to have structure or form.

When I started developing as a medium my guides took on the form of people. Now, as my mind has developed, I don't even refer to a guide at all, I refer to Spirit. So, by your own development, you need less structure and less form. So to me, all Spirit are what people would call angels.

I think the angel thing is so Jewish, in the sense that it's Kabbalistic: it goes way back. An angel is just a messenger, that's all it means, an angel of God. It doesn't mean they are higher than anything else. So basically Spirit, to me, are exactly the same thing as angels. I think it's how we satisfy our own minds.

Some people are frightened of the idea of spirits coming back, but they are not frightened of angels. Angels are quite safe for the majority of people. For me, Spirit is just Spirit.

What people now call angelic is, I think, minds adapting to a higher understanding – to a spirit world that needs no houses, and hospitals to fix people when they die. That was what Victorian Spiritualists believed and I never liked it. I always found it insulting. The spirit world just looked like South Kensington.

I sometimes work with very high spirits. Yesterday, I gave a trance demonstration in Switzerland. The minds of that group of spirits that I'm working with are incredible and the communicator lifted the room full of people to a much higher state with a simple, strong message. That, to me, is an angel.

And yet, Kyle's books tell us there are different levels of angels. So, while I accept what Gordon says, it seems there are angels, archangels, ascended masters, saints and even unicorns (according to Diana Cooper) who are eager to help us. What's the pecking order? And are you in touch with all of those?

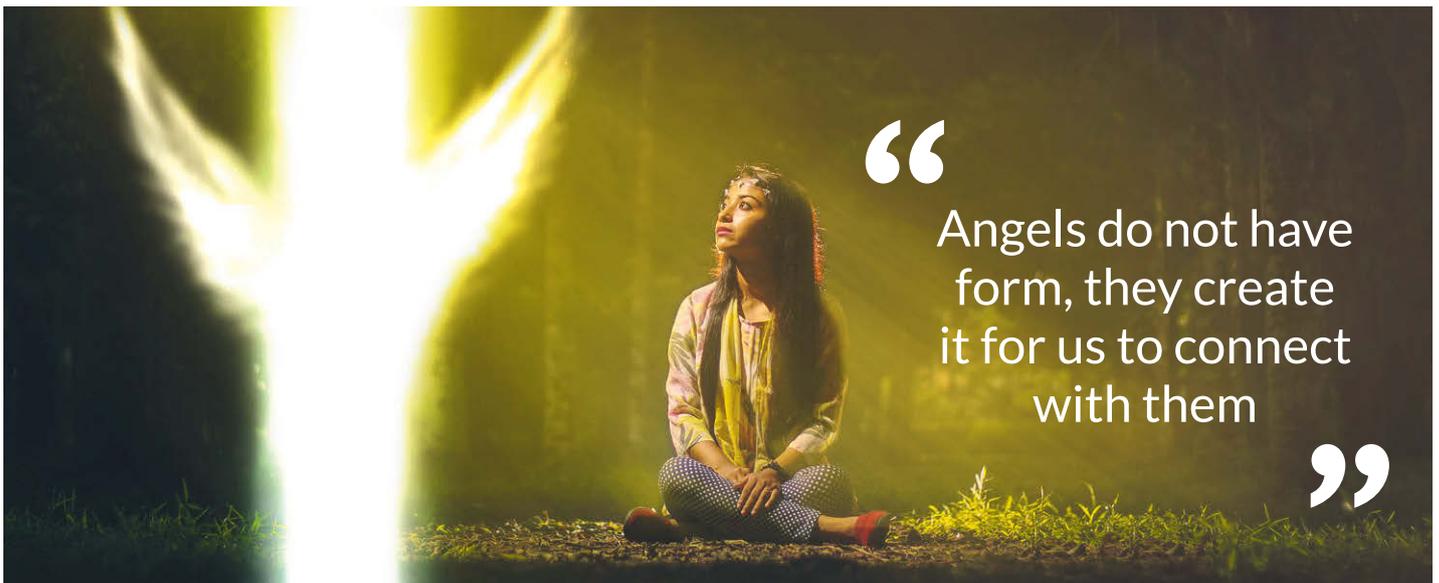
KYLE: There are many different types of angels, in a theological sense. When I wrote *Angel Prayers* I spoke about those different levels – like the highest form which are known as the seraphim. But these are just human, man-made ways to understand something that human intelligence cannot comprehend. That's basically it.

For me, names of angels and even the way they look are all just man-made ways or personal interpretations to help us understand something that is not human. Angels do not have form, they create it for us to connect with them.

GORDON: Yes. I think people need to measure things. That's a human idea. The more evolved you become in human life the less you need to do things like that. All these ideas dissolve after a while. One of the Buddhist texts tells us: "Heavens are bad. Try not to go to heavens because they are false."

Angelic beings are false. Spirits are false. You want them all to dissolve at some point. And that's when your consciousness is clear. And I quite like the idea that all things are structured until we no longer need them. Belief in God is only a crutch until you can walk without Him. Some people are scared not to have a God.

What I'm still trying to understand is why, over the many years I have seen mediums demonstrating and giving messages from dead loved ones, no one has mentioned angels being involved. Wouldn't the loved ones who communicate be aware of – or even have spoken to – our guardian angels?



“
 Angels do not have
 form, they create
 it for us to connect
 with them
 ”

KYLE: I think you're asking a spiritual question but looking for a human answer. For me, an angel is simply a heartbeat of God, an expression of divine nature, so therefore when my spirit goes home I believe that I will be in the thoughts of God, in the mind of God, and an angel is just a brainwave of God.

So, it's like part of God's nature just as we are, and is never separate from that. When I'm speaking about an angel, I'm giving a personal interpretation and trying to give someone something that they can connect with and help them feel less separate.

GORDON: You see, that's no different to me than spirit guides. It's just a different way of interpreting it. It's like all the different, wonderful writings we have but one has to be written in one language for one culture to understand, and in a different language for another.

I think some people who won't want to go into a Spiritualist church or think about talking to the dead are quite happy to have a communication from heaven or from a higher realm - from an angel, a messenger.

When I used to work with Doreen Virtue, the number of people that came from a deep Christian faith but had fallen out with the Christian church, or didn't like being part of its structure, were really comfortable when Doreen would talk of angels.

She would give really good readings, like a medium. Except she would say, "Angel Michael is telling me your mother died two years ago".

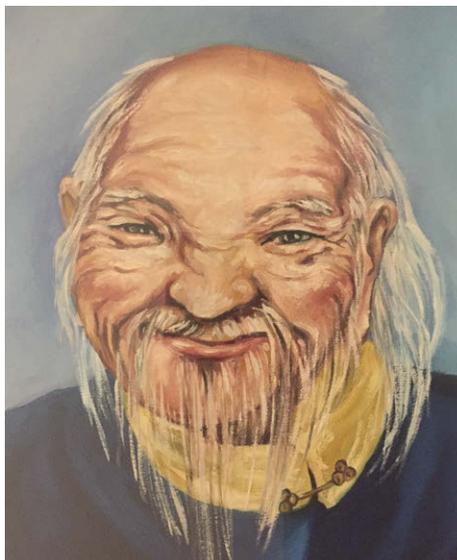
So I could quite easily stand on a platform and say the same thing during a demonstration, "Angel Michael is telling me you lost your father two weeks ago" and people would say, "Oh my God, he's talking to Angel Michael". You see what I mean?

But I wouldn't, because as a medium I only talk directly from the loved one to them, and make that as realistic for them as possible. But I totally get that talking of angels does bring a lot of people into the idea of an afterlife or understanding it, who would otherwise be scared of it, or maybe not even look at it. It's another door - another entrance point for greater spiritual understanding.

KYLE: I still demonstrate mediumship because it gives me something that angels can't give, in terms of evidence. But usually when I speak about angels I tell the recipient there's an energy with them that feels angelic. Whenever I see an angel it's always gold, and when I see a spirit person it's in colour.

Let me finish with a question about your own spirit guides. How often do you see that person?

KYLE: But I am aware of spirit guides all the time, and am also aware that my relationship with them can change. My own spirit guide, Jonathan, was a butler when on Earth. But I'm not so aware of him these days.



Chi, the spirit guide of Gordon Smith, painted by psychic artist Dronma (Photo: Gordon Smith)

GORDON: A butler is a very good archetype: someone who takes care of your needs from the Other Side. I like that!

I see my spirit guide once a week, when I sit in circle. But now it's more formless. The way Spirit seem to be doing it now is we're learning a spirit language, rather than Spirit having to come and talk to us and give us messages. Their mind is going up into a kind of different sphere. It's actually not direct voice but direct noises that are becoming understood - a Morse code-like type thing but higher pitched.

I no longer look to see Spirit on a personal level. I've touched my guide. I've taken his hands, I've had so many great experiences with him.

One of the first messages that wonderful medium Albert Best gave me was about my spirit guide. He said, "You know, young man, I don't get people's

guides, that's not what a medium does, but I have to tell you that your guide is going to be drawn by the end of this week, and he's a Chinese man."

I'd already seen him myself and made a pencil drawing of him. On the Sunday after that message psychic artist Dronma started to draw and paint him. That beautiful oil painting of him is identical to my drawing and provided excellent independent confirmation of his existence. ■

Van Morrison: the truth behind the 'Spiritualist' headlines

IS THE Northern-Irish singer-songwriter Sir George Ivan "Van" Morrison, OBE, a Spiritualist?

Yes, according to rock music magazine *Uncut*, which interviewed the enigmatic singer and atheist in August 2017, learning in the process that he is a good friend of Michael Beckwith, founder and spiritual director of Agape International Spiritual Centre in Culver City, California, and regularly attends its services.

Despite the fact that Morrison explained that Agape "is no place for religion and is much 'deeper'", the magazine decided to describe it as a Spiritualist church and that claim has made headlines in several publications around the world.

"I'm a member and I am a friend of Dr Beckwith," Morrison told his interviewer. "I can't tell you much right now. If anyone wants to find out, I'd rather they looked it up themselves. It's spiritual, but it's not religion. It's beyond religion."

According to the *Belfast Telegraph* (2 September 2017), "Members of a controversial Californian Spiritualist church have chanted unusual Happy Birthday messages to their 'brother' Sir Van Morrison – days after he spoke about his involvement with the organisation.

"And at the same service, the evening before the east Belfast singer turned 72, the congregation ... wished him 'Happy Earth Day'. The greetings came after Morrison sang three songs at a packed Agape gathering on Wednesday night and he acknowledged their chants by clasping his hands in front of him and bowing to the



Morrison consulted Irish medium Sharon Neill

congregation."

The songs he performed included *Transformation*, inspired by Agape, from his forthcoming album *Roll With The Punches*. It includes the line: "Gonna be a transformation down in your soul". He also sang one of his biggest hits, *Have I Told You Lately that I Love You?*.

Agape has approximately 9,000 members who follow its New Thought spirituality and is endorsed by Oprah Winfrey and other celebrities. Although it hosts New Age speakers at its services, it does not claim to be a Spiritualist organisation nor does it offer demonstrations of mediumship.

Morrison had said, two years earlier, that he "wouldn't touch religion with a 10-foot pole". He sees religion as a way of identifying with a faith group, whereas spirituality is personal.

Though the newspaper and magazine headlines will add to the public confusion about his spiritual beliefs, Morrison is unlikely to be too upset about being described as a Spiritualist. After all, his name, along with groups Ash and Coldplay, was mentioned in media interviews more than a decade ago by blind Irish medium Sharon Neill as being among her private clients.

In an interview with John Preston for the *Telegraph* (25 August 2017), he gave an insight into the factors, inspiration and influences that have helped shape his career over more than five decades, during which time he has written over 400 songs.

Early on, he had to battle crippling stage fright. "It's always been a dilemma for me. I'm a very private person and in order to perform I have to be something I'm not – namely an extrovert. I've had several psychic readings about this stuff and I remember one woman saying to me once, 'You

have the devil to pay'. And that is what it often feels like."

Preston notes: "It was [his album] *Astral Weeks* that really catapulted Morrison into the big league. Mysterious, poetic and hypnotic, it was – and remains – unlike anything else that's ever been recorded. 'There was a lot of change around that time – 1966/67 – and I was trying to get in everything that was going on. I had a feeling when I was writing it that I was plugging into what Jung called the Collective Unconscious'."

With other albums and songs having titles like *Enlightenment*, *Into The Mystic*, *Dweller On The Threshold*, *No Guru, No Method*, *No Teacher* and *Whenever God Shines His Light*, it's clear that Sir Van Morrison's music is often a meaningful reflection on the progress of his continuing spiritual journey. ■

Morrison performing in 2015 (Photo: Art Siegel)



PERCEPTUAL STUDIES

JOHN CLEESE SUPPORTS MEDIUMSHIP AND REINCARNATION RESEARCHERS

Famous comedian raises £35,000 for University of Virginia

BRITISH comedian and actor John Cleese shared a platform early in April 2018 with University of Virginia academics exploring various aspects of consciousness and the paranormal.

These are subjects in which he has been interested for more than two decades. He has attended Scientific & Medical Network conferences in the UK and he also sits on the advisory board of the University of Virginia's Division of Perceptual Studies, which is part of the School of Medicine's Department of Psychiatry & Neurobehavioural Sciences.

He took to the stage at the Paramount Theatre, Charlottesville, to introduce five members of division's team and explore with them, as moderator, the serious and clinical research they conduct into unusual phenomena.

The event was part of the annual Tom Tom Founders Festival which attracts large numbers of people to the city.

Sharing the platform with Cleese were Dr Bruce Greyson, former director of the division and a professor emeritus, who discussed near-death experiences; Dr Emily Kelly and Prof Ed Kelly (her

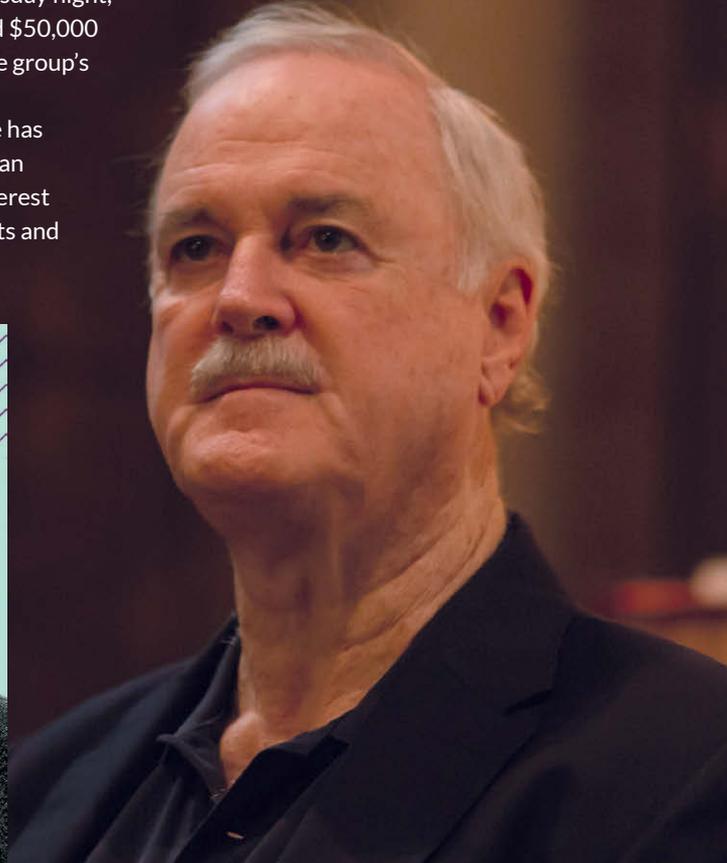
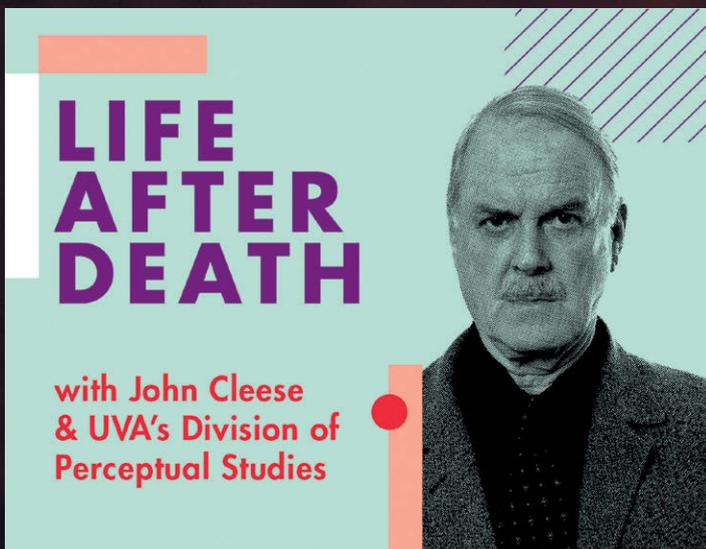
husband) spoke about death-bed visions and postmortem survival; Dr Jennifer "Kim" Penberthy, gave insights into meditation; and Prof Jim Tucker delved into cases suggestive of reincarnation, the presentation that drew the most responses from the audience. Dr Tucker was interviewed in our columns [PN January 2018].

Covering the event for *The Daily Progress*, Ruth Serven reported: "Cleese said he became interested in the Division of Perceptual Studies about 20 years ago, and [his] stand-up act Wednesday night, also at the Paramount, netted \$50,000 [£35,000] in donations for the group's research.

"In previous interviews, he has discussed moving away from an Anglican upbringing to an interest in the paranormal, poltergeists and reincarnation." ■



Reincarnation researcher Dr Jim Tucker
(Photo: Meghan Rand)



John Cleese speaking at a 2014 event in Melbourne
(Photo: Bruce Baker)



THE TRANSCENDENTAL GLOW OF EVERYTHING

BY BILLY ROBERTS

When proffering a greeting hand to someone we have just been introduced to, contact is made long before their hand touches ours. In fact, the same may be said of anything we reach out to touch, with contact being made at a more subtle level a little time before any interaction takes place. I'm talking, of course, about the aura, that wonderful phenomenon which is an integral part of a human's subtle anatomy, and plays such an important role in the manifestation of our spiritual make-up.

Although the majority of people are completely unaware of the aura's existence, those who are privy to it understand it to be a multi-coloured 'glow' that surrounds the body, from which an abundance of information is gleaned by those who can actually 'see' it. But what exactly is the aura? And what can be made of it from a scientific perspective?

The aura is in fact best described as a vaporous mass of electromagnetic particles, surrounding both animate and inanimate things. This would suggest that a table or even a brick has an aura, which of course they do, to a greater or lesser degree.

THE HUMAN FORM

The human form itself is an electromagnetic unit of incredible power, modifying, distributing and discharging energy, and is contained in its own spectrum of colour and light. And so we understand the aura to be a metaphysical as well as a scientific phenomenon. Chemical energy is converted by the cells

of the body into light energy, culminating in what science refers to as 'human bioluminescence' – an optical phenomenon that is seen in some deep-sea aquatic creatures; a kind of transcendental glow around the body.

I have been able to see the aura since

I was a very young child and have always been fascinated by it. This metaphysical phenomenon is highly luminous and does not have to be seen to be felt. In fact, the majority of people have experienced this at one time or another. For example, sitting alone in a theatre waiting for

the show to begin, when you suddenly feel the urge to check behind you, only to find someone staring intently at you from a couple of rows behind. And so the aura is a sort of radar device constantly monitoring its surroundings.

Interestingly, although the aura is more extensive at the back than it is at the front, the aura of a visually impaired person is just as extensive at the front, to enable the blind person to negotiate his or her way around obstacles. Because the aura

extends beyond the visible spectrum, it is also able to monitor invisible energies, such as those from a disembodied source. Most people have had the experience of being alone in the house, when suddenly they are overwhelmed with the feeling that someone is standing behind them. Although they know full well that they are alone in the house, they still want to check all the rooms, doors and windows to put their mind at rest.

HUMAN DATABASE

To a psychically inclined person, someone who can see the aura in its entirety, that aura provides a metaphysical database, containing a broad spectrum of information about the person to whom it belongs. In fact, the aura is a spectrum of colour of overwhelming intensity, and although the majority of its colour components are transitory, some of the colours have predominance over others and represent the person's true character.

It is in this part of the aura that we would see green for envy or jealousy, yellow for cowardice, red for rage, and so on. Although one might say that these 'negative' emotions are transient and therefore would not constitute the person's true character, I am of course referring to someone in whom these negative traits are commonplace, with emotions experienced on a fairly regular basis.

Other aspects of the aura are greatly affected by diet, emotions and environmental influences. The aura is in many ways an extension of your true essence, an external representation of internal balance or imbalance, whichever the case may be. The majority of those who claim to see the aura really only see

“The aura is a spectrum of colour of overwhelming intensity.”

“The majority of those who claim to see the aura really only see a minute part of an even greater whole.”

a minute part of an even greater whole. Many people see it as no more than a descriptive term, perhaps saying – “He has an aura of peace and calm” or “This house has an aura of happiness and warmth.” But the aura is far more than that, and can even be photographed.

The first to photograph the aura were husband and wife team, Semyon and Valentina Kirlian, who created a crude apparatus which allowed them to photograph emanations of energy from the hands. Although only monochrome images, they sufficed to reveal the existence of a phenomenon that had hitherto been only a matter of conjecture. The Kirlians used what became known as the ‘Kirlian’ camera as a diagnostic tool, as they equated the fine streams of subtle energy emanating from the hands with a more complex network of channels in the body, along which energy constantly flowed.

Walter Kilner, a medical radiologist electrician working in London’s St Thomas’ Hospital, became so fascinated with what he called ‘The Human Atmosphere’ that he developed a device which became known as a ‘Kilner Screen’. It allowed the aura to become visible when a person stood behind it. The Kilner Screen consisted of two sheets of glass in between which he inserted a special coal tar dye called dicyanin. This was regarded as an innovation at the time and led others working in the same field to explore the subject further. Today, however, the aura can be photographed in full colour, accompanied by a full print-out of its digital analysis. There is little doubt that we have come a long way since those early days, and today we have a fairly comprehensive knowledge of the whole subject of the aura. ■

AN EXPERIMENT FOR YOU TO TRY

For the majority of people interested in the fascinating subject of the aura, there is very often a problem in understanding exactly what it looks like. So, you might like to try a little experiment for yourself. To begin, you will need a couple of apples!

- Remove a few of the pips from one of the apples (brown pips as opposed to white) and place them in close proximity on a piece of white paper
- Simply gaze at the pips for a few minutes, without moving your eyes away from them even for a second
- Within moments you should see a pale glow (either white or pale blue) emanating from them and moving round in a clockwise direction
- This ‘glow’ is the energy or Pranic aura, and represents the vitality and health of the apple pips
- Place the pips in a dark place for an hour or so, before returning them to the white piece of paper
- Now gaze at them again. You should see a marked difference in the energy glow moving around the pips. In fact, it should now appear quite dull and not as vibrant
- Remove some more pips from a fresh apple, and place two of these in close proximity to the old ones, leaving a slight gap between the fresh pips and the old ones
- You should now see an amazing phenomenon. The energy from the old pips will appear to be reaching out to the fresh pips, seemingly in a deliberate effort to be revitalised. Within moments the fresh pips should appear to do the same
- This is a very natural phenomenon, and is basically what a person in poor health does to someone who possesses a great deal of vitality and who is in good health



This simple experiment shows you exactly what to look for around a person. Once you’ve become accustomed to seeing it, you will in time begin to discern colours of various kinds.

Now you should be able to see that you are an incredible, multidimensional, cosmic being, living in a multidimensional universe!

Crystal wands cast a spell over actor Tom Hardy

... and National Geographic tries to do the same for its readers

IN THE make-believe world of movies, English actor Tom Hardy usually plays the tough guy. In real life, however, some suspect he's really a big softie.

Best known for his hardman roles in *The Dark Knight Rises* and *Mad Max: Fury Road*, it has now been revealed by staff at an unnamed New Age shop in London's Covent Garden that he has become "obsessed" with the healing powers of crystals. He is said to spend hundreds of pounds on them each time he visits, having become a regular customer.

According to a report in Dan Wootton's "Bizarre" column in *The Sun*, Hardy is particularly fascinated with crystal wands which can be used to "direct healing energy". It's a passion that his actress wife, Charlotte Riley, shares.

Recently, *National Geographic*

Magazine seemed to have joined the chorus of those singing the praises of crystals' beneficial healing properties – a development that would have astonished those who founded the National Geographic Society 132 years ago. It also offended some of its current readers including Ryan F. Mandelbaum, a science writer at gizmodo.com, who used that website as a platform from which to pour cold water, literally, on such beliefs. He was

reacting to a package he received containing a "crystal healing water bottle" with *National Geographic's* name on it, and a price tag of \$70 (£50). Gemstones were included that would "raise the energy level" of the water. But he points out they are kept in a separate compartment and at no time do they come into contact with the liquid that is described as being transformed into "heavenly gemwater" after seven minutes.

Nevertheless, Mandelbaum followed the instructions and revealed to his Gizmodo followers that the water tasted the same as it always did. ■



Tom Hardy at the Toronto premiere of *The Drop* in 2014 (Photo: GabboT)



Top tips to beat stress

FORMER PRIME MINISTER Theresa May has revealed she walked, read cookery books and watched the American naval crime programme "NCIS" to help her unwind and beat the stress of life at Number 10. Inspired by the Premier's recent revelation about "NCIS," here **Stephen Marks**, a qualified yoga instructor, gives some top tips on how to beat stress.

Having spent twenty years in a City law firm, Stephen is the founder of **Mind Body Building** and a fully-qualified practitioner of **Yoga nidra**. He trained in Costa Rica at the **Punta Mona eco-resort with the Shamanic School of Yoga** and is now a **Thought Leader at the Global Wellness Institute**.

Additionally, Stephen helped institute two wellness programmes in leading London law firms and has also worked with global accountancy practices and advertising agencies.

Stephen, who has travelled to over 80 countries in the world, pointed out that "85 per cent of adults in the UK regularly feel stressed. Learning how to manage this is key.

"I like to compare the mind to a musical instrument. The best orchestral players tune their instruments every time they play, so why not fine tune your mind?"

Meditation

THERE is an Indian saying, "If you don't go within, you go without." The pace of life is relentless. Additionally, around 60,000 thoughts pass through our minds every day. However, a lot of this flow of thought is not helpful, and is often critical and negative.

Meditation in its simplest form can help us to take a step back and slow our thoughts down. Rather than having to constantly react to impulses and situations, meditation trains us to approach things in a calmer and more detached way.

Being able to relax the mind in this way can have a huge effect on our overall wellbeing. Nowadays, it is easy to get started with a host of online resources, apps and classes with some studios dedicated solely to meditation.

Yoga nidra

It's not always you who have to do the work. What could be better than listening to someone else guide you through meditation into a relaxing and restful state?

In Yoga nidra, you are guided through a progressive calming of the body and mind. Nidra means "sleep" in Sanskrit. The process mimics the physical sensation of falling asleep where the body relaxes and the mind starts to drift into a dream state.

The sensation is excellent in moving the body from the sympathetic nervous system – meaning it is stressed and anxious – to the parasympathetic nervous system, which is rested and relaxed.

There are an increasing number of Yoga



STEPHEN MARKS: "Around 60,000 thoughts pass through our minds every day." nidra classes available.

Sound baths

In its simplest form, sound is energy composed of pressure waves or vibrations. Vibrations of sound have long been known to have healing qualities. As far back as 2,000 years ago, Tibetan monks utilised singing bowls within ceremonies and healing circles.

As the name suggests, sound baths immerse participants in soothing meditative sound waves. Try a YouTube video or download an app to experience this. Turn the volume up, but have consideration for anyone else in the house and neighbours too. The sound should be all-encompassing and therefore make you

feel totally present.

Journaling

In *The Artist's Way: A Spiritual Path To Higher Creativity*, American author Julia Cameron, describes the process of writing first thing in the morning to highlight our internal voices. These are often characterised by doubt and self-criticism.

Once you acknowledge these, you can be calmer and more focused in achieving goals. Putting thoughts to paper has long been recognised as a useful tool in becoming aware of who we are and what we're experiencing, so journaling can be a great way of calming down our internal dialogue.

Massage

A massage is an excellent way to help us relax. When we are stressed and tense, our bodies produce too much of the stress hormone cortisol, which can contribute to sleeplessness, headaches and other dysfunctions within the body.

Massage can counteract this and promote muscle relaxation by increasing flexibility and eliminating tense areas. Massage also promotes circulation of blood to all areas, which can significantly assist in healing damaged muscle areas.

On a physiological level, more vigorous massages can improve lymph circulation, which carries away waste products from around the body.

Yin yoga

This form of yoga is an excellent way to reach true relaxation. Unlike normal yoga, it involves holding postures for two to three minutes, and sometimes longer.

Many yoga teachers practise Yin as a way of recharging their bodies and minds. Staying in a position for two to three minutes as the body opens is a real practice of stillness, patience and non-reactivity.

It forces us to slow down and offers the opportunity to marinate in stillness. Suddenly, deadlines, urgent matters and to-do lists can recede into the background leaving much needed space for rest and renewal.

■ **To find out more about Stephen Marks' work, visit his website at:**

www.stephenmarksyoga.com

or follow him on Facebook at:

www.facebook.com/Stephenmarksyoga



PHOTO CONFIRMS SPIRIT VISITOR'S IDENTITY

In this exclusive interview for PN, top American medium James Van Praagh answers a series of searching questions about his life and gifts. Known to millions through his top-rated TV programmes and best-selling books, James lifts the lid on his mediumship and gives insights into his beliefs and experiences.

You are one of the world's best-known mediums. What psychic gifts do you have?

First, I believe that part of my soul mission was to come back to planet earth and assist other lightworkers in raising the consciousness and reminding people of this truth – that they are a soul having a human experience and not the other way around.

Part of understanding themselves as a soul is realising that there is no death, that life continues and that while they are here they have to understand they need to be responsible for the thoughts and energy they send to another person. Having this sense of mindfulness will assist them in each choice they make with themselves and others in life.

My abilities are clairsentience and clairvoyance. With my clairsentience, first I feel the personality and physical traits of a spirit communicator. Using clairvoyance, I will not only be impressed by seeing memories of their lives, but actual physical traits. The spirit will often take my mind on a journey through their loved one's house and describe it visually to me to relate to the living, so that they realise their spirit loved ones are indeed with them. Spirit also will impress me clairaudiently, where I hear thoughts, names, sentences, phrases, etc, which they would be recognised for when they lived on earth.

We all must understand that each spirit will communicate differently depending upon their own soul's make-up and understanding. Just like on earth, there are some people who are more visual, some more emotional and some more involved with mental facts.

When did you first become aware of your gifts? What exactly happened?

I had many experiences as far back as I can remember. I can clearly recall seeing my deceased grandfather in my room looking at me as I was in the crib when I was about eighteen months old. I never knew him physically. Years later, when my grandmother was going through a photo album, I saw his face and asked her, "Who is that?" She told me it was my grandfather.

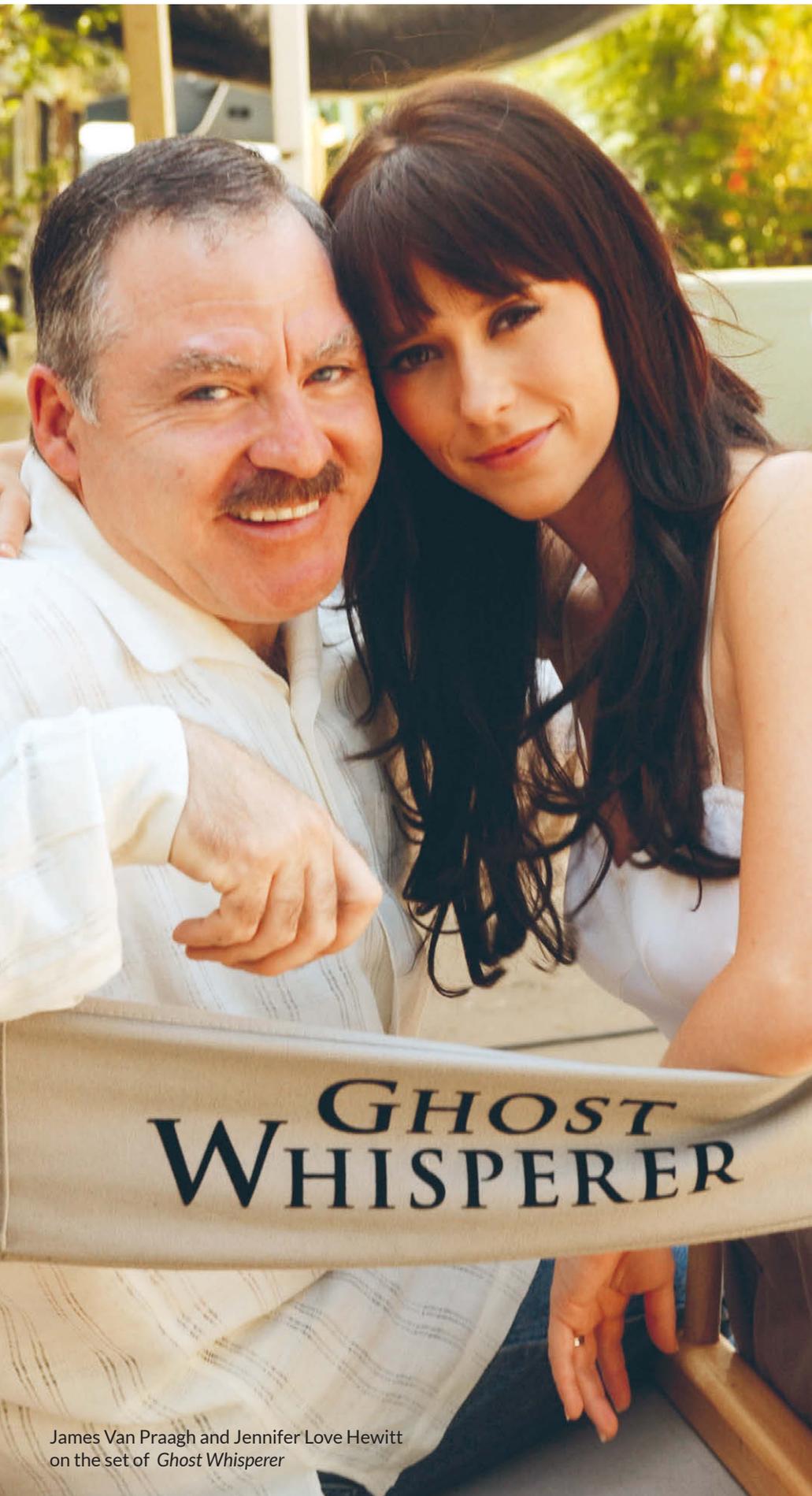
Another very memorable experience happened when I was six years old in first grade. I walked up to my teacher and told her that her son had been hit by a car, but was fine; he had just broken his leg. She told me to go back to my desk. Several minutes later, the principal walked in and informed the teacher that this had just happened. She looked over at me and I went back up to her desk crying. The teacher asked me how I knew. While crying, I told her I saw it in my head. The reason I was crying was because I saw it in my head, I thought I had made it happen!

The teacher knelt down and told me: "No, James. God gives some people gifts to see things. Maybe one day you will use them to help people... Don't cry." That was the very first time my gift was acknowledged by another person.

Presumably, you told your family. What did they make of it when you said you could see spirit entities? Did they appear as real to you as those still living on earth?

The movie *Sixth Sense* was very much like my childhood. I saw dead people all the time, but unlike the movie, my visions were always very happy and joyful, never dark or scary.

“ I can clearly recall seeing my deceased grandfather in my room looking at me as I was in the crib when I was about eighteen months old.”



James Van Praagh and Jennifer Love Hewitt on the set of *Ghost Whisperer*

When I was around seven years of age, I remember my mother and I were kneeling at my bedside saying nighttime prayers and I asked her, "Who are all those people in lights at the end of the bed?" She told me they were God's angels and that I had nothing to fear, as they were here to help me. Funnily enough, she actually then said that she could see them when she was a little girl.

Were you raised in a particular religion?

Yes, I was raised Roman Catholic, my mom's religion, but my dad was Protestant. I went through eight years of Catholic school and would attend mass every Sunday. I was also an altar boy and used to love serving at funerals because I would always see the spirit of the person in the coffin walking around the church looking at all the participants! I also loved the hymns, the incense and just the ceremonial sense whenever I was attending a church function.

After grade school, I attended a preparatory seminary to become a priest. It was during this time that in contemplation over a Good Friday service a voice came into my head very clearly and said: "God is bigger than this. You must go outside these four walls and find Him."

I left and ended up going to a New York City public high school. I loved my experience with religion and feel it plays an important role in people's spiritual progress. I believe there are many roads to God (the light) and religion is just one of them. All religions have bits of the truth.

Would you call yourself a Spiritualist or do you dislike specific labels?

If you mean a person who is recognised by a specific religion for communicating with the "higher world," then in that definition perhaps the answer's "Yes." However, I do feel that religions tend to limit the minds of humans. No one can own God. Why do we need to have a religion to be a medium? I think it is just a cultural thing and comfortable for some people to feel they can belong to something. For many years I would say, "I would never belong to a religion which would have me as a member!"

How did you develop your natural psychic gifts?

For many years, I sat every Tuesday night in a development circle started by a British medium, Brian Hurst, who actually organised it. I would also do my own daily meditation ritual. After several years, I began clairvoyantly to see the auras of people, living flowers and trees, as I often did as a child.

When – and where – did you give your first public demonstration of mediumship?

This is over 35 years ago, but I believe it was in my very small flat in Hollywood. On the last Saturday of the month, I invited my development circle members and one guest of each to my living room. There were probably twelve people all told and I spent two hours delivering messages. Within a year, the flat was too small, so I rented a room in the local hotel. Within twelve months, over 500 people attended, all by word of mouth. I did this once a month for several years.

Have you always been a full-time medium? If not, what other occupations did you undertake?

In my early twenties, I moved to Los Angeles to pursue situation comedy writing because I thought I was very funny. I still do! Being naïve – and not realising how Hollywood worked – I had to do a multitude of jobs. I have been a paralegal, a copywriter, a hospital office worker and a secretary. At one point, I was even going to give my blood (which you get paid for in America), but was saved from this when I got an errand job. To this day, I love doing landscaping. If I was not working as a full-time medium that is what I would probably do. Plants and flowers don't talk back as humans do!

You have found much fame and acclaim with TV programmes like “Beyond with James Van Praagh”, “Living with the Dead”, “The Dead Will Tell” and “Ghost Whisperer.” How would you answer sceptics who say that such programmes are heavily edited and that rejected or incorrect spirit communications end up on the cutting room floor?

That is a very good question – and I have a very good answer! First, we must realise that every show you listed is a completely different type. My intention and goal (or should I say Spirit's?) is to educate, uplift and bring the truth about life after death and communication to the masses, so each entity brought something different.

Beyond was a programme to demonstrate healing aspects of spirit

communication. It showed how healing messages could indeed transmute feelings of grief and depression. In that show, the only editing that I am aware of is for time or retakes if someone made strange bodily sounds!

Truly, I did four shows a day, four days a week, so there was no time to edit. I barely had time to breathe! Within all of the episodes, you can see various spiritual lessons, the basic one being that there is no death and Spirit may manifest in different ways.

Out of the three programmes, the one I had the most problems with was *Ghost Whisperer*, which quickly became the number one show on Friday nights for two years consecutively. After I worked hard at educating the producers about the truth of mediumship and then went out and publicised the show to make it a success,

they told me they didn't need me any more and wrote shows they wanted to, paying no attention to truths, etc.

When I confronted them, they said, “Just tell your fans it is being written by TV producers”! I was appalled and asked Spirit why would they let this happen. The answer I got was: “James, you must remember that this is an ‘entertainment forum.’ You can put clothes on it and colour it any way, but at the end of the

programme it is where we intended it to be. Everyone who watches this show cannot help but question their own belief systems of life after death – and that was our intention for millions. We wanted them to begin to understand the bigger picture: that love – and only love – is truth.”

Do you plan any further radio and TV programmes?

Since *Ghost Whisperer*, I continue to teach and educate through more books, card decks, television and radio. I just finished a two-year commitment with Gaiam TV doing a show on the internet entitled *Spirit Talk*. I am also in between my second and third year of hosting my own international internet programme called *Talking to Spirit* on Hay House Radio. It has quickly risen to the top as one of the most successful

shows on the network.

Still with sceptics, how would you respond to those say, “Mediumship can all be explained away – when you're dead, you're dead”?

To take time to try and explain the mechanics and understanding of the process of mediumship takes me away from my real work. I think this world is made up of souls from different levels. There are those still in nursery school who think war, guns and violence is the way it should be and then you have others in graduate or post-graduate levels who know that love is the only answer. Additionally, there are many souls in between. I think it is up to each soul to understand, discover, question and work through their own belief system.

I often say that we all should approach things with a sceptical eye, but not with a cynical eye. If you are a cynic, your mind is already made up with no room to grow and understand. That being said, I recently did an event where there were sceptics outside picketing. I thought “Enough!” and went out of the building to talk to them. They were shocked... and I completely destroyed any preconceived notions about me they might have had in their heads.

I asked the sceptics why they make statements that mediums – and myself in particular – are not real. They told me there was no such thing and that I was giving false hope to the vulnerable. I then asked them if they had ever seen me work, to which they responded “No.” I said, “How can you make a judgement about me without being educated about me or the process?”

Anyway, I invited them to a demonstration I was doing the following week. Four of them showed up and stayed the whole time. Did I change their belief systems? Maybe not, maybe yes. I don't know, but at least I gave them the opportunity to begin to question as they witnessed evidential information coming through from the spirit side of life. As an ambassador of Spirit, to me this is also an important aspect of my work. You must educate all, not just those who already understand the work.

What do you see as your main role as a medium?

As a teacher to educate or remind other souls that first we are souls having a human experience and that there is no thing called “death.” The soul can never die. I also teach that we need to be responsible for our thoughts and words to each other because we are all connected as one entity.

“ Truly, I did four shows a day, four days a week, so there was no time to edit. I barely had time to breathe! ”



“ When I first worked with British audiences, I found that they were very reserved and polite. I had never been with that type of audience before because in my country, people get quite excited about talking to Spirit and will let you know it. They really appreciate it, and you couldn’t ask for a better audience to work with.”

The two greatest illusions we have in this three-dimensional world are death and separateness.

Like many celebrities, you probably want to keep your private life strictly private. However, are you willing to tell us a little about your home life?

Yes! I have no problem sharing this aspect of my life. I live in Laguna Beach, California, overlooking a beautiful green space and the Pacific Ocean. When I first moved to this space twenty-one years ago, I was drawn to the house and its surroundings right away. Within a few days, I realised why.

When I was a child, like many children I used to play with Matchbox cars pretending with my friends that we were driving to our houses. We sat for hours underneath the biggest elm tree on our block, imagining that each root was one of our houses and driveways. This memory did not come back to me until I visited the Laguna Beach property for the second time – and then it hit me: this house is the exact one I pretended to live in as a small child, complete with the ocean view and glass walls!

The other amazing part of this property is that the original owners, a husband and wife named the Joneses, built the house as their love nest. They had no contractors or construction team, but put in every nail and beam – everything – themselves. While building the main house, they also

built a small studio flat to the back part of the area.

After I moved in, I used to hold development circles in there. It was during one of these that a Native American came through to several participants in the group with a message for me. He said that I was sent here to protect the adjacent land, and to take down this current structure and build a healing temple to honour the native people.

Several years later, I was so inspired and hired an architect who just happened to specialise in designing and building monasteries. I told him that I wanted a simple, unobtrusive building which would house a bedroom and living area, with an upstairs office and spa retreat. I also wanted it to rise out of the ground to complement the surrounding area and support all four elements – water, air, earth and fire. Within two years, he did just that. A Chinese-looking lantern rose up complete with glass and rough travertine stone. It was perfect and completely complemented the surrounding green space.

It was also during this time that I was kept busy attending several town meetings and working with the parks department. During my build, a very wealthy dot-com company had taken over the other side of the hill and was looking to clear and develop it with condominiums and an entire community. After multitudes of city meetings, park meetings, etc, I assisted the

city in reversing the decision, keeping the entire land non-development proof. It was a victory!

Several months later, I had a massage in the new building. It was during this time that the spirit of an ancient medicine man came in and spoke to me. He said that now “they” wanted to return the favour and honour me. I have shared this space with my lovely husband Brian for the past ten years.

We have now been together for 21 years. Brian is the rock to my kite, as I feel every working relationship needs those two essentials to succeed. He honours the work, as do I. We know that together – me in front of the public and him behind – we must make an impression on our fellow travellers and make their journeys the most loving and insightful ones they can.

Our life together is enhanced by our two furry children, who are rescues – Boo Radley and Maisie Mae. We live a quiet life, working in the garden, cooking, rescuing dogs, working out and watching the latest trash reality show in America.

Your work has taken you to many countries. The British have a reputation for being somewhat reserved and conservative. Do you find that audiences differ around the world?

Yes. No matter what city I visit in the US or even throughout the world, each audience is different and unique, so all I can do is to be me.

When I first worked with British audiences, I found that they were very reserved and polite. I had never been with that type of audience before because in my country, people get quite excited about talking to Spirit and will let you know it. They really appreciate it, and you couldn't ask for a better audience to work with.

During my first time with a British audience, I wasn't sure if they were enjoying themselves or not. To make matters worse, when I came out on stage I thought I would break the ice and proceeded to produce a really bad Cockney accent, which completely flopped! Amongst the boos and gasps, I told them they were all too serious and to stand up and start dancing! I wanted them to have fun. Now, I knew that they had never met me before, so I had nothing to lose. Within five minutes, everyone was on their feet dancing and clapping, and it seemed they were really enjoying themselves. Now if I go to the UK and don't start the presentation with a dance step, I get lots of complaints!

Things have certainly changed over the years. This is also true of the students I have worked with in Britain. Years ago, they used to hold on to the emotion and not express it, but since I have been tutoring them and let them feel and express the emotions of the Spirit, their totality of the evidential messages has been truly remarkable. I often say that British students are some of the best in the world.

Can you tell us about your online School of Mystical Arts? What do you hope to achieve with it?

For years and years, every time I held a workshop or demonstration people would come up to me afterwards and say, "Please teach me to do what you do!" There are so many people who are strongly intuitive and feel connected to the spirit world in some special way. They are just looking for some help and guidance to strengthen those gifts.

I knew that I had to create a school and had a vision of how I wanted it to be. I'd always offered online courses and meditation downloads, and wanted to take the education process a step further. We started off with a free course entitled *Soul Discovery*. It was popular with fans of my spiritual philosophy... and they wanted more!

Creating a school where people could become certified as psychics and mediums seemed to be a natural progression. I decided to have an online school and

to monitor and interact with students through live calls, a student forum and various other interactive means. I believe that when people can stay at home and work at their own pace, it eliminates stress and they are able to allow themselves time to develop fully.

The James Van Praagh School of Mystical Arts is just what people have been asking for all these years. It's a place where they can hone their intuitive and mediumistic skills under my guidance and connect with other like-minded students.

I have just released the JVP Psychic and Intuitive Certification Course. This is the very first certification course I've ever offered. It's designed for students who want to become psychics either professionally or to enhance their personal life and relationships. It's an eight-week, on-demand course, which includes over 50 different videos, Google hangouts, assignments, exercises and even field trips.

My hope is that the JVP School of Mystical Arts will give every participant not only a place where they feel safe to open up their sensitive side, but also a spiritual community where they are able to grow and share insights, and develop together. I invite anyone who is interested to go to www.jvpschoolofmysticalarts.com to check out the courses and learn more about my certification programmes.

Being a full-time medium is very demanding. After all, you are dealing with two worlds – this one and the next. How do you rest, relax and re-charge?

I love to design gardens, read wonderful mysteries, go to dinners with friends, have a good glass of vino and to be at home filling up on the love from my family.

Lastly, based on your extensive experience, what advice would you give to fledgling mediums who are just starting out?

Great question! These days, at least in the US, everyone thinks they can be a medium and promote themselves as one without any development whatsoever! On TV, in our country they see the very popular Theresa Caputo giving messages to people and think they can take one intuitive class



James with Doreen Virtue

and be just like her.

Some people associate being on television with being rich, so they also think it is a quick road to getting wealthy without fully understanding the work and what it is about. They have little or no respect or reverence for the work. Years

before, it was treated as "special," which it is, and should always be respected that way.

Professional well-known mediums and those working in churches have to remember that they should always be bettering themselves and expanding their mediumship. I feel that every day I need to get better and better... and that's after 35 years. I owe it to the living people as well as the spirit world.

Unfortunately, today there are mediocre teachers demonstrating poor quality mediumship (if you can even call it that) going out and filling people's heads up with a lot of mumbo-jumbo and not understanding the craft whatsoever. What you end up with are half-baked somewhat psychic people giving poor evidence surrounded by psychic impressions. Not even a bit of mediumship is part of it. This is appalling.

Students need to understand that the work must be entered into only if they want to put in years of development. Their intention needs to be pure. They should enter into this work only for the upliftment of human consciousness.

Firstly, students need to understand themselves and how to correctly develop their power in order to establish a link and sustain it. They also have to fully understand that there are various degrees of abilities in mediumship and honestly access themselves. If they are not willing or unable to put in the time for development work, they might be better off being a social worker or reiki professional instead. ■

● **Find out more about James Van Praagh at his website: www.vanpraagh.com**

'Will & Grace' actor makes spirit return to husband

GIFTED character actor Shelley Morrison, who appeared in two top situation comedies, has returned to her husband Walter Dominguez within two weeks of passing on.

Shelley played Sister Sixto in *The Flying Nun*, which ran for 82 episodes from 1967 to 1970. In *Will & Grace*, she took the role of Salvadoran maid Rosario Salazar.

A theatre and television actor for around 60 years, Shelley passed from heart failure on December 1, 2019, aged 83 at the Cedars-Sinai Medical Center in Los Angeles following a short illness.

Born to Sephardic Jewish parents who emigrated to the US from Spain, between 1999 and 2006 Shelley appeared in 68 episodes of the pioneering LGBT comedy *Will & Grace*.

While she was reportedly only meant to be in the programme for a single episode, Rosario Salazar proved so popular that Shelley ended up appearing in eight seasons.

The actor's career included roles in the US soap *General Hospital* and long-running series including *Murder, She Wrote* and *LA Law*. She also appeared in films alongside Gregory Peck and Anthony Quinn.

Shortly after Shelley's passing, her husband posted on Facebook: "My wife Shelley Morrison passed in December. I want to share that she has returned in spirit to visit me and let me know she is always there.

"Yesterday she vividly appeared in my final dream of the night with her signature brilliant smile and gleaming eyes (but she wasn't in the nun habit!).

"I had no doubt she was there and as real as ever. Her joyfulness was energizing and uplifting and I awoke happy and ready to face my day. Thank you my dearest love!"

Former *Psychic News* editor Roy Stemman interviewed Shelley for our November 2017 issue in which she told of some of the survival evidence from her mother Hortense, who was known to everyone as Dena.

Shelley and Walter nursed Dena when



SHELLEY MORRISON: "The room had just filled up with family members from the Other Side." (Photo: Charles Bush)

Alzheimer's took over. Her passing in 1981 was a great loss, despite the fact that both accepted the continuity of life in the next world and knew that one day they would be reunited with her.

Of her mother's passing, Shelley said: "She died in our arms. It was incredible.

"My nephew Greg, Walter and I were holding her. She closed her eyes and we thought that was it. Then she opened her eyes and looked at Greg, looked at Walter and looked at me.

"She had this beautiful smile, and then she passed. She was 78. We could sense her spirit just shoot out of her body.

"Without any comment, the three of us just looked at each other because we felt that the room had just filled up with family members from the Other Side.

"It was a really beautiful passing with so many there to help her; so much light. It was amazing. I get a chill just thinking about how beautiful that moment was."

Two years later, a friend told Shelley, "You must have a session with Brian." This referred to English-born medium Brian Hurst, who had emigrated to the USA and was then living in Los Angeles, where they also resided. Shelley called him to arrange a sitting.

"Brian asked me to write a letter to my mother and to let her know we were going to be trying to reach her," said Shelley. "I wrote the letter and then Walter and I

went to meet him.

"It was one of the most extraordinary experiences we ever had. One of the very first things Brian kept saying, as my mother was coming in, was 'Hanna'... 'Hannum'... 'Hannim.'

"My father called my mother 'Hanım.' It's a Turkish word for wife or lady, which is used as a term of endearment, just as we call someone who is special 'Honey.'

"It was like announcing, 'Hey, momma's here' and the session that followed was remarkable.

"As we were wrapping up the session, Brian said, 'Mama wants to know how the little elephants are.'

"On my altar I have these little ivory elephant figurines which my mother had given me and which I touch for luck every morning.

"In Brian, we had met someone who really understood what we were going through at that moment and who could give us the information we needed.

"There are many psychics who will go off at a tangent, but Brian was able to filter through what was important for us to know. That's the sign of a truly gifted psychic."

Shelley added: "My grandmother, whom I didn't know, was psychic. My mother told me that. My mother was also psychic.

"They passed it on to me, so I know what the process is. It's a blessing and a curse."

Walter, an actor and director, frequently sought Shelley's intuitive guidance on projects or activities. Her insights often gave him confirmation to move forward or offered a different approach that he had not considered.

"We recently went to Santa Barbara for a day trip," Walter told *Psychic News*, "where they have a lot of antique stores, and I love things from the past. That's my obsession.

"Shelley came into some of these stores with me, but ran out of one saying, 'Not only can I hear their voices, but I can smell them!'" ■

• You can read Shelley's 2017 interview with *Psychic News* on page 78.

SPIRIT GUIDANCE

Imagine that!

Singer Gallagher claims John Lennon is his spirit guide

LIAM GALLAGHER, former lead singer of the award-winning Manchester rock band, Oasis, believes the spirit of Beatle John Lennon, who wrote the best-selling song, *Imagine*, guides him through life.

The former Oasis frontman, famous for his feuds with elder brother and fellow band member Noel, has even adopted Lennon's look, wearing round tinted sunglasses, sporting long sideburns and naming his son, now aged 18, after him.

In an expletive-ridden interview with *Rolling Stone* magazine, coinciding with the release of his first solo album, *As You Were*, he says the late Beatle makes sure he's okay in life.

We've removed the four-letter words from the following quotes as they occupy far too much space and add nothing to the content.

"He's my spiritual guide," he told journalist Brian Hiatt. "I do believe he's here. I do believe that he's looking out for me."

Referring to Lennon's murder in 1980 outside his Manhattan, New York,

apartment block in New York, Gallagher observed: "Life is like a plane, man. There will be turbulence on the way. You gotta truly believe that you'll reach your final destination, and all will be good." ■

“

I do believe that he's looking out for me

”



Liam Gallagher in 2017 (Photo: Stefan Brending)

John Lennon (Photo: File)

Members of football team walk over hot coals

IT has emerged that before Tottenham Hotspur football club played Liverpool, the club's manager Mauricio Pochettino attempted to get his team to connect with a "superior energy" in the hope of winning the Champions League.

"Much of Spurs' preparations over the last three weeks for the biggest game in their history against Liverpool in Madrid have centred around the mental side of the game," said one report.

"They had a team-bonding day where Pochettino had his players walking over hot coals, snapping an arrow that was up against their throat by walking into a wall and going through body language exercises."

The manager, who is from Argentina, also designated 45 minutes daily to mental preparation. A "self-confessed Spiritualist, he believes in fate, destiny, energies and auras."

Mr Pochettino said that by using the mind, "you can create. You can connect with this energy.

"It's a superior energy that you can connect with if you are open and have opened your mind.

"With some strategies, you can connect with this energy which is around us, that nearly touches you, but if you are not open to receive this energy, you cannot feel it.

"I think all these strategies were to try to help us - the team - connect with this



MAURICIO POCHETTINO: "Your mind is powerful and only you set your limits." (Photo: Facebook)

energy, which is so powerful and makes you feel invincible."

The manager added: "One thing which is important we were talking about the other day is that when the competition arrives we all have fears.

"It's not that you will fear nothing. You will still have fears, but you're going to be able to work through them."

Saying that he felt "very positive" in advance of the game, Mr Pochettino said this did not mean "we are going to win 3-0, 4-0 or 5-0. We need to go there and do our job.

"I think the preparation we are doing is an amazing thing and an amazing

experience."

Asked if he had walked over hot coals, Mr Pochettino replied: "Yes, I was the first. Actually, no, I was the second. The first was the coach from Barcelona and then me.

"It was nice to see the reaction of the players... Sometimes you see them on the pitch doing some things and then outside doing some activities; maybe they are more cautious or more brave.

"You say: 'Oh, this guy is brave. He's ready to work.' Maybe another, the one you believe is going to be the first, isn't.

"To be honest, all of them were unbelievably involved. They enjoyed it a lot and, of course, were all very brave."

Questioned about walking into arrows, Mr Pochettino said: "When you see the arrows, you think it's impossible. How are you going to break them?

"You put the sharp tip against your throat and then bang, you break the arrow. Breaking the arrow against my throat?

"You say, 'No, come on; I am going to kill myself,' but the most important thing is to learn how you can prepare your mind.

"To be focused and proactive: this is the key in football. Your mind is powerful and only you set your limits."

Despite the preparations, Liverpool beat Spurs by 2-0. Some touts were seeking up to £10,000 for a ticket. ■





OLIVIA NEWTON-JOHN (right) says she is guided by singers John Denver and Karen Carpenter. (Photo of Olivia Newton-John by Eva Rinaldi)



'Dead friends help me on stage' says singer

ACTRESS and singer Olivia Newton-John has revealed that two "dead" celebrities visit her whenever she is on stage.

In her new book *Don't Stop Believin'*, Olivia, who played Sandy in the hit 1970's musical *Grease*, says that the famous friends "hover" around her when she performs and give her guidance and support for each show.

She names them as Karen Carpenter, the Carpenters singer who passed on in 1983, and John Denver, who died in 1997.

Karen Carpenter died of heart failure related to her years-long struggle with anorexia.

A singer, songwriter and actor, John Denver was killed when his Rutan Long-EZ

aircraft crashed into Monterey Bay near Pacific Grove, California, while making a series of touch-and-go landings at the nearby Monterey Peninsula Airport.

After explaining that a friend's daughter who died as a child visits her, Olivia writes: "She has been with me ever since, along with my parents, my sister and other close friends who have passed away, like Karen Carpenter and John Denver.

"I often feel as if they hover around me when I perform. They are my spirit guides that I ask to support me before every show.

"They keep me strong. They're gone, but

their love never dies."

The musical star also writes about the difficult time she experienced after Karen Carpenter's passing.

Having learned of her friend's death while listening to the radio in the car, Olivia says it "was as if the sky fell to Earth. My stomach hit the ground."

The 71-year-old singer is fighting cancer for the third time in three decades, having announced that a smaller tumour was found in her lower back in 2018.

Olivia has decided to treat herself with medicinal marijuana and other natural remedies. She previously fought off breast cancer in 1992, but it returned in 2013. ■



SPIRITUALIST ASSOCIATION OF GREAT BRITAIN

341 Queenstown Road, Battersea, London SW8 4LH

Tel: 020 7931 6488

Website: www.sagb.org.uk

Private Sitzings: face to face, telephone or Skype

One-hour Daily Demonstrations at 3.30pm, apart from Sunday which is at 5pm

Evening Demonstration at 6.30pm on Wednesdays

Spiritual Healing daily ❖ Open Circles ❖ Open Platforms ❖ Beginners' Trance Circle
 Hypnotherapy ❖ 'Living with the Light' Circle ❖ Psychic Art Demonstrations
 Distant Healing Circle ❖ Bereavement Support Circle ❖ Connecting with Guides Circle
 Guided Meditation ❖ Sunday Service

Thursday Evening Teachings 6.30pm - 8pm:

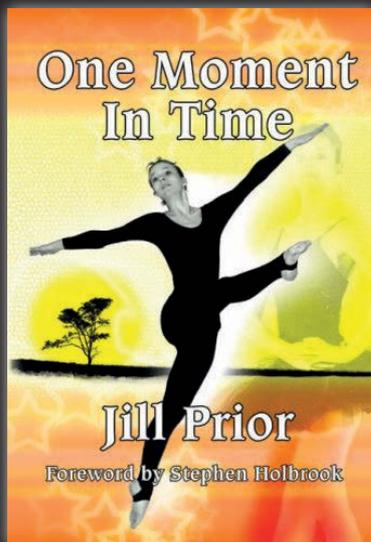
Lectures, Philosophy, Open Platforms, and Understanding Trance Circle for intermediate/advanced students

KEEP AN EYE ON OUR WEBSITE FOR DETAILS OF WHEN WE WILL BE RE-OPENING



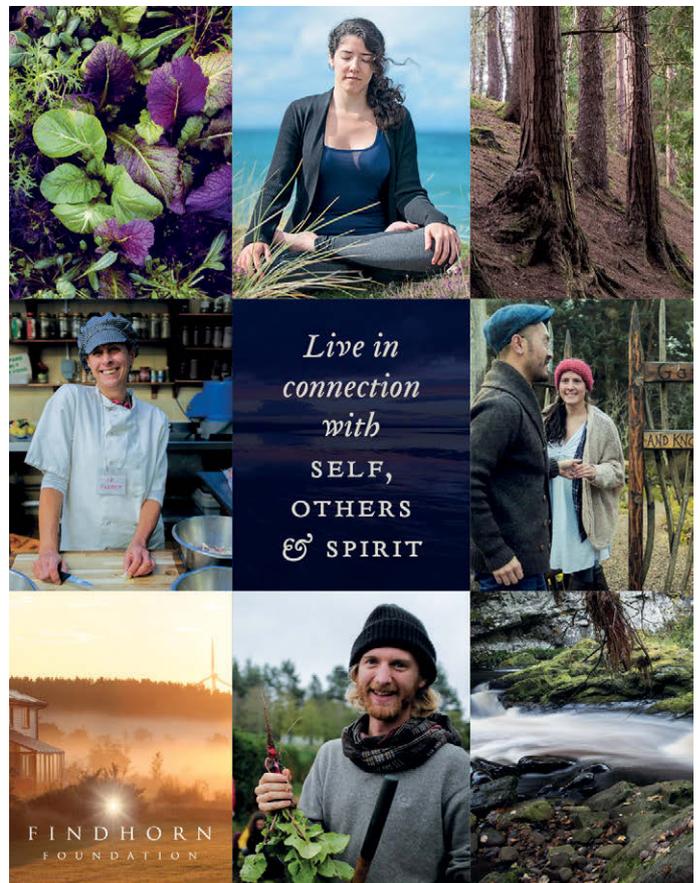
For anyone who has lost a loved one,
 this book has been described as
 "gritty and inspiring and full of hope."

With a Foreword by Stephen Holbrook –
 a gifted medium who changed the lives
 of the people in this book forever.



Just £6.00 including p&p

To order please phone: 01823 666292
 or email: rogerandjill@eclipse.co.uk



Live in
 connection
 with
 SELF,
 OTHERS
 & SPIRIT

FINDHORN
 FOUNDATION

For 50+ years, the Findhorn Foundation has been
 supporting people to transform themselves – and
 the world. Come visit to begin your journey.

findhorn.org

HOW TO COMMUNICATE WITH THE ANIMAL KINGDOM



“Has a worm got anything meaningful to tell us?” and “What can humans learn from bees and ants?” were just two of the questions Tony Ortzen put to animal communicator Pea Horsley following the publication of her latest book.

Teaching internationally since 2006 in over sixteen countries, Pea has guided thousands of people to develop skills in animal communication. Her new book, “Animal Communication Made Easy,” is published by Hay House UK at £10.99. Points put to Pea appear in italics.

When did you first discover you had the gift of communicating with animals?

I had no idea animal communication even existed. Back in 2004, I was working in theatre stage management in London’s West End and touring all over the UK and internationally. Then I adopted my first dog, Morgan, and with him, animal communication.

A year later, after many case studies, self-development and workshops, I made the leap from the theatre into my vocation as a professional animal communicator.

It’s been exciting, challenging and emotional. I’ve never regretted the move. I feel privileged to be in my position.

How can readers learn to communicate with, say, a much-loved dog or cat?

It’s going to take me more than a few

sentences to explain how to communicate with animals.

I’ve dedicated the past thirteen years to teaching people all over the world how to harness the techniques I teach and hone their innate ability to connect with non-human animals.

My new book is a condensed guidebook that takes readers through the what, why and how of animal communication, as well as giving them all the basic tools and techniques they need to communicate with their dog, cat or any other species of the animal kingdom.

The wonderful thing is that once you learn the technique and let go of self-doubt, communication becomes easier and you get excited about communicating with lots of different species who cross your path.



PEA HORSLEY & ANNIE: *“Non-human animals, like dogs, cats, horses, rabbits or dolphins, flies and snakes, are sentient beings, so they have the same spectrum of emotions as humans.”*



HONEYBEES “may advise us on how to work together on an important project.”

What is a pet most likely to tell them? Will its message just pop into one’s mind?

First things first: I don’t call animals “pets” because I feel it demeans their incredible contribution to our lives. I see all species as equal. This lie that’s been fed to society that humans are superior and at the top of a pyramid structure is just that – a lie.

The truth is that all animals – including the human animal – are equals and need each other in the ecosystem. The animals we’re honoured to share our lives with are so loving and healing.

They have such a positive influence on us and can help us through the toughest times, reminding us of the important things in life and bringing us so much joy.

What an animal communicates depends very much on what they’re asked by their human guardian. I prefer “guardian” because the term “owner” sees animals as a product that’s disposable rather than another sentient being.

When we receive information from animals, we are perceiving energy transmissions which are received by the senses as emotions, images, sensations, words, smells or tastes.

We can also receive a gut knowing, without even knowing why. We just know.

Humans have a wide range of emotions and moods. Do animals possess similar feelings to ours?

Non-human animals, like dogs, cats, horses, rabbits or dolphins, flies and snakes, are sentient beings, so they have the same spectrum of emotions as humans.

At the Francis Crick Memorial Conference on Consciousness in Human and Non-Human Animals in 2012, an international group of prominent cognitive neuroscientists, neuropharmacologists,

neurophysiologists, neuroanatomists and computational neuroscientists gathered to discuss whether animals were conscious.

They signed the Cambridge Declaration on Consciousness, which concluded: “The weight of evidence indicates that humans are not unique in possessing the neurological substrates that generate consciousness.

“Non-human animals, including all mammals and birds, and many other creatures, including octopuses, also possess these neurological substrates.”

What this means is that top scientists have proven and publicly declared what many of us animal lovers have always known – animals are conscious.

They are aware beings, with intelligence and the ability to recognise themselves, experience emotions and make decisions. Non-human animals can no longer be viewed as inanimate objects without feelings.

We are very aware of time. Does this also apply to animals?

I’m sure readers of PN are aware that their canine friends know full well when it’s dinner time and are already in the kitchen or sitting in front of them waiting for us to notice the time.

It’s another lie to believe that an animal has no idea if they are left at home for five minutes or five hours, and I think most animal guardians really get this.

I have been able to give my cat, Texas, a curfew which is when I expect him to be home or waiting just outside the house for me to invite him in for the night. He has been brilliant at honouring this and in return receives a lot of freedom to do whatever he wishes.

I know some of my students and clients have also been able to create a curfew that

their cat honours.

Do you have any idea how animals think? Is it in symbolic form?

Animals think just like we do; we’re all species of the animal kingdom. All species think in electromagnetic energy.

When we communicate, we transmit energy between us. As human beings, we receive transmissions from other species as something we can comprehend, be it words, physical sensations, emotions, images, smells or tastes.

Some species, such as bees and ants, live in large and incredibly organised communities with each insect knowing its exact role. What can humans learn from this?

Honeybees collect pollen and nectar as food for the entire colony and, in so doing, pollinate plants. They may advise us on how to work together on an important project.

It would be wonderful if we could learn about teamwork, supporting and empowering one another for the highest good of all rather than the gain of one.

Our society could be so much better if we learned to empower one another rather than put one another down through superiority/inferiority.

When we’re in a position to boost another person’s profile, it’s a wonderful gift to be able to offer that empowerment.

Further down the scale, could one communicate with other creatures such as a worm? Would it have anything meaningful to tell us?

Worms are an important part of the ecosystem. They help to increase the amount of air and water that gets into soil.

They also break down organic matter that plants use and leave behind castings, which are a useful type of fertiliser. I feel they would have things to express if a human ever took the time to listen. Worms might advise us how best to tend the soil.

When communicating with any species, we have to get out of our own way, step aside from our ego, and come from a place of neutrality and, in a way, awe.

Rather than presuming they are stupid or unable to communicate anything of meaning, let’s be open that they may understand a lot more than we do and we might have a lot to learn from them.

The back of your book says it’s your “great privilege to facilitate wild animal communication retreats for participants to experience face-to-face communication with wild animals in their natural habitat and learn from resident expert biologists.

“These retreats have included

communicating with humpback whales, spinner dolphins, sea turtles, manta rays and pilot whales, to name just a few.” What, for instance, can a turtle or whale tell us?

My students and I communicated with turtles on one of my retreats in Hawaii. They can communicate practical, helpful things like when a turtle advised me to go on that day’s manta ray night snorkel rather than waiting for the next day when I’d planned to go.

I took the advice and was glad I did because the trip the next night was cancelled due to bad weather conditions.

Turtles teach us to walk our path and to stick to it with determination. I have a turtle as a power animal on my website at animalthoughts.com Turtles can offer ancient wisdom and are wonderful to communicate with.

I had a great communication with a whale recently. I asked him where the dolphin pods were and he showed me that they were in the opposite direction of where our captain was heading the boat.

After a vote, all 34 participants on board decided we’d head that way based on my communication with the whale. It was a long way and would take nearly an hour.

About half way there, a humpback whale did a huge breach beside our boat. I felt he was encouraging us to keep going

and showing us visually that we were heading the right way.

Another 30 minutes later, we arrived at the far north point, as far as our captain had ever travelled. There were no signs of dolphins, but I put out my own “sonar” to pick up on their energy and could feel they were deep down in water.

We waited for what felt like aeons, but was probably only a minute or two, and then they started to surface to take another breath. This turned out to be the best in-water experience we’d had with dolphins all week. The dolphins were so excited and interactive.

Whales are the wisdom keepers of the planet and encourage us to honour our inner truth and embody our voice. They also teach us abundance and show this by being the largest creatures on the planet who survive on the smallest creatures – plankton. They let us know there is abundance all around us.

Whales also have an abundance of love, which is like nothing you will ever have felt before; it’s so huge and powerful.

Their love regularly reduces people to tears and also empowers them to be their true selves and the best version of who they are.

Whales are very powerful beings. I encourage everyone to have a respectful

and spiritual connection with them as number one on their bucket list.

Do you accept that animals survive physical death and we are reunited with them after we pass on?

It is my experience that animals, human and non-human, do survive physical death and we all go to the same place when we pass over.

I continue to communicate with my dogs who have transitioned and now exist as spirit. It’s a great comfort to my clients and students when they are able to reconnect with their animals who have passed and exchange messages with them.

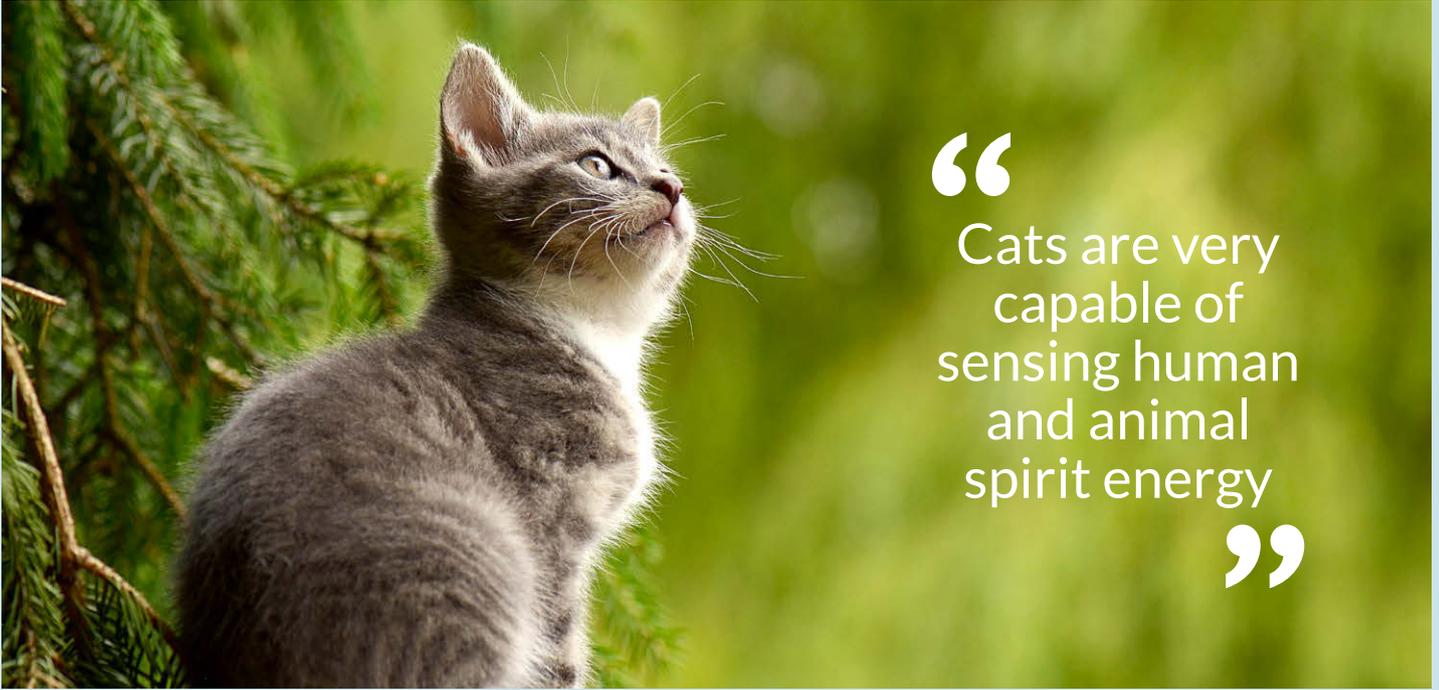
Fairly frequently, we hear of a dog in a room barking at something we cannot see. Likewise, cats sometimes apparently view something beyond our immediate vision. Could it be that they are aware of a spirit presence?

If the dog is barking at a specific point in the room where nothing is visible to human perception, it could be an energy they perceive.

My previous dog, Bodhi, was very aware when two cats in Spirit were hanging out in the hallway. He would hug the opposite wall, trying to be as far from them as possible, and walk very, very slowly as if



“
The dolphins
were so
excited and
interactive
”



“
Cats are very
capable of
sensing human
and animal
spirit energy
”

not to startle them into a reaction.

Once he had shown me with his physicality, I would then open up and also see the cats by the radiator, curled up and peaceful together.

Cats are also very capable of sensing human and animal spirit energy. We can do so, but need to open up to the possibility of heightening our senses and tune in.

What advice would you give to someone who has had a pet put down?

Being someone who has said goodbye to a beloved animal by euthanasia, I understand how hard this experience is for guardians.

I think when we're in deep grief we need to be as gentle with ourselves as possible, to allow our friends who understand the true depth of our relationship to support us, and to honour our animal and our relationship, however long or short.

Queen Victoria famously declared vivisection to be “a disgrace to Christianity.” Karl Jung, the founder of analytical psychology, said that during his medical education he “found vivisection horrible, barbarous and above all unnecessary.” Do you agree with them?

Having followed a vegetarian/vegan lifestyle since I was aged fifteen, the thought of any animal suffering is abhorrent to me.

An animal test is any scientific experiment or test in which a live animal is forced to undergo something that is likely to cause them pain, suffering, distress or lasting harm.

The world's most forward-thinking scientists have moved on to develop and use methods for studying diseases and

testing products that replace animals and are actually relevant to human health.

I do not understand any forms of animal cruelty because I love and respect other animals. Why choose animal-tested products when there are cruelty-free alternatives?

Many people may not be aware that palm oil is killing the natural habitat of orangutans. It's in bread, crisps, margarine, ice cream, pizza bases, chocolate and even some vegan cheese.

As a starting point, invite anyone who's not already doing so to use their consumer power to purchase products labelled “Palm-oil free” and products with the jumping bunny cruelty-free logo.

We can also choose fruit and vegetables without plastic packaging. Once we change our buying habits, manufacturers will be forced to alter what they put in products because ultimately they are driven by profit and will meet consumer demands.

Animals have many noble qualities. What are the main attributes we can learn from them?

There are so many, aren't there? Here are fifteen that are high on the list.

1. Live in the moment
2. Patience
3. Be brave
4. Follow your own path in life
5. Believe in yourself
6. Unconditional love
7. Forgive quickly
8. Listen more, talk less
9. Play
10. Live life lightly
11. Seek connection rather than differences
12. Be open
13. Make time for rest

14. Value teamwork

15. Kindness is free

On behalf of the animal kingdom, would you like to leave our readers with a message?

The future is the compassionate heart. All of life is interconnected. Animals don't only communicate about what they want to eat and how they feel about a new dog walker, but also care about the planet.

Domestic animals, garden wildlife, zoo animals and wild animals living in their natural habitat all have an awareness of the damage being done to the natural world. They care about their own and other species, and would like us to care too.

When I asked animals what they wanted to communicate to readers, the answer is they want us to put love into action.

Animals can help us re-establish our connection with the natural world and the spiritual power that exists in and all around us.

I believe animals are the gateway to a higher awareness of spirituality. Humans have created a mess of things; animals have the answer.

By learning how to communicate with them, we can learn to become a more compassionate species, a caring species, with a role as the custodians and preservers of all life.

I invite you to be an ambassador for animals, to help raise awareness, to listen to animals' wise guidance and to be a part of the positive ripple effect of sharing the truth of animal sentience from the core of your compassionate heart. ■

HOW TO GET SOME STARRY-EYED SLEEP

BY BARBARA WHITE



(Photo: Trinley Paris Photo)

HERE are some headlines I came across which gave me the idea of featuring how much sleep we require based upon our astrological signs: “The amount of sleep you need each night could be affected by your star sign.”

“High energy Aries, Gemini and Sagittarius can get by on just six hours.”

“Zodiac signs needing at least eight hours include Cancer, Taurus and Pisces.”

The headlines appeared above an article by Emilia Mazza for *Daily Mail Australia*, who wrote that as a lifestyle journalist, she is “always on the lookout for new trends or interesting ideas about health, fitness, fashion, beauty and relationships.”

“The exact amount of sleep you need based on your star sign has been revealed. While wisdom holds people need between seven and nine hours a night of shut-eye, this can vary depending on which planetary house you were born under, according to Australian company Bed Threads.”

Bed Threads is a recently-formed luxury bed company founded by Genevieve Rosen-Biller. What started out for her as simply a hobby is already a huge success and provides prospective buyers with information on how much sleep they need according to their star sign.

A quick note about terminology before those all-important details. A “birth sign” is

also called a “star sign” or a “zodiac sign or constellation.”

Because of the near proximity of the moon to the Earth, its strong tidal gravitational force makes it second in influence after the sun.

The lunar zodiac position in the sky, moving from one zodiac sign to another, helps astrologers explore the nature of human personality and daily activity. Now to the details for each star sign.

Aries (March 21-April 20)

Aries is known as a passionate sign with a lot of drive, so it is not surprising that Arians can function well on very little sleep. They see sleep as a waste of time and can manage on only six hours to be refreshed and ready for another day.

Taurus (April 21-May 21)

Taureans are well-known for their patient, responsible and stable natures. Although sometimes viewed as less than dynamic, it's

more that they are uncompromising and will take their time to attend carefully to the various areas of life, including sleep.

Taureans can be heavy sleepers and love a lie-in. The optimal amount of sleep for this sign is nine hours.

Gemini (May 22-June 21)

Represented by the twins, those born under this sign have a hard time achieving balance. This is especially true where sleep is concerned. Geminians are brimming with enthusiasm for plans and projects, so will make do on six hours a night. To compensate, they'll often try to sleep more when they can to catch up.

Geminians love naps, but if they aimed for eight hours a night on a regular basis would function better in their day-to-day lives.

Cancer (June 22-July 22)

Cancer is one of the more emotional signs in the zodiac, so those born under this sign can be affected by moodiness.

Cancerians need a lot of sleep order to maintain their balance and equilibrium. A minimum recommendation would be at least eight hours a night with the occasional nap as well for good measure.



Leo (July 23-Aug 22)

Pleasure-loving Leos are one of the most sociable signs and as such tend to have a profound need to be around other people.

Leos crave friendship and company. If this need is satisfied, they can sleep deeply for the seven to eight hours which they need.

If they find themselves on their own, they can use this opportunity to tune into any tiredness by indulging in naps whenever possible.

Virgo (Aug 23-Sep 23)

Virgo is among one of the most determined star signs. Those born at this time are known for being driven, fastidious and completely committed to achieving the highest standards.

Because they are a high-energy sign and prone to worry, Virgoans function perfectly well on just six hours a night. However, if they allowed themselves a little more when possible, they would feel the benefit of this.

Libra (Sep 24-Oct 23)

Kind-hearted Libra, a sign which also has qualities linked to the emotions, is diplomatic, reliable and a peacemaker.

While these are the qualities defining Librans, the ability to display them adequately relies on them being well rested. In order to remain level-headed, Librans should aim for at least eight hours of sleep.

Scorpio (Oct 24-Nov 22)

Those born under Scorpio are passionate, jealous, opinionated and courageous, all of which can make them seem quite intense.

While sleep is vital for their wellbeing, they can find it hard to drift off. When falling into a deep sleep immediately, their dream cycles may also be equally intense. A recommendation for Scorpio is for at least eight hours where possible.

Sagittarius (Nov 23-Dec 21)

Free-spirited Sagittarians are known for their love of adventure, whether undertaking a new project, building a business or going on an action-packed overseas holiday.

While in the midst of such activities, sleep often falls to the bottom of the priority list with six hours a night being the total amount they will allocate to rest.

However, once a period of activity has slowed down or stopped completely, it is advised that Sagittarians aim for eight hours to function at their best.

Capricorn (Dec 22-Jan 20)

Responsibility and predictability are two of Capricorn's defining traits, which means that for them sleep tends to be a regimented affair.

As a result, Capricorns always aim for eight hours a night and probably have a nightly sleep routine that they work

through before nodding off.

As well as indulging in a solid nightly slumber, the predictable Capricorn is likely to have a set bedtime and waking routine they stick to without fail.

Aquarius (Jan 21-Feb 18)

Aquarians are naturally inquisitive and their intelligent natures can mean their minds are constantly whirring.

Because their minds are always active, switching off can be hard. As such, sleep could be difficult to come by.

They can function on only six hours a night, but it would be better for their overall wellbeing if they could squeeze in seven or eight hours where possible.

Pisces (Feb 19-March 20)

Pisces are the dreamers of the zodiac, a quality that is tied to their ability to be creative, emphatic and intuitive.

Their keen imagination and escapist streak means that this sign doesn't just need sleep, but they look forward to it.

For those born under this sign, sleep is a must. Pisceans require at least eight hours to feel fully recharged.

In 2018, I wrote a feature about lunar gardening, which denotes gardening according to the moon, so it seemed appropriate timing for another aspect of the moon's influence on our lives.

Because the moon is near to Earth



from an astronomical perspective, it has a greater influence on our world than any planet.

The reason is its strong tidal gravitational force. It pulls seedlings and plants out of the ground in the same way as it forces the tides to ebb and flow.

This force creates ideal gardening conditions as it moves from one zodiac sign to another, but also helps astrologers to explore the nature of human personality.

From Earth, we are able to see the path of the moon in the sky as it moves from one zodiac position to another.

Now let's put some "short sleepers" under the microscope. This is the name for those who have a pattern of little sleep.

Many famous people have claimed that their ability to manage with little sleep is down to an attitude that "Sleep is for wimps."

Napoleon was one of these. His Leo birth sign (Aug 15, 1769) meant that he needed people around him he could impress. He would imply that people who want to sleep would never conquer the world.

When Bonaparte was asked how many hours of sleep people need, he is said to have replied, "Six for a man, seven for a woman, eight for a fool!"

A short sleeper of the current generation is Donald Trump (born June 14, 1946). That makes him a Gemini who, according to the chart, need only six hours' sleep to perform adequately.

At four to five hours daily, he is having

barely enough, but the President boasts of never taking a nap, saying, "No naps for Trump – we don't have time."

There is also a group of well-known people who have managed to be short sleepers only because they have used the system of power napping to their advantage.

Power napping does not damage health in the same way as short sleeps without any naps. Here are some nappers:

Winston Churchill (born Nov 30, 1874) was a Sagittarian. While many thought of him simply as a short sleeper, this was not the case.

Every day of the year, Churchill would stop work at 5.00 pm, have a two-hour sleep, a bath at 7.00 pm and be ready to start work again.

It is said that during the Second World War, Churchill survived on just four hours' sleep a night. He once commented:

"Good night, then – sleep to gather strength for the morning. For the morning will come.

"Brightly will it shine on the brave and true, kindly on all who suffer for the cause, glorious upon the tombs of heroes. Thus will shine the dawn."

Another time, the wartime Premier stated: "You must sleep some time between lunch and dinner, and no halfway measures. Take off your clothes and get into bed. That's what I always do."

Thomas Edison (born February 11, 1847), who invented the light bulb, considered sleep to be a waste of time. In order to "free up time," he was nap-orientated with a system similar to Leonardo da Vinci.

Born on April 15, 1452, Leonardo was a typical Aries, one of the three birth signs that need only six hours' sleep. He had no sleep as such, but a series of power naps during a 24-hour cycle.

Now to two former American Presidents. Ronald Reagan (born February 6, 1911), and therefore an Aquarian, was also one of the three signs able to manage on just six hours' sleep.

Born on August 4, 1961, although a Leo, Barack Obama is also said to have survived on a six-hour sleep.

Let's take a look at Margaret Thatcher, who famously got by on four hours a night, although she was a Libran, who generally need double that amount.

On the particular day of Lady Thatcher's birth (October 13, 1925) not just Libra – her star sign – was on duty.

It seems that the sun was equally influential; it was in a position known by astrologers as the sun in Libra. This means that the sun is in a special ascendant position.

The actual wording used astrologically

is: "When the sun is in Libra, they shine down upon everyone they meet. Their charisma is magnetic, and they thrive in a group."

Several years ago, scientists discovered a "Thatcher gene," which allows people to survive on far less sleep than is recommended.

Charles Moore, Lady Thatcher's official biographer, said it was impossible to know if the former Prime Minister had a special gene, which made her less susceptible to tiredness, but believed that much of her ability stemmed from a drive to prove herself.

"I do not know whether or not she had a gene of this sort," he added. "I suppose one would know that only by conducting a genetic test.

"I think she found it hard: she wanted to show she didn't need much sleep. In fact, she needed more than she said. It was part of her desire to beat the men.

"It is true that she could work very long hours and did need less sleep than most of us."

To more recent times, and apparently Theresa May (born October 1, 1956) survives on relatively little sleep.

Even as Home Secretary, Mrs May stated: "Fortunately I'm someone who does sleep pretty well, although I don't get as many hours as I might like. You're probably talking about five or six hours. There's a lot of work to do."

Exactly in the same way as we found much truth in the facts about gardening by the moon, we are obliged to acknowledge the role of the moon in our personal star signs.

We are entitled to wonder whether aspects of a person's character are actually changed by being subject to their star sign.

Surely the answer is that we arrive for our earthly journey with the blueprint for our individual character. However, this can be reinforced and emphasised or even altered to a degree in accordance with our birth star sign. ■



PRESIDENT DONALD TRUMP: "No naps for Trump – we don't have time." (Photo: Gage Skidmore)



Conjuring up movie terror – and safety issues

Actress Madison Wolfe as Enfield Poltergeist victim Janet Hodgson in a scene from *The Conjuring 2* (Photo: Warner Bros)

AUDIENCE disorder during screenings of *The Conjuring 2 – the Enfield Poltergeist* in 2016 caused many French cinemas to cancel performances.

Disruptive loud laughter, hysterical yelling and violent altercations were reported. The French newspaper *Le Parisien* announced that most of the 262 French cinemas planning to show the film removed it from their schedules.

Some Paris movie theatres, including the Cyrano de Versailles cinema, axed the James Wan film on release “to ensure the safety of staff and customers.”

An altercation at the MK Bastille cinema is said to have escalated into a large-scale brawl, started by one group annoying another by “screaming at the slightest movement” on screen.

Staff were unwilling to intervene, which prompted audience members to take action.

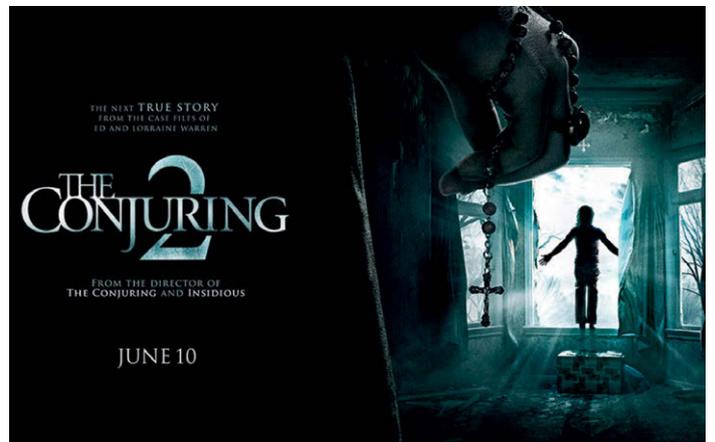
UGC, a major French cinema chain, said they would not show the film at all, but that was said to be a decision based on “editorial choice” to cut down on its genre content.

The Conjuring 2 exceeded expectations by making over £258 million (\$320m) worldwide, and beat the £246m takings of the original movie.

More serious – or horrific – repercussions are said to have followed a screening of the film in Tiruvannamalai, in the southern Indian state of Tamil Nadu. According to the *Times of India*, a 65-year-old man suffered a heart attack during one of the film’s scariest moments.

He was rushed to hospital but was proclaimed dead on arrival. A friend was then asked to transport his body to the Tiruvannamalai Government Medical College Hospital for a post-mortem examination.

The man and the corpse were last seen on an auto rickshaw but they never reached their destination. Both are now reported as officially missing. ■



The real-life Janet Hodgson pictured in 1977 during the Enfield Poltergeist investigation

HAUNTED ROYAL HOMES

JOHN WEST celebrates the life of Britain's longest reigning monarch, Elizabeth II, with a reminder of ghosts that are said to haunt her homes

Sandringham

The Queen and the Duke of Edinburgh's country estate in Norfolk was purchased by Queen Victoria in 1862 at the request of the Prince of Wales – later Edward VII – as a home for himself and his bride, Princess Alexandra.

Sandringham House, the focal point of a 20,000-acre estate, is haunted. Poltergeist activity is said to start every Christmas Eve and continue for several weeks. Footsteps have been heard in the deserted corridors of the servants' quarters. Doors are known to open by themselves and lights often switch themselves on and off.

Christmas cards have also moved from one wall to another and bedclothes have been found pulled off the beds.

Heavy breathing noises have also been heard in one room on the second floor and housemaids working in the house

even started to refuse to enter it unless accompanied by another servant.

The present Queen once ordered alterations to the old kitchens and it appears that this increased certain activity within the building.

An unnamed member of the royal family revealed to the author Joan Forman that a female guest was given a bedroom where she witnessed an apparition. The woman had slept badly and awoke at 2 am to find the room brightly lit. The door of the bedroom suddenly opened and in came a young boy carrying a long pole.

The boy then proceeded to walk around the room, pausing every few seconds to reach up the wall with the pole to apparently light or extinguish long-vanished candles. The female witness was surprisingly unworried by this and watched fascinated till the boy suddenly vanished.

I have often found that alterations to a

building can either increase or decrease paranormal activity and this particular sighting sounds very much like a recording that had somehow been activated by the building work.

Sandringham's library is also the scene of ghostly activity where books have been seen to fly off the shelves.

Prince Charles and an aide are said to have had an unpleasant experience when looking for some old prints in this room. They suddenly became extremely cold and felt that someone was standing behind them. They turned round to find no one there. They both left the room in a hurry!

The Queen is apparently fascinated by the ghost stories and is said to be quite open to the possibility of Sandringham being haunted. In 1996, a footman fled the cellars after claiming to have seen the ghost of another servant who had died the previous year. She interviewed him about



his experience and was apparently quite impressed by his conviction that he had seen a ghost.

The strangest sighting at Sandringham was made by a footman in his bedroom. He claimed to have seen something like “a large paper sack breathing in and out like a grotesque lung”. Not surprisingly he refused to sleep there after that!

It is not known who or what haunts Sandringham House. Queen Alexandra and her two sons, Prince Albert Victor, Duke of Clarence and Avondale, and King George V, died there, as did King George VI. They have all been suggested as being responsible for the ghostly activity.

Or could it be someone else?

Prince Christopher of Greece once claimed to have seen a reflection of a young lady in a black mask in his bedroom mirror. He is said to have described her expression as sad and pleading. This occurred in a room near the clock tower.

He later visited Houghton Hall – also in Norfolk – and recognised the lady in a portrait hanging on the wall. The dress and mask matched exactly those worn by the woman in the mirror. It turned out she was a member of the Cholmondeley family who had owned Houghton Hall since the 18th century.

Buckingham Palace

You would expect Buckingham Palace to be teeming with ghosts but any would-be ghost hunter expecting to run into the spectre of Queen Victoria or any of the other monarchs who have lived and worked there since the 18th century would be sadly disappointed. Only two ghosts have been recorded on the estate and one of these pre-dates the palace by several centuries.

The first of our apparitions is a monk who has been seen walking along the grand

terrace overlooking the palace gardens. He always appears on Christmas Day and is a decidedly unhappy shade having been seen bound in chains which clank as he moves. A legend claims that he was held in a punishment cell for breaking the rules of a medieval priory which once stood on the site.

Buckingham Palace’s other ghost dates from the 20th century. A certain Major John Gwynne, who was private secretary to Edward VII, became involved in a rather nasty divorce case and decided to take his own life rather than face a scandal in the courts. He shot himself in his first-floor office and since then the sound of a single shot has been occasionally heard in the area where he committed suicide.

Windsor Castle

The world’s oldest and largest occupied castle and its grounds are said to be teeming with ghosts.

Windsor’s most famous phantom is undoubtedly Queen Elizabeth I. An account from February 1897 concerns her appearance to an officer of the guard whose name was Carr Glynn. He was in the royal library when he heard the sound of heels clicking across wooden boards.

Suddenly from the other side of the room he spotted the figure of a woman. She was dressed in black and had black lace covering her hair. He was very much struck by the figure’s resemblance to portraits of Elizabeth I but reasoned that she must be a figure of flesh and blood.

She didn’t appear to notice the guard and walked towards a corner of the room before turning right and appearing to pass into another room. He quickly questioned a library attendant about her but was told that there was no room at the spot where the figure vanished. He also confirmed that

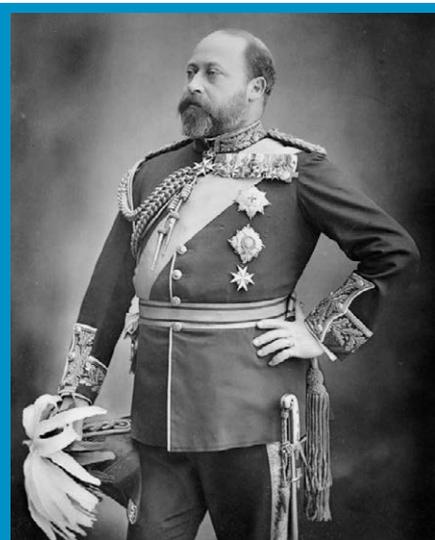
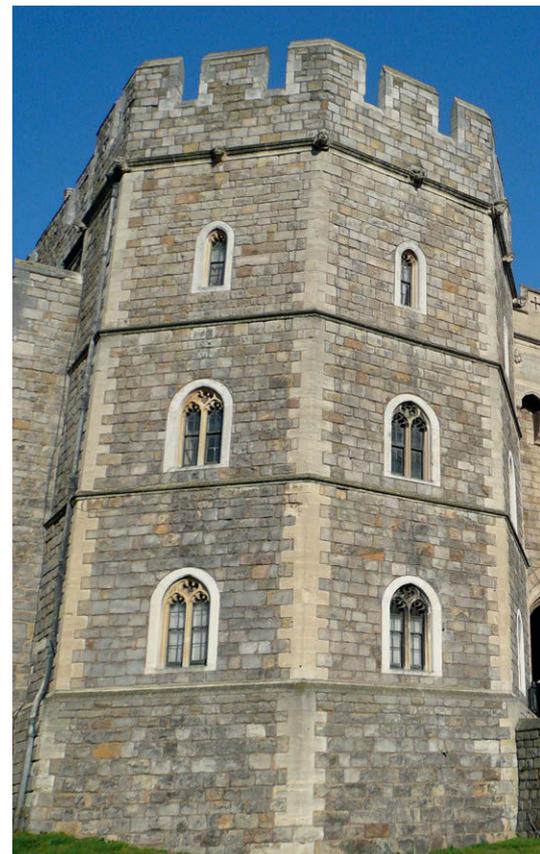
he had seen no one enter the room and admitted that others had seen a similar figure in the same area.

It later emerged that in Elizabethan times a flight of stairs did exist which led from that corner of the library to a terrace. Queen Victoria’s daughter, Victoria, the Empress of Prussia, and Edward VII are also said to have seen the figure in the library. A tradition states that the Tudor queen also appears during times of war. There are unsubstantiated reports that George VI saw her several times in September 1939. Rumours persist that a female member of the current royal family has also witnessed her.

It appears that the shade of Elizabeth once shared the library with another royal ghost. George III often stayed at Windsor and his ghost is said to have been seen by members of his old guard shortly after his death.

The guards were passing the window where their former commander-in-chief used to stand in order to watch his troops below. They were somewhat surprised to see the unmistakable figure of George III standing there and seemingly very much alive. The commander without thinking automatically called out “Eyes Right”. The figure of the king returned the salute. This appears to have been a one-off haunting as no one has since reported his presence in the library or appearance at the window in question.

Charles I is reputed to haunt the area



Edward VII

“

Edward VII is said to have seen the ghost of Queen Elizabeth I in the library dressed in black

”

of the Canon's House while Henry VIII is said to walk parts of the castle. Dragging footsteps and groans are said to mark the Tudor monarch's laboured passage through the castle rooms and corridors. Henry's unlucky second wife, Anne Boleyn, also haunts Windsor but apparently steers clear of her former love. She confines herself to the Dean's Cloister. Her tearful face has been seen peering from a window.

In 1936 several spruce trees were removed from the castle grounds at the request of Edward VIII. Queen Victoria and her beloved Prince Albert had originally planted these. Workmen at the time claimed to have seen a figure resembling Victoria striding towards them waving her arms and moaning. She was obviously not amused!

One of the most interesting ghost stories connected with Windsor concerns the return of a father to warn his son of impending doom. The story was first reported by Edward Hyde, the first Earl of Clarendon in his *History of the Rebellion in England* which he compiled after he fell from Charles II's favour.

The Duke of Buckingham was a favourite of Charles I but was deeply unpopular in the country as he was thought by many to have too much influence over the king and affairs of state.

In February 1628 an officer of the King's Wardrobe had retired to his bed in the castle only to be confronted by a

ghost! The spirit of Buckingham's father, Sir George Villiers, appeared and drew aside the bed curtains. He then instructed the astonished man to warn his son that he was in terrible danger unless he "did not somewhat to ingratiate himself to the people, or at least to abate the extreme malice they had against him".

The officer was obviously unimpressed as he ignored the warning, assuming it was just a bad dream. The ghost appeared the following night with the same appeal but was again ignored. On the third night the phantom appeared yet again and the officer finally agreed to pass on the warning after reluctantly conceding that this was no dream.

He expressed concern to Sir George that he wouldn't be believed and so the ghost gave him "two or three particulars" that were only to be mentioned to the duke. The officer travelled to London and managed to gain an audience with Buckingham. History records that the duke, although troubled by the message, failed to heed his father's warning. A disgruntled subaltern named John Felton assassinated him in August 1628.

Other ghosts include a number of men seen in the early hours of a certain day in April 1906. A Coldstream Guardsman saw several men descending the steps of the East Terrace. Assuming they were intruders, he shouted a warning which went unheeded by the men who continued to walk towards him. He challenged them a further two times before firing his rifle at the first figure. The figures suddenly vanished and the hapless soldier was confined to barracks by his disbelieving superiors.

In 1927 an 18-year-old sentry in the Grenadier Guards shot himself while on duty in the Long Walk after becoming depressed by life in the Army. A few weeks later, one of his former colleagues, a Sergeant Leake, reported that he recognised the ghost of the young man coming towards him one moonlit night. It emerged that another soldier had also encountered the ghost of the suicide during his patrol of the Long Walk.

The ghost of a policeman, who died in the 1940s of a heart attack, haunts part of the castle grounds. The Deanery is haunted by a young boy who shouts, "I don't want to go riding today". His footsteps can also be heard crossing the building.

In the Curfew Tower, yet more ghostly footsteps are heard on the staircase and the tower bells once swung on their own, which coincided with the temperature in the area suddenly becoming cold.

A kitchen in the Horseshoe Cloisters is home to the ghostly figure of a man and horse that walk through a wall. The records



Victoria, Empress of Prussia

for Windsor Castle reveal that the cloisters were once used as stables.

Finally, a possible time slip occurred in 1873. A night-time visitor to the castle noticed that a group of statues had been erected near St George's Chapel. They consisted of three standing figures, all in black with a fourth crouching down. The central standing figure was holding a large sword.

When the visitor later returned to re-examine the group, they had vanished! ■



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

King Henry VIII Gate at Windsor Castle
(Photo: Thomas Duesing)



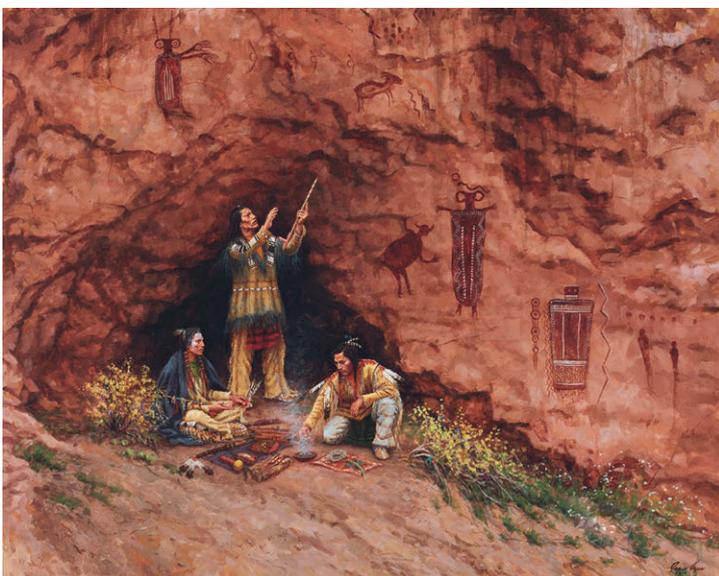
Your Spiritual Art

Here we take a look at the stunning paintings by American artist James Ayers (pictured right). His work is the result of years of research combined with personal exploration and observation. James studies historic artifacts, researches customs and rituals, and marries these with an understanding of the struggles of modern Native American cultures.



Two Souls, One Spirit (above)

Two Lakota lovers take a private moment for themselves in *Two Souls, One Spirit*. As the warrior wraps his beloved in a warm buffalo robe, he reveals his deep devotion and unending fidelity with this seemingly small gesture. I chose to depict their affection to one another with the robe because such garments represented warmth, security and comfort to the Lakota people (who relied heavily on the buffalo for sustenance). This gentle act adds another layer of meaning to the intimate exchange.



Whispers of the Anasazi (left)

The Ute men in *Whispers of the Anasazi* have brought items of religious significance with them to the cave. While one points his pipe into the sky towards the Great Spirit, the other two prepare their sacred medicine bundles. Medicine bundles were packages of spiritual items only to be opened during special occasions, such as during a ceremony such as this one. Many items could be found in these bundles, such as rattles, whole birds, feathers, animal skins, sweetgrass, sage, stones and other important objects. They wear a variety of traditional garments, including buckskin shirts and leggings. The man on the left has a blue blanket over his shoulders and holds a ceremonial pipe in his hand. The standing man conducts the ceremony, pointing his pipe towards the sky. The man on the right prepares sage for burning to purify the air and carry prayers to the Great Spirit.



Mahpiya Lutu - Red Cloud - Lakota (above)

Mahpiya Lutu, Red Cloud (1819-1909), was one of the seminal figures in the final, tragic battles between the Lakota people and the encroaching United States. He fearlessly waged war on behalf of his people until he was finally forced to relocate to the Pine Ridge reservation. Mahpiya Lutu, Red Cloud, was featured in my 2010 one-man show, *Portraits of Honor*. You may read more about my original research on this noble historic figure on my website.

Please do keep your artwork coming so we can display it in the magazine and with our followers on Facebook and Twitter. If we print your work in the magazine you will receive a surprise spiritual book or gift.

Send your art to: **Psychic News, Unit 2, Griggs Business Centre, West Street, Coggeshall, Essex CO6 1NT, United Kingdom** or email to: **pnadverts@gmail.com**

FREE spiritual book or gift for every artist we show



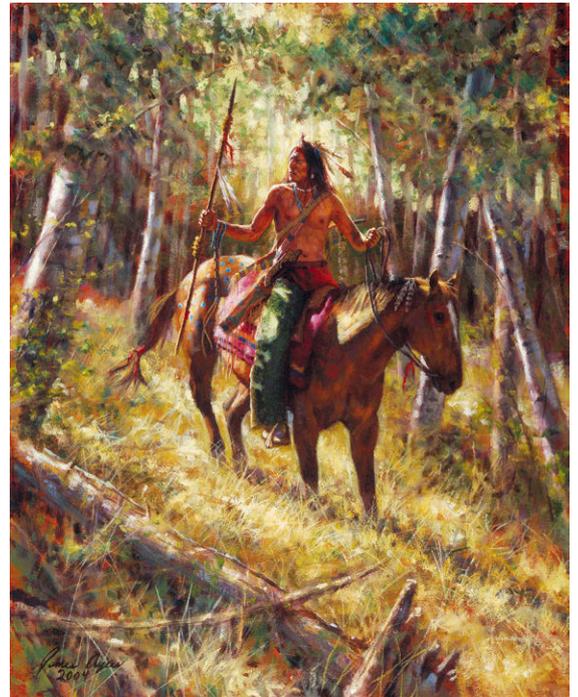
Oglala Offerings (above)

Deep in the Black Hills of South Dakota – known as Paha Sapa in Lakota – three holy men prepare offerings for the Great Spirit (Wakhan Thanka). They have come to this hallowed ground specifically for its powerful and holy qualities. They bring important messages with them along with the offerings. Each man is adorned differently and performs a different task as they pray.

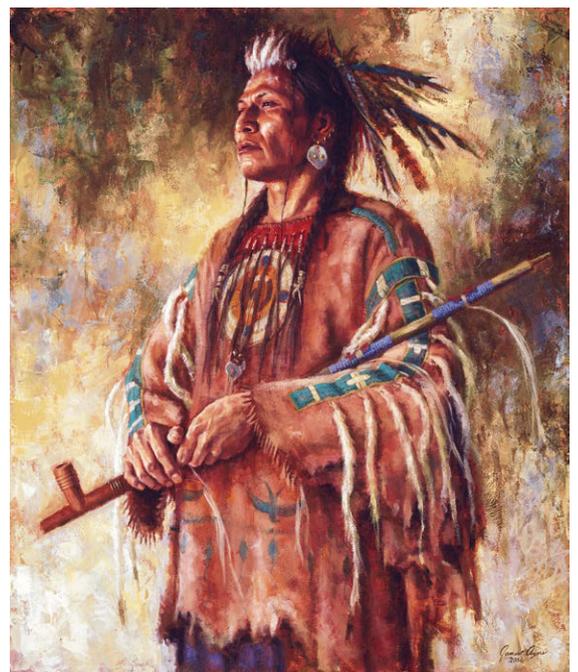
The man in the lower right places dried sage and pine in a bowl to burn as incense. He is a “shirt wearer”, meaning he holds a special place of honour in his tribe as a protector. Next to him lies a medicine bundle, which contains many sacred objects: hawk feathers with locks of hair and red catlinite stones.

The man in the upper right raises an eagle-wing fan to the Great Spirit. Holding an eagle wing fan during prayer was typically reserved for a select few who had high status and had earned this privilege. Additionally, it served to fan the incense smoke towards the sky and the user.

The man on the left holds a Chanunpa or ceremonial pipe. His pipe features a red catlinite pipestone bowl, traditional for pipes of this area and vintage. They would smoke a locally grown tobacco, the smoke of which would carry their prayers to the Great Spirit.



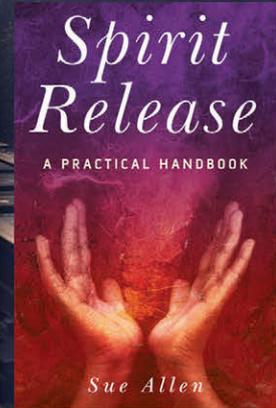
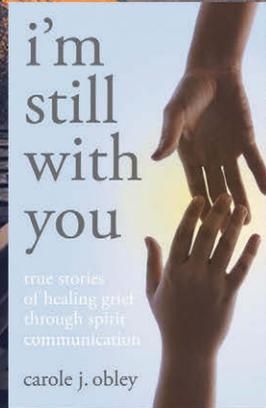
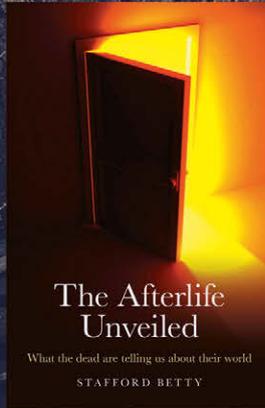
Among The Forest Spirits (above)
Nobility Of Mind (below)



• To see more of James Ayers' work, visit his website at: www.jamesayers.com or find him on Facebook at: [facebook.com/JamesAyersStudios](https://www.facebook.com/JamesAyersStudios)

6th BOOKS

Publishing Books on Parapsychology



www.6th-books.com



@obooks



THE ASTROLOGY SHOP

78 Neal Street, Covent Garden, London WC2H 9PA

Tel: 020 7813 3051

www.londonastrology.com

We stock a huge selection of Crystals and Gemstones, and dozens of different Tarot packs, as well as Feng-Shui accessories, incense, loads of astrological books and bits and bobs, Buddha figures, candles, dreamcatchers, and pretty things!

Our knowledgeable staff can help you find the items you need, and our in-store computer-assisted systems can calculate and print personalised astrological birth-charts and interpretations while-you-wait.



MAGICAL BOOKSHOP

An old-fashioned pagan store with tomes old and new, and friendly, knowledgeable staff.

- ✦ **Books and Supplies**
Paganism, Wicca, Northern Tradition, Solitary Witchcraft, Voudon, Thelema, Folklore, Divination, Rare Books, New & Second-hand, Candles, Oils, Incense, Altarware, Wands and other Magical Tools.
- ✦ **Lectures and Courses**
World-renowned lecture programme. Courses on tarot, candle-making, ritual magic, the wheel of the year, traditional herbalism.
- ✦ **Room Hire**
Our workshop room is available for hire by the day or evening.
- ✦ **Tarot Reading and Decks**
Appointments available daily with our experienced readers. New, second hand and rare Tarot decks.
- ✦ **Treadwell's excellence and experience delivered to your doorstep**
- ✦ **The magic of Treadwell's for those who are far away**
- ✦ **Secure Paypal payment**
- ✦ **3-5 days for delivery**



Treadwell's

www.treadwells-london.com

020 7419 8507

Open weekdays 11am - 7pm
and weekends Noon - 7pm.

33 Store Street, Bloomsbury,
London, WC1E 7BS

PSYCHIC NEWS
NEVER MISS A COPY,
SUBSCRIBE TODAY AT
psychicnews.org.uk



THE AKASHIC TAROT

Find the answers you seek ~ Uncover mystical histories and unknown futures

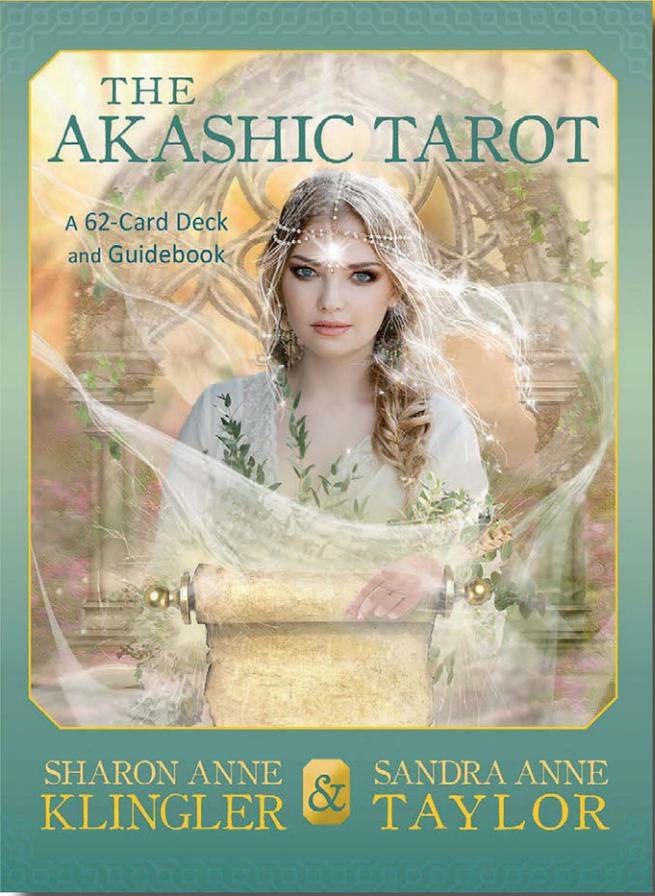
We have ten copies of Hay House's *The Akashic Tarot* 62-card deck by Sharon Anne Klingler and Sandra Anne Taylor as prizes.

The publisher writes: "*The Akashic Tarot* is an astoundingly accurate tool for predicting the future, unveiling hidden insights and unleashing new powers. "This unique 62-card deck can transport you to the Great Hall of Records to help you discover the unknown. It can also reveal ancient and new talents, unexpected victories, imminent rendezvous, unmet allies and the steps to untold prosperity. "*The Akashic Tarot* is designed to access the profound energy and unlimited information that make up the Akashic Records, which are great fields of wisdom and power that transcend time and space and are immediately available to all. With each card, you can connect with a powerful Akashic Force and open to the psychic currents that are always flowing between you and the Akashic Realm."

For your chance to win one of the decks, complete the sudoku puzzle and send the numbers which appear in the shaded centre row, from left to right, along with your name and address to:

The Akashic Tarot, Psychic Press Ltd,
Unit 2, Griggs Business Centre, West Street,
Coggeshall, Essex CO6 1NT, UK.

You can also enter by email: pneditorials@gmail.com
The closing date for entries is extended to 8th June, 2020



	8				1		9	2
				8	6	1		5
	3	5			9			
	4				5		2	6
		3				5		
5	6		3				8	
			8			2	4	
2		8	4	1				
3	1		6				5	

FREE ADVERTISING

Does your local centre, church or spiritual shop stock *Psychic News*?
If not, please let them know the benefits of becoming a *Psychic News* stockist.

They will receive a **FREE ADVERT** on our website and three months' **FREE ADVERTISING** in the magazine when they start. We'll also post their special events on our **Facebook** and **Twitter** pages for **free!**

Plus they only pay for the copies they sell - so will only ever make a profit.

It's win, win all the way!

For details please Email: pnadverts@gmail.com

Please note: Sorry, this offer is only currently valid in the UK. We would be happy to discuss a firm sale offer to Churches and Centres outside the UK

How to solve sudoku: Place a number from 1-9 in each empty cell so that each row, each column and each 3x3 block contains all the numbers from 1-9 ~ Good luck



THE AKASHIC RECORDS A WALK THROUGH TIME

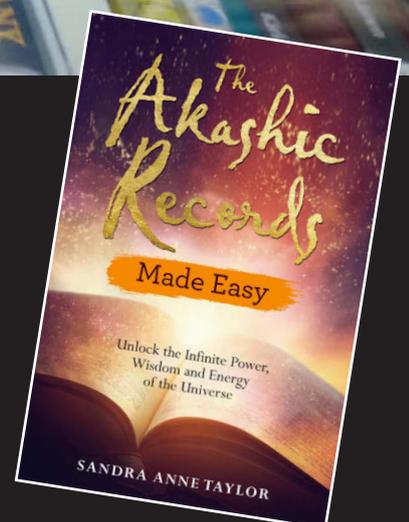
By Sandra Anne Taylor



Based in Ohio in the USA, Sandra Anne Taylor is an international speaker lecturing throughout the world on healing, quantum psychology and mind-body-spirit topics.

The author of several books and a pack of oracle cards, for over 25 years Sandra has been a counsellor in a private psychology practice, working with individuals and couples in the treatment of anxiety, depression, addiction and relationship issues.

Sandra's books are available in 24 languages and dozens of countries around the globe. In this intriguing article written especially for "PN," Sandra explores and explains the Akashic Records. Her book, "The Akashic Records Made Easy," is published by Hay House at £9.99.



WHAT do quantum physics, inspiration and discovery, your present circumstances and your future destiny all have in common?

All this – and so much more – can be found in the Akashic Records, the compendium of knowledge that spans from the infinite past into the unending future.

The term “Akashic Records” comes from the Sanskrit word *Akasha* meaning sky or ether. This aptly represents the vast expanse of vibrating consciousness that fills the records with limitless information and opportunity.

Scientists define consciousness as a vibrating field of information and the Akashic Records are an unlimited field of information about the energetic and natural worlds. They hold every bit of universal knowledge from the wisdom of ancient societies to the undiscovered truths of the quantum physical world.

They also hold all the facts, energy and experiences from each soul’s eternal existence, past, present and potential future.

Since the records hold unlimited information about literally everything and everyone in the universe, most people use them as a way to investigate how their past-life records could be influencing their present patterns.

The truth is that your personal records hold every bit of information relating to how such issues as love, finances and health have played out throughout your eternal life.

These – and all the experiences and emotions of past lives – are written in the records you have brought into this life. Those records are influencing you even now.

You can tap this incredible resource to heal stuck patterns, receive inspiration and manifest the very solutions you long for in your life.

By investigating past records, you can gain clarity about any unhealthy or dishonouring habits that may be sabotaging both your present experiences and future goals.

While it can be very helpful to use the Akashic Records to investigate your past lives, it can be equally revealing to view the records of the past in this life as well.

When one of my clients looked into her past records, she saw that she had spent her childhood and several past lives trying to live up to her father’s harsh expectations, always desperate to get the love he seemed to be withholding. She realised she had brought that pattern forward into her behaviour in adult life.

My client would constantly strive to please men she dated by being willing to completely follow their agenda without any regard for herself. She had



SANDRA ANNE TAYLOR: “Your personal records hold every bit of information relating to how such issues as love, finances and health have played out throughout your eternal life.”

unknowingly written strong records of self-dismissal, then wondered why she was always unhappy.

But it wasn’t too late. She determined to speak her truth and write new records where she accepted and prioritised herself.

Because she no longer lived in self-dismissal, she did not attract men who were willing to use and dismiss her. In fact, she used the process of future record writing described later on to find the tender-hearted husband she had always truly deserved.

In this and in so many ways, the Akashic Records are an amazingly powerful tool for change and success. They reveal past influences and future potentials.

The records can bring helpful guidance in every area of life whether creative, financial or personal. They can also connect you with the spirit realms and the loving guides that are always available to you.

Akashic messages from Spirit

The spirit world offers a very important connection to the Akashic Records. From your own spirit, your higher self, to the guides, masters, family and friends who have passed, the higher vibration of this spiritual energy resonates more easily with the frequency of the records.

You have special guides who carry life-changing inspiration from the Akashic Records if you just open up to their presence. They have a personal interest in you, so you can forge close connections with them and other spirit guides.

Whenever you meditate, you can ask the record angels and guides specific questions or request their assistance in

any endeavour. They are always available, loving and interested, and constantly willing to help often in unexpected ways.

You may be surprised to know that the Akashic Records hold real energy as well as information. Just as angels can bring very helpful inspiration to you, they can also bring any specific type of energy you desire.

The records hold the vibrations of courage, strength, love, peace and power. The angels can bring these wonderful vibrations to you whenever you may need them.

Because the Eternal Records are filled with the consciousness of Spirit and mankind, they are also filled with every act of courage and devotion that has graced the human experience.

The history of love in all its forms is available to you and can open your heart to the experience of loving yourself and others. Indeed, this is a part of the record’s purpose: to hold the energies of all truth and power.

So let yourself relax and ask for what you need. Open up to the strength and peace that the Akashic angels can bring.

The record spirits are very real entities, whispering guidance and infusing you with a power you may not realise you have. They can be the source of eternal inspiration and also bring revelations of the past, present and the potential yet to come.

“A Christmas Carol” – Visiting the Akashic realm

A Christmas Carol by Charles Dickens hasn’t been out of print since its first publication in 1843. It has been translated into dozens of languages and converted into countless plays, TV shows and theatrical productions.

This is the story of Scrooge, a miserly old man who changes his life – and the lives of many others – through a personal epiphany. But did you know that this tender-hearted and moving story actually reveals some important truths about the Akashic Records?

Through the help of Spirit, who often delivers Akashic messages, Scrooge is able to go back and witness his choices and circumstances of the past. He is also able to investigate present records and witness the options that they hold.

Finally, Scrooge is taken into the records of his potential future – a future that seems inevitable based on his present behaviour, attitude and choices, and a future where both he and the sweet child Tiny Tim pass away by Christmas of the following year.

Via these various travels through time

and experiences in the records, Scrooge realises that he no longer wants to pursue the wretched path he is on. When looking upon his own headstone, Scrooge is driven to pleading with the ghost of Christmas yet to come and says:

“Men’s courses will foreshadow certain ends, to which, if persevered in, they must lead... But if the courses be departed from, the ends will change.

“Good Spirit... Assure me that I yet may change these shadows you have shown me by an altered life.”

This is precisely what the records are all about – helping us change our energetic shadows and alter our lives. Scrooge realises this opportunity and wakes up on Christmas morning with a deep appreciation and renewed excitement for life.

He then goes on to write wonderful new present records, filled with compassion, generosity and the heartfelt purpose of connecting with and helping his fellow man.

Clearly Scrooge viewed the past, changed the present and forged wonderful new Future Records. Scrooge lived on and became known for his exuberance.

It was said of him that he knew how to keep Christmas well and kept it in his heart throughout the year, a function of being conscious of one’s options and writing joyous Present Records.

Though Dickens never identified it, Scrooge used the incredible power of the Akashic Records, the information brought by Spirit and held in the ether to his benefit and to the benefit of many others.

With the Akashic Records we, too, have the ability to look through time and make the changes that empower us.

Although on the surface, *A Christmas Carol* is just a sweet, cautionary tale reminding us not to live in misery and constant striving, it is really much more than that. It’s also a moral reminder that we should prioritise our social responsibility and our understanding that we are all indeed connected.

On an even higher level, it tells us that we are capable of looking into the past and the future. If we are open to the information there – in the Akashic Records – we can shift the quality of our life at its very core.

Inspiration from the Akashic Records

A Christmas Carol is not only a story about the Akashic Records, but also an example of how they can reach into the hearts of men and inspire greatly. It is my belief that this story – so beautifully penned – was actually inspired and given to Dickens by

the records themselves.

In a letter to a friend, Dickens described how he received the opening scene of the book in a dream, which is a very common way to receive Akashic Record information.

Dickens was also in the habit of walking through the streets of London late at night, thinking about the work he was currently writing.

These were walking meditations of sorts, where his mind would wander and be filled with ideas of where to take his story next.

He told one friend that his walks during the writing of *A Christmas Carol*, which were sometimes more than ten miles a night, were filled with images and ideas.

After some sleep, Dickens would write those ideas down, and then later that evening go out and receive more inspiration to be woven into the plot, characters and dialogue.

Dickens didn’t realise it, of course, but he was connecting with the inspiration of the Akashic Records, giving to the world a truly enduring and important piece of work, entertaining, compelling and inspiring people for over 170 years.

You, too, have the ability to be inspired by the records. When your energy and intention resonate with the Akashic realm, they create an open, flowing pipeline to the universe and you can be blessed by the results.

Whatever you would like to be inspired about, the Akashic field is always open to you. All you have to do is to create a focused intention or even just be willing to receive inspiration and discovery of any kind. Weave that intention into your daily life, then relax and let go.

You can also ask for assistance from the spirit beings and guides who are always willing to bring record inspiration. The universe wants to promote expression, creativity, evolution and enlightenment.

Your determination to grow and bring some sort of betterment to the world aligns with universal intention and will touch your heart and mind, forging a dynamic destiny and inspiring you in ways you may have never dreamed of.

Recording successful futures now

In addition to receiving inspiration and viewing the past, you can also resolve your present issues or problems by planting a visualisation of success in your records of the future.

You can enlist the assistance of the record angels or guides to carry your intention into the Universal Records to be fulfilled.

This reveals how truly remarkable the Akashic Records are in their power and

scope. The past and the future converge in this present moment, and you can use this time to create new records for the immediate and long-range future.

In order to establish successful events in your Future Records, try the following meditation. This process combines the power of visualisation with the strength of Akashic Record creation.

It also brings in the incredible energy of the Record spirits, which accelerates your intention far beyond mere visualisation.

Steps for Future Record writing

1. Have the details, images and emotions of your joyous outcome already planned out in your mind. Use only one goal per programming session.
2. Breathe deeply and let yourself relax. As you do, imagine your consciousness gently floating to your Record Library, where you can meet your guide or record angel.
3. Continue to relax and see your Record Movie Screen come to life. Let yourself happily view wonderful images of your successful outcome playing out on this future record screen.
See or sense them unfolding just as you desire. Let yourself feel the joy that these lovely images bring.
4. As the scene starts to wrap up, affirm that you are placing this successful experience into the records of your future reality, then visualise your guide or angels lifting the successful outcome into the energetic realm, the realm of all possibilities.
As they do, thank them and know that they will be working on your goal as well, planting the seeds of success in your Future Records.

You can apply this process to any endeavour you desire, including physical healing, career success, romance and increasing prosperity.

Whatever stuck pattern you may be facing, you can change it by placing new images and energies into your Future Records, and by supporting them with present records of healthy, self-honouring choices.

The Akashic Records can help you change your life. The amount of information, inspiration and energy they bring will enrich your life in ways you can’t even imagine.

In fact, once you begin to open the record doors and tap the discovery, power and spirit there, your life will never be the same! ■

'I BELIEVE IN LIFE AFTER DEATH' SAYS TV'S FERN BRITTON

One of Britain's best-known TV presenters, Fern Britton has appeared on or compered countless programmes such as "Ready Steady Cook," "This Morning," "The Big Allotment Challenge" and "Fern Britton Meets..." during which she interviewed former Prime Minister Tony Blair.

Fern, who lives in Buckinghamshire, has worked for various channels, including BBC1, BBC2, ITV and Channel Four. On BBC1's "Breakfast Time" she became the corporation's youngest-ever national news presenter.

Eight years ago, Fern participated in the tenth series of "Strictly Come Dancing," where she was paired with Russian-American professional dancer Artem Chigvintsev.

The author of eight novels, four short stories and four non-fiction books, "Fern, My Story" went straight into "The Sunday Times" top ten bestseller list, where it remained for twelve weeks.

Fern's father was actor Tony Britton, who featured in numerous British films from the 1950s onwards, including "Sunday Bloody Sunday" and "The Day of the Jackal," and sitcoms such as "Robin's Nest."

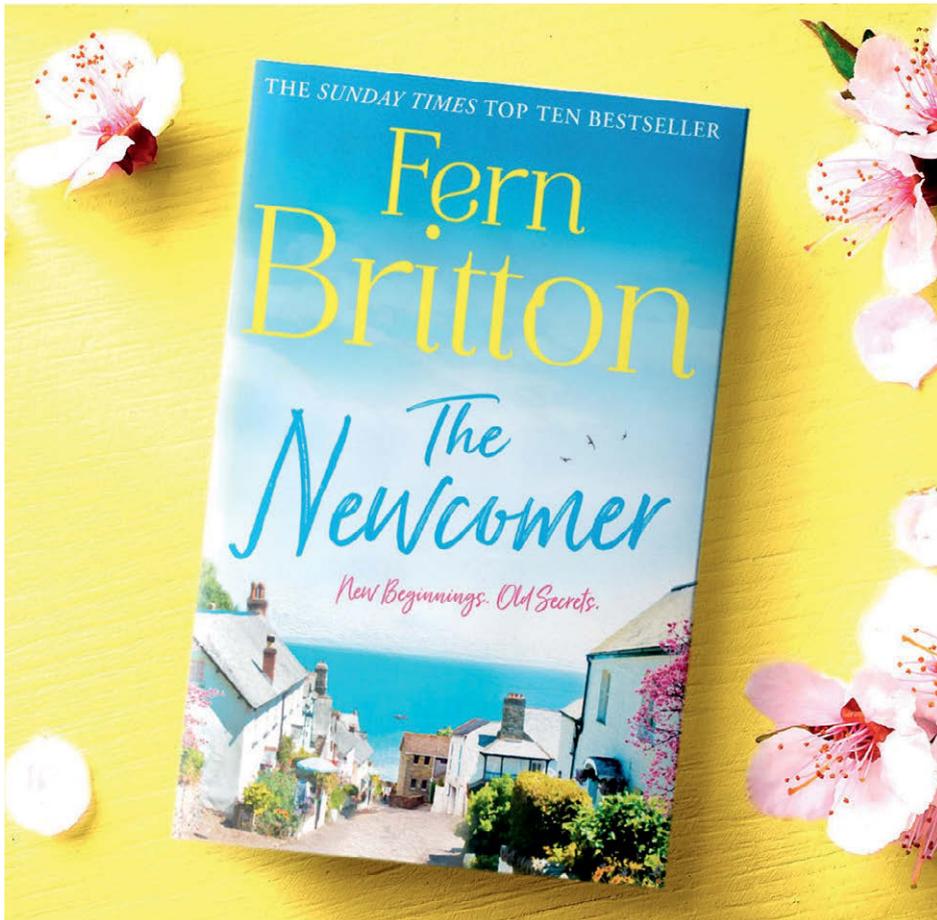
In this exclusive interview for "Psychic News," Fern, who is married to celebrity chef Phil Vickery, tells medium Billy Roberts that she believes in life after death, guidance from an outside source and intuition.

The first questions Billy put to Fern were: "Can you tell us a little bit about your background, beginning with your childhood? Would you describe yourself as a particularly sensitive child?"

I GREW up with my mother and older sister, as my parents had divorced and I saw little of my father until I was about seventeen.

As a child, I was a bit of a loner. I enjoyed my own company and loved to read or ride my bike around the garden. I had good friends, a wonderful aunt and uncle, and cousins.





OVER the years, Fern Britton has written eight novels, four short stories and four non-fiction books.

My mother was very glamorous and had lots of fun parties with neighbours and friends.

My first school was quite posh and private. I was there from around five to seven years old. A lot of the pupils were directors' or film stars' children. I remember it being great fun and not having too much discipline.

Later, we three moved to a smaller house and I went to the village primary school. The children there didn't understand the way I spoke, but I am a good imitator and soon fitted in, though I think I was a bit sensitive.

There was a painting of the Duchess of Milan at home, which terrified me. I later discovered that we had it because she was my grandmother's spirit guide.

Would you say that creative tendencies are inherited? If so, can you explain why?

Creative personalities seem to run in our family. We have vicars, soldiers, artists, teachers, actors and musicians.

Being creative is vital for us all. The moment we allow our brains to stop being imaginative or inquisitive is the time to turn our toes up.

Oscar Wilde once said, "You cannot call

inspiration, you might as well whistle for the wind." Would you agree with this?

Do you ever experience writer's block? What do you do to overcome this when you are working to a deadline?

Writing is very hard mentally and it isn't always easy to find the motivation to sit down and write.

However, I do often feel that someone else or something else is on my shoulder typing through me. Many writers say the same. The uncanny truth is that as soon as a deadline looms, writing speeds up.

Do you have any particular thoughts about life after death? What do you think happens after death?

I do believe in life after death, but have no idea what form it takes. If there is nothing, we will know nothing about it, but I feel there is more to discover about others and ourselves when we are on the Other Side.

Do you ever get the feeling that you are being guided with your work, perhaps by some sort of guardian angel supervising your life, or would you say that success, for example, is all down to luck or some huge coincidence?

I do believe in guidance, and have always been guided to the houses I've

bought. I've never spent months looking around different properties. One just comes to me, even before I knew I wanted to move.

I believe in the power of prayer. At very low ebbs in my life, something always comes to the rescue, even though I may not realise it at the time.

I see that you were born under the astrological sign of Cancer, which is one of the most sensitive signs, if not the most sensitive one.

Would you say that you are a typical Cancerian? Do you wear your heart on your sleeve? Are you extremely sensitive?

When I was younger, I was very moody at times and didn't – or couldn't – explain it.

Age brings great tolerance. I have a strong shell around me. I am strong and have fortitude, but am also mushy crabmeat underneath.

It's said that hindsight is a wonderful thing. If you could turn time back and know then what you know now, would you change anything?

I wouldn't change anything. I have had many challenges in life which have taken my life down different roads altogether.

I have gained a lot of wonderful things and lost many too, but I see it all as a bigger picture and remember that we have to learn from these challenges.

You strike me as someone who is extremely intuitive, but would you say that you are a good judge of character?

I am intuitive. I can put my mind to a problem and let the feeling of what to do come into focus. I can do this for others, but not so well for myself.

A good judge of character? I don't know, but generally the first impression is the right one.

Have you achieved all that you set out to? If not, what is your dream?

I didn't set out to achieve much. Nothing was expected of me. All that happens to me is a bonus.

I would love to interview the Queen, but that will remain a dream! I do hope that someone has been given permission to talk to her and to record the Queen's thoughts and memories as long as they are not broadcast for 50 years. As we get older, we have a lot to get off our chests.

Have you ever had an experience that you could not explain – perhaps an unusual occurrence?

In my twenties, I was in a big dilemma. I was skint, had a bad job and was lonely.

One night, I saw a white apparition by

my bed. He put his hand on my forehead and I was filled with bliss and peace. The next morning I resigned and life got better.

Today, there seems to be a lot of interest in angels. Do you believe that such celestial beings really do exist? If so, can you elaborate?

My sister loves her angels, but I have never been too sure because I don't feel worthy of angels' attention and think they have much more important jobs to do than listen to me!

However, I have been thinking and asking for angelic help, and do seem to get tingles when I ask.

If you could spend time with a deceased historical figure, who would it be and why?

Fred Astaire, as I would love to dance with him!

When you are writing a novel, is the storyline based on a personal experience or just something your imagination creates?

It is always imagination, but that imagination is created by something that has happened.

Do you ever use your writing as a form of escapism and a release from the stresses and strains of everyday life? Could you describe how creating a storyline affects you psychologically?

It is different every day. Some days it's a chore, but on others the words fly out.

As an author, do you think that you will ever retire and put your pen away for good?

I will put my pen away when no one wants to buy a book or I run out of stories to tell.



FERN BRITTON: "I saw a white apparition by my bed."



HERE Fern Britton is seen with her husband, celebrity chef Phil Vickery (pictured left), and "Strictly Come Dancing" partner Artem Chigvintsev. (Photo: Facebook)

Are you a religious person? Do you think that religion is necessary in today's world?

I have a Christian faith, yes. At my primary school, we had a very wise head teacher who told us that all religions are different roads to the same destination.

We are equal in our strength of faith and our different teachings, but the message in all religions is love.

Which do you prefer - the countryside or the city?

I love being out in the fresh air. Gardening, cycling and snoozing in the garden do me. I hope that I die in the garden with the breeze and the birds to send me to sleep.

Is there a single achievement that has given you a great deal of pride?

My children, of course. I have four, and the privilege of watching them grow and become independent adults figuring out their ways is incredible.

Do you ever consider your own mortality? Are you afraid of dying?

I don't know why, but I think about dying a lot. However, I am not afraid of dying.

What are your pet hates?

I am not good at being interrupted. If I am at home for the day on my own and someone turns up, I have been known to hide.

You have always appeared to be the consummate professional on television, but are you comfortable in front of a TV camera?

I love live television. It is exciting, funny and serious, tear-provoking and laughter making, and does a lot of good. I am happy that I've had a part in all that.

Have you ever felt that you can "read" people? If so, how does this work for you?

Yes, sometimes I can. It's hard to explain, but some people do have a definite vibe that can be good or bad.

It's important not to be too judgemental, but I don't like vibes that want to invade me.

Have you ever felt as though some powerful paranormal force is pulling you towards something you cannot avoid and you don't feel is right for you? If so, can you explain?

I don't think so.

Is the private Fern Britton any different from the public one?

I hope not!

Have you ever had a close encounter with death? If so, did it change your outlook on life in any way whatsoever?

Three years ago, I was seriously ill with sepsis and did believe that I was going to die. I wasn't afraid and was prepared to go. My regret was that I thought I had a bit more to do in life - and it turns out I did. ■

Medium John Holland raises \$13k for charity

ANIMAL-LOVING medium John Holland has raised a grand total of \$13,000 (£10,392) at his annual demonstration in Stratham, New Hampshire, USA, for the benefit of homeless animals at the local Society for the Prevention of Cruelty to Animals (SPCA).

The sold out event took place on February 16, 2020.

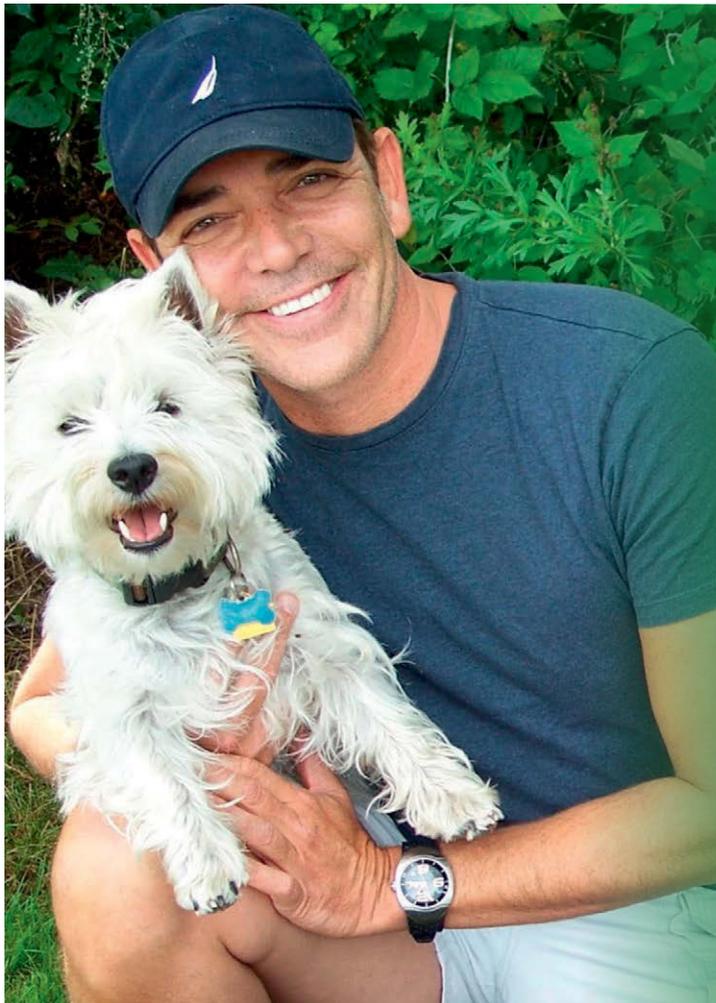
John, who was featured in PN September 2015, approached the SPCA in 2009, offering his services to do something for the animals. So the Koda Fund was born, named after John's West Highland Terrier (pictured). The fund aims "to provide life-saving care for animals in need."

John has since performed ten yearly events for the New Hampshire SPCA. In addition, he conducts raffles at his other events, donating all proceeds to the Koda Fund.

The total raised through his efforts now exceeds \$140,000 (£111,914). ■



Sheila Ryan, NHSPCA development and marketing director, holds John Holland's West Highland Terrier, Koda, while executive director Lisa Dennison receives John Holland's cheque for \$12,000 in 2016.



Apparition seen at publishing magnate's mansion

A FORMER partner of Hugh Hefner, who made a fortune from *Playboy* magazine, has told of seeing an apparition at the Los Angeles property where he lived.

Sometimes called the "Playboy mansion," it is one of the most well-known houses in America, and where Mr Hefner often hosted extravagant parties.

The publisher purchased the property in 1971 and lived there until his passing in 2017 aged 91. Built in 1927, it has 29 rooms, a pool with a cave-like grotto, a wine cellar and a home theatre.

The mansion also boasted an aviary, tennis court and basketball court. At one time it was run by around 80 full-time staff including butlers, plumbers, electricians, an executive chef, security personnel and landscapers.

Mr Hefner later sold his home for \$100 million to neighbour Daren Metropoulos, although the publisher continued to live there until his passing. The \$100 million sale made it the most expensive home ever sold in Los Angeles County.

Bridget Marquardt, who was a former *Playboy* bunny as well as

Mr Hefner's girlfriend, told Channel Seven's *The Morning Show* that the mansion is home to several apparitions.

A self-proclaimed "ghost hunter," Ms Marquardt said that whilst sitting in one of the building's bedrooms watching television, she saw a woman standing in the doorway.

While her friends were frightened by the form, with one of them bursting into tears, Ms Marquardt "got a very positive vibe. I think that it might have been a former employee of Hef's."

One report stated: "Many people throughout the years have claimed that the mansion is haunted, with several of them claiming to have seen female apparitions in very revealing

clothes walking around the home, as well as an older man who is said to roam the hallways.

"Perhaps it's Hef who's still roaming around the mansion in his signature smoking jacket, silk pyjamas and white captain's hat." ■



OVER the years, many people have said that the former home of publisher Hugh Hefner is haunted. (Photo: Glenn Francis)

The day Julian Fellowes, creator of 'Downton Abbey', used his psychic powers

ACTOR, novelist and film director Julian Fellowes, best known for creating the hugely successful *Downton Abbey* TV drama, has revealed an unsuspected psychic ability.

Appearing on the discussion programme *Loose Women*, the 70-year-old revealed that he had proposed to his wife just 20 minutes after meeting her at a party.

"I was invited to a party and I nearly didn't go – and she nearly didn't go as well," he explained. "It was all complete chance."

And then they were introduced.

"A man turned to me and said, 'Do you know Emma Kitchener?' As she turned, I knew I was going to marry her.

"It was the only psychic moment I've ever had. I'm normally about as psychic as a door. I proposed to her 20 minutes after we met."

Things didn't go quite as smoothly as he at first hoped. She wrote in her diary that night that she had "gone to a strange party and a funny little man asked me to marry him".

She wouldn't give him her phone number at first and said she was too busy to go to lunch. "I had the last laugh though," he added.

Julian and Emma have now been married for 30 years. ■



Julian Fellowes (Photo: Mingle MediaTV)

Tampa Bay man wins \$700,000 on lottery with numbers given by a psychic



(Photo: karenfoleyphotography/Shutterstock.com)

MORE THAN 20 years ago, Richard Klosterman's wife visited a psychic who gave her five numbers that were said to represent her.

"All of the numbers in some way related to our lives at the time," he explains.

Since then the couple from St Petersburg, Tampa Bay, Sarasota, have been playing the numbers on various lottery games.

In April 2016 their perseverance paid off and Klosterman claimed the \$700,000 (£488,000) Lucky Money jackpot on a ticket bought from a 7-Eleven store.

He chose to receive his winnings as a one-time, lump-sum payment of \$545,563.20 (£380,000). ■

Vicar bans yoga classes

AN Anglican vicar has banned yoga classes from his church hall due to its “religious connotations.”

Melissa Makan held sessions of Yoga Nidra, which induces a state of consciousness between waking and sleeping, for several months until she got a text “out of the blue” ending her weekly sessions at the hall of St John the Baptist in Halifax, West Yorkshire.

Ms Makan, 38, said the Rev James Allison discovered the sessions were being held after a friend of his wife attended a class.

The Rev Allison, 58, later said that several members of his congregation had issues with some yoga teachings and the ban followed a meeting of the Parochial Church Council (PCC).

“It’s ridiculous,” said Ms Makan. “I’ve been teaching for about seven months at the church hall.

“I was told a friend of the vicar’s wife said she had been to the class, the vicar found out it was yoga and is totally against it.

“I was then told it’s not just the vicar, but also the PCC. Yoga isn’t a religion. I wish I could explain it to him, or he could come and see it for himself, but they haven’t tried to understand it.”

Ms Makan added: “My style and teachings have zero Sanskrit words. It has

no mantras.

“The Rev Allison probably knows more about Hinduism than I do. What he is doing is causing a division when the world is already so divided. He is openly saying, ‘That’s OK! I just think, ‘What are you representing?’

“Even if it does have Hindu origins, so what? Tea has Chinese origins. You could go on forever. Where do you want to start and where do you want to stop?”

Catherine Horsfall, who has attended the classes, said she found Ms Makan “to be extremely professional, friendly and dedicated to helping people with relaxation.

“I am a working mum-of-two. My husband work long hours. I get very little time to relax and therefore struggle to de-stress.

“I also have some medical conditions, including chronic migraine and chronic insomnia. The class helps me release stress and tension, and has improved the quality of my sleep.”

The Rev Allison commented: “We had a meeting and took the unanimous decision not to renew the yoga class agreement in the hall.

“Yoga is a rainbow of different



MELISSA MAKAN: “Yoga isn’t a religion.” (Photo: Facebook)

experiences and some of our congregation have issues with some styles and teachings.

“We don’t know enough about this class to pick our way through it. Some open-mind meditation can be unhelpful to certain people and great care has to be taken over how it is taught.

“We’ve got no reason to doubt the teacher, but much like in the case of not allowing gambling or alcohol in the community hall, we can’t be responsible for that.”

The Rev Allison insisted he had not kicked the group out, but allowed them time to find a new venue.

The classes are to transfer to the Wade House Community Centre in the neighbouring village of Shelf. ■

Have moving moments with a do-it-yourself meditation test

HOT on the heels of the news that Prince Harry meditated every day before he became a father, here’s a chance for *PN* readers to try what many on social media wrongly believe is a stress test, but more of that later.

“Harry Krishna” ran a lead story headline in *The Sun*, which said that “Meg’s chilled-out prince” is meditating on a daily basis.

Journalist Emily Andrews explained that Prince Harry, 35, chatted to Buddhist monk Kelsang Sonam when he and his wife Meghan visited a café in Birkenhead, Merseyside.

“Harry asked me how I became a Buddhist monk,” said 70-year-old Kelsang.

“He said he meditated every day, so I gave him my meditation book.”

The prince also revealed that he is a feminist when he and Meghan visited the Tomorrow’s Women charity in 2019.

“Harry initiated a group hug,” said its chief executive officer Angela Murphy. “There were about fifteen women – it was a scrum. He said, ‘Come on, group hug.’ You don’t expect that. They engaged and initiated conversations with the women

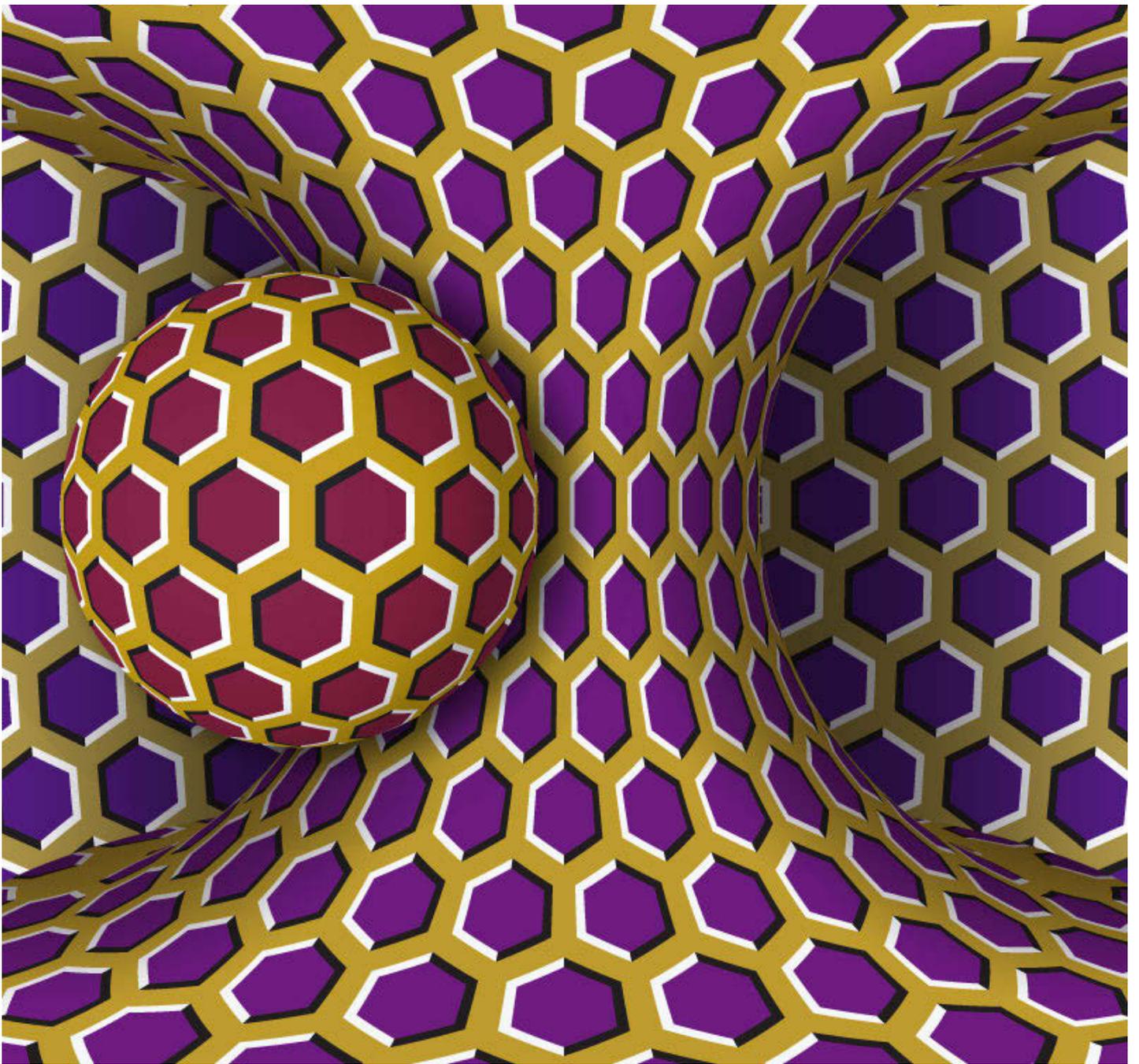
and were so warm.”

Carol Cooper, the paper’s doctor, said meditation helps people to sleep better, reduces anxiety and makes individuals more patient, which were valuable assets for a new father.

“Harry,” she added, “will have a sense of physical and mental wellbeing.”

The paper ended by saying that meditation is practised widely in many eastern religions and philosophies, including Hinduism and the Hare Krishna movement.

In its report of the couple’s visit to Birkenhead, the *MailOnline* said that Los Angeles-based meditation instructor



IT has emerged that Prince Harry is now meditating on a daily basis. (Photo: DoD News / EJ Hersom)

Light Watkins claimed he had spent four days giving Meghan one-to-one guidance and e-mails the duchess a “daily dose of inspiration.”

He told *The Mirror*: “I met Meghan through a mutual friend and she was really intrigued by the fact I was a meditation teacher.

“She came by my home studio and we did four sessions over four days, so you become self-sufficient in it.

“I took her through it and she had wonderful experiences. She really appreciated the training and getting structure.”

Mr Watkins added that Meghan later got back in touch and told him: “I’m meditating every day, twice a day – it’s wonderful. Once in the morning for twenty minutes and once in the afternoon.”

Now look at the image above by Yurii Perepadia, a 51-year-old designer from Oleksandriya in Ukraine (Photo: Guten Tag Vector/Shutterstock). He

created it four years ago in about two hours.

Can you see parts of the image moving? According to reports on social media, if it remains still, you are calm.

Should the image move, you are stressed – and if the central column turns like a carousel, you are very stressed.

This is incorrect, for Mr Perepadia is keen to point out that the image is nothing to do with testing stress, but is an optical illusion.

However, we have discovered that if it is moving, some people can slow it down with meditation.

Spend a few meditational moments with the image and see if you can slow down any movement. Do let us know your results – and happy meditating!

Footnote. If you are concerned about being stressed, it is better to see a qualified professional rather than trying to self-diagnose on social media, as tests posted there might not be all they claim to be. ■

A STUDENT OF THE UNIVERSE

John Edward answers questions posed by PN

Born in October 1969 in Glen Cove, New York, of an Irish-American police officer and an Italian-American working mother, John Edward is one of the USA's leading mediums and TV personalities. John is well known for his TV programmes "Crossing Over with John Edward" and "John Edward Cross Country."

Raised as a Roman Catholic, John was "a huge doubter" about the metaphysical until, at the age of fifteen, he had a sitting with Lydia Clar, who "told me things there is no way she could have known. The first part of the reading was that this was the path I was supposed to be on, and that I was supposed to be a teacher and help people. I thought she was nuts."

Speaking of the same encounter in a 2002 interview, John added: "She told me I would one day become internationally known for my psychic abilities through lectures, books, radio and TV. I thought she was full of it until she started to tell me things no one in my life knew about... The details were unbelievable."

John published his first book, "One Last Time," in 1998. His subsequent appearance on the legendary "Larry King Live" TV programme later in the year prompted so many phone calls that they overloaded the show's switchboard.

John and his wife Sandra have two children, Justin and Olivia, who were born in 2002 and 2007. In this exclusive PN interview, John tells us more about his life, gifts and beliefs.

When did you first become aware of Spirit?

Consciously aware? That would be around the age of seven when my family had a medium come into my grandmother's

home to conduct a séance. I tried to sneak into the room to see what the fuss was about leading up to it – and the woman turned to me and yelled: "Get out! You'll have enough time for this when you are older!"

As a child, I thought she meant that when I was an adult, I would be able to participate,

but I now think she saw my abilities and future back then. I believe I have always interacted on some level with the world of energy and Spirit, but just didn't know what it was.

"I believe I have always interacted on some level with the world of energy and Spirit."

“I’ve never had a pull to a church, organisation, circle or group. Actually, quite the opposite.”



How did you deal with it?

Honestly, I thought the medium was rude. It turned me off from a young age. I had heard the accuracy of her messages, but the overall experience turned me off. It wasn't until years later at the age of fifteen, when I had become a hardcore sceptic and sophomore in High School, that I revisited the subject matter consciously. Lydia Clar was doing readings and told me my path. I laughed. She was ridiculously accurate, and still is. That reading sent me on a quest to learn.

How did you develop your mediumship?

My journey was – and always will be – that of a student of the universe and to impart what I learn and share it with those I encounter. I never set out to develop mediumship; I set out to learn about what Lydia did and what I could and couldn't do.

What I learned was that I had been doing it my entire life and called it “imagination,” “coincidence” and “unique patterns,” and rationalised everything to the point of being ridiculous. When I embarked on developing, I didn't feel that was the right word. It was more like I “remembered” that I was psychic, like a

language that I used to speak fluently and somehow was coming back to me.

I was doing regular psychic readings for two years before messages from loved ones started interrupting my sessions. I would actually apologise to my clients when they came and told them that I was also mediumistic and would get through that part as quickly as possible.

I lost an uncle in 1987 and my mom in 1989. Those two back-to-back passings rocked my world and changed the questions that I was asking in my personal life. That desire to know about where they were and would they still be connected to us went beyond the first part of my sessions where I made a connection with a loved one for a client that I honestly didn't resonate with. When my mom passed, my world went dark and the light of understanding this potential was what saved me.

Have you ever worked at Spiritualist churches? If so, what was your experience of them?

I've never had a pull to a church, organisation, circle or group. Actually, quite the opposite. I am somewhat of a

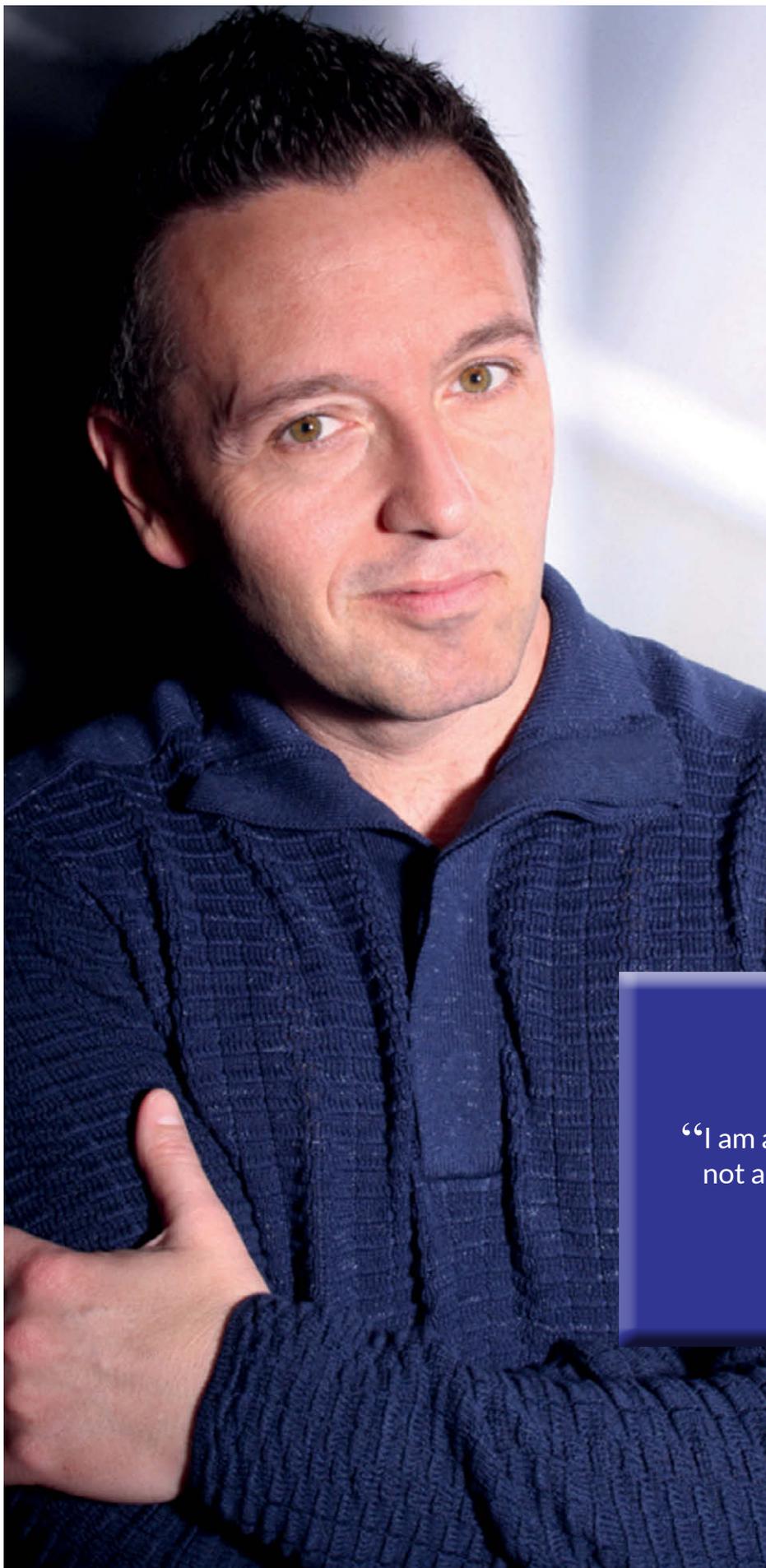
lone wolf and don't like dealing with the energy or ego of what all of the above attracts. I know that this statement will offend many who are reading this... so be it. It is my truth.

After 30 years of doing this, it has only gotten stronger. I think too many people want to belong to a “place” and lose the journey of their own lessons along the way. Make no mistake, that doesn't mean that I don't agree with the understanding of learning. I just think that unless you are blessed to find an amazing group of folks who come together with the same blind pure intentions, it ultimately will lead to fostering ego on some level, which, to me, is the anchor of advancing our own learning.

How are Spiritualism and mediumship accepted in America?

I can only answer from my experiences. I have not had a problem and folks appreciate the intentions I put out there to raise awareness. Like any society, you have your folks who “get it” and those who choose not to.

You seem to have boundless energy. How do you fit the management of your business,



touring, TV shows, private sittings, writing books and newsletters, and writing on Facebook and Twitter, into just 24 hours a day?

Let's not forget the best job – Dad. I am extremely organised. It's that simple. I know I am on a mission to teach and raise awareness, and that's my focus... everywhere.

Whether it be in a private reading or talking to my children, I am always looking at what the lesson is and trying to discuss it and make folks aware. That leads to living a better life and I want to leave people better than I found them. I also have this unlimited well of energy that I think I am genetically blessed with.

With what looks like an organised whirlwind of activity in your daily life, do you sometimes find it difficult to slow down mentally to be patient with hesitant and nervous sitters or audience members who have to think slowly and carefully about information your guides are trying to convey to them through you?

You used the words “patient” and “hesitant” in regards to me doing a reading. This makes me think that you might never have watched me work. LOL! I am the least patient person you're going to meet and “hesitant” is not a word folks would use to define me. Direct, harsh, no nonsense... much more me words.

I let people know right upfront that I am not the postcard for mediumship: I am me. I never lose sight of why they are in front of me; my goal is to help and heal, and I will get the message across.

I do let people know that I am a medium and not a therapist. I'm much more cerebral and matter-of-fact in my approach, as that is what I would personally want in a session. I don't believe it is a medium's job to deliver emotion. Instead, they should deliver information.

“I am a medium and not a therapist.”

How many guides work with you? Do they specialise in particular forms of communication. For instance, does one convey information in symbols while others use clairvoyance and clairaudience? Are you aware of different personalities among them?

I don't like to reveal too much about them in

“I had one or two experiences of trance-like work, which will never happen again, as I didn't like the feeling of any of it.”

the same way that I don't reveal too much about my family. I will tell you that I get my information in three ways: clairaudience, clairvoyance and clairsentience, which is the strongest.

How many forms of mediumship are you able to use? Have you ever worked in trance?

I had one or two experiences of trance-like work, which will never happen again, as I didn't like the feeling of any of it. Did I mention that I am a control freak? I made it very, very, very clear early on that it was not for me.

A visitor to your exhaustively well-organised website could get the impression of a very lively and forceful entrepreneurial talent. Do you ever feel any conflict between the go-ahead brisk businessman in your personality and the gentle sensitiveness needed for mediumistic work for the bereaved?

If you are asking me in a roundabout way if I have a problem earning a living and doing what I do, not at all. I cannot be paid for my ability – that is priceless. My time has to be paid for, so that I can reach the folks who can't afford a session, a ticket or even a book.

I wish that the mediums who are out

there actually had the “gentle sensitiveness needed for mediumistic work for the bereaved” that you speak of. What I see are people who want to be famous and earn money off their abilities, and hiding behind the work (see... I'm not reserved in my opinions!).

I learned a long time ago it is okay to get paid for what your time is worth, and that value is self-assigned. Nobody should ever try to assess what someone else's time or money is worth, as they can't get either back when lost.

You have mentioned that when you were a child, relatives on your mother's side of the family recognised early signs of psychic ability in you, but treated this emerging talent sympathetically and made little fuss about it. Is there a history of psychic awareness on that side of the family? Given your Roman Catholic upbringing, did relatives advise you to be discreet when talking about things you became aware of psychically?

Not really. I think they just humoured me in the beginning, as if I was picking up an instrument and learning how to play violin.

You seem very open to concepts such as reincarnation and astrology. When did your interests in these topics develop?

Since day one! I think it is important for anyone who is developing their own abilities to learn about everything, as they are all universal keys to unlocking our own paths. I believe we are all here to learn in this classroom of life. These tools help to shape and sharpen our perspectives. I believe it is important to explore and learn about astrology, numerology, chakras and psychic self-defence, as it helps to develop a fuller individual.

What do you do to relax?

Meditate. Prayer. Be in nature. Be fine being alone and creating times for it.

What advice would you give to mediums just starting out in their development?

Too loaded a question! But the first ones would be, “Why? What are you hoping to do with this?” Depending on the answer would indicate whether there would even be a follow-up suggestion or question.

What plans do you have for the future?

Just to continue to do what I am doing – explore this realm and evolve. ■

• To find out more about John's work, visit his website at: www.johnedward.net or follow on Facebook at: www.facebook.com/psychicmediumje



Pendulum power

Radleigh Valentine is a bestselling Hay House author of five tarot decks, one angel oracle card deck and books including "The Big Book of Angel Tarot" and "How to Be Your Own Genie."

An internationally known spiritual teacher, since 2012, he has spoken at more than 70 events in ten countries and is a frequent speaker at the Angel World Summit in London and Engelkongress in Germany and Austria.

Radleigh's latest book, "Compendium of Magical Things: Communicating with the Divine to Create the Life of Your Dreams," is also produced by Hay House.

Retailing at £12.99, it covers an array of subjects including angels, fairies, runes, the I Ching, astrology, numerology, meditation and mantras. Below, Radleigh, who lives in the USA, takes a look at the power of the pendulum.

THERE are a vast number of ways to speak to the Source. I call them "languages of the Divine."

Pick a language and the Source will gladly chat you up in the way that feels most comfortable to you. Some people find one language and stick with it. However, other people like to have several ways to get Divine information.

One of those ways is by using a pendulum – or, as I like to call it, the "oracle in your pocket!"

Dowsing is most often thought of as using two metal rods to seek out water, minerals and lost items. Pendulums are a version of dowsing that is more often used for getting information or divinatory messages from the Divine via your subconscious.

A pendulum is incredibly easy to use and almost anything can act as one. You can place a paper clip on the end of a piece of string or use a wedding ring tied to a piece of ribbon. Voilà – you have a pendulum!

Store-bought and artisan-created pendulums come in many varieties made of metal, stone, wood and crystals. I prefer the crystal types not only because they are so attractive, but also because of the manifesting and healing properties that crystals bring to the table.

Some pendulumists (try saying that three times fast!) have many different pendulums, saving certain ones for specific purposes. For example, they might have one for

decision-making, another for finding lost items and a completely different one for spiritual or divinatory insights.

Pendulums go way back in the history of humankind. There's evidence of the use of pendulums in ancient China and the ancient Roman Empire.

Their use also moves across many different cultures, including Greek, Hindu, Hebrew and many more.

Curiously, many of the most famous proponents of dowsing were Roman Catholic priests, abbots and bishops. Stories of leaders of the Roman Catholic Church researching and using dowsing go back as far as the 17th century.

There are endless theories and speculations about how pendulums work. It's my perspective that pendulums are touching the subconscious within all of us, which, in turn, is connected to the Divine.

Pendulums draw their answers by going directly through the subconscious whereas other oracles are more of a mix between a direct path to messages from the Universe and the subconscious.

I don't see this route as being better or worse than other oracles, but it does provide an opportunity for self-understanding that can be very interesting and useful. Working with a pendulum just feels different from doing so with other oracles.

Are people who use pendulums making them move via tiny, almost imperceptible muscle movements? The vast majority of experts on the subject would tell you the answer to that question is a resounding "Yes!"

Does that negate the validity or the Divine nature of the information being provided? I would tell you absolutely not.

When we shuffle tarot cards or place our hand into a pouch of runes, we're allowing for the Divine to guide our hands to bring forth the messages or answers we seek. The same is true of working with a pendulum.

Our subconscious knows the answer to the questions we ask when it ever so slightly moves the hand that holds the pendulum. The fact that our bodies are moving the pendulum is irrelevant if we have faith that God is always within us and always wants to provide us with the answers we seek.

To begin working with pendulums, you'll need to start by figuring out the options of "Yes," "No," "I don't know" and "Answer not available."

You can discover or programme your pendulum for these answers. My preference is just to ask the pendulum.

The first step is to hold your pendulum in one hand, completely still. Use your

other hand to cease its movement if you need to. Then ask your pendulum, "Show me Yes" and watch to see what movement it makes. The most common are:

- A straight line moving back and forth, left to right
- A straight line moving away from your body, then back to your body
- A circle moving clockwise
- A circle moving counterclockwise
- Not moving at all

Take your time. The pendulum might move immediately or may take a few minutes or even a few tries. Any movement might seem very slow or slight at first, but it'll become more significant as you wait.

Once you've established what "Yes" looks like for your pendulum, bring it to a complete stop again. Now ask, "Show me No."

Usually "No" is the opposite movement from "Yes" – for example, a clockwise circle rather than a counterclockwise circle. But nothing is outside possibility. If "Yes" is a straight line left to right for you, but "No" is a clockwise circle, just go with it.

Follow the same method to find out your pendulum's movements for "I don't know" and "Answer not available." Sometimes the pendulum will have its own ideas for these answers.

For me, "Yes" is the pendulum swinging in a straight line from left to right. "No" is the pendulum swinging in a straight line away from and then back to my body.

"I don't know" is a counter-clockwise circle. "Answer not available" is the pendulum simply refusing to move at all.

An alternative method to asking the pendulum is telling it what its movements should be. I think it's a more natural method to let the pendulum tell you, but if you've strong feelings about this, go ahead and programme it.

If you want "Yes" to be a clockwise motion, then say to your pendulum, "This is Yes" and move it in a clockwise circle. If "No" is counterclockwise, then make the movement while telling the pendulum, "This is No."

"Yes" and "No" as answers are pretty self-explanatory, but let's talk about "I don't know" and "Answer not available."

Why would an oracle tell you "I don't know"? In my experience, that usually reflects a poorly worded question.

For example, if you ask the pendulum should you move to London or Brighton, your pendulum won't be able to answer that because it's not a "Yes" or "No" question; it's an "or" question.



“ There's evidence of the use of pendulums in ancient China and the Roman Empire ”

Pendulum work is about breaking things down into small specific pieces. Frankly, I find the Universe as a whole to be a very literal place that requires very specific questions to get accurate answers.

Going back to our example, you should first ask the pendulum, "Should I move to London?" After getting your answer, then ask it, "Should I move to Brighton?"

If both places are of interest to you, then be sure to ask about both cities, even if the answer to the first city you mentioned is "Yes."

It's totally possible that both cities will have an answer of "Yes," indicating that either city would make you happy.

Pay attention to how enthusiastically the pendulum swings or moves for each city. The more dramatic the answer, the happier you're likely to be in that city.

If the movements are the same, then it's probably time to ask more questions. You can ask things like "Would I be financially successful in London?" or "Would I find true love in Brighton?"

Poorly worded questions can also get you inaccurate answers with a pendulum. This is usually because you didn't really think the question through thoroughly.

Let's go back to our moving question. Let's pretend you've got Liverpool on your mind and you're really thinking about moving.

You ask the pendulum, "Should I move?" It says, "Yes," so you pack your bags and move to Liverpool, but it's not at all what you'd hoped for. What went wrong?

Consider that you asked a very broad question with "Should I move?" Your pendulum said "Yes" because you really need to move to a house with a more positive energy, but in the same city you're living in. Should you move? Yes! To Liverpool? Well, you didn't ask that, did you?

Now, why would you get "Answer not available"? I've actually experienced this answer with angel work and tarot cards sometimes.

The Source knows the path to your happiness far better than you do. Sometimes having a particular piece of information before you're ready for it could really trip you up.

It's tempting to be alarmed by this answer, but you shouldn't be. You should just trust that the answers you seek will be revealed in perfect timing.

One of the most common uses for your pendulum is to locate lost items. You can ask a series of questions that lead you to what you're trying to locate.

In this example, you might start with "Are my car keys in the house?" Remember to be specific about what keys you're looking for if you own more than one set.

If you get a "Yes," then you can go room by room asking the pendulum, "Are the car keys in this room?" or you can just sit somewhere and ask, "Are the car keys in the kitchen?"

Once you've narrowed it down to a particular room, you can then ask the pendulum, "Are the car keys near the east wall?"

You can also use a pendulum to manifest things in your life that you desire. Most of them work via the law of attraction by using the pendulum's natural connection with the subconscious to bring it into alignment with your conscious desires.

When the conscious and the subconscious are in agreement in a positive way about what you want to create in your life, magic can happen pretty quickly.

One way to manifest with the pendulum is to focus on whatever it is you want to bring into or remove from your life.

Begin with the normal preparation work for your pendulum. Think about what it is that you want to bring into your life and then ask the pendulum whether you're currently in an energetic space to make that happen.

The pendulum will let you know if you are. If it says "Yes," then let the pendulum swing in the "Yes" motion while you think joyfully and optimistically about what you want to create.

If it says "No," start asking your pendulum what sort of changes you need to make in order to bring about the desired outcome.

Your pendulum can help you clear out any negative energy patterns while at the same time bringing in new things that you want to manifest. Feng shui practitioners sometimes use this method.

To clear out negative energy, after your regular preparatory work, take your pendulum and start to twirl it in a circle in the counterclockwise direction. While you're doing that, say to yourself:

"I now remove all negative energy from my life. All unhealthy or undesired connections with other people are cleared away.

"My negative thinking is erased. All harmful energetic attachments to others are removed."

While you will have started

the pendulum's movement in the counterclockwise direction, as you say these things, the pendulum will take over. You'll no longer be moving it; just let it spin until it's done.

Depending on how much energy there is to clear, your pendulum might swing pretty wildly, but will eventually stop. You'll probably feel lighter, happier and filled with more energy after this exercise.

But consider this: the work you've done has now cleared out a lot of energy that was taking up space in the magical manifesting machine that lives within you. Now it's time to fill up that space as otherwise it will be easy for negative energy to rush back in.

Start your pendulum spinning in a circle in a clockwise direction. While it spins, begin telling the pendulum what you want to manifest.

For example, this might be: "I am healthy and strong in all ways. I am full of energy and motivation to complete all the things I desire to accomplish."

Perhaps you might say: "I am deserving of love. Romance that is supportive

and kind finds its way easily into my life."

Make it an affirmation of whatever you want to manifest. The pendulum will once again take over the movement.

When it comes to a stop, you'll know that you have filled your magical manifesting machine all the way up. The more you do this routine, the more quickly things will manifest in your life.

Of all the oracles out there, pendulums might be the easiest to use, especially for quick and impromptu

answers. You can easily carry one with you everywhere you go.

So long as you can find a private space – or at least don't mind if you get weird looks from others – you can just pull it out and get super fast "Yes" or "No" answers.

It can help you make decisions, though it might require a lot of "Yes" or "No" questions to get there and help you find lost items.

While I still primarily work with angels and tarot as my "native tongue," I consider the pendulum to be a great addition to my oracle toolbox – and, of course, I love that it fits in my pocket! ■



Portions of this article were excerpted from Radleigh's "Compendium of Magical Things."

Never miss a copy of *Psychic News*

Psychic News is a monthly 68-page magazine produced in the UK and sent all over the world.

It began as a weekly newspaper in 1932.

It features news, views and features on all aspects of living a spiritual life, New Age subjects, mind body spirit and the paranormal.

**PLACE AN ORDER WITH YOUR NEWSAGENT NOW
OR SUBSCRIBE DIRECT**

Never miss a copy of *Psychic News* Take out a subscription!

	6 Months	1 Year
United Kingdom	£25	£48
Overseas	£35	£68
Online version	£14	£26

For the online website version, or to pay in your own currency, please visit:

www.psychicnews.org.uk

By post, send your details or the form (right) to: Psychic Press Ltd,
Unit 2, Griggs Business Centre
West Street, Coggeshall, Essex CO6 1NT

To subscribe by phone, call: **01376 563091**
Email: subscription@psychicnews.org.uk

**For the interactive app version
with added video content, see
page 200 or visit your app store**

Please send me a subscription to *Psychic News* for
(tick box) 6 months 1 year

Name

Address.....
.....
.....
.....
.....

Telephone No.....

Email Address.....

I enclose a cheque for £.....

Cheques payable to 'Psychic Press Ltd'

Please charge my card £.....

Card No

Expiry date

Sec. No (last 3 numbers on reverse).....

We would occasionally like to send you special offers relating to *Psychic News*. If you would like to be informed of these please tick the method you would like to receive them by:

Email Post Phone Any



Your paranormal and s

BY GRAHAM JENNINGS

How a doorkeeper safeguards mediums

What is the function of a medium's "doorkeeper"? I've heard various theories and would welcome your view - Massie Dawson, by e-mail.

This is a medium's most necessary spirit guide. It is the doorkeeper's duty to protect mediums from any untoward or unwanted spirit intrusion.

A medium's sensitivity is visible to those on the Other Side. Some spirit entities find it an irresistible attraction. They believe that if they can enter the medium's sphere of consciousness, they will be in a position of influence.

Some might do so with less than the best of intentions. It is the doorkeeper's job to vet every spirit being before allowing communication via a medium.

I once heard of a woman in a development circle who was overjoyed to find that she had finally developed clairvoyance.

Instead of closing down properly, as she had been taught, she remained opened up, thus inviting spirit communication.

The woman arrived home still excited by her clairvoyance and continued to welcome spirit visitors. Weary at last, she went to bed and tried to sleep, but the communications - now unwanted - continued.

In desperation she phoned the circle

medium in the early hours crying: "Help! It won't stop. What shall I do?"

When not working, mediums close themselves down to spirit communication. Like everyone else they are entitled to a rest. It is also the doorkeeper's duty to ensure they have it by preventing any spirit intrusion.

Some mediums are happy to hear from spirit visitors spontaneously when they know that access has been approved by the doorkeeper.

For instance, a medium friend and I were waiting for the curtain to rise at the London Palladium when a spirit being introduced himself to her as Max.

He told her that he had been a star of the 1930s and 40s, and wished to see the show. Older readers can probably work out who he was. My guess is stand-up comedian Max Miller, who was no stranger to the Palladium, where he used to top the bill.

Another time, we were at the Christmas choral concert in the local parish church. A spirit visitor told my medium friend: "My name's Dyce. I come here every year for the concert."

William Dyce was an early pre-Raphaelite and had been a churchwarden there. As it happened, his name was mentioned during the concert. Indicating

the churchyard, the rector said, "He's buried over there."

"No he isn't," I told my friend. "He's just been talking to us!"

Depending on the sort of work they do, a medium might have several doorkeepers for different purposes. I am thinking especially of those who lead development circles.

A group of people sitting in a circle sends out a subtle light, which attracts spirit visitors, but not all of them are welcome.

An experienced circle medium always has the necessary doorkeeper whose job it is to keep out intruders.

Such entities can be mischievous and even dangerous. I once met an accomplished trance medium who was able to leave his physical body to allow the guide to come in.

Once, he told us, while his doorkeeper was distracted, a malicious entity managed to enter. He seized a poker and threatened those present.

This incident also demonstrates the importance of development under the strict control of an experienced medium.

The fledgling medium is then taught how to close down properly and how to work with spirit guides. They will always include the all-important doorkeeper. ■



spiritual questions answered

PIONEER SPIRITUALIST WAS ARRESTED AS SPY

On the British Red Cross website there is a painting of a British nurse, Mabel St Clair Stobart, on horseback leading a column of Serbian troops in the First World War. Is this the same woman who later wrote the Spiritualists' "Healing hymn"? If so, what is her story? - Alice Jones, by e-mail.

The painting is *Lady of the Black Horse* by George Rankin RA. It shows Major St Clair Stobart, of the First Serbian English Field Hospital, leading a column in the famous Albanian Golgotha retreat of 1915.

A passionate suffragist, Mabel became a nurse because she thought it would help the suffragette cause if women proved themselves as capable as men in wartime.

Later on she became just as passionate a Spiritualist and did indeed write the healing hymn *Gracious Spirit, of Thy goodness*. Together with three others, it is in the Spiritualists' National Union's hymn book.



THIS painting by George James Rankin depicts Mabel St Clair Stobart (also seen left) leading a mobile hospital column in support of the retreating Serbian Army in 1915. (Photo: British Red Cross Society)

It was into a very different world that Mabel Annie Boulton was born on February 3, 1862. The third of the eight children of Sir Samuel Boulton, she grew up at Charlton in Herefordshire.

Mabel excelled at golf, fishing and crucially horse riding, which was to prove so useful in later life. She married St Clair Kelburn Mulholland Stobart in 1884 and had two sons.

The couple lived in Cornwall, but after financial difficulties moved to South Africa and farmed in the Transvaal for five years. On their return in 1907, Mabel became committed to women's suffrage.

Instead of joining the suffragette protests, she was determined to show that given the opportunity, women could prove themselves the equal of men.

To this end, she founded the Women's Sick and Wounded Convoy Corps to serve between field and base hospitals. They were trained to Royal Army Medical Corps standards.

Mabel was widowed in 1908. Three years later, she married John Herbert Greenhalgh, a retired barrister and colonial judge. A published author on golf and fishing, Mabel continued to be known professionally as St Clair Stobart.

The following year her corps saw action in the First Balkan War. With the help of Queen Eleonore of the Bulgarians, Mabel founded an all-women unit, including doctors, for the Bulgarian Red Cross.

The unit worked for ten useful weeks until hostilities ceased. Her achievement went largely unnoticed in Britain, as did her book *War and Women*.

In August 1914, Mabel founded the Women's National Service League for wartime service at home and abroad. The British Red Cross did not require her services, but with the Germans violating their neutrality, the Belgian Red Cross certainly did.

Mabel arrived in Brussels ahead of her unit to set up a hospital, but the city fell to the advancing Germans. She went to Louvain, but was arrested as a spy. Imprisoned at Aix-la-Chapelle, she could have been shot, but was later released.

Around September 20, Mabel organised another women's unit, twenty strong, and arrived in Antwerp to set up a hospital there. They converted the Philharmonic

Hall for medical use in just two days.

The last Allied military train left on October 6. The next day, German medium-size shells hit the city at the rate of five per minute.

On October 8, the heavy guns opened up indiscriminately. With shells falling ever closer, the women carried the patients on their backs down to the cellars.

Hours before the city surrendered, British Tommies driving London "General" buses evacuated the women and their patients. They cleared the Scheldt Bridge just before it was hit.

All the women reached England safely, some from Ostend and others via Holland. As all their medical equipment had been lost, Mabel raised funds for replacements. A month later she offered another fully equipped unit to the French Red Cross.

She set up a hospital in the ancient Château Tourlaville, near Cherbourg, for the St John Ambulance Association. When it was functioning, her thoughts turned again to the Balkans.

In 1915, Mabel worked for the Serbian Relief Fund and set up a tented hospital and field dispensaries. The Serbian Army Medical Services gave her command of the First Serbian English Field Hospital with the rank of major.

Already fighting Austro-German forces, the Serbs were invaded in October by the "neutral" Bulgarians. Unable to fight on both fronts, they fell back.

Mabel led a retreating column and was in the saddle for 81 days. She arrived at Scutari in Albania on December 20 with the column intact. It had treated some 11,000 men, women and children.

She was decorated by the Serbs with the orders of the White Eagle and St Sava. Back in England in 1916, Mabel was appointed a Lady of Grace of the Hospital of St John of Jerusalem.

She published *The Flaming Sword in Serbia and Elsewhere* and undertook lecture tours. Mabel also lectured for the Ministry of Information in Canada, America and Ireland, but in 1918 tragedy struck.

Her younger son and daughter-in-law died in the influenza epidemic and she was awarded custody of her two grandchildren. It was not long though before her free spirit breathed again as of

old. Mabel joined the British College of Psychic Science (as it then was) in 1920 and became convinced of the truth of Spiritualism. She became the college's chairman for two years and was a life patron.

She also served on the council of the World Congress of Faiths. With the Rev George Vale Owen, himself a medium, she inaugurated the Spiritualist Community. From 1932 onward it published a monthly journal, *The Spiritualist*.

Mabel chaired its advisory council from 1924 to 1941. Its presidents were Sir Arthur Conan Doyle and later fellow leading Spiritualist Hannen Swaffer.

It held religious services with clairvoyance and healing, and sought to promote the educational aspects of Spiritualism.

Mabel published dozens of pamphlets about the masters, philosophers and mystics of the past.

She also published *Ancient Lights on the Bible, the Church and Psychic Science* (1923), *Torchbearers of Spiritualism* (1925) and *The Ether of Spiritualism* (1928). That year brought more sorrow with the loss of her elder son and husband.

In 1929, Mabel became a founder member and vice-president of the SOS Society. Its purpose was to provide hostels and other amenities for the unemployed. Six years later, she published her autobiography *Miracles and Adventures*.

Her last great undertaking was to found the Confraternity with the Rev G. Maurice Elliott. It was an association of clergy and Spiritualists.

Maurice Elliott and the Rev Arthur F. Sharp, who worked closely with direct voice medium Leslie Flint, supported her during lectures. She represented Spiritualism and they the clergy.

Another clergyman, the Rev P. T. Kirk, who had founded the Industrial Christian Fellowship in 1919, invited Mabel to preach on Spiritualism in Christ Church, Westminster.

A thousand clergymen in the London area were invited to attend, but few came and the Rev Kirk received many letters of complaint.

Mabel's earthly days ended in a Bournemouth nursing home on December 7, 1954 at the age of 92. ■

LET'S
GET
SOCIAL

Follow *Psychic News* on

twitter

+

facebook

Keep an eye
on our
SOCIAL MEDIA
for exclusive
POP-UP
COMPETITIONS
to win
books
and gifts

DAVE DAVIES, THE KINKS' CO-FOUNDER, TELLS OF SPIRIT AND ALIEN CONTACT

EVEN THOUGH it happened 38 years ago, a paranormal encounter experienced by pop musician Dave Davies, co-founder of the very successful British pop group, The Kinks, is still making headlines.

His interest in spirituality, psychic abilities, reincarnation and UFOs is well known, as anyone who has visited his website (davedavies.com) will know. So ahead of his solo album, *Open Road*, released in March 2017, they were regular topics that came up in interviews.

They all featured in questions that *Vulture* magazine put to Davies, whom it described not only as a rock legend but also as a prolific New Age writer and teacher. After talking about seeing UFOs whilst visiting north Devon, Davies told them: "Then, when I started to dig deeper into my experience, I understood I was also getting communications – psychic impressions – from aliens."

Davies had offered much more information about that experience when interviewed by author Michael C. Luckman for his book *Alien Rock: The Rock 'n' Roll Extraterrestrial Connection* (Simon & Schuster 2005). It happened in 1982 when The Kinks were preparing for a concert. He heard strange voices that struck up "a telepathic conversation" with him.

"The intelligences did not tell me who they were but two of them said that they had always been my spirit guides, and two others were entities who were not of this Earth, but were involved in missions here as watchers or nurturers of our race.

"The intelligences showed me, by some kind of thought projection, things which they have on all their spacecraft. They showed me crystal computers that monitor the actions of every single person living on Earth."

It was, he told Luckman, an "epiphany",

adding: "I was fortunate to have been given a lot of information all at once. It takes a long time for some of this stuff to actually seep into the unconscious mind.... It's all related to my personal growth, to a consciousness shift."

Dave Davies founded The Kinks with brother Ray, the lead singer and composer of many of their hits. Asked by *Vulture*, "What does Ray think about your interest in Spiritualism and UFOs?" Dave replied: "He gives me a hard time about everything. The funny thing is that Ray is a very psychic person. It runs in our family. My mum had so much wisdom."

A biography by Johnny Rogan, *Ray Davies: A Complicated Life* (Vintage, 2016) reveals an interesting paranormal encounter when the two brothers lived in houses close to each other in London's Maida Vale. On the first day that singer Chrissie Hynde moved in with Ray Davies, she reported a phantom presence in the house and expected him to deal with it.

"I went upstairs into the attic on that first day to tell the ghost that it no longer had any place in the house, but Chrissie was still terrified," Ray told his biographer.

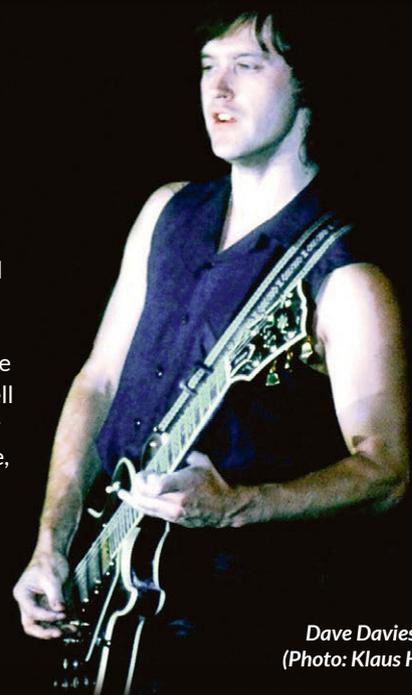
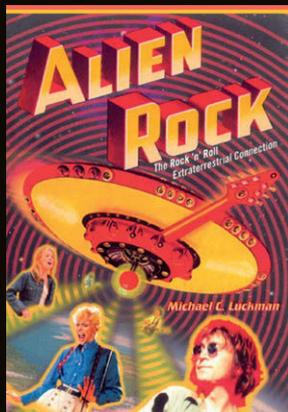
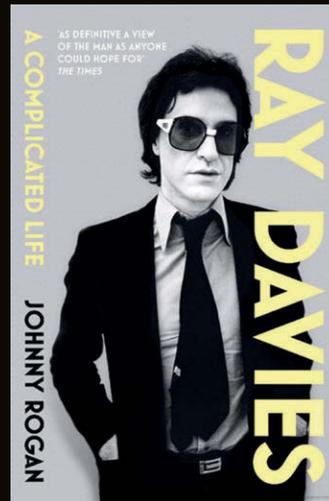
It appears that Davies even felt the ghost brush past him at one point. "Evidently," Luckman wrote, "there was only one solution – an exorcist. Rather than bothering the priesthood, Ray

sought advice from his psychic sister Peggy who, not unexpectedly, turned to their supernatural-loving brother for assistance."

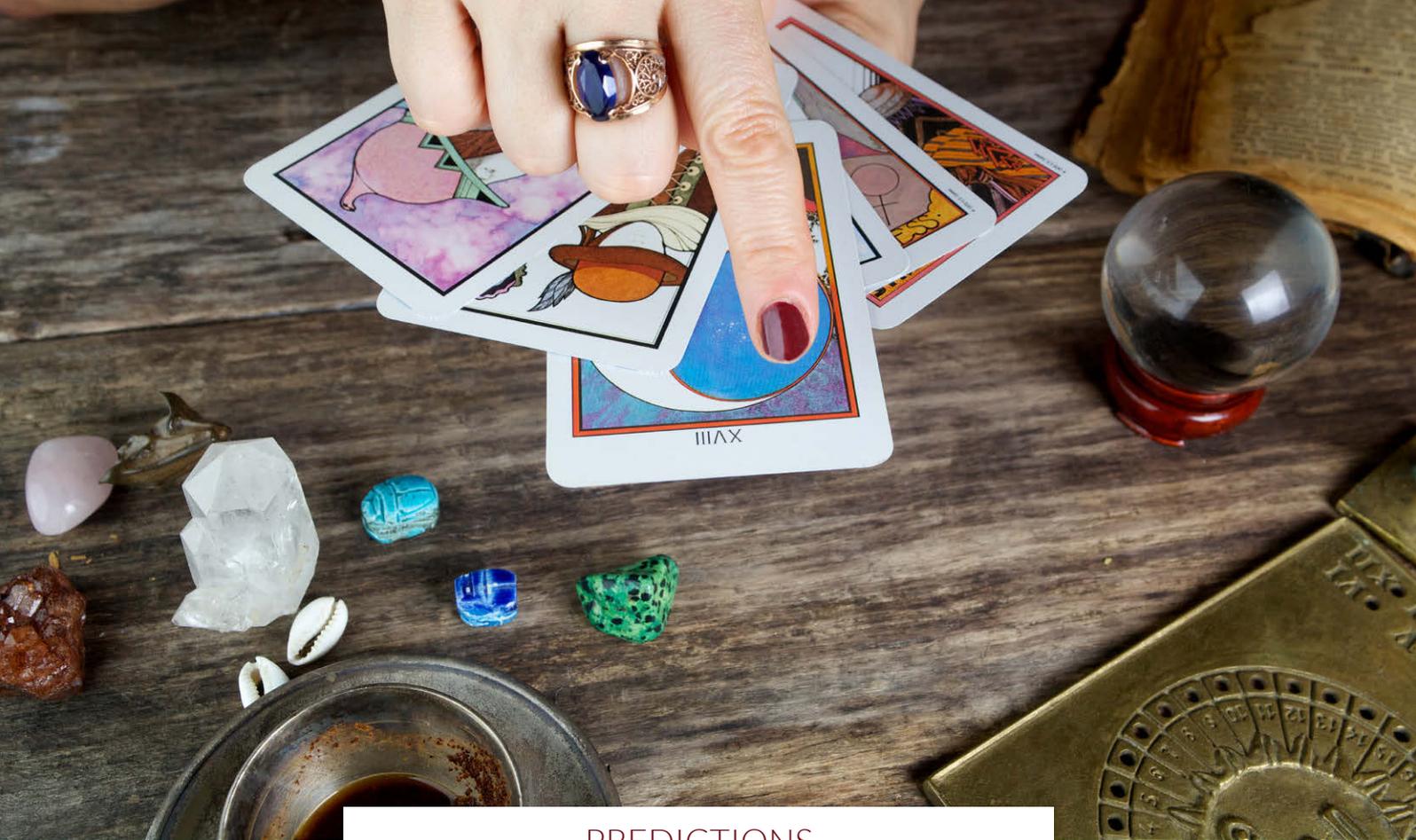
Dave duly arrived to deal with "some kind of visitation". He was ready, he told the author, because "I used to do magic in my basement". A service was performed, though Dave suspected it wasn't a ghost, but psychic energy created by the ferocity of the arguments that went

on between Chrissie and Ray.

The story of The Kinks has been turned into an award-winning hit musical, *Sunny Afternoon*, with music and lyrics by Ray Davies, which opened in London in 2014 and is currently touring the UK. ■



Dave Davies in 1979
(Photo: Klaus Hiltcher)



PREDICTIONS

Can the future really be foretold?

RICHARD BRYANT sounds a cautionary note as he reviews past, present and future prognostications

WELCOME back to 2018. There were soothsayers who didn't think humanity would make it that far. Others were just as certain that a variety of calamities awaited us, collectively or individually, in the next 12 months. Some, thankfully, even predict events to which we can look forward.

Fortune telling has been with us for millennia, with Delphi's Oracle, the Greek high priestess Pythia, being the most famous of ancient times.

It's difficult to name a modern equivalent whose psychic powers have been equally influential, but America's Jeane Dixon certainly deserves recognition for her relationship with the White House

and the apparently successful forecasts she made for the country's top politicians – more on that later.

Yet a dispassionate analysis of those predictions that make it into the mainstream media seldom carry much conviction. They often appear to have been cherry-picked because they could be interpreted as having foretold particular

events. But how many of the same seer's failed predictions are conveniently ignored in the process?

Despite those reservations, it is clear that many people believe their futures were foreseen by psychics, tarot readers, crystal-ball gazers, astrologers and other gifted individuals using a variety of predictive techniques.

So, to help you make up your mind, let's kick off with a selection of stories which are clearly "wrong", "right" or "pending outcomes". Those who get it spectacularly wrong are the most amusing, coupled to the sense of relief that comes with that realisation, so let's start with them.



Will civilisation on Earth end with a celestial collision like this?

NO

ACCORDING TO THESE PREDICTIONS

THE MOST spectacular prediction of 2017 led to this headline in the UK's *Metro* newspaper: "Hidden planet 'to smash into Earth on 23 September, killing us all'". Published just three days before the expected disaster, it attributed the catastrophic prediction to conspiracy theorists' claims of a hidden Planet X – also known as Nibiru – that was about to collide with Earth.

The space agency NASA, it conceded, had not detected the planet, and the fact that you are reading this tells you everything you need to know about the likelihood of such doomsday prophecies being accurate.

With a YouTube video about the supposed event receiving more than three million views, astrophysicists and science institutes were kept busy ridiculing the claim. But there would have been many who went to bed on September 22 that year, wondering whether there would be a world to wake up to next morning.

One of those responsible for the dire warnings was Dave Meade, a Christian numerologist whose book *Planet X – the 2017 arrival*, published a year earlier, is based largely on a Bible passage. He, like the rest of us, was still around after the fateful day to offer the explanation that people had misunderstood his prophecy.

Instead, *The Sun* tabloid reported, Meade now claims Nibiru would pass the Earth but predicted October 15, 2017

would be the start of seven years of nuclear war and natural disasters, marking "the end of the world as we know it".

Less traumatic for the world's population as a whole, but undoubtedly shocking for the individual concerned, was the prediction received by Magalie, a 35-year-old French woman who sought help from a telephone psychic. In return for a fee of £25, the psychic told her she would be dead within six months.

The so-called psychic maintained that Magalie's doctor had wrongly diagnosed the stomach and chest pains she had been feeling.

"She told me that I had heart trouble, and that if I didn't see a better doctor I'd be dead within six months. So I went to see another doctor, who told me there was nothing whatsoever wrong with me. I called the clairvoyant back, but she stuck to her prediction and told me that a lot of doctors were incompetent."

Feeling understandably traumatised, Magalie consulted a therapist who advised her to take legal action against the psychic. She has taken that advice and her case, seeking damages, is due to be heard by a judge in Thionville, eastern France, shortly.

"Mediums should never predict someone's death. It is completely against our code of practice," the president of France's National Institute of Paranormal Arts told *L'Est Républicain* newspaper, adding: "We receive dozens of similar complaints every month."

YES

SAY THESE LUCKY PEOPLE

The Princess

MARY, Crown Princess of Denmark, was still Mary Donaldson, a 28-year-old Australian advertising executive living in Tasmania, when she stopped to have her tarot cards read in Sydney's Paddington flea market.

The psychic was very clear about what she saw in Mary's future. Mary would meet a man from abroad and move overseas to be with him.

She thought nothing of it but that is exactly what happened some time later when she visited the Slip Inn pub in Sydney and met her future husband. Mary had no idea that he was Prince Frederik, heir to the Danish throne, who was visiting Australia during the 2000 Summer Olympics. They fell in love, were married in a lavish ceremony in 2004, and now have four children and live in a castle.

The Crown Princess revealed her tarot card reading to Jens Anderson, author of a new biography of Prince Frederik, *Under the Bar*. She said she believes in fate and does not believe everything that has happened in her life came about randomly.



Mary, Crown Princess of Denmark
(Photo: Stine Avnbøl/VisitCopenhagen)



Paul Hollywood (Photo: Facebook)

The baker

SUCCESS for English celebrity chef Paul Hollywood, best known as a judge on *The Great British Bake Off* TV show, should not have surprised him. He has revealed it was foretold by a psychic who read his palm in a bar when he was living in Cyprus in 1997.

Speaking to the *Daily Star* in November 2017, he said she took one look at his hand and said he was destined for great things in the future. "I won't tell you all of it," he added, "but she said, 'You're going to be very wealthy and very famous.'"

Hollywood, who spent six years working in Paphos in the 1990s, told the newspaper he believes in the supernatural but admitted, "It's weird to think about it".

The boxer

AMERICAN super lightweight boxer Cletus Seldin, nicknamed the Hebrew Hammer, credits a psychic with inspiring him to achieve his latest victory at the Nassau Coliseum, New York.

"I thought we were going to do it in three rounds," he told *Newsday*, "but then I went back and I thought and I remembered that this psychic came to me just like six months ago and she said I would knock this guy out in the first round ... and I was going to fight in November."

On 11 November 2017 he twice knocked down his opponent, Roberto Ortiz, in the first round and the fight ended in the third when Seldin was declared the winner on a technical knockout due to a cut over Ortiz's left eye.

Seldin has won all 21 of his fights with 17 ending in knockouts.

The accountant

SANDRA MURRELL, a Redditch, Worcestershire, accountant and Spiritualist, was so impressed with the accuracy of a tarot reading that she eventually left her job and became ... a tarot reader. When she had the reading in 2011 she weighed 14 stone and wasn't very happy in her job with a fashion company or with her lifestyle.

"I was told that in a few years' time I'd be doing what she was doing for a living. I've always been interested in card reading but just saw it as a hobby," Sandra told the *Mirror*. "She also said I would be able to leave my job and do more of my psychic work, but I had no idea how that would be possible."

Then, at Christmas in 2013, her firm's lottery syndicate won £1 million on a scratch card. Sandra's £70,000 share of the winnings enabled her to leave her job and focus on developing her psychic abilities. She also joined Slimming World, enabling her to shed three stone in weight, and she now leads an active life, including running the London Marathon.



Sandra Murrell (Photo: Facebook)

The logistics manager

THERE WAS nothing logistical about David Thomson's decision to buy lottery tickets in New Jersey's Cash 5 draws. He bought them on a whim. But perhaps they were predestined.

When Thomson, who works in logistics management for Verizon, visited a local psychic card reader in October 2016 she told him, "I see a lot of money in your near future, and I see love coming in your near future as well."

Within two months he scooped a \$160,000 (£120,000) jackpot in the December 14 draw. Two weeks later, he met a woman named Supreeya at a party and they quickly hit it off. They married on 3 June 2017.

On the day after their nuptials Thomson decided to enter the Jersey Cash 5 lottery again. Against all odds, his ticket was drawn once more – this time winning a further \$984,158 (£735,000).



Supreeya and David Thomson with their winning lottery cheques (Photo: New Jersey Lottery)

The seer

THE 20th-century's most famous seer was undoubtedly Jeane Dixon, a Washington DC psychic and astrologer who featured in the lives of at least two American presidents. The first was John Fitzgerald Kennedy – JFK – whose election and subsequent assassination she is credited with having foreseen.

Dixon later became a close friend of President Ronald Reagan and First Lady Nancy Reagan and was said to be a regular White House visitor, though their meetings were discreet.

She also had regular contact with President Richard Nixon through her friendship with Rose Mary Woods, Nixon's personal secretary, who is best remembered for inadvertently erasing more than 18 minutes of crucial Watergate evidence from the secretly recorded White House tapes.

How do we know this? Because Jeane Dixon is among those visitors whose conversations with President Nixon were recorded and can be heard on the infamous Watergate tapes. Those who have examined a stream of letters to the President from the famous clairvoyant and listened to a 36-minute recorded conversation in the Oval Office on 4 May 1971 – all available for scrutiny by visitors to the USA's National Archives – tell us that the contents can best be described as “bizarre”.

In 2009, 12 years after her passing at the age of 93, Jeane Dixon's worldly possessions came up for auction in Washington. They included books, letters and telegrams from other famous individuals, including former President Harry Truman and Betty Ford, First Lady, 1974-77, which had previously been on display at a museum in Dixon's honour in Strasburg, Virginia. This had been established by banker Leo Bernstein, a friend of Dixon and her husband James, who had no heirs, to whom they had left their estate.

On Bernstein's death the museum closed and its contents were transported to Washington to be auctioned, attracting international bidders and raising \$312,000 (£233,140). One of Jeane Dixon's crystal balls fetched \$11,950 (£9,000).

Among the successful predictions credited to her was the 1942 warning she gave Hollywood's highest paid 1930s star, Carole Lombard, third wife of actor Clarke Gable, not to fly on a promotional trip because the plane would crash. Lombard ignored that advice. It proved to be a fatal mistake.

In 1953 Dixon predicted on NBC



Washington seer Jeane Dixon

television that a silver ball would rise from Russia and go into space. Sputnik, the first man-made Earth satellite, took the world by surprise when it was launched four years later.

But it was a forecast that she made in *Parade* magazine, on 13 May 1956, that was to make her internationally famous. Dixon stated not only that a Democrat would win the 1960 election but she also forecast that he would die in office.

Later, she claimed to have been more specific, saying that the President would be *assassinated* but that this fact had been omitted by the media in its published reports. She even claimed to have tried to warn Kennedy personally in the days leading up to his ill-fated visit to Dallas.

Against those reported successes, however, we need to acknowledge others that were wrong. Had all of her forecasts been accurate, World War Three would have started in 1958, following a USA-China dispute involving two off-shore islands; Russia would have put the first man on the Moon; the USA would have elected its first female President in the 1980s; and a comet would have struck the Earth during that same decade.

Jeane Dixon also promised a Messiah-type child would be born in the Middle East in 1962 and bring peace to all mankind. He would now be 55 but has so far failed to put in an appearance.

MAYBE

WE'LL HAVE TO WAIT AND SEE ...

SCEPTICS argue that we don't get to hear about a predictions until after the event and only the successful ones will make headlines. Those that are wrong either do not get mentioned or are quickly forgotten.

But thanks to the internet, those brave enough to make predictions now have a global audience, many of whom have long memories. So now their accuracy can always be checked.

British psychic and medium Craig Hamilton-Parker, who has often featured in the columns of *Psychic News*, is happy for his predictions to receive high-profile media coverage. He has even been dubbed a modern Nostradamus.

His most recent prognostications for 2018, made in online videos, include a US attack on North Korea, a chemical weapons attack on London or Berlin; an attempt to impeach the American president; a “bad year” for world economies; the collapse of the euro triggering riots across the EU; and a severe earthquake in New Zealand.

Hamilton-Parker, whom the *Daily Star* credits with predicting Donald Trump's presidential victory, Brexit and the Las Vegas massacre, also warns of a terror attack on a UK motorway and a world flu epidemic linked to biological terrorism.

“Many of the above predictions are pretty gloomy,” he told the newspaper, “but I feel that there will be a simultaneous growth in spirituality for the people of the world that will now start to lead us into a Golden Age.

“Conflict and hardship plus growing environmental problems will bring good people together and ignite a desire to seek the true purpose of human life.”

Let us hope that at least that final prediction proves to be right. ■



Craig Hamilton-Parker



FINDING A HOME FOR HOLMES

Conan Doyle and the Strange Case of Fiction Becoming Fact

By KAY HUNTER

WHEN AUTHOR and devout Spiritualist Sir Arthur Conan Doyle created the detective hero Sherlock Holmes he released a phenomenon that is now enjoyed around the world.

Holmes has been portrayed by artists and sculptors as well as eminent actors who have brought the perceptive and eccentric fellow to life on stage and screen.

The psychological make-up of Conan Doyle's fictional creation, who has become a thriving international industry, particularly fascinates many readers and researchers. What early experiences helped to shape Sherlock Holmes?

He did not exist as a living human being, but no matter. Serious Holmes devotees not only study his life in minute detail but they claim to have found proof of the existence of his London home.

The blurred edges separating fact from fiction merely act as a stimulant to seek further.

Holmes was not portrayed as a family man, and was not particularly lovable. He shared an apartment with his tolerant assistant, Dr John H. Watson, and the odd couple were looked after at 221b Baker Street, London, by their housekeeper, Mrs Hudson.

Holmes' pilgrims have spent endless time trying to find the house and address defined by the author. Some claim success, even announcing discovery of a definitive flight of steps, and go away satisfied with the results of their quest.

We must therefore admire Conan Doyle's imagination and meticulous attention to detail. But what is the truth about 221b Baker Street? Was the house or its real residents well known to the author?

At the time he was writing the Sherlock Holmes stories, house numbers in Baker

Street were not as high as 221. He describes the apartment as "a suite of rooms on the first floor, above a flight of 17 steps. The main study overlooked Baker Street, and Holmes' bedroom was adjacent to this room at the rear of the house, with Dr. Watson's bedroom being on the floor above, overlooking a rear yard that had a plane tree in it."

The section of Baker Street north of Marylebone Road, which now includes Number 221, was formerly known as *Upper Baker Street*. When the street numbers were re-allocated in 1932, after Baker Street was extended, the block of odd numbers from 215 to 229 formed Abbey House, built for the Abbey National Building Society, which was in occupation until 2002.

As this address included 221, Abbey National constantly received

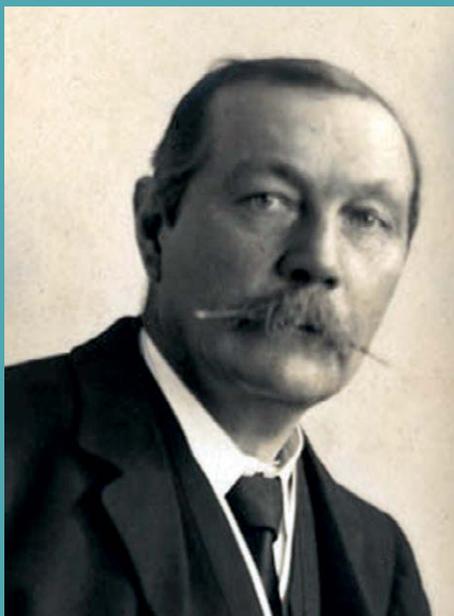
correspondence from Sherlock Holmes fans all over the world. The volume became so great that Abbey National, perhaps seeing an opportunity for publicity, appointed a permanent "Secretary to Sherlock Holmes" to deal with his fan mail. So the myth of 221b was fortified and allowed to continue.

A bronze plaque suddenly appeared on the front of Abbey House bearing a portrait of Holmes and a quotation. The plaque was removed several years ago, but Abbey House then sponsored a bronze statue of Holmes, designed by sculptor John Doubleday. Three metres high, it was unveiled in 1999 in the entrance to Baker Street Underground station.

The numerically correct postal address of the current Sherlock Holmes Museum is 239 Baker Street, but in 1990 the museum displayed a typical English Heritage blue plaque outside that address, showing the number as 221b, and naming "Sherlock Holmes, Consulting Detective, 1890-1904" as its former occupant.



Robert Downey Jr and Jude Law in 'Sherlock Holmes' (Photo: Warner Bros)



What would Sir Arthur Conan Doyle (left) have made of a museum dedicated to his fictional hero?

The implication that this was once the abode of Sherlock Holmes was clearly untrue – a case of trying to turn fiction into fact. There followed a 15-year dispute between Abbey National and the Sherlock Holmes Museum. By preserving his name, and using their address to deal with his mail at the real 221b, Abbey National claimed the right to continue to do so.

The Post Office finally stepped in to resolve the problem. It granted permission for Number 239 to be known as “221b Baker Street” for the purpose of mail deliveries.

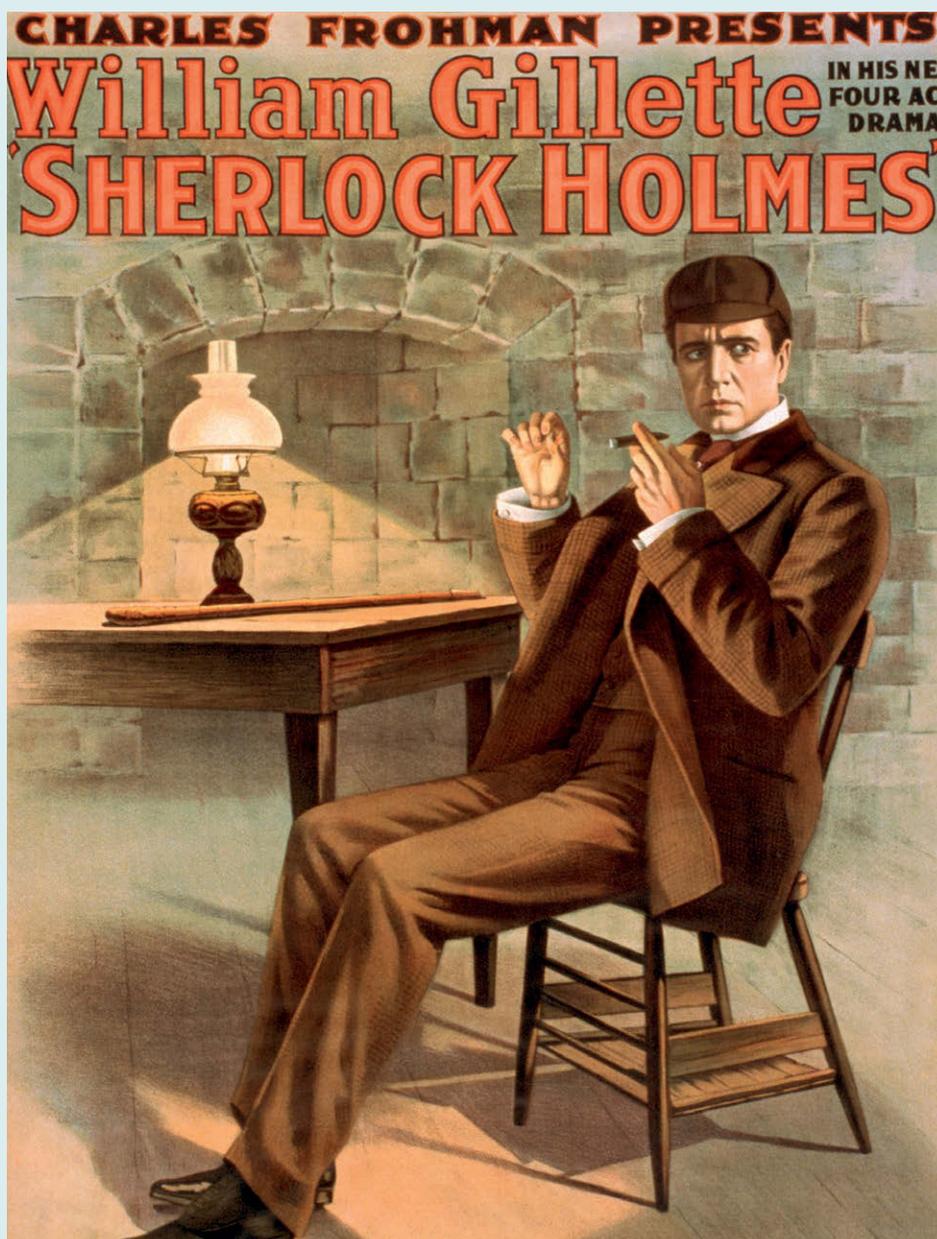
In other words, in postal usage, it simply serves the same purpose as that of a house name.

The Sherlock Holmes Museum, now occupies three floors of the Georgian building at this address. A Mecca for Holmes devotees, most with a blind faith in its authenticity, the price of admission is £15 for adults and £10 for children under 16. Opening hours are from 9:30am to 6pm.

It becomes clear, when reviewing its visitors’ comments, that some regard the Holmes books as real-life sagas, which speaks volumes for the realism of Conan Doyle’s novels and his ability to create such a believable character as his now world-famous detective.

“Some interesting items,” one visitor observes, “especially those belonging to Sherlock Holmes.”

This would not have surprised the campaigning Spiritualist. After all, Conan Doyle gets his fictional detective to quote these words in *A Study In Scarlet*: “What you do in this world is a matter of no consequence. The question is what you make people believe you have done.” ■



Sherlock Holmes plays were already attracting audiences in 1900

Actor feels wife's spirit moving in room

FOOTBALLER-TURNED-ACTOR Vinnie Jones says he now believes in the afterlife following his wife's passing.

Tanya, his 53-year-old partner, passed on after losing a six-year battle with melanoma, the most severe type of skin cancer. The couple lived in Hollywood.

Surrounded by Vinnie and five family members – including their daughter Kaley – Tanya died at their Los Angeles home.

It was in her final moments that Vinnie, known as a hardman actor, said he felt Tanya's spirit leave the room.

"When she finally went, it was like Tinker Bell had released her," he said. "It felt like her spirit was moving in the room. I

got peace from that.

"We were outside until about midnight, but I was the last to go to bed. With Tanya, she would always blow me a kiss and I would catch it and carry it with me.

"When I went to go in and looked up, there was a small white light straight above me. I thought it was strange.

"It was right there above the house. So I went, 'Is that you babe?' But the light didn't move."

The actor added: "Then as I went to go in, I turned around, blew her a kiss and



VINNIE JONES with his wife Tanya, who passed on at their Los Angeles home. (Photo: Featureflash Photo Agency/Shutterstock.com)

threw it.

"The light that had been there went straight over my head. Then it went across my vision and up into the sky.

"That was her saying: 'We're all done. Everything is good. I'm up there. I'm going to wait for you.'

"I never believed in any of that spiritual stuff. Never. But now I believe in an afterlife."

Tanya was treated at Cedars Sinai Hospital in Los Angeles before spending her final days at their Hollywood home.

The couple moved to the USA after Vinnie went from a football hero to a film favourite after rave reviews for his debut in Guy Ritchie's *Lock, Stock and Two Smoking Barrels* over twenty years ago.

Vinnie was married to Tanya for 25 years. They renewed their vows in 2007 when Vinnie wore his original wedding suit.

Ruling out ever falling in love again, the actor added that Tanya "was the light of my life. I will never be with anyone else.

"She never ever slept one night in hospital without me there. I have always been by her side.

"In the week of her death, the doctors said very nicely: 'These are your options. We don't know if it is going to be months or weeks.' Through my grief I said, 'I don't want her to be in any pain.'

"So we took her home. Straightaway Tanya was on oxygen. Then she was on fentanyl (an opioid used as a pain medication). We got some beautiful innocent moments in those last days." ■

Miami now a popular New Age destination

NO LONGER is Miami simply a beach and party centre. The Florida resort's visitors and residents now have new opportunities to enrich their leisure hours.

Complementary treatments, and spiritual and holistic practices have become part of the Sunshine State's New Age offerings.

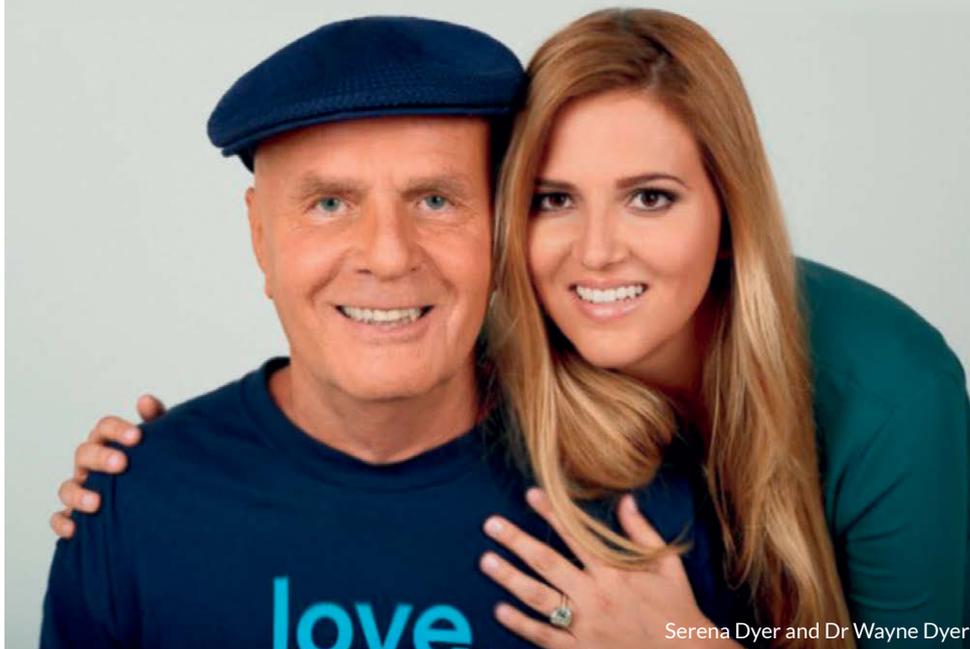
Ocean Drive, the area's popular lifestyle magazine, has been investigating the increasingly popular fresh approaches to health, featuring natural remedies, meditation and spiritual healing.

Several therapists and healers were among those interviewed in its 4 January 2016 edition. So too was Serena Dyer, one of the eight children of international spiritual author and speaker Dr Wayne

Dyer, whose death in August 2015 occurred just weeks before publication of his last book, *Memories of Heaven*, written with co-author Dee Garnes (PN November 2015).

"My dad and I are extremely close," she told interviewer Carla Torres. "We talk every single day. I use present tense, which may seem kind of weird and crazy, but in my mind I don't think that he died.

"Logically I know that he did, and is no longer here, but I still believe and feel his presence, so that using past tense doesn't seem right." ■



Serena Dyer and Dr Wayne Dyer

THERAPEUTIC TECHNIQUES

PUT THE COLOUR BACK IN YOUR LIFE

BY BILLY ROBERTS



THE EFFECTS of colour on the mind were known to the ancient Egyptian and Greek physicians, who used it to treat all manner of physical and mental diseases. Their method was to filter the sun's powerful rays through different coloured gauze, bathing a sick person in a soothing light as they lay on the treatment bed.

“

The body is perceived as a sequence of musical coloured tones, each rising on a gradually ascending vibratory scale.

”



The harmonising tones of the various colours were used to restore the patient's vitality, encouraging his or her full recovery.

Unfortunately, our knowledge of the therapeutic value of colour has more or less been lost. Today, what we know of the healing powers of the numerous tonal shades and hues of colour has been tainted with what have become labelled as “New Age” teachings.

Nonetheless, chromotherapy, as it has become known, is a complementary treatment to which many modern-day allopathic medical practitioners subscribe.

A casual walk across a lush green meadow on a sunny day is often all that is needed to uplift you when you are out of sorts. Green, with its many varying degrees in nature, is extremely harmonising, and really does have a powerful effect upon the mind.

More than this, the healing properties of green also work at a more subtle level, affecting the individual cells of the body as much as they affect the mind.

The same applies to every colour above and beyond the known spectrum. In his book *Principles of Light and Colour*, American physician and Spiritualist Edwin Babbitt (1828-1905) explains in detail how colour may be used to heal the body and the mind.

One account he gives is of a man dying with consumption in a 19th century sanatorium in New York. The man in question hadn't eaten for days, and it seemed he was close to death. To make him comfortable, the nurses pushed his bed close to the window so that he could enjoy the afternoon sunlight streaming into the ward. Within a couple of hours, the medical

staff were amazed to see their patient sitting bolt upright in bed and asking for something to eat. The colour had returned to his cheeks and the life had come back into his previously dull eyes.

The doctor in charge of the ward was completely puzzled. After some consideration, it occurred to him that a large portion of the glass on the window pane was a deep shade of blue. He was certain that this had contributed to the man's recovery and immediately set about experimenting with his patients, bathing them in different colours. The results astounded him. The doctor in question found that some colours had a calming effect upon patients, whilst other colours were stimulating.

Medical sceptics dismissed the suggestion that colour could heal maladies of both the body and the mind, suggesting that colour treatment had a sort of placebo effect: it was no more than a psychological

phenomenon, the effects of which would not last.

However, they were disabused of this notion when it was pointed out that the same results could be achieved on domestic pets, who could not be susceptible to a placebo effect. Doctors working at the New York clinic were in no doubt that healing with colour was an extremely powerful treatment that worked on many different levels.

In esoteric parlance, the body is perceived as a sequence of musical coloured tones, each rising on a gradually ascending vibratory scale, from the colour at the lowest part of the body to the colour at the top of the head. When disease occurs in the body or mind, these colours are weakened or even totally depleted, leaving the body's essential colour elements lacking in vitality. By introducing the appropriate colours back into the body, it is rejuvenated, thus restoring its original vitality.

COLOUR VALUE TO THE HEALTH AND EQUILIBRIUM:

RED: Treats lethargy and lack of vitality, anaemia and other blood conditions.

ORANGE: Treats influenza, colds and respiratory conditions.

YELLOW: Treats dermatological eruptions, gall bladder and kidney infections.

GREEN: Treats heart conditions and imbalances of the nervous system, such as anxiety, neuroses and depression.

BLUE: Treats most physical and psychological conditions. Also effective in the treatment of inflammatory conditions, such as arthritis, and in the easement of pain.

INDIGO: Treats maladies of the mind, phobias, anxiety neuroses, depression and much more.

VIOLET: Violet affects the body holistically and may be used in the treatment of a broad spectrum of illnesses. It can also be used to complement other colours.



COLOURED DRINKING GLASSES

One very simple and yet effective way of using colour in the treatment of illness is a process that involves the transportation of prana – the “life force” – through the body. For this treatment you will need several drinking glasses, in as many different colours as you can find. These can be obtained from any supermarket. It is always a good idea to experiment as much as possible with this treatment, and use the above colour list as a general guide.

Always use still mineral water as this tends to be purer than tap water and contains no chemicals at all.

For example, should your child have a high temperature, fill a blue glass with water, and pour it (through the air) from one glass to another, until it sparkles and almost comes alive. Leave it on the window ledge in the bright sunlight for at least half an hour, then let your child drink as much of it as he or she can. Repeat the process a couple of hours later. The blue charged water should encourage a reduction in the child’s bodily temperature. A red glass of water may be used when the temperature is low, or when a person is lethargic or just lacking in vitality.

Always remember to pour the water through the air several times, from one glass to another. This precipitates the prana in the water, making it come “alive”. The same process may be used on your poorly dog or cat. You will be amazed how quickly they will respond to the treatment.

Remember, healing with colour in this way is only meant to complement traditional medical treatment, and not to replace it. Always consult your doctor before using colour healing of any kind. ■

“

Fill a blue glass with water and pour it from one glass to another until it sparkles and almost comes alive.

”



Billy Roberts is available for lectures, workshops and demonstrations of mediumship. Contact him at billyroberts01@talktalk.net

Try our puzzling

How's your knowledge of Spiritualism, mediumship and the paranormal? Here's your chance to find out by taking part in the editor's puzzling paranormal quiz. To help you along, all of the questions have a cunning clue or two.

It's quite all right to consult books, look on the internet or ask a friend if you get stuck. The answers can be found on pages 196 and 197. Good luck!

1. Which year saw the advent of modern Spiritualism after the Fox sisters established regular communication with the spirit world? Your clue – rearrange these figures 4881.

2. Whose often cheeky Cockney spirit guide was called Mickey? Your clue – *The Flintstones*. Delete part of the second word.

3. Likewise, which famous medium had a guide called Albert? Your clue – this answer may materialise in your mind.

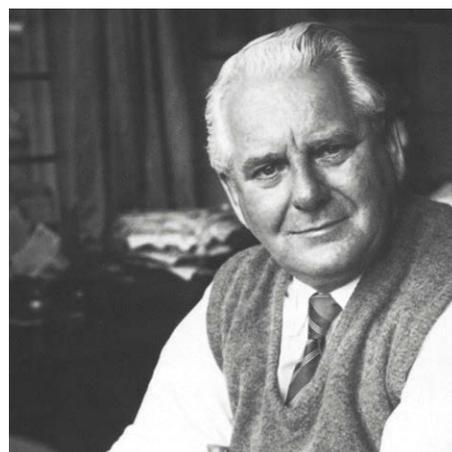
4. Can you name the famous medium, speaker and writer who established *Two Worlds* in 1887? The magazine joined forces with *PN* in 2018. Your clue – she lived in both Britain and the USA. Her first name is the same as one of Jane Austen's novels.



WHICH medium did Mickey guide?
See question two.

5. What is the French term for the mediumistic gift of "hearing" spirit communicators? Your clue – an audience.

6. Using a ouija board is a very elementary form of communication and not to be recommended. What is the literal meaning of ouija? Your clue – yes, you ought to get this one.



SPIRITUAL healer Harry Edwards.
See question seven.

7. Can you name the husband-and-wife team who once worked closely with famous spiritual healer Harry Edwards and succeeded him? Your clue – branch out with the answer.

8. Which Spiritualist cured King George VI of his speech impediment? Your clue – both his first name and surname begin with the twelfth letter of the alphabet.



WHAT is the literal meaning of ouija?
See question six.

9. Which author wrote the masterly two-part *History of Spiritualism*? Your clue – think of a doyley, delete one letter, but don't ask why.

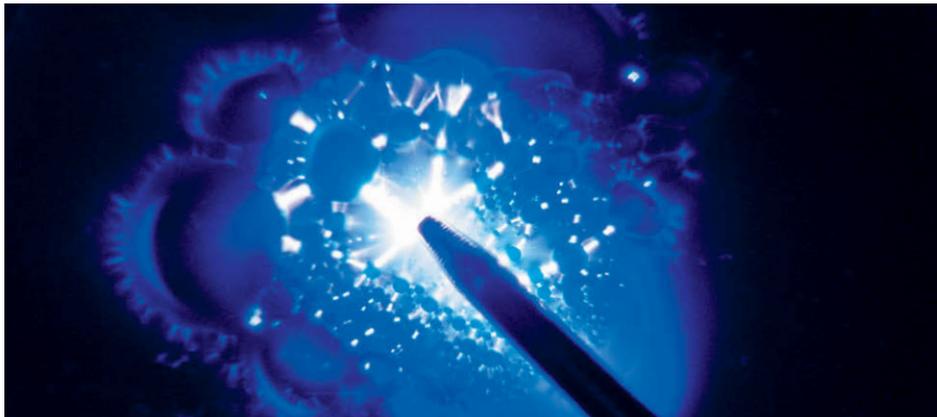
10. Still with books, which leading Spiritualist wrote *Lychgate*? Your clue – he masterminded the Battle of Britain. Additionally, his wife, Muriel, was one of the founders of Beauty Without Cruelty, which manufactures cruelty-free cosmetics.

11. Along similar lines, can you name the scientist who wrote *Raymond*, which details survival evidence from his son of the same name, who passed in the First World War? Your clue – lodge your answer now.

12. What do the initials SPR stand for? Your clue – you might have to do some research on this.

13. What might you use to demonstrate the psychic art of scrying? Your clue – the answer should be crystal clear.

paranormal quiz!



Taken using the Kirlian technique, this image shows the aura around a drop of water. See question sixteen. (Photo: Andrei Sergueev)

14. Can you name the much-loved spirit guide who spoke for decades at the Hannen Swaffer home circle? Your clue – a striking, medium-sized deciduous tree, which is native throughout the UK and Europe.

15. What is Spiritualism's alternative to an orthodox christening service called? Your clue – you should be able to name this ceremony.

16. What were the first names of the Russian couple who invented Kirlian photography, which depicts the aura around human and inanimate objects? Your clue – St Valentine's Day.

17. Can you name the Canadian premier who made no secret of his Spiritualism? Your clue – he was a king amongst men.

18. Which well-known Scottish medium is sometimes called "the psychic barber"? Your clue – an anagram of his name is Dongor Htims. Think backwards about the surname.

19. What is the term used when a medium "reads" the history of an object? Your clue – the word is derived from the Greek for "soul" and "measure."

20. Which multi-gifted medium wrote *Fifty Years A Medium*? Your clue – her surname is the same as the maiden name of Britain's first female prime minister.

21. Two more questions on trance guides. Who spoke through veteran medium Grace Cooke? Your clue – think of a bird which soars high in the sky.

22. Likewise, who entranced Winifred Moyes, who founded the Greater World Association, which still promotes Christian Spiritualism? Your clue – look to the stars.

23. Which American president attended sittings in the White House and even sat on a grand piano which levitated? Your clue – a car, a city in the East Midlands and shortcake biscuit have the same name.

24. Still with politicians, a British prime minister also attended sittings with mediums and said that psychic research is "the most important work which is being done in the world today – by far the most important." Your clue – think of a sturdy bag and someone with liberal views.

25. Can you name the Essex college which is named after a Scottish Spiritualist? Your clue – a once very popular BBC programme featured a Scottish doctor whose surname sounds similar, though is spelled slightly differently.

26. Who was the medical electrician at London's St Thomas' Hospital who undertook pioneering work into the aura and published a book called *The Human Atmosphere*? Your clue – you may possess a

rubber-sealed, screw-topped jar, which is used for bottling produce like fruit and preserving jam.

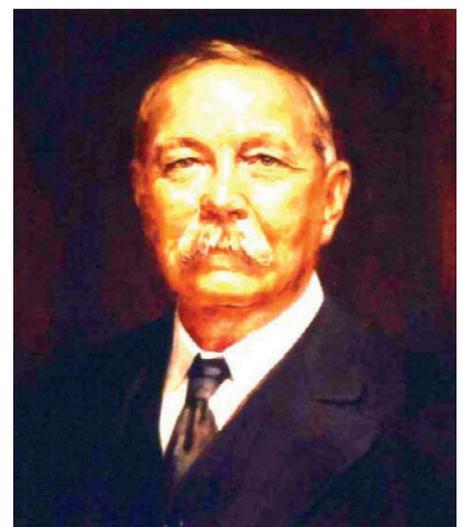
27. Although there is no documentary evidence to back the claim, which British medium said that she gave sittings to King George VI? Your clue – don't get harassed trying to recall her last name!

28. The Fraudulent Mediums Act gave Spiritualism legal status. Which year did it become law? Your clue – rearrange these figures: 1195

29. Please name the former school dinner-lady who became a musical medium and received new works from famous "dead" composers like Liszt, Chopin, Schubert, Debussy and Rachmaninov. Your clue – her first name is also that of a herb starting with the letter r.

30. What is the name of a servant and close friend of Queen Victoria who acted as a medium for Prince Albert after his passing? The monarch once called him "God's own gift." Your clue – his surname is that of a colour which begins with b.

The answers can be found on pages 196 and 197 of this issue.



‘Will & Grace’ actor Shelley Morrison reveals mother’s spirit return

Medium’s message begins with unmistakable term of endearment

By ROY STEMMAN



Shelley Morrison (Photo: Charles Bush)

EARLY IN September 2017, gifted character actress Shelley Morrison saw events from her life flashing before her eyes for a whole day. She wasn’t having an extended near-death experience, she explained, but separate TV channels on the same day were showing back-to-back episodes of two famous situation comedy series in which she had starred.

“On one channel they were showing the 50th Anniversary Marathon of *The Flying Nun*, that ran for 82 episodes from 1967 to 1970, in which I played Sister Sixto, with Sally Anne Field in the title role. And on another channel they were showing *Will & Grace* which ran for eight seasons through to 2006. In that, I played the Salvadoran maid, Rosario Salazar.

“I turned to my husband and said, ‘Did I die and I didn’t know it?’”

Shelley is still very much alive, but as a cancer survivor who has just reached the age of 81, and a theatre and television actor for virtually 60 years, she has decided it is time to take things a little easier.

“While I was filming *Will & Grace* I had a double mastectomy and also part of my lung removed,” she explains. “Now I go to the hospital to visit my body parts! People asked me how I was able to keep returning to the show. I told them I was the energizer bunny!”

She delivers these lines with the precision of a consummate professional

who understands the importance of making people laugh regardless of one’s own problems. Born Rachel Mitrani

(Shelley Morrison is her stage name) she inherited that from her mother, Hortense, known to everyone as Dena, and “the comedian in the family”.

They enjoyed a very close bond and Shelley and her husband, Walter Dominguez, nursed Dena when Alzheimer’s took over. Her passing in 1981 was a great loss, despite the fact that both accepted the continuity of life in the next world and knew that one day they would



Shelley Morrison playing the role of Sister Sixto in “*The Flying Nun*” (Photo: ABC)

“

Shelley appeared as Rosario in all eight seasons of 'Will & Grace' through to 2006

”



(Photo: NBC/YouTube)

Shelley appeared in a wheelchair for her final appearance as Rosario Salazar in a 2016 presidential election special made for YouTube. There was a special bond between Shelley and Megan Mullally (below), who played Karen Walker, Rosario's employer (Photo: Walter Dominguez)



be reunited with her.

Two years later, a friend, knowing of their grief, told Shelley: "You must have a session with Brian." As they were soon to discover, the person referred to was an English-born medium, Brian Hurst, who had emigrated to the USA and was then living in Los Angeles, where they also lived. Shelley called him to arrange a sitting.

"Brian asked me to write a letter to my mother and to let her know we were going to be trying to reach her. I wrote the letter and then Walter and I went to meet him. It was one of the most extraordinary experiences we ever had.

"One of the very first things Brian kept saying, as my mother was coming in, was 'Hanna'... 'Hannum' ... 'Hannim'. My father called my mother 'Hanim'. It's a Turkish word for wife or lady, which is used as a term of endearment, just as we call someone who is special 'Honey'.

"It was like announcing, 'Hey, momma's here' and the session that followed was remarkable. Then, as we were wrapping up the session, Brian said, 'Mama wants to know how the little elephants are.'

"On my altar I have these little ivory elephant figurines which my mother had given me and which I touch for luck every morning.

"In Brian, we had met someone who really understood what we were going through at that moment and who could



Shelley Morrison's mother, Hortense Mitrani, known as Dena (pictured below and on antique button) above, spoke of the tiny elephants she had given her daughter (Photo: Walter Dominguez)



give us the information we needed. There are many psychics who will go off at a tangent but Brian was able to filter through what was important for us to know. That's the sign of a truly gifted psychic."

Shelley can speak with some authority on the subject, as she explains:

"My grandmother, who I didn't know, was psychic. My mother told me that. My mother was also psychic. And they passed it on to me. So I know what the process is. It's a blessing and a curse."

For her husband, an actor and director who, like Shelley, has been involved in the industry for many years, it's definitely a blessing. Walter frequently seeks his wife's intuitive guidance on projects or activities, and those insights often give him confirmation to move forward or perhaps offer a different approach that he had not considered.

So when is it a curse?

"We recently went to Santa Barbara for a day trip," he chuckles, "where they have a lot of antique stores, and I love things from the past. That's my obsession. Shelley came into some of these stores with me, but ran out of one saying, 'Not only can I hear their voices but I can smell them!'"

My telephone interview with the couple

occurred just after the recent devastating hurricanes had hit parts of the southern Americas and the Caribbean islands. They were naturally concerned about the welfare of family and friends living in the areas affected.

"It was a tough period for Shelley to stay grounded and not become over-exhausted," Walter adds. "She's a wonderful support person using her intuition for her friends. 'As soon as she's awake each day, she'll say, 'I need to call someone.'"

She exhibited the same care and compassion on the set of *Will & Grace*, earning her the name "Mama Shelley" among cast members and crew, Walter adds. "She would calm new people down, help answer their questions and reassure them. That was one of the roles she liked to play behind the scenes. If she saw someone looking tired she would give them the key to her dressing room and tell them to go and have a rest."

One of the most difficult episodes to film was on 9/11. Despite learning of the horrific attacks on New York and Washington and seeing some of the appalling images on TV that day, the cast had to continue with the schedule and



The cast and producers of 'Will & Grace' pause for a photo shoot with legendary writer and producer Norman Lear (in white hat) during filming of the YouTube mini-episode. (Photo: Walter Dominguez)

deliver their hilarious lines as if nothing had happened.

In her role as Rosario she has had many fabulous and memorable spats with her on-screen employer, Karen Walker (played by Megan Mullally), in which they both talk rapidly and simultaneously at each other but end up in a loving embrace. In order to get through the recording on the day of 9/11, Shelley says, she channelled her mother, Dena, some of whose characteristics had helped shape Rosario. "I said to her, 'Let's go!' and we got on with it."

The comedy series, which has done so much to change perceptions about LGBT issues in the USA and the many other countries in which it has been shown, including the United Kingdom, launched in September 1998. Soon afterwards, Rosario made what was expected to be only a one-episode appearance, in the first season's finale. But she was so popular with viewers that she became a regular, starring alongside the four main characters right through to the final episode in 2006.

Shelley nearly did not take that role

because, in her preceding 25 film and 200 TV appearances she had played either a maid or a housekeeper. Keen not to be typecast, she told her agent to refuse any similar roles, but fortunately she accepted the offer to join *Will & Grace*, never suspecting it would run for so many years and that she would be a key player in a show that would pick up 16 Emmy Awards and 83 nominations.

As our US readers will know, a 10-minute *Will & Grace* election special was posted on YouTube in 2016, to encourage people to vote. Shelley reprised her role as Rosario for that, appearing in the final scene, in a wheelchair, uttering the line, "Talk about a basket of deplorables!"

What was meant to be a one-off special, a decade after they last performed together, proved to be so popular that the cast signed up for a new NBC series (its ninth), and the first of 16 episodes was screened on 28 September. A 10th season of 18 episodes has already been aired and the 11th season is currently showing.

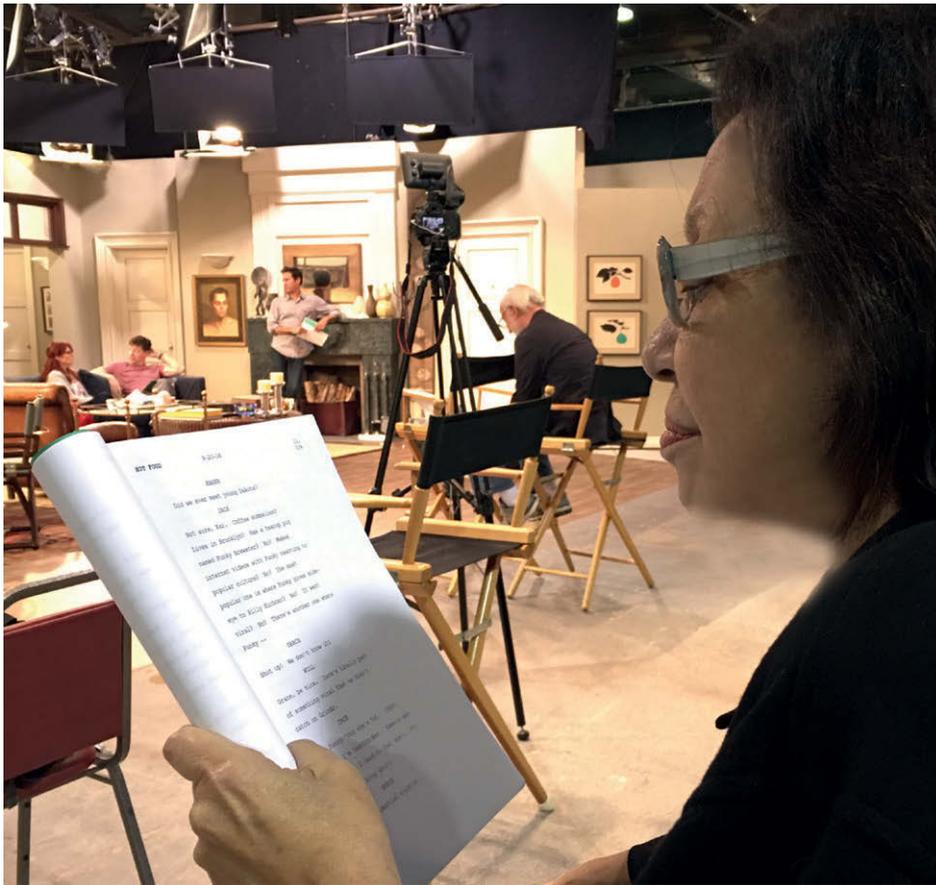
But Rosario is missing from the new *Will & Grace* shows, as the *Hollywood Reporter*

was quick to lament. It broke the news when reporting a briefing to TV critics by the show's co-creator Max Mutchnick.

"Shelley has decided to retire from acting," he told them. "It was with a heavy heart that she gave us that information and that we received it, but it is the way that it goes. It is a choice that she has made. We really wanted Shelley to be a part of this series, so we find ourselves having to figure that out moving forward. It was not an easy decision to make, but it's one that she made."

Shelley last appeared on TV in a 2006 episode of *My Name Is Earl*, the entertainment magazine added, and did voice work on a 2012 animated film, *Foodfight!*.

When I ask her about the decision, she responds happily: "I'm free! Enough is enough. It's a lot of work. I hope it goes beautifully for them and I will certainly miss some of them, particularly Megan Mullally who is a joy to work with and is just a dear, precious, talented lady. But I have the world's most wonderful husband and whatever time is left



Shelley Morrison follows the script during rehearsals for the mini-episode (Photo: Walter Dominguez)

I want to spend with him.

"We met at the end of February 1973 when we worked on a film together. Walter was the director and I had a part in the film. We had our first real date on 19 April and within two weeks he had moved in. In August that year, we eloped to Reno to get married. We didn't even have rings.

"The reason we've been married almost 45 years is that he's the most remarkable human being I've ever met in my life. He has such compassion and awareness of people's needs. He understands but never judges. And my mother adored him."

At this point, Walter cuts in to return



Shelley and her husband Walter Dominguez (Photo: Charles Bush)

the compliment and pay his own tribute to Shelley, telling me: "She radiates energy. She's magnetic. She doesn't even have to speak, people are attracted to her and make a connection with her. That's why she has such a high Q-rating [which measures celebrities' popularity and familiarity]. And, like Rosario, she emanates a maternal quality. She's an amazing human being and I'm so blessed to have met her."

"Is this my eulogy?" Shelley interrupts. She then shares with me the experience they both had of witnessing her mother's passing:

"She died in our arms. It was incredible. My nephew Greg, Walter and I were holding her and she closed her eyes and we thought that was it. And then she opened her eyes and looked at Greg, she looked at Walter and she looked at me. She had this beautiful smile, and then she passed. She was 78. We could sense her spirit just shoot out of her body.

"And the three of us, without any comment, just looked at each other because we felt that the room had just filled up with family members from the Other Side. It was a really beautiful passing with so many there to help her; so much light. It was amazing. I get a chill just thinking about how beautiful that moment was." ■



Brian Hurst, the medium who gave Shelley spirit proof

NOW officially retired and living in Palm Springs, California, Englishman Brian Hurst's colourful life is chronicled in his fascinating autobiography *Heaven Can Help* (available from Amazon).

From his early life in Huntingdon, Cambridgeshire, where he was born in 1938, and his early introduction to Spiritualism by an aunt who recognised his latent mediumistic abilities, Hurst takes his readers on a paranormal journey involving many famous healers and mediums.

They include people like Harry Edwards and Leslie Flint as well as psychic surgeons from the Philippines and Indian guru Sathya Sai Baba.

As well as researching paranormal phenomena, Hurst was developing his own abilities to contact spirits of the dead and communicate highly evidential information from them to their loved ones.

In 1980 he left England for California, where he continued giving psychic demonstrations. His work with Doris Tate, mother of the murdered movie star Sharon Tate, led to his association with Parents of Murdered Children and other bereavement groups.

Among those he has encouraged to develop their own mediumship is James Van Praagh, now one of America's top mediums. He says that meeting Brian Hurst changed his life, and in his third book, *Healing Grief*, van Praagh revealed that he had brought members of his family from New York to have sittings with Brian and that his father, Alan, was among those who communicated.

Hurst is also the author of a mystery thriller, *Some Go Haunting*, which he confidently predicts will one day be turned into a successful movie. ■



SEOUL SEARCHING

SPIRIT MESSAGES REUNITE ‘ORPHAN’ WITH HER PARENTS

PAMELA SERENE FORNELL reveals the astonishing story of Kim Djupvik that spans 4,800 miles between South Korea and Norway

WHAT should you do if your mother and grandparents started putting pressure on you to do something you had never been interested in doing?

That was the question that confronted Kim Djupvik when her adoptive mother and her biological grandparents did their best to influence her to make a momentous decision. They wanted her to travel from her home in Norway to South Korea.

The surprising complication was that all these important persons in Kim’s life had passed to spirit years before, but they had a very good reason for urging her to make the journey.

The story started in 2016 at my spiritual centre in Oslo, Norway, where Kim was taking a course in mediumship and spiritual development. An important part of this particular course was learning to make

contact with the spirit world.

The influence began when her Korean maternal grandmother, Park Moo Sug, came forward through a fellow student to convey her love for Kim and her sadness that the family had not been able to keep her. She also said she was so happy to see that Kim had a good life in Norway.

This message came as a huge shock, for not only was it difficult to grasp but also to verify. Kim had been told from childhood that documentation of her biological parents simply did not exist.

She therefore took the message with

Kim Djupvik was urged by Spirit to travel to Seoul, South Korea, from her home in Oslo, Norway (top)





Inger Johanne Halvorsen, Kim's adoptive mother

felt a connection and a sense of belonging to the spirit lady who claimed to be her grandmother.

The plot thickens

That was just the start because grandmother Sug kept coming back with the same message. Then one day, during another sitting, a different student channelled a spirit message from Kim's paternal grandfather, Lee Myung Soo, saying how very sad her father – who was still alive – felt about having lost her.

This message was repeated at a later sitting, with more amazing information and a description of what her father looked like in his youth. Soo also disclosed that her father had been a soldier in the army at the time of Kim's birth.

Grandfather Soo urged Kim to do some research and travel to South Korea. The idea of journeying to an unknown

country on such a mission – like trying to find a needle in a haystack – seemed quite ludicrous to Kim.

When they adopted Kim, her Norwegian parents, Per L. Djupvik and Inger Johanne Halvorsen, were told there was definitely no way to trace her biological parents. Kim accepted this and had never been interested in going to Korea. And besides, she simply couldn't afford such an expensive trip.

Kim was also puzzled that her biological mother had so far not been mentioned, as it seemed to her more natural that she would be the one trying to find her – not her father. But perhaps she, too, had passed over?

Then Kim received a message at a later sitting to say that her mother was still alive. Sug had never wanted to give her away but the decision was made by the men in the family. Her mother was given no say in the matter.

It was not just her biological grandparents in spirit who were keen to see Kim visit the country of her birth. Her adoptive mother, Inger, was also bringing her influence to bear from the spirit world. Even Per made his presence known on occasions. It seems to have been a team effort!

Inger has communicated regularly throughout the time that Kim has been in my circle – more than six years – and has always confirmed her identity with evidential information, such as gifts that were exchanged, habits and other personal details.

For example, she commented on Kim's mother's focus on always being nicely dressed, even going out in party shoes when it was snowing – a behaviour that is most definitely *not* common in Norway!

On one occasion, a few years ago, a fellow student brought through the memory of a special kitchen window in

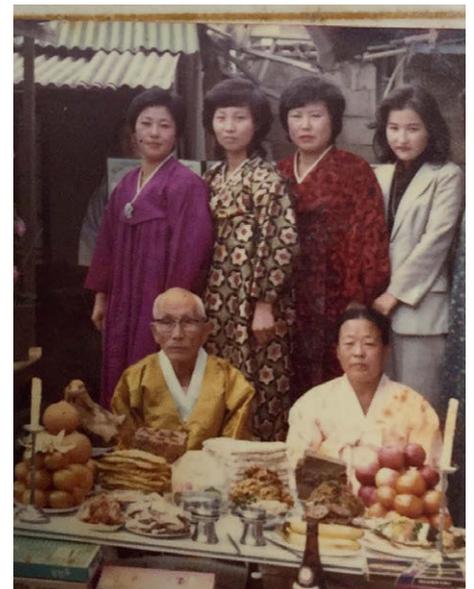
Inger's home which she had designed herself. The student was even able to go into detail about its exact appearance and the reasons for the window being fitted.

Inger has a long tradition of showing her love and support during all the time that her daughter has been coming to the circle and Kim feels this strongly herself.

Careful what you wish for

Kim was amazed by the thought that her biological parents might still be alive and that they, in spite of the tragic circumstances surrounding her birth, still loved her and longed to see her. But she had mixed feelings about the entire project so she sent out a thought to the spirit world.

If they *really* wanted her to go to Korea then they would have to find the money she needed and also provide her with a travel companion, as she did not wish to



Kim's paternal grandfather, Lee Myung Soo, pictured with a group of women during a ceremony



Kim Djupvik with her biological parents, mother Gwanghui and father Sangho, and Sister Therese from the orphanage

make such a trip on her own.

Shortly after this seed had been planted, Kim was offered some freelance work, out of the blue, so the extra money was suddenly there for her. At the same time she heard from a friend who had also been adopted from Korea and had visited the country previously.

The friend told her she had decided to make a new trip to Korea in 2016 instead of waiting until the following year as she had previously planned to do. So the spirit world had made sure had both the finances and a companion on her journey.

Kim's friend was able to give her some advice as to where she could start her investigations before embarking on the journey. But she warned Kim that there would be no way of tracing her parents as this was something that should have been planned at least a year earlier – not a few weeks in advance as Kim was doing.

Kim contacted the orphanage which had organised the adoption, not really expecting to get any real information. She simply declared a desire to visit the place from which she had been sent to Norway.

Just before she left for Korea, our group at the spiritual centre did a "remote viewing" on the place Kim would be visiting. Each member wrote down what they saw, which we later discovered proved to be surprisingly accurate.

Incredible news

Just one day before Kim's departure, she received an unexpected email from the orphanage in South Korea's capital, Seoul, with the news that Sister Therese, a nun from the original orphanage to which baby Kim had been sent, had important news for her. Kim emailed her immediately and was amazed to receive this message in return:

"You must come at once! Your father has been searching for you for many years."

She later discovered that he had kept in contact with the orphanage over the years, in the hope that one day Kim would try to find him.

It was arranged for Kim to visit and meet him but she was puzzled as to why no mention of her mother had been made. She had been told by the nun that her father had eventually married and had a family.

Another puzzling aspect was that nothing about her mother's current whereabouts had been revealed at the sittings, even though the general feeling was that Kim's mother was still alive and that she had never wanted Kim to be taken away from her. There were still so many unanswered questions.

But, eventually, there she was on Korean soil for the first time and standing

face-to-face with *both* of her biological parents: father Sangho and mother Gwanghui! Kim sensed her mother's grief at having her snatched from her arms that day, so many years ago, when the family made the decision to put her up for adoption.

It turned out that her parents, unable to marry as Sangho was doing his military service, had been persuaded to give their baby to another couple who would care for her until her father could come home.

However, a series of events led that couple to place Kim in an orphanage without telling her biological parents. Gwanghui married Sangho when he came home from the military and they had two more children, so Kim has a brother and a sister in Korea.

But Sangho had never forgotten her and had searched for her ever since that time. He had kept his search a secret from Gwanghui as he did not want to raise her hopes, so this may be why Kim's mother was not spoken about as much as her father in the spirit messages.

DNA tests were taken to confirm that the couple actually are Kim's biological parents, and the positive result came as no surprise as Kim is the spitting image of her father.

Parents visit Norway

Six months later, having spent Christmas in Seoul, Kim returned to Norway with her parents and a nephew who could speak English and act as interpreter for the family.

Kim is convinced that her adoptive mother, Inger, and biological grandparents Sug and Soo, all in spirit, played important roles in the process of persuading her to travel to Korea – something she would never have done without the messages and encouragement she received from them.

It was only on her return from Seoul that Kim learned from a friend that Inger

had once told her, before she passed to spirit, that she believed Kim would one day visit the country of her birth, even though her daughter had always been adamant that she would never do so.

Soon after learning this, Kim received another spirit message from Inger. It was simple and to the point: "I told you so!"

I was delighted when she brought her biological parents to my centre to meet some of the students who first made contact with Kim's family in spirit, launching her on this incredible journey. Originally, they had seemed like something taken from a fictional story that could never be proven. Yet there they all were, as in a scene from a film.

Making contact with those who have passed to spirit was obviously very strange for Kim's parents, as spirit communication is not readily accepted in Korea. I think they felt very much like fishes out of water and it took them a while to understand just how their daughter had been led to find them.

Nevertheless, the very fact that Kim and her biological parents have actually been reunited through the intervention of their relations on the other side of life is mind-boggling, to say the least!

This amazing story must surely offer enough evidence that life after death *does* exist and it provides me with a perfect answer to the question I am often asked: "What's the point of talking to the dead?"

The point is, of course, that our loved ones continue to watch over us and at times are keen to assist when they can. We just need to listen. ■

Pamela Serene Fornell is Norway's first Spiritualists' National Union official and is president of the Oslo Spiritualist Society. She contributed to our report on a sealed envelope challenge on Norwegian TV [PN November 2016].



Kim and her interpreter enjoy a visit to poppy fields during her first visit to her homeland and her parents

YOGA 'COULD BE A LIFESAVER AFTER MAJOR HEART ATTACK'

IT'S official! According to the latest research, yoga can play a major part in restoring health after a heart attack.

A study of nearly 2,500 people recovering from heart surgery found breathing exercises and stretching boosted circulation, and strengthened the heart.

The research, presented at the European Society of Cardiology congress in Paris by a team from India, found that a three-month programme of yoga while recovering from surgery following a heart attack resulted in lower risk.

"Those who undertook a daily hour of breathing exercises and gentle movement were about 16 per cent less likely to die over the next five years," said *Daily Mail* medical correspondent Ben Spencer.

"Tests showed that participants' hearts were more efficiently pumping blood around the body.

"More than 100,000 Britons a year are admitted to hospital following a heart attack."

Lead researcher Prof Naresh Sen, from Hridaya Ganesha Sunil Memorial Super Speciality Hospital in Jaipur, said:

"Patients in the yoga arm undertook three months of a new daily one-hour programme specifically designed for cardiac patients, incorporating yoga and meditation in the morning and a pattern of breathing exercises, comprising slow and fast-breathing elements, in the evening.

"Yoga and breathing exercises may help to reduce metabolic stress, reduce

oxygen demand and prevent ventricular remodelling (damage to the heart)."

The trial involved patients who suffered the most serious type of heart attack, where one of the major arteries is blocked.

All underwent surgery to widen the vessels, using a stent to let blood flow more freely. Half the patients were then put on the yoga programme, which also included pranayam, the Hatha yoga practice of breath control.

"Over the next five years," said Mr Spencer, "mortality rates in those who were not given the classes were 25 per cent. But in the yoga group, it was 21 per cent – a relative drop of 16 per cent.

"Researchers found their heart performance was also improved, with an 11 per cent boost to left ventricular ejection fraction – a measure of the heart's ability to pump blood. In comparison, those who did not do yoga saw only a four per cent increase."

Prof Sen said that the benefits remained even after adjustment for differences between the patient groups.

Prof Jeremy Pearson, associate medical director at the British Heart Foundation, said: "Practising yoga can help to control risk factors, such as high blood pressure, which increase our risk of heart and circulatory diseases.

"There's also a lot of evidence that yoga

can help to relieve stress and improve mental health, giving us less of a reason to make unhealthy lifestyle choices, such as smoking.

"It's not much of a stretch to see why this might improve survival if you've suffered a heart attack.

"Whatever way you choose to do it, taking regular time to exercise and reduce stress is good for your heart."

Mr Spencer added that yoga has been practised for over 5,000 years, "having developed in India as a system of gentle exercise, breathing techniques and light meditation.

"The activity is famously practised by celebrities including Madonna, Gwyneth Paltrow and Benedict Cumberbatch."

For many people, the practice is "closely tied to religion and philosophy. In Britain alone, more than 3,600 people belong to the British Wheel of Yoga, the national governing body for yoga, which defines the pursuit as a Sanskrit word meaning 'union between mind, body and spirit' and a 'philosophy'.

"But for thousands of others it is merely a popular way to keep fit and remain calm amid the pressures of modern life."

Mr Spencer ended by saying that the two different approaches "came to a head in 2012, when a yoga group was banned from a church hall in Southampton because a priest said the practice was a Hindu religious activity and therefore not in keeping with the Catholic faith." ■



Singer-songwriter Christine McVie reveals mother was medium and healer

SO MUCH has been written about British musician and songwriter Christine McVie and the other three members of Fleetwood Mac, the British-American band that sold more than 100 million records worldwide, that it would be easy to imagine there is nothing more to add.

But Kirsty Young, presenter of BBC Radio 4's popular and long-running *Desert Island Discs*, can be relied upon to tease a few secrets from her famous guests.

In the case of McVie, who joined the band in 1970 and was a guest on the show in December 2017, the majority of her anecdotes were understandably associated with her successful career.

As well as being the group's keyboardist and co-lead vocalist, McVie is also a talented songwriter. One of her best-loved songs, *Songbird*, featured on their most successful album, *Rumours*, that sold 40 million copies. It was written at 3am when she couldn't sleep.

"Fortunately, I had a piano in my room [but] nothing to record it on, but I had to play this song," he revealed. "The whole song [came out] complete: chords, words,

everything within half an hour. I couldn't go to sleep in case I forgot it, so I had to play it all night long."

The most surprising revelation of the entertaining interview, however, was that McVie's mother, Beatrice, belonged to a psychic society in Birmingham and held séances with a group of friends.

Once, the singer recalled, her mother had painted her spirit guide, "Silver Shadow", while in a trance. That was certainly unusual since her mother wasn't normally a painter, McVie observed.

"That side of her life, I didn't really want to hear about, I just wanted her to be an ordinary mum," she confessed.

According to some Fleetwood Mac fans who have posted about McVie on the internet, her mother was also a healer who not only cured a friend of leukemia

but even made a wart under Chris's nose vanish when she was eight years old.

McVie confirmed some aspects of these claims in an interview with *The Guardian* in 2016 when she also spoke of writing *Songbird*: "It was as if I'd been visited – it was a very spiritual thing... I've never had that happen to me since. Just the one visitation. It's weird."

Asked by reporter Peter Robinson if she had inherited her mother's psychic abilities, McVie replied: "Well, I believe they were real. She was a healer. I just wanted her to be an ordinary mum, so the less I knew of that side the better, but here's a story I can tell you. There was an old friend of my dad's, in Newcastle – this rich old lady who lived in a run-down castle. She had terminal cancer.

"She sent a pair of her kid gloves to my mother, who wore one during the night, and a couple of weeks later there was a phone call: the doctors were amazed that all the cancer was completely gone." ■



JAMES AYERS STUDIOS

A
JAMES AYERS
STUDIOS

Specializing in historic Native American cultures
ORIGINALS + PRINTS + We ship to the UK
www.jamesayers.com + facebook/JamesAyersStudios

"Two Souls, One Spirit", Lakota. Now available in a framed giclée

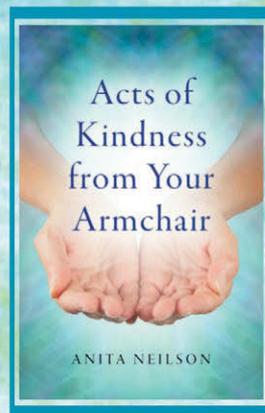
Acts of Kindness from your Armchair

"A spiritual guidebook for harmonious living"

Discover how to:

- make a positive contribution in life
- improve your health through kindness to others
- rediscover a sense of purpose
- use kindness as a diversion from pain
- embrace acceptance and peace.

Anita Neilson



Available from your preferred online
retailer or www.ayni-books.com

HAY HOUSE

SHAMANISM
Made Easy

Awaken and Develop the Shamanic Force Within
CHRISTA MACKINNON

£10.99

PUBLISHED BY HAY HOUSE UK

WWW.CHRISTAMACKINNON.COM

REFLECTIONS

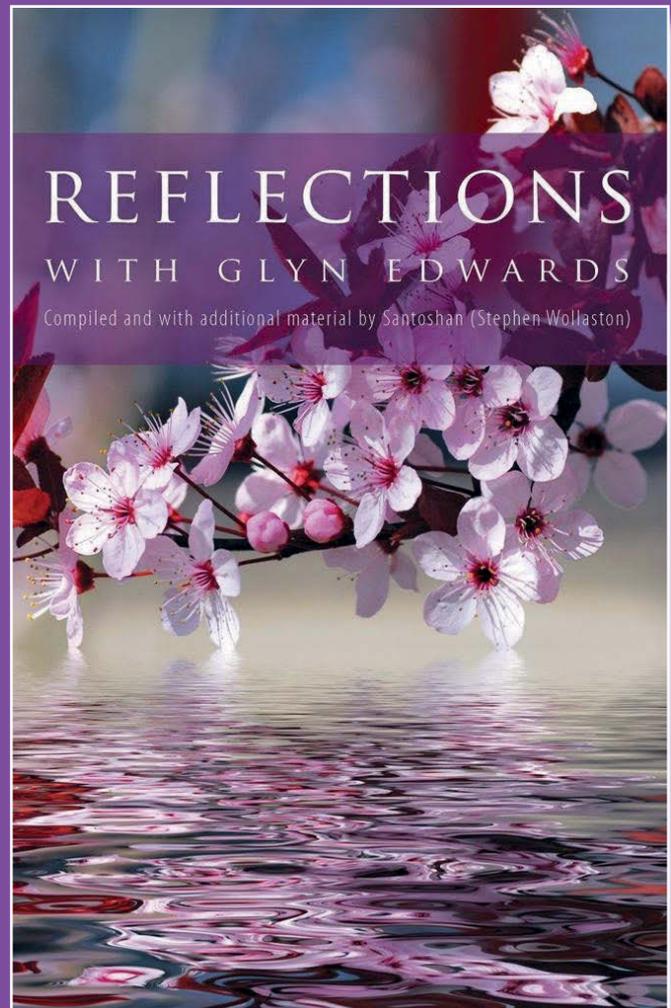
Sudoku
Competition

WITH GLYN EDWARDS

This month we have ten copies of *Reflections With Glyn Edwards* as prizes.

Compiled and with additional material by Santoshan (Stephen Wollaston), the publisher describes the book as "a meditation book of profound and inspiring quotations by Glyn Edwards, who worked throughout the world as a spiritual teacher and medium for over 40 years, and was internationally acclaimed as one of the finest motivational speakers and demonstrators of mediumship in the UK.

"This anthology was released to coincide with what would have been Glyn's 70th Earth-year and compiled by one of his closest friends, Santoshan, who worked on a variety of books and projects with him for many years."



			6	1				
6	9		7				2	
	7			8	3			
5		7			6	2	9	
	2						6	
	4	6	2			5		8
			3	6			1	
	8				7		4	5
				9	8			

How to solve sudoku: Place a number from 1-9 in each empty cell so that each row, each column and each 3x3 block contains all the numbers from 1-9 ~ Good luck

For your chance to win one of the books, complete the sudoku puzzle and send the numbers which appear in the shaded centre row, from left to right, along with your name and address to:

Reflections, Psychic Press Ltd,
Unit 2, Griggs Business Centre, West Street,
Coggeshall, Essex CO6 1NT, UK.

You can also enter by email to:

pneditorials@gmail.com

The closing date for entries is 8th June, 2020

The winning numbers for the sudoku competition in the January 2020 issue to win a deck of *Everyday Miracles* cards by Robert and Hollie Holden, are 583 762 491.

The lucky winners are:

Pat Taylor (Birmingham), Deborah Marchese (London), Keith Brookes (Lancashire), Margaret Christie-Brown (London), Laura Culley (Devon), Ms Anita Paul (Ayrshire), Mrs C. Pollard (Cornwall), Mr A. M. Challenor (West Midlands), Mrs G.s Goodwin (Cornwall), Susan Myeroff (Middlesex)

For other Hay House titles visit: www.hayhouse.co.uk



ROBERT BROWN

ANSWERS YOUR QUESTIONS

World-renowned Spiritualist medium, minister and healer
Robert Brown answers your questions



You often praise mediums you encountered many years ago. Do you think the standard of mediumship was better than when compared to today? If so why is this the case? – A. Reid, Santa Monica, California.

In general, I would say that yes, the standard overall was better say twenty or thirty years ago, but there are always exceptions to the rule.

I think there are far more distractions today that deter would-be mediums from developing sufficiently before they are launched on the public. Additionally, there are fewer good teachers prepared to devote themselves to nurturing potential exponents.

By “good teachers,” I mean those who are doing it for the love of Spirit, know their subject inside out and care deeply that mediumship is demonstrated in an honest, sincere and genuine manner.

It would seem that too often everyone and anyone who stands on a platform just once acquires the necessary wisdom and knowledge to start teaching classes. If someone is a good or even a great medium this alone does not a teacher make.

It seems that there is money to be earned in some development classes. Whereas in the past costs were minimal for weekly circles, now they have become part of a “professional” medium’s earning power.

The rise of the so-called media medium has also seen a plethora of books, CDs and DVDs being rushed out, many of which are not checked for reliable content.

I have an original edition of a VHS tape

made by a world-renowned medium who decided to become a teacher. On this tape, the “teacher” asserts, “The throat chakra is the centre of clairvoyance.”

I will not name the medium, as my point is not to hurt or harm anyone, but who knows how many people hung on the word of the person involved and passed on this “knowledge”?

I am sure this was a genuine mistake and it was later rectified. My point illustrates how a rush to publish can be potentially harmful and disastrous for Spiritualism.

The mediums I knew years ago appeared to strive to continue developing throughout their entire earthly lives. For sure there were egos, but they did not seem to be out of control, as I sometimes witness nowadays.

Today it seems that the promotion of the individual is of more importance than what someone is supposedly attempting to promote. The messenger has become more important than the message.

If I reflect on mediums of the past, it is because they devoted their work and lives to serving Spirit, usually in Spiritualist churches where high standards were expected and upheld.

Recently, various esoteric and metaphysical movements have distracted many who call themselves mediums. These often obscure the main task of a medium, which is to supply quality evidence that life continues after passing on.

However, all is not lost. Churches and spiritual centres around the world are at the front line in the defence of Spiritualism.

High standards need to be set in both the demonstration of mediumship and public speaking.

It must be hard for church secretaries to engage able mediums and speakers every week. I think that running small but dedicated development circles could really help in encouraging the desired tip top standards.

One last note. Unless you live in Timbuktu or on top of Everest, why settle for an impersonal online class of maybe 100 participants lacking little personal contact with a “teacher” who should be monitoring your progress?

I had to let my little dog go due to cancer. I know this sounds silly, but will I meet him again and will he forgive me? – A. Baumgartner, Switzerland.

It is not a silly question at all. No one wants to be thought of as silly, but the points you ask speak volumes about what your dog showed you are capable of.

For some of us, we consider the animal kingdom as one of God’s lessons to us to act responsibly. That said, you had to make a very difficult choice because your dog was ill and possibly suffering.

In considering whether to have a pet put down, thoughts such as “Am I doing the right thing?” and “Should I wait a little longer?” cross our mind.

First, of course, we have to listen to a vet, who often knows exactly what is going on with animals who cannot speak for themselves.

Pets become cherished members of our

“
Animals
survive
the great
adventure
called death
”



family, so we have to take responsibility for doing what is right.

I can speak from experience. Numerous times someone's sat with me who has lost a pet. Invariably, where there is much love, the pet shows up.

I have seen them lick the hand that literally fed them. If I read their eyes, they seem to say, "Thank you for loving me so much that you let me go."

Having a pet put peacefully down is a final loving act. I am 100 per cent certain you will be reunited with your dog and that there is nothing at all to forgive.

You may find two books very helpful indeed. These are *Animals in the Spirit World*, by medium Harold Sharp, and Sylvia Barbanell's *When Your Animal Dies*.

Both offer plenty of excellent evidence, that just like us, animals survive the great adventure called death and joyful reunion occurs with pets in the Higher Life.

Please settle an office debate: does table-tilting prove there is life after death? – Cathy Buckthorne, Manchester.

No! At best, after dismissing trickery, spasmodic muscle reaction and creative entertainment and still the table "walks," "moves" or "dances," it shows that there is such a thing as energy which can be harnessed.

I have taken part in table-tilting on numerous occasions. I understand there is a video on YouTube, which was filmed at one of my retreats. There was definitely no trickery involved.

During table-tilting, I believe the collective focus of participants produces the energy akin to psychokinesis (objects' supernormal movement).

Some people believe that asking questions and directing the table on which way to move is evidence of spirit communication.

However, I think it is Spirit that uses and manipulates the collective energy produced as they do in other communications.

We often hear that "Seeing is believing" so such demonstrations are useful tools to show, in the same vein, the following.

I have a ping-pong ball with a little bulb inside it. If two people hold it, each with thumb and forefinger, when they place their other hands together, the ball lights up.

This works with two or 75 people holding hands, but if there is a break in the chain, the light goes out.

Does this prove anything? Well, when a circuit is completed, I use it to show that energy can flow through all of us.

■ **If you have a question on any aspect of mediumship or spiritual healing, please let Robert know at pneditors@gmail.com**



TABLE-TILTING "shows that there is such a thing as energy which can be harnessed."

SPIRITUAL ART

This spiritual art feature is in two parts and introduces the stunning work of artist Debbie McIntee (pictured right). First, we get a chance to view some of Debbie's angelic works and read about Debbie's spiritual journey in her own words. Then we show some of her simply zen-like paintings of Buddha, and share with you a few inventive ways this work has been used that will add a truly spiritual touch to your home.



SPIRITUALITY is a journey inward that requires you to take time to reflect on yourself. Each soul must learn to detach from the tribe, religion, family or community that controls it with rules or conditions on how to live life. It takes time to discover your "truth", and patience to learn how to express it.

I am truly blessed to know that I am on my true path, creating guided artwork to share with others at the age of 48. I was born and bred in Essex, where I still live. I am a mother of two grown-up children which allows me to focus more of my time on my "Soulful Creations" which reflects exactly what I do. I received confirmation of this from an elderly man who approached me at one of my first events. Without knowing the name of my business he said out of the blue, "You have such soulful eyes". A perfect sign, I'd chosen well!

I have always been creative which has led me into careers such as hairdressing and interior design. Although I have no art degree or training in this area, I do believe I am getting a lot of help from upstairs, as I say ...from the angels. I cannot say whether it was angelic intervention or simple synchronicity, but my transition to my new career began with a very special trip, around eight years ago.

I took on the challenge of climbing Kilimanjaro and spent a year fundraising for multiple sclerosis (MS), a condition that has affected my family for three generations. I can honestly say the trek was life-changing for me. I was humbled by the mountain. Being taken out of my comfort zone and going back to basics with a group of people I didn't know was a real leveller. No one judged, it didn't matter what car you drove or where you lived, we all supported each other to summit the mountain and we all made it!

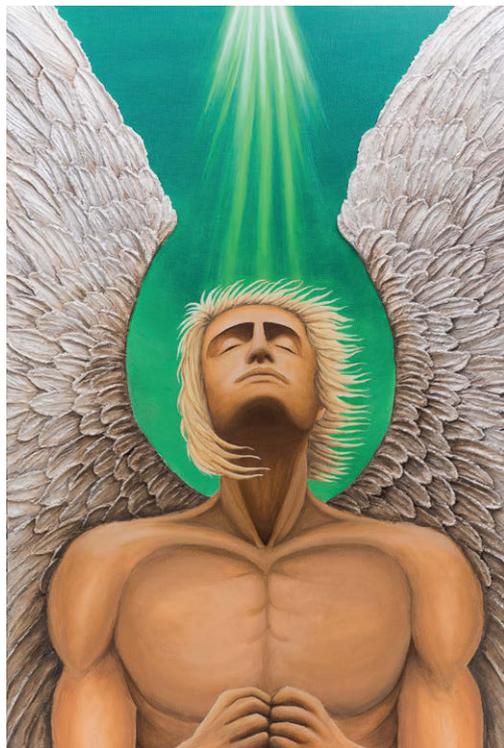
I had previously taken up and been practising Tai Chi for about a year before the trek as I really wanted to practise the form on the mountain to connect with the earth and keep my mind, body and soul in balance. Each

Angel Haniel (left) and Angel Gabrielle (above)

FREE
spiritual book or gift for
every artist we show

Please do keep your artwork coming so we can display it in the magazine and with our followers on Facebook and Twitter. If we print your work in the magazine you will receive a surprise spiritual book or gift.

Send your art to: **Paul Brett, Psychic News, Unit 2, Griggs Business Centre, West Street, Coggeshall, Essex CO6 1NT, United Kingdom** or email to: **pnadverts@gmail.com**



morning I would find a quiet spot, take in the peaceful beauty that surrounded me and go through the 21 moves I had learnt. I knew this provided me with the time I needed to centre myself for the day ahead. I managed to keep this to myself until day four. That's when I was spotted so, of course, I then had a few companions who wanted to join me...

On the evening we planned to summit the mountain we left about 11pm with our head torches on, and you could feel the tension in the air. This is what we had come to do, to reach the summit and see the sunrise, although there were no guarantees that the weather would allow this. That was in God's hands as we all are all the time!

Everyone was focused and apprehensive. We could feel the air thinning and our bodies working even harder with less oxygen. I knew I had to keep myself hydrated if I wanted the best chance of achieving my goal. I was doing well until my water tube froze! You have no idea how much energy it takes to get your rucksack off your back, your water bottle out to drink then put it all away again. It's exhausting!

We were blessed with perfect conditions and the views were breathtaking. You could actually see the curvature of the planet.



Angel Sandalphon (above) and Angel Jophiel (right)

From that moment onwards, whenever I am on the top of a mountain I feel closer to all that is. It invokes the same feelings I had that day on Kilimanjaro and I am so grateful to have had that amazing experience. The experience helped me realise what's important and how you have to do things in life that you are passionate about.

I am proud to say I reached my target, which meant I could purchase a portable bladder scanner for the local MS nurses, which cost over £10,000. Giving unconditionally to the charity was so rewarding it certainly made me look at things differently.

On my return I recognised the hole in my life. My soul was hungry for information that could enable me to grow spiritually and the universe fed me with the right books, courses, people and everything I needed in divine time. Of course my head didn't always agree that I was on the correct path. I suspect my ego was running scared; it could see I was gaining strength and inner peace. But I was now living far more consciously, and this allowed me to see things much more clearly and opened the channel for my creativity to flow in a different direction.

I now have a beautiful, small studio in my garden where I create. It's my sacred space and the energy is very different in my studio compared to my house. I know I am surrounded by the energy of my guardian angels and spirit guides, as I am inspired to create in this wonderful space. I feel the angels' energy is really powerful when I'm working on my large pieces and I get lost in a meditative state for hours, so it's not unusual for me to force myself to pack up after midnight.

Please don't be fooled that everything becomes rosy in the garden... it doesn't! But when you follow your heart, life somehow flows more effortlessly. Problems, when they present themselves, are less daunting and often accompanied by solutions.

I sell my art through a website, exhibitions and shows around the country, and a few local shops and galleries. It's a small income that sustains me, and after several years developing and perfecting my own techniques, the challenge is now to expand my work to reach a wider audience and create greater abundance...

Part two of this feature is on page 96

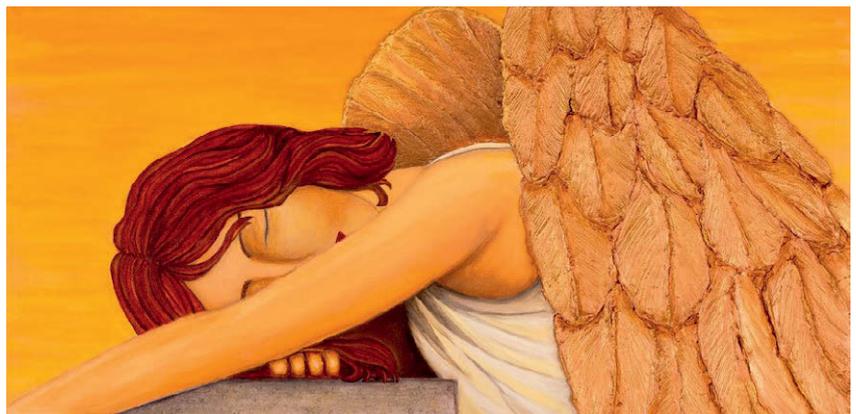
Debbie would love you to connect with her though her website, Facebook, Twitter or email. Details below:

Facebook:

<https://www.facebook.com/SoulfulCreationsArt>

Website: www.soulfulcreations.co.uk

Email: debbie@soulfulcreations.co.uk



Angel Uriel (top), Angel Astrid (centre) and Peaceful Angel (bottom)

Here, Debbie tells us more about the angels featured in the beautiful textured acrylic paintings shown in this gallery:

Archangel Haniel was one of the first angels I painted. I know she is one of my guardian angels. Her energy holds the grace of God and she is very connected to the feminine moon energy.

Archangel Gabriel is known as the messenger of God. I connect with her energy as she helps open doors for artists & communicators.

Archangel Sandalphon's main role is to deliver human prayers to God so they may be answered. I feel such comfort from the power in this painting.

Archangel Jophiel. I was inspired to paint Jophiel. As I connect with her energy she is another of my guardian angels. Her name means beauty of God and she is the angel of illumination, joy and creativity.

Archangel Uriel is said to be the wisest of the angels and his name means God's light. I feel his energy fills you with the knowledge of how to be of service.

Archangel Astrid's energy will help you communicate your truth.

Peaceful Angel. This peaceful angel's energy can bring you comfort and peace into your life.

The Greater World Christian Spiritualist Association

Founded in 1931 as a result of the two-world partnership between medium Winifred Moyes and her guide Zodiac, The Greater World association is still flourishing

SPIRITUAL HEALING

Wednesdays 10.00am until 12.30pm

Membership fee £12.50 p.a.

A free Newsletter is issued to all members quarterly

CONTACT US: Tel: 020 7436 7555

www.greaterworld.net

Have a look at our bookshop

email: greaterworld@btconnect.com

3-5 Conway Street, London W1T 6BJ

THE GREATER WORLD OWNED CHURCHES

LEEDS GREATER WORLD SANCTUARY

14 Clarendon Road, Leeds, West Yorkshire LS2 9NN
President: Margaret Bellamy
Tel: 01132 456 623
Sunday Services at 3.00pm and 6.15pm

TEMPLE OF LIGHT

221 New Road (Luton Arches), Chatham, Kent ME4 4QA
President: Rita Davidson
Tel: 01634 819 268
Sunday Service 6.30pm

LUTON

The Greater World Church, 64A Compton Avenue, Luton, Beds LU4 9AZ
Cynthia Barnwell, GWRM
Tel: 01582 584164

ALL CHURCHES HAVE SPIRITUAL HEALING AVAILABLE ON THE PREMISES OTHER SERVICES ARE HELD THROUGHOUT THEWEEK



FROM ANGEL EXPERT CHRISSIE ASTELL

Connect with the heavenly realms and receive encouragement and answers from the angels.

The Guardian Angel Oracle includes 52 cards for angelic inspiration, wisdom and guidance. Plus a guidebook to provide advice on handling the cards, different ways to use the deck, affirmations and meditations.



The Guardian Angel Oracle by Chrissie Astell RRP: £15.99
Available online and in all good bookshops.


WATKINS
Sharing Wisdom Since 1893



Elizabeth Francis

PSYCHIC | MEDIUM | TAROT

Reliable, informative,
no-nonsense, psychic readings

Call

01579 384708

Credit/debit card from £13.75 10 mins

WRITTEN READINGS

from £13.75

TEXT GUIDANCE SERVICE

0330 333 8177

Credit/debit card from £6.99 for 7 texts.

Mobiles & text-friendly landline phones only.

0906 400 7443

www.elizabethfrancis.co.uk    

0906 calls cost £1.50 pm + network extras. 18+bill payers only.
Calls recorded. Ent.only. Reg.by Phonepay+.Inveroak help:0845 0504380



SPIRITUAL ART



Here, we continue our feature on artist Debbie McIntee's mystical and spiritual work. Angels were the theme in the first part but here we show zen-like paintings of Buddha along with some mythical pieces and show you a few inventive ways Debbie's work has been used on everyday items that will certainly add a spiritual touch to your home. Below, Debbie explains more about her art, spirituality and inspiration.

FOR ME, art is part of my spiritual journey. It's the expression of texture, colour and light. But it's also a channel for the love and light of the angels who, through me, have chosen to 'show' themselves to humankind. Art is part of who I am. So be true to yourself and what makes you happy; if you do you will radiate love and light to everyone you meet. How wonderful is that!

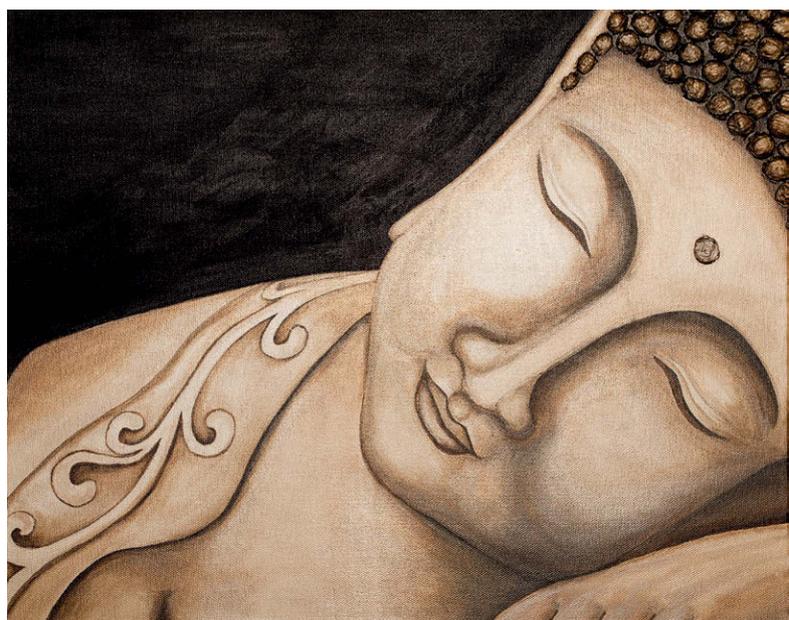
What my art offers is space, a little breathing room for the spirit. It is a reflection of my soul that appears in my work, not quite seeing the whole picture yet curious as to what you are not seeing, some areas are smooth and others rough... life's like that don't you think?

Created from the heart, my art brings a visualisation of those who I believe are always with us. Whether you have any faith, spiritual, religious or otherwise, I believe my art should move you or reach out and touch your soul in some way. How that will happen for you, I cannot predict, as we all see art through very different eyes.

I hope you feel it somehow. Most of all it should bring a smile to your face.

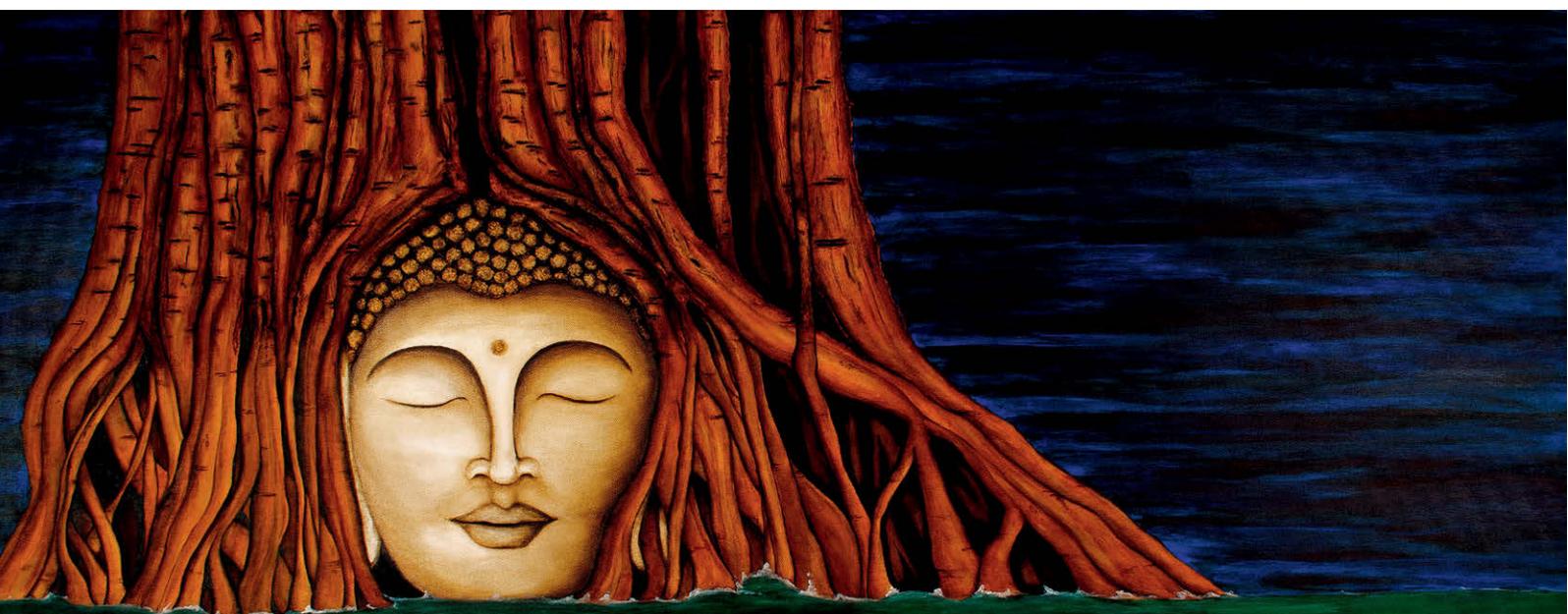
My art is more than something that just hangs on a wall. I have reproduced some of my favourite paintings to create a range of beautiful products including cushions and lampshades that can be incorporated into a home, office or studio. They bring the healing, angelic love and positive, zen-like energy they channel. Surround yourself with angels and you will feel their presence always!

I am very aware that my larger pieces have a high price tag so it has been incredibly important for me to create some smaller, original pieces that are affordable for everyone. It's what inspired me to create my Angel Blessings, hand-crafted canvasses imbued with love. I use a variety of mediums, texture, acrylic and lots of sparkle to create these textured wings and small angels, and



include inspirational, uplifting words, affirmations and crystals in each design.

You can see my artwork is all about texture. It's important to me that I create tactile pieces, creations that you want to touch and feel the positive, healing energy they hold. Each canvas has an intuitively chosen crystal on the back with a few inspiring words. This, of course, will hold a certain energy that will attract the people that need that energy in their lives and therefore guide them to the piece that is right for them. I believe each piece I create



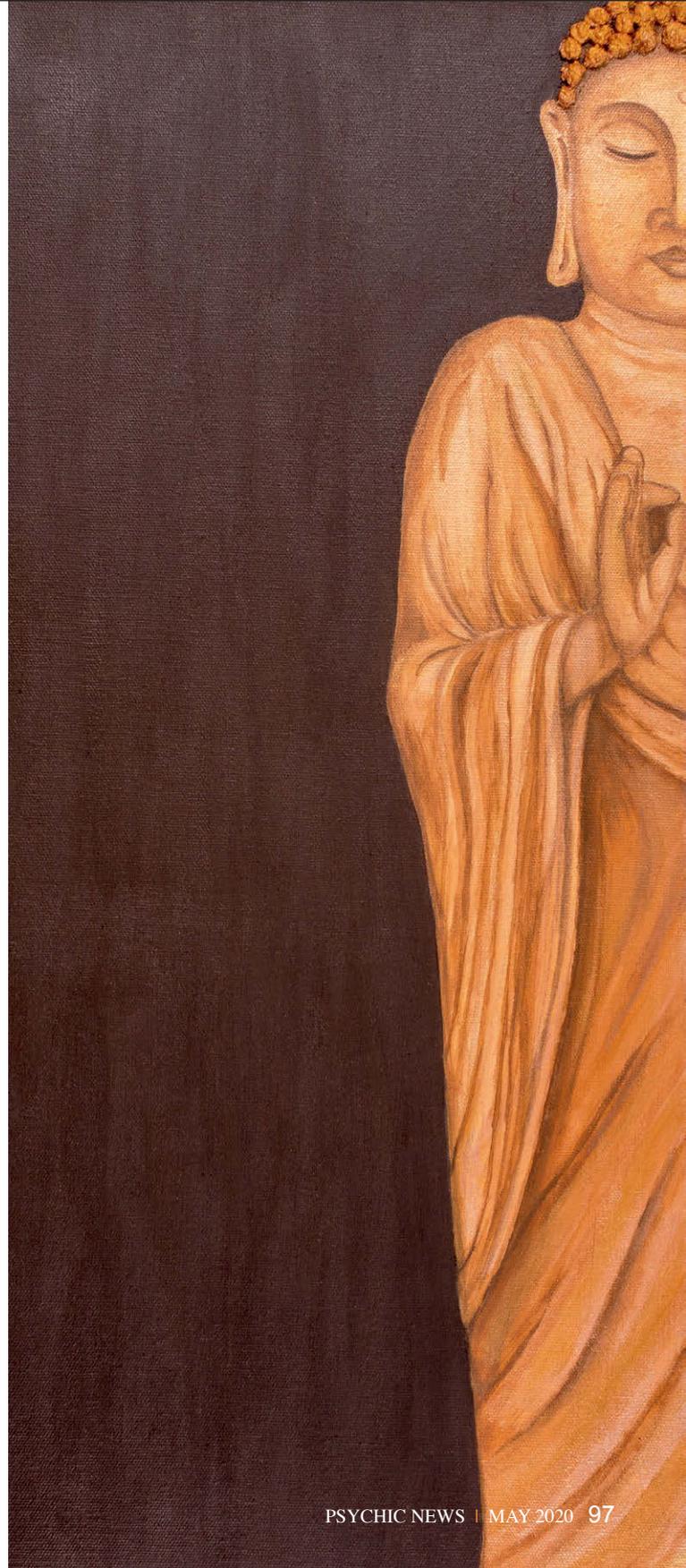
FREE
spiritual book or gift for
every artist we show

Please do keep your artwork coming so we can display it in the magazine and with our followers on Facebook and Twitter. If we print your work in the magazine you will receive a surprise spiritual book or gift.

Send your art to: **Paul Brett, Psychic News, Unit 2, Griggs Business Centre, West Street, Coggeshall, Essex CO6 1NT, United Kingdom** or email to: **pnadverts@gmail.com**

has a home. When the new owner discovers the art (and me) they connect with both. My work goes home with them and this fills my soul with joy.

All of us are intuitive, if only we choose to listen to the guidance we receive. It's a skill like any other, and with practise can be improved and mastered. For me, the expression of my spirituality is my art, and I believe every human being has the ability to create. So if you are called, what are you waiting for? Be mindful of what you are drawn to: books, courses, people, workshops, and remember





there is no such thing as a coincidence!

It's not easy to live in the moment, not worrying about what tomorrow will bring, but one thing I have learnt in the last few years is that worry is a wasted emotion. It changes nothing and can just cause you physical pain and distress. It's just not worth it!

I believe to be in touch with your soul is your connection to all that is. The journey of spirituality and growth continues for me, as it does for all of us, and that excites me! I have learnt how important it is to love yourself and what you do. Yes, it's true that not everyone will like the fact you are waking up and putting your needs first. But you can evolve and grow and still be there for those in your life who need you to be as long as you are mindful of your own spiritual journey!

Each of us has the ability to reflect and express our spiritual side through art and creativity. I offer creative art classes to empower others. The technique and style I have developed is, of course, just one way of being creative. You will find your own creative flow if you want to and what better way than in a group of like-minded souls? You can find details of my upcoming workshops on my website.

I attend many mind, body and soul events around the country and details can be found on my website in my events page. You'll find more of my creations in the gallery on my site and in my shop, including other ranges of products, such as greeting cards, mounted prints, super soft cushions and even lampshades.

I would love you to connect with me though my website, Facebook, Twitter or email, details below:

Facebook: <https://www.facebook.com/SoulfulCreationsArt>

Website: www.soulfulcreations.co.uk

Email: debbie@soulfulcreations.co.uk

Telephone: 0772 556 7255

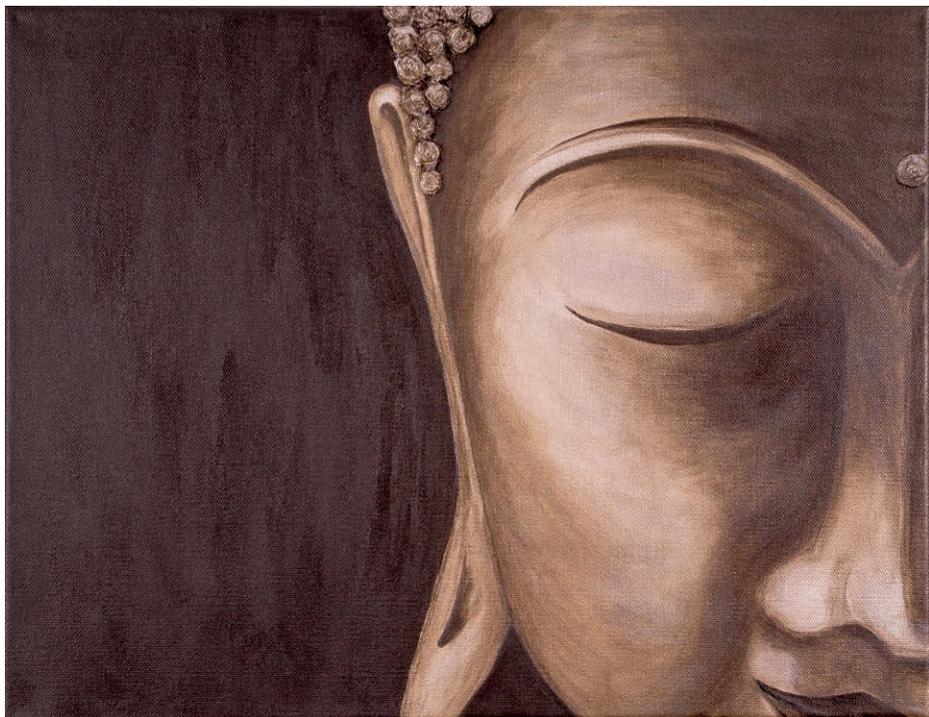




Photo: International Church of Cannabis

New church depicts drug-induced spiritual journeys

VISITORS and congregants at the International Church of Cannabis in Denver, Colorado, do not need to take drugs in order to have a transcendental experience. They just have to look at the vibrant, rainbow-coloured murals on the walls and ceilings of the over 100-year-old church, to get the impression of a psychedelic “trip”.

Members of the church, which opened earlier this year, are known as Elevationists. Their faith is said to hold that “an individual’s spiritual journey, and search for meaning, is one of self-discovery that can be accelerated and deepened with ritual cannabis use.”

Colorado legalised recreational marijuana in 2012 and has been fine-tuning its regulations ever since. It is still illegal to smoke it in Denver’s public spaces.

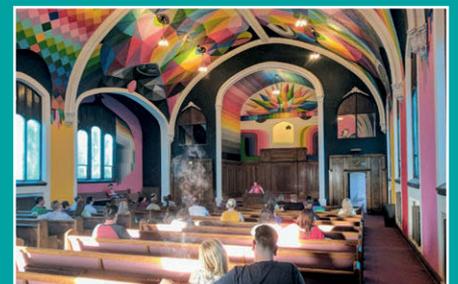
Various mind-altering drugs have played a part in psychical research

experiments over the years and some of these were discussed at the 60th annual convention of the Parapsychological Association which met in Athens, Greece, in July 2017.

One of the papers presented to the conference explored psychedelic drugs and specifically the effects of consuming LSD. A similar paper analysed the experiences of people in Britain who use ayahuasca, a brew that plays a role in traditional spiritual medicine in ceremonies among the Indigenous peoples of the Amazon basin. ■



Church exterior (Photo: Google) and during a service (Photo: Cynthia Ord)



GET IN TUNE WITH SOUND HEALING

BY LYZ COOPER, MA, MSC, FICNM

In this article, I will describe how I began my journey with sound and how and why sound and music can be such effective therapeutic tools.

I'll present some information about the system I developed, which is called the BAST Method. We will dip into the 5Rs method of self-reflection and also try a couple of sound-based exercises that you can do at home whenever you need to relax or feel more energised.

Additionally, I will also give you some links to a few therapeutic music tracks. Let's begin our sonic adventure!

Background

In 1994, I fell very ill and had to leave a busy career in advertising, as I literally burnt out. It was in the early days of ME, when it was known as "Yuppie flu," and caused chronic fatigue.

I certainly wasn't a Yuppie, but I did allow stress to get the better of me. I was finally diagnosed with ME and chronic

anxiety by a forward-thinking doctor and began a long recovery process.

I tried many different complementary therapies to help me get better. One day, I began using my voice, as I had done a workshop on toning and overtoneing, and thought I would practise the techniques I'd learned. I was amazed by how much better I felt following a vocal session.

Not long after this wake-up call, I contacted the Institute for Complementary

Medicine (ICM) to find out where I could train to be a sound therapist. They searched the UK, Europe and the US, but drew a blank: there were no recognised training schools that they could find.

It was the early days of the internet, so it was not as easy to obtain information as it is today and we had to rely on hard copy registers held by various organisations.

I decided to start at the beginning and went back to the roots of where sound therapy and healing began. I travelled to different parts of the world and worked with many different indigenous peoples in Australia, the USA, Asia and Northern Lapland, to mention a few.

I also spent many hours working with case studies of my own, asking literally thousands of people how they felt when they heard this bowl and that gong.





SINGING bowls produce sounds which invoke a deep state of relaxation.

By 1997, I was happy with what I had developed, so presented the BAST Method of Sound Therapy to the ICM and became the first sound therapist to be recognised in the UK.

In 2000, the British Academy of Sound Therapy (BAST) was formed. Fast forward to today and we are about to celebrate twenty years of teaching others to help improve health and wellbeing with sound and music.

I am so blessed to be part of this process. Although it was painful on many levels, I am grateful that my illness enabled me to find my true calling. Until that time, I was bouncing around from job to job not really feeling at home.

Since I founded BAST, I have gained a MA in Education (which has really helped me with teaching at the Academy) and a MSc in Applied Music Psychology, which helped me to grow into a confident composer of “Consciously designed functional music.” More of that later!

What is the BAST Method of sound therapy?

The BAST Method is a combination of specific sound and/or vocal techniques plus a simple five-step method of self-reflection that enables a person to make positive changes to their life by becoming more mindful and self-aware.

As well as our own research, we also draw on research in other fields such as neuroscience, music psychology and medical ethnomusicology. The input from my team over the years has also been really valuable; I am blessed to have a

thriving and passionate team!

Some of our approaches are “passive,” such as a sound bath or one-to-one sound session, where the client or participant lies down and receives the sound. Others are more “active,” like a soundscape or drum therapy group.

This is where people get to participate in a session that is specifically designed for a particular therapeutic outcome such as working through grief or anxiety, for example.

A sound bath is the most wonderful feeling. You lie down on a yoga mat and allow the sounds of different instruments to wash over you and transport you to various places.

Depending on the method, the instruments used may change. If you go to someone who uses the BAST Method, you will most likely have either a gong bath (where two or more gongs are played) or a sound bath, where Himalayan singing bowls are followed by gong and/or crystal singing bowls.

Each instrument or playing technique may have a different effect on you, so the gongs are very physical and the crystal bowls more ethereal, for example. At the end of a sound bath, with tonal instruments you will hear a therapeutic percussion sequence.

This is equally as valuable as the tonal instruments because you may experience a therapeutic effect. As well as this, the percussion brings you back to a normal waking state.

Our core values at BAST are to make a difference to the health and wellbeing of others with sound and music and to inform

also the sound therapy field worldwide. I believe that being open-minded and open-hearted is necessary to help any field to grow in a healthy and professional way.

Therefore, as well as working at BAST, I also run the Therapeutic Sound Association and act as ambassador for therapeutic sound by speaking at conferences and writing about this wonderful medium.

At BAST, we specialise in working with different instruments because each one produces a different effect. This is where the music and sound psychology of what we do come into play.

If you hear a drum and a flute, you will react to each instrument differently because of the way it feels and how it moves you. Many people find a drum grounding, primal, like a heartbeat and earthy, and a flute plaintive, airy and dreamy.

Over the years, I must have asked thousands of people to comment about how each sound made them feel. This is one of the aspects I took into consideration when creating the method.

Inner listening

Inner listening can transform our health and wellbeing and when we do that the world changes as a result. The first step to working with sound is listening.

Listening and hearing are two different things. How many times have you glazed over at a lecture or boring television programme or faded out when your friend has been telling you something about their day?

We can hear our friend talking and may be taking in the gist of what they are saying, but probably won't really be listening. Listening, on the other hand, is a full-body process.

Imagine that you are in an hotel that you are not really familiar with and all of a sudden the power goes out. You go into the corridor, but can't hear a thing.

You will probably stop, hold your breath and stretch out all of your senses. This is true listening.

Listening doesn't have to take place under such stressful circumstances, but this is a really useful way to illustrate the difference between hearing and listening.

Notice how it feels when you are hearing a conversation and when you are fully and completely listening. Listening doesn't only apply to others or our environment; it also applies to ourselves.

Inner listening is crucial to working with sound and to our health and wellbeing. The way we work with inner listening is by using a model called the 5Rs. Let's take a look.

The 5Rs model of experiential processing

The 5Rs Cooper Sax Model of Experiential Processing, or 5Rs for short, is a non-linear model that illustrates the stages we go through during our everyday life as we interact with others, take in our environment and navigate myriad life situations.

RESONANCE

Resonance signifies a relationship. When this relationship is a positive one, we respond by feeling expansive, light and happy.

The more you seek out life-affirming situations, the more open-minded you will become and the more positive your thoughts will be. As a result, there will be less inner conflict and you will be able to listen to others more fully.

RESISTANCE

Resistance happens when there is unhelpful “noisy” inner dialogue: there is no peaceful voice within. Listening to your inner resistance is key to transformation.

Sometimes your resistant thoughts may be completely understandable. For example, you may see someone being cruel to an animal and feel angry.

This is because the action you are witnessing does not resonate with your own thoughts and beliefs about what is acceptable to you.

This reminds you that you are a kind person who would never consider doing animals any harm.

However, much of the time our resistance is rooted in fear, which ultimately comes down to our need to be accepted and survive.

Due to the primal need to survive, many of us have unhelpful voices that stop us from living life fully and in resonance, but when we change the negative inner voice to a more positive one, we can change lives.

RELEASE

Release can manifest physically (e.g. the release of muscle tension), emotionally (often through tears or laughter), mentally (e.g. new insight or awareness), or spiritually (e.g. surrender, upliftment and a renewed sense of connection).

Release signifies liberation – freedom from resistance. Any time we experience release, it is an indication that there was a resistance on some level.

Sometimes it is worth looking at what the resistance was. For example, I may have a sound meditation session and feel



THIS diagram illustrates the stages we go through during our everyday life as we interact with others, take in our environment and navigate various situations.

much better afterwards. My inner voice might be telling me that I need to do more of this.

I then have the choice whether or not to listen and make sure I make time for a meditation session every day or I may ignore my inner voice.

REFLECTION

Reflection is the simple process of being able to step back from ourselves and listen carefully.

Some people find it hard to reflect, so a great tip is to view your reactions, thoughts and feelings as if they are on a screen in front of you rather than being caught in them.

This will give you the space to be able to hear what you are telling yourself. If it helps, write your thoughts down and look back at the end of the reflection session and read them back.

RESPONSIBILITY

Taking responsibility for our own thoughts, actions and beliefs is another key to inner and outer listening. It is a way to set us free from blame and is truly liberating.

No one can make us do, feel or think

anything. With this in mind, encouraging personal responsibility is key to facilitating profound transformation and “wholing.”

Taking responsibility signifies empowerment. When we take full responsibility for our inner dialogue, we have the potential for profound transformation to take place.

Everything is a projection based on our own internal beliefs. When we recognise that as a truth, we realise that we are fully in the driving seat of our process.

HUMAN FLOURISHING

At the centre of the model is human flourishing, which is an Aristotelian concept, which basically means being the best one can be.

This doesn't mean that we will never feel resistance again or will always be able to listen fully, completely and unconditionally.

When we are flourishing, we are aware of the inner voice and can feel whether our system is in resonance, resistance or release.

To get more from this exercise, it may help if you type this link into your browser <https://soundcloud.com/lyzcooper/resonance-resistance-exercise/s-p5QUuq>

How does the BAST method of sound therapy work?

A BAST method sound or voice session is designed to help you achieve a deep and relaxed state called an altered state of consciousness (ASC). This method has been used by shamans and spiritual healers for thousands of years.

At BAST, we have used thousands of case studies and research to enable the potential for a deep state to be achieved. In this state, we can see ourselves more clearly.

The 5Rs process helps this even more by helping us to deal with and release anything that may come up in a session or in life in general.

There are many other therapeutic benefits of sound-induced ASC therapy such as reduced pain, less muscle tension, reduced anxiety and stress, lower blood pressure and heart rate, and improved sleep, to name a few.

As well as this, people find that their mood is elevated, leaving them with a sensation similar to being high, connected and at one with the world.

This enhanced connection also helps our spiritual health, enabling us to become more connected than ever before.

An ASC is a natural everyday occurrence that happens when the brainwaves go into a lower frequency across many areas of the brain, resulting in day-dreaming sensations.

These “screen-saver” modes that we go into during the day enable the system to rebalance and result in chemical balance and mental refreshment if we allow them to continue for long enough.

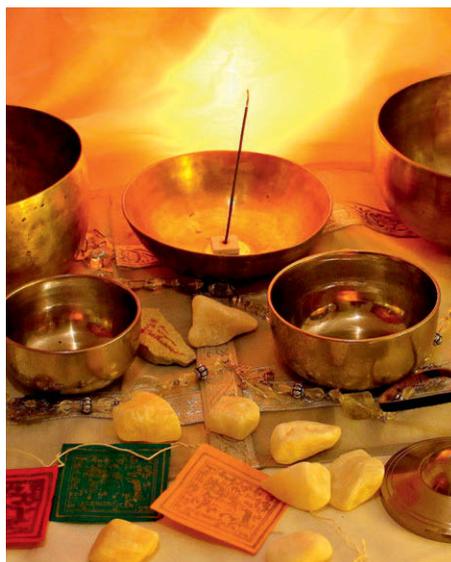
However, because normal everyday life does not give us opportunity to remain in this state for long enough, our brain and body do not have enough time to balance.

Sonic hot chocolate and sonic caffeine

When you are feeling depleted and low in energy try some “sonic caffeine.” Spend time toning the vowel sound “eee” in a fairly high pitch, but not so high that you strain your voice.

High pitches stimulate the system whereas low pitches relax the system. After several minutes stop and feel the buzz!

If you are feeling frazzled at the end of a long day, why not try some sonic “hot chocolate”? Spend several minutes toning an “ahh” in a middle to low pitch. This sonic cuddle is the ultimate unwind!



Therapeutic music

I had been composing relaxation music for a while, but my work took an amazing turn in 2011 when I was contacted by the advertising agency for Radox bath products and asked to collaborate with the ambient music trio Marconi Union.

Our brief was to combine sound therapy and music, and create a relaxing track. This was then researched by MindLab at Sussex University.

They were really amazed at the results, as it was more effective than many other relaxation tracks tested. This took the media by storm.

“Weightless” was voted the “Most Relaxing Music Ever,” coming eleventh in *Time* magazine’s Top 50 Best Inventions Awards.

Eight years later, I continue to do media interviews about this track. I was on TV the other day because it has recently been used in a ground-breaking study on pain relief in hospitals.

“Weightless” was a lovely collaboration and showed me that the world was ready for this fusion of sound therapy and music.

I now compose “consciously designed music” (CDM), which has what I call “Sonic vitamins” added to the music – certain shapes and formulae known to affect mind, body and emotions due to the way our brains have evolved over thousands of years.

SOMNUS X – Helping you to sleep soundly

SOMNUS X is a ten-minute piece of consciously designed music specifically composed to help induce sleep. In 2018, we did a study to find out how effective this track was.

Forty-four people took part in the final study. A pre-post test was completed comprising questions to establish the quality of participants’ sleep, and how their sleep affected their general health and wellbeing as well as their work and relationships.

The group were asked to listen to SOMNUS X for as many nights as possible over a seven-day period and to complete the questionnaire following this period.

40.91 per cent of participants agreed that they had a sleep problem with 45.45 per cent saying they sometimes had a problem.

Before the study, 11.36 per cent of people found they took just five minutes to fall asleep. This more than doubled to 25 per cent in seven days.

The number of people taking over 60 minutes to fall asleep dropped by 67 per cent in just seven days.

There was a 45 per cent increase in the number of people who felt their quality of sleep had improved.

Prior to listening to SOMNUS X, 26.14 per cent scored their sleep as poor and 9.09 per cent as very poor.

After seven days, this figure has dropped to only 2.22 per cent scoring poor and no one scoring very poor.

Seventy-five per cent of people who said they woke up during the night stated they were able to return to sleep within 0-5 minutes and didn’t lie awake.

This study was a resounding success. Many people all over the world are now using SOMNUS X to help them sleep better. You can stream this track free on Spotify.

The future and what’s next

We are about to release a very exciting therapeutic music programme called “LifeSonics Relax,” so watch this space if you are interested in therapeutic music. It will involve cutting edge sound therapy, neuroscience and music.

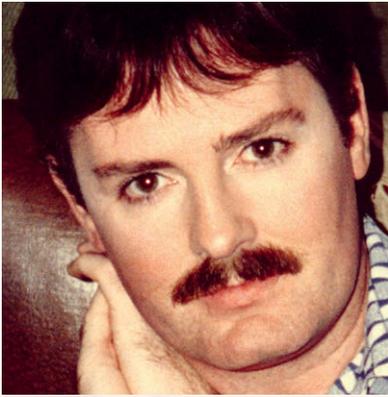
Our new prospectus of courses is out now, so if you are inspired to join a course or would like to know more, please have a look at the website.

If you would like to help us with our research by testing a track or being a case study, please also get in touch with BAST.

■ To read more about BAST, please go to www.britishacademyofsoundtherapy.com You can stream Lyz’s music on Spotify or e-mail her at info@lyzcooper.com

Lyz’s book “What is Sound Healing?” is published by Watkins Media Ltd at £7.99. It can be ordered from your local bookshop or at www.amazon.co.uk

Stephen's wise words



STEPHEN O'BRIEN: "In the next world, you will be the person you really are."

Below, Stephen O'Brien shares his words of wisdom. A medium for over 40 years, Stephen is principal and founder of the Swansea-based Academy of Psychic and Spiritual Studies. The author of seven best-selling books, he is a registered spiritual healer and skilled counsellor, whose academy runs home study learning courses and a varied programme of events. Please visit www.stephenobrien.co.uk/ for further details or to order Stephen's highly recommended books and a range of audio cassettes.

YOU are not the whole of the living spirit of pure consciousness that is known as God, but He is the whole of the living spirit of consciousness that is known as you.

God is not perfect, but is slowly evolving towards perfection by experiencing the joys and sufferings occurring within the lives of all of His creations, including you.

All roads eventually lead to the realisation of the oneness of God, but during this intensely personal quest the way in which you live your life is much more important than the name of the road that you are travelling, for you will change directions many times in your search for truth.

YOU can gain a positive step towards spiritual progression by reflecting upon how your character has grown in the last twelve months.

We come to know ourselves better and as we truly are when we take the time to try to understand what we have done to others and what they have done to us.

Troublesome events, as well as beneficial ones, have been carefully designed to challenge your spirit, to build your character, and to expand and enlighten your mind.

Face them all with courage and with a determination to succeed, for behind all of life's trials there is a vast power pressing through each thought and action: this is the Great Spirit, the Great Designer, which is constantly evolving Himself through personally sharing in your experiences.

IN the next world, you will not be the person that you think you are or the person that the world thinks you are: you will be the person you really are.

Your thoughts are living things. Just like pebbles dropped into still pools of water, your thoughts are born and then radiate outwards.

Every thought that you think is projected out from this earth world of shadows and into the light of timelessness, but the universe will return these thoughts and intentions to you in full measure, and often with greater force and impact.

OF yourself you can achieve nothing unless it is in accordance with the omnipotent will of the Great Spirit which is pressing through the multitudinous thoughts and feelings of all His created life-forms, of which you are one.

Man on earth is forever at war with himself. His finite earthly mind constantly battles against the infinite wisdom of his spiritual consciousness, which is forever striving to effect a closer union with perfection and God.

The greatest power in the universe is the power of love, which is another name for "God," "Source," "Cosmic Energy" - call it what you will. Without love, we are nothing.

BEWARE of unfolding your psychic sensitivity while neglecting to develop your spirituality, for the true state of your soul attracts to you visible and invisible intelligences who are in sympathy with the real you, the authentic you, and not with the image of the person that you believe yourself to be.

The more kind and loving you are, the greater will be the spiritual power and the psychic light that you radiate. In turn, this will draw to your aid those great spiritually-developed souls in eternity who wish to serve all in the name of love.

Spiritual people are powerhouses of healing light, wisdom and truth. The fuel that generates and extends this light is the priceless quality of unconditional love.

EVERY cruel act you perpetrate on others will be suffered later by you, for as a man sows, so shall he reap.

Yesterday is today; today is tomorrow; tomorrow is yesterday; eternity is now.

The ever-present now holds fast the ghosts of all the seeming past and the seeds of the future yet to be. Somewhere now, you're dying and somewhere now, at birth you're crying: can you follow me?

THROUGH the law of "Like attracts like," which is inherently within you, having been placed there by the power of God, your mind will draw towards itself its greatest joys and also its greatest fears. Then by facing and overcoming them you will be assisting the Great Spirit to evolve His consciousness.



HERE is Stephen O'Brien's guide White Owl, as drawn by famous psychic artist Coral Polge.

Rock star Graham Coxon of Blur tells of spirit message from his grandfather Percy

AS co-founder with Damon Albarn of the Britpop rock band Blur, Graham Coxon is best known as the super group's lead guitarist and secondary vocalist, featuring on all eight of its studio albums.

So it was surprising to learn of his association with and support for Rochester Square Spiritualist Temple, a church that has become the centre of controversy with the news that developers want to demolish it [See *Psychic News* September 2017].

"I love that place," he told *Psychic News*. "I lived right next door to it for 18 years, before we moved to another part of North London, but I still own the house and rent it out.

"I'd go in there in the summer when they had open days, offering readings for a fiver, and get in touch with my granddad every now and then.

"I love the building and its facade and it has a very nice interior. I think it's a real shame that developers want to knock it down. Hopefully people in that area are going to be equally passionate about fighting this plan."

Coxon admits to having a real fondness for buildings of that period – the 1920s and 1930s – and particularly places of worship, regardless of the religion they represent. "I enjoy the peace and the quiet that you can get from being in that space because meditation is important to me. Spiritualist churches are really interesting

because they are a little more unusual and also because I've had good experiences in my neighbouring temple."

The talented musician – voted the 15th greatest guitarist of the last 30 years in a 2010 BBC poll – was happy to tell us about one of those open day experiences at Rochester Square Spiritualist Temple.

"Some of the readings I have had there were quite uncanny. I was told things from my granddad Percy that no one else could have known. That was in 2003 or maybe earlier. He seemed to know about a couple of items of clothing that I have kept but not worn in a long time, and he was saying, 'It's really about time you threw those away'.

"And I was given descriptions of these items of clothing that were accurate. Not only was it really uncanny, but it also lifted my spirits. I came away from there feeling 100 times more grounded, optimistic, happy, content and serene.

"So whether it was a true communication with my granddad's spirit or not – I wouldn't know for sure – I came away feeling so good. I know it can help and I am sure many others must have had the same positive experience over the years."

Coxon also experienced shamanic and



drum therapy at the church on one visit, which he found very uplifting.

In his lengthy objection to a planning proposal posted on Camden Council's website on 11 August 2017 by his partner, Essy, Coxon reminds planners of "the national contribution the Spiritualist Movement has made since its inception, particularly after the First World War when the whole country was grieving" and also of "the lives that have been touched and made better communally by these Temples in their working states".

He goes on to say that the fate of "these vulnerable religious buildings under threat" needs to be carefully considered "out of respect for the many people who work and utilise these essential spiritual spaces today".

Coxon describes Rochester Square Spiritualist Temple as a beloved historical sight directly within vicinity of our homes" and "a building of significance that we all feel emotionally connected to as part of our home here in this Square".

Pointing out that "its interior is exquisite, with intact carvings, glasswork and original murals" and that its exterior could "very easily be restored and returned to its former glory", he says "it is absolutely shameful that this religious centre of hope has been closed and deliberately left empty in order to force a redevelopment of the site", adding:

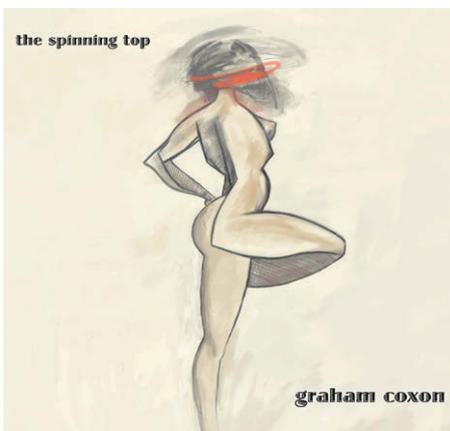
"The original building is sound, all the heating pipes are new and the only major



Graham Coxon and his partner Essy (Photo: Steven Mackintosh)



Graham Coxon (left) with fellow members of Blur (from left): Damon Albarn, Alex James and Dave Rowntree (Photo: Linda Brownlee. Blur/Warner Music)



Graham Coxon's 2009 solo album, *The Spinning Top*, for which he also designed the cover (Transgressive Records)

issues are with the glass areas of the roof. There is also a very skilfully painted gold mural of Spiritualism's Seven Principles that needs to be seen to be believed."

Any development, he adds, should be focused on *preserving* what is there, not demolishing it, particularly as it was just nine years away from being automatically eligible – at 100 years old – for listing, which would have provided it with protection from demolition.

Concluding their heartfelt plea to preserve the church, Coxon and Essy say: "Rochester Square Spiritualist Temple forms a deeper and more meaningful part of this community than it is being given credit for and in the spirit of the original



Blur's eighth studio album, *The Magic Whip*, was recorded in Hong Kong and London in 2015 (Blur/Warner Music)

congregation of 1926, who all had to buy their own chairs, we urge you to listen to the power of the people and exercise your authority by refusing this application."

They add: "If any influential members of the SNU are reading these words, this appeal goes out to you. Please do the right thing, or ensure that you sell this wonderful temple to someone who will."

Graham Coxon has followed a solo career since 1998 and most recently played on albums by Gorillaz, the virtual band created by Blur bandmate Albarn and artist Jamie Hewlett. Coxon, also a talented artist, and Hewlett have been friends since their teenage years. ■



Graham Coxon playing with Under One Sky at the 2007 Cambridge Folk Festival (Photo: Any Roo)

Thousands recall details of past life

IN what the *Daily Express* called “an incredible investigation,” thousands of people have recalled details of a previous life.

“The possibility of an afterlife and life after death has fascinated humanity since the dawn of time,” said journalist Sebastian Kettley.

“In more recent years, medical researchers have investigated the possibility of life carrying on after death from a scientific perspective.

“Health experts at the University of Virginia Medical Center have pondered this question for the better part of half a century.”

After 50 years’ research into life after death, medical experts presented some of their most “astounding findings” during an hour-long lecture.

The panel included psychiatrist Jim Tucker, whose book, *Life Before Life: A Scientific Investigation of Children’s Memories of Previous Lives*, was published some years ago.

In 2017, he presented the findings of a study of people recalling a previous life.

“Among the unusual findings were children who remembered living out past lives in incredibly vivid detail,” wrote Sebastian Kettley.

“Many of the children also remembered the gory details of their ‘past lives’ such as deaths and accidents.”

“We have now studied over 2,500 cases around the world,” said Prof Tucker. “They are easiest to find in cultures with a belief in reincarnation.

“But they have been found wherever anyone has looked for them. They have been found on all the continents except Antarctica.

“They typically involve very young children who spontaneously start talking about a past life and a recent ordinary life.

“These kids are not claiming to be Cleopatra, Julius Caesar or anything like that, but just describing somebody who lived and died.

“The one part of the life that’s often out of the ordinary is how the previous person died.”

In around 70 per cent of cases, the “previous person” passed on by “unnatural means” including murder, accidents and suicide. One child remembered suffering a



PROF JIM TUCKER: “We have now studied over 2,500 cases around the world.”
(Photo: Meghan Rand)

shotgun blast.

“In most cases we’ve investigated, often the kids give enough details so that people have been able to confirm that somebody did actually live and die whose life matches the details the child gave,” said Prof Tucker.

He added that the children who were studied often demonstrated “emotional or behavioural features” seemingly connected to a past life.

Some of them were born with birthmarks matching fatal wounds from a previous existence.

Prof Tucker said researchers investigated similar cases in America and concluded, wrote Sebastian Kettley, that “tales of a past life are not unique to any particular cultural phenomenon.”

At the end of the presentation, during a question-and-answer session, Prof Tucker said that most children stopped talking about memories of previous lives when they reached the age of six or seven.

“Some of them as adults say that it did give them more of a sort of spiritual outlook,” he added, “but for the most part, they seem to be pretty much like the rest of us.

“They’re certainly not little mystics or anything like that. They’re just kind of typical kids.

“We’ve done psychological testing with some of them. The only thing that really showed up is they tend to be quite intelligent.” ■

Parents tell of children's psychic experiences

PARENTS in both Australia and the UK have told of their children's psychic experiences.

On a parenting Facebook group, one account stated that "hundreds of spooked Australian parents shared the 'scariest' things their children have said over the years from mentioning ghosts to chatting to themselves at 3.00 am."

One mother wrote that her five-year-old daughter "was sitting on the floor in the lounge one night watching TV and turned and said to me, 'Mummy what is that white thing that went through the wall?'"

Another mother recalled "the terrifying moment her son remembered visiting a hospital for his 'blood cancer' while visiting a family member."

"He is five," she said, "never had cancer and had never attended that hospital!"

A fellow parent said she "pulled a heap of my father's things out one day and was looking through them when my daughter come over, picked up his wallet and said, 'This was mine when I was a boy.'" Other comments were:

- "Mummy call daddy. Pushing yellow truck. Please call daddy: I called him and the yellow truck had broken down at work and he needed me to call."
- "Our eighteen-month-old daughter said, 'I'm an old soul.' Neither of us wanted to put her to bed."
- "My toddler wandered into the kitchen last week and said to my husband and I, 'I drowned in the wooden basement,' then wandered out again."
- "My baby sister told me she was a man before this life, that she was an accountant and had a wife, plus a whole lot of other random information a three-year-old shouldn't even be thinking about."

Many of the parents said that while they had not heard anything directly, they often noticed their children talking early in the morning.

- "I used to hear my son at 3.00 am chatting and laughing every night for about three years. He used to tell us a little boy used to come and wake him up to play."

"It always happened between 3.00 am and 4.00 am. Another thing he said when he was older was that his brother stopped visiting. He was a twin, but I lost his twin

“

My baby sister told me she was a man before this life

”

brother. He didn't know he was a twin."

- "My nan passed about three years ago now. Recently, my mum gave me one of her dressing gowns. My three-year-old loves it and never lets it go."

"One day she told me it was nanny Loretta's and she loves her. My nan passed when my daughter was six to eight months old."

Meanwhile, in the UK, the children's BBC television channel CBeebies asked grown-ups to post on social media the "creepiest thing your child has said to you."

Many "talked about how their offspring had mentioned dead relatives they'd never met or had seen people in the house that no-one else could."

On Twitter, one mother said of her toddler: "There was a man hanging from our washing line. When we went to look, she said: 'It's OK. He's buried in the ground now.'"

When aged about two, the same girl spoke about being in a car accident. Her mother added:

"She stopped for a moment, stared into space and said, 'Then a van came and gave me a bad headache and there was rain on my hands.' Like a switch being flipped, she was suddenly all bubbly again talking about snowmen."

"I couldn't get her to say anything more about the van. She said a few other similarly creepy things around that age and actually had me wondering if past lives could be real." ■

How to experience **ASTRAL PROJECTION**

By Stephanie Sorrell

In recent years, Stephanie Sorrell has written seven books, including "Astral Projection Made Easy," which is published by 6th Books. Here, Stephanie examines this fascinating subject and gives some instructions on how you, too, can attempt astral travel.

Stephanie has a background in publishing. She worked as editor of "New Vision" magazine. Before that, she wrote for the commercial romance market, writing around 400 stories. Additionally, for ten years, Stephanie contributed exclusively for "Prediction" on subjects such as dowsing, rebirth and earth mysteries.

London-born Stephanie now lives in Millom, a small town in Cumbria, close to the Irish sea "with a beautiful shoreline of soft sands against the panoramic backdrop of the mountains which stride across the horizon." She shares her life with her partner, Hanne, a whipplet and a cat.

I HAD my first out-of-the-body experience at the age of nine. I was half running, half skipping with my friends on the way to school. The sun was shining and I noticed we were all wearing our checked purple and white summer dresses, but in an instant I felt as though I was being wrenched away from the scene.

I felt the wind against my skin together with a sense of being catapulted across time and space. There was a ringing in my ears, which grew so loud that it was deafening.

I was aware of my mother shaking me urgently and surprised to find myself in bed. "You have to get up now," she said. "We've overslept and you'll be late for school!"

Next, fully embodied, I was running along the pavement towards my friends, who were already vanishing into the distance. Catching them up, I experienced a strange sense of déjà vu as if a repeat button had hit the early morning scene before me.



POET, painter and printmaker William Blake produced this portrait of a soul hovering above a body.

Symptoms accompanying astral projection

The terms astral projection, astral travel and out-of-the-body experience are all different expressions for the same phenomenon. The only real distinction is in the language which has developed over the years.

There are several universally accepted symptoms of an astral projection. These, as a rule, precede the out-of-the-body experience (OBE). Since one in ten people experience some or most of these symptoms prior to an astral projection, it is worth familiarising ourselves with them:

Buzzing or roaring in the head; vibrating in the body; paralysis of the body/ catalepsy; sound of voices nearby; loud



“

Many people will have a sense of being pulled upwards

”

explosion and popping sounds; sensation of the eyeballs turning upwards; rapid heartbeat.

The first and most common symptom that occurs is an auditory one, where you may hear a buzzing, ringing, roaring or humming sound rather like a generator. This initial sound is repetitious and almost hypnotic in nature.

As time passes, it may become progressively louder until it causes physical discomfort by a build-up of pressure in the head. These vibrational waves tend to fluctuate according to the level of relaxation. Other symptoms of this nature are banging, thumping and explosive sounds.

On a tactile level, the skin may feel irritated, as if it is prickling. Finally, you will experience a sense of muscular paralysis when the physical body appears to be rendered powerless. This is known as the cataleptic state, a temporary period of bodily paralysis which is necessary to stop us acting out our dreams and sleepwalking.

By this time, the roaring sound will have become unbearable. The heartbeat may increase and the breathing alters. Sometimes there is a sense of being split in two, which is precisely what is taking place as the astral body is attempting to separate from the physical one.

This is a little reminiscent of the sensations experienced while a plane is taking off. Just as the roar and rushing sensations seem almost unbearable, the plane leaves the ground. It is the same with astral projection.

The following is an example by Sylvan Muldoon, one of the great pioneers investigating the nature of astral projection in the 1920s. He had his first experience when he was twelve years old.

After being asleep for a few hours, Sylvan awoke to find that he was suspended between movement and sleep.

He was obviously in the cataleptic state.

Sylvan described being aware of existing somewhere he had never experienced before. It felt as though his body was “glued” to the bed and he was unable to move for some time.

He remembered thinking how strange it was to be fully conscious yet unable to move. After the catalepsy passed, Sylvan felt as though he was floating and then aware of a vibration in his body.

At one point, he noted that his physical body was still in bed and thought he must be going mad. Sylvan saw a silver cord which joined his two bodies together.

He moved through the rooms of the house, his surprise steadily mounting as he witnessed his body moving as though liquid through solid structures.

On returning to his physical body, once again Sylvan experienced the cataleptic state accompanied by the vibrating, followed by a sharp pain as though he had been split in two. He referred to this out-of-the-body experience as “exteriorisation.”

Symptoms of exteriorisation

Feelings of euphoria; a sense of speeding through the air; astral wind; experience of a dark tunnel with light at the end; brilliant light; fingers passing through solid matter; seeing one's own physical body.

Many people will have a sense of being pulled upwards by a powerful invisible force, which can be described as spiralling or zigzagging in nature when they astral project.

For a few moments, at a distance of several metres, the astral body hovers over the physical body as if preparing itself for the next stage. From this viewpoint, they may see their own body below them and experience the surroundings from an aerial perspective.

Gradually, after some clumsy



experimentation they will discover that their new body is weightless, able to pass through matter and capable of travelling at incredible speed to various places known and unknown.

Prior to complete exteriorisation, there is often a sensation of racing through a long dark tunnel and then emerging into a bright field of light, although this seems to be more symptomatic of near-death experiences (NDEs).

Usually, after the initial panic, many people report experiencing a greater lucidity of mind accompanied by feelings of wellbeing, peace and euphoria.

Symptoms preceding return to the physical body

Catalepsy/paralysis along with the fear of not being able to return to the physical body; vibrating; headache; lethargy/drowsiness; feelings of vitality and freshness; euphoria; quickened heartbeat.

These symptoms are fairly similar to the ones manifesting before exteriorisation, as both are related to making the transition in

or out of the physical body. The experience of a headache, although common, is transitory and passes after a few minutes.

Feelings of wellbeing and vitality appear to manifest more in people who have been unwell. It is not unusual to have a genuine fear of not being able to get back into their body.

Although a number of writers on astral projection have dismissed this fear, it is very real. Having been in the transitional cataleptic state which often precedes astral projection, I know how unsettling this can be.

We all interpret an OBE according to our level of mental, emotional and spiritual understanding. Some people will want to push it away as a bad dream. Others are fascinated by the event and want to find out more about it.

Once acknowledged, these experiences are life-changing, attracting different conditions into the individual orbit.

As time passes and you become more comfortable with the astral world, you will be able to gain greater autonomy over your astral state. You can travel at the speed of

thought, watching the territory fly beneath you as you proceed towards a destination already visualised in your head.

Preparing for an astral projection

Personal safety is central to the whole process. When going to a foreign country, you need a passport, insurance and sometimes an assortment of vaccines.

Travelling on the astral planes is no different, although pre-emptive protection is more of a psychic nature. Similarly, one needs to prepare psychologically just as you would undergo physical training before tackling a Himalayan expedition.

Psychically, there are energy vortices in the body, more commonly known as chakras, which need protecting because the astral world is inhabited by many types of beings, some benevolent and others who do not have your best interests at heart and are apt to cause mischief to a beginner.

Although you have protective guides with you, you cannot expect them to do everything, so here are some tips that I



found invaluable:

- Avoid alcohol and hallucinogenic substances.
- Steer clear of horror or mentally unsettling films, which can leave unpleasant psychic residues in the aura.
- Don't attempt astral projection if you are emotionally or psychically fragile.
- Be vigilant and use your common sense.

Although these injunctions might seem like a bit of a tall order, it is no different to applying a health regime to your body if you want to tone up and become fit.

It goes without saying that the will has to be activated and the mind focused on the goal of having an out-of-body experience. Just as there are no short cuts to becoming fit or revising for an exam, learning to astral travel has its own safety measures which need to be taken on board.

Although there's no terrestrial map to the astral world, there is an internal one of being mindful of what you allow into your consciousness through the media and your thoughts.

The beginner might be lucky and have a spontaneous projection, but this is not always the case. Additionally, set some time aside for meditation or quiet reflection in preparation for the event.

How to have an astral projection

Bringing about spontaneous projections consciously takes a lot of practice for most people. There are several rules which need to be in place for an astral projection to occur:

- Ensure that you won't be disturbed. Mobile phones and landlines need to be switched off and unplugged.
- Let people who share the house with you know that you are not to be disturbed.
- Make sure animals won't disturb you. They are particularly receptive to psychic influences and may want to be near you during your practice.
- Make your body as comfortable as possible on a bed or settee, and wear loose clothing.
- Take care to ensure that the room temperature is not too hot or cold. If you are too hot, you may experience feelings of suffocation. Similarly, if you are too cold, it is hard to focus your mind.
- Assume a bodily position conducive to astral projection. Usually this is lying on your back with your hands at your side.
- The next stage is controlling your breathing by taking long easy breaths and exhaling slowly. Don't strain to do this.

As you breathe, relax the muscles in your body, moving from the toes upwards.

- Lastly, relax your facial muscles, paying special attention to the throat and ensuring your jaw is relaxed and mouth slightly open.

You may have to practise this a few times before reaching the right level of relaxation. The sound of waves rolling up and down a beach can be very helpful and fall in with the rhythm of your breathing.

After some time and effort you will experience a hum or buzz in your head, which will become weaker or stronger according to the level of your consciousness. The stronger or louder it is, the closer you are to lift-off.

The temptation here is to become excited and blow the whole thing because excitement jolts one into full waking consciousness. Try to accept the buzzing, humming and temporary somatic paralysis.

Allow these sensations to wash over you in waves. Be aware that you have entered an initial threshold and just relax deeper rather than getting excited about it. Immediate emotions have a direct bearing on the quality of the transition.

A rocking sensation is the astral body attempting to disengage from the physical body. Normally, it would just exteriorise smoothly, but once the "driver" is conscious and wants to take control, that's when it can become more challenging.

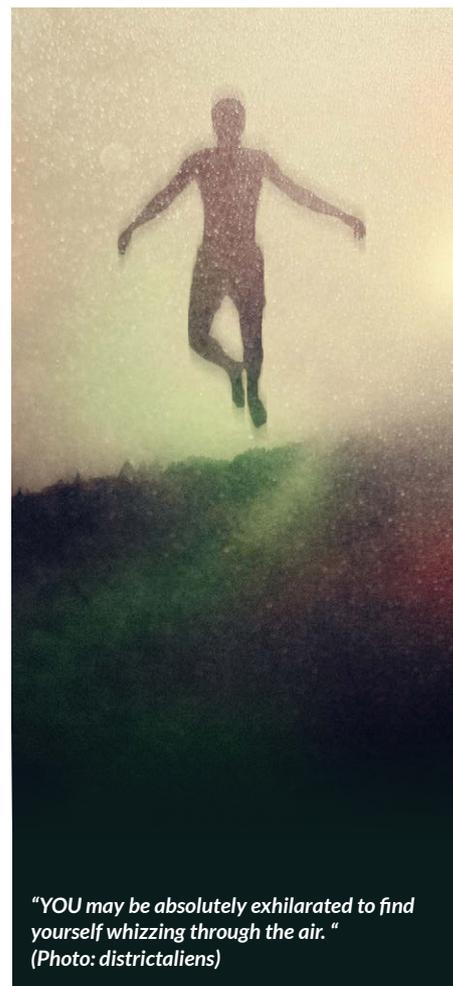
Control comes later after a good deal of practice. If you practise meditation or deep relaxation on a regular basis, then you are already halfway there.

As experience comes into play, you will begin to realise that when your "observing self" becomes agitated or excited, this causes a rocky ride because instincts are pulling against a natural process.

Although sleep paralysis before projection can be uncomfortable, I have come to look upon it as a necessary safety belt to prevent me from harming myself. After all, it would be even worse if I were to run downstairs in my dream and wake up in hospital after suffering concussion as a result.

Sadly, these things do happen if sleep paralysis does not take place. Additionally, time in the astral world is different to our subjective experience of it where both unpleasant and transpersonal experiences can be either too fleeting or interminable.

At some point, the fluctuating hum or buzz in the head which precedes projection becomes less rough and more even. When the humming/buzzing has stabilised, you are ready to leave your physical body and do not have to make an effort to do this. It usually just happens.



"YOU may be absolutely exhilarated to find yourself whizzing through the air."
(Photo: districtaliens)

Again, excitement can affect the quality of the experience. For example, you may be absolutely exhilarated to find yourself whizzing through the air, passing through walls and ceilings as if they were not there.

At first, there is no control over where you are going or who you are going to meet, but don't worry about this. Control will come in its own time as you become more experienced and confidence grows. Until then it's rather like being let loose on a pair of roller skates.

When you awaken, jot down your experience in a notebook, as these sorts of astral journeys can drift away like seed fluff.

Remember that you are never alone, as there is always a guide or helper with you. Being aware of this will create a gateway of communication between your guide and yourself. Although words may not be exchanged, their guiding presence will be tangible.

■ **Stephanie Sorrell's "Astral Projection Made Easy,"** which is published by 6th Books, is available online or can be ordered from your local bookshop. Sub-titled "Overcoming the fear of death," it is available as a paperback and an e-book.



Sandy Ingham

Medium
Psychic Artist



Available for public demonstrations and workshops
For Readings/Portraits call Sandy on
0791 802 8888
or email: sandyingham@live.co.uk
For details visit:
www.sandyingham.co.uk

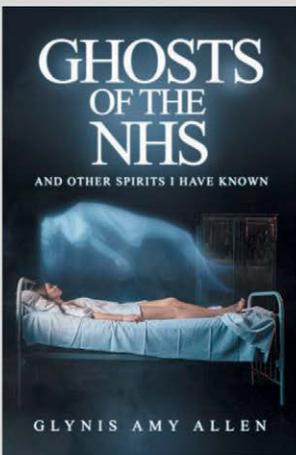
As visually striking as Marsden's work itself,
this is a documentary that not only educates,
but is entertaining and fascinating - 9/10
STARBURST MAGAZINE

AVAILABLE NOW FROM
AMAZON PRIME

SIMON MARSDEN

A HAUNTED LIFE IN PICTURES

SPIRITUAL BOOKS



Hereditary medium Glynis was a senior nurse in the NHS for over 30 years. She tells the stories of her encounters with the spirits of the dying, their spirit relatives & doctors – not to mention the ghosts of A&E! This wonderful book is as entertaining as it is evidential – a true page-turner...
YOU WILL BELIEVE!

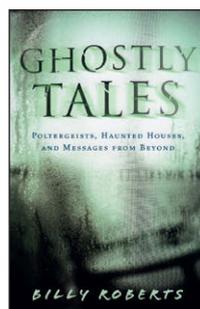
Local Legend brings you the very best spiritual writing by great authors who know their subjects: fiction and non-fiction, angels and Druids, past lives and afterlife, mystery and the paranormal, nature and healing, the real lives of mediums... and so much more!



Exciting paperbacks & eBooks
www.local-legend.co.uk

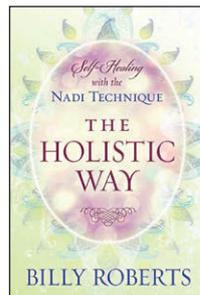
BILLY ROBERTS' DISCOUNTED BOOKS

★ ★ ★ SIGNED ★ ★ ★



GHOSTLY TALES:
A collection of spine-chilling tales
An eclectic mix of true and anecdotal accounts

Usual price £15
NOW £7 with free postage



SELF-HEALING WITH THE NADI TECHNIQUE – THE HOLISTIC WAY
A unique, self-healing system to energise the body and encourage optimum help

Usual price £15
NOW £7 with free postage

Payable through Paypal to:
billyroberts@sky.com

FEELING STRESSED? DON'T PANIC!

BILLY ROBERTS shares the non-medicinal techniques that enabled him to overcome crippling anxiety

LIVING IN this hectic world of science and technology, it is little wonder that many people experience stress and anxiety, finding it almost impossible to relax at the end of an extremely arduous day at work and enjoy the power of peace.

It is true to say that some people function better under pressure and even appear to thrive on it. But others find it very difficult to function normally, even to perform the most mundane task, and they eventually break down completely under the immense weight of it all.

Stress is insidious and does not discriminate between class, gender and character. It strikes like a mighty sword and takes no prisoners.

The many health problems it is responsible for range from skin rashes to heart disease and even cancer. Stress has always been one of the biggest killers, and although we can seek the help of a general practitioner who can prescribe one of the many sedatives available on the market

today, these offer only temporary relief and, in many cases, eventually present an even greater problem by making the sufferer dependent on whatever medication has been prescribed.

I am writing this not based on other people's anecdotal accounts, but from my own experience of stress and anxiety. And this led me to find a final positive solution to my difficult plight.

When I suffered with panic attacks and stress many years ago, the one single thing that used to annoy me was being told to pull myself together! People who tell you to do that have obviously never experienced stress and anxiety, as they would know full well that if you could pull yourself together, as they have suggested, you would!

Ultimate peace

All avenues exhausted, I decided to embark upon an inner journey to discover the peace and tranquillity spoken of by Eastern practitioners of meditation and yoga. After all, we are told that heaven is an internal state of bliss, rather than an external transcendental dimension of sublime peace.

The latter may well be true, but at that point in my life I was more concerned to calm the mental turbulence I was experiencing, and discover that power of peace within.

This was easier said than done, as the more I searched for the answer, the further away it seemed to be. I read many books on the subject and, in fact, consulted many different teachers on the subjects of self-discovery through meditation, as well as practitioners of many other bizarre techniques.



I eventually realised that one of the causes of my problem was the fact that my whole body was constantly tense, from my neck down my spine and even my arms and hands. Before I did anything, I had to address the problem of tension. This is what I do and I commend this routine to you:

Eradicating tension

- Lie on the bed or floor, supporting your head with a cushion or pillow
- Close your eyes and mentally focus on your body, beginning with your feet and concluding with your face and top of your head
- Now, concentrate on your breathing, allowing your tummy to rise as you breathe in, and allowing it to fall as you breathe out
- Continue to breathe in this way, making certain that the inhalations and exhalations are evenly spaced and not strained
- Next, beginning with your legs and feet, make them as tense as you possibly can, gradually working up your body. Pull in your abdomen, making it as tense as possible, then the muscles across your chest; do the same with your arms and hands, followed by tensing the muscles in your face
- Clench your teeth, making your face as tense as possible. Make fists, tightening your hands as though squeezing the juice from an orange and making your arms rigid. Feel your entire body shaking as you make it as tense as you possibly can. Maintain this for as long as is tolerable, then relax
- Feel your entire body tingling as all the tension is dispelled and the nerves, tissues and muscles relax. Although a little exaggerated, this gradual build-up of tension is what you experience during the course of your day
- Remain in this position for a few minutes, mentally going over your body again, relaxing each part, from your toes to your head, resisting the temptation to move, and ensuring you are free of tension. When you feel ready, sit up

Vibration and rhythmic breathing

This process should precede your daily programme. The individual components that make up your body are as subject to the concept of vibration and rhythm as is the planet in its revolutions around the sun.

To avoid causing the destruction of a wooden bridge, soldiers marching across it are given the order to “break step”. The power of vibration is incredible, and when the individual cells of our bodies are not in vibratory resonance, a disharmony manifests, either as disease in the body or just as a seemingly insurmountable problem in our lives.

The yogic method to promote calm is to breathe in the following way. Although I have explained this in a previous article, we now need to take this one step further:

- Sit on a straight back-chair with your eyes closed
- Ascertain your normal heartbeat by placing your fingers on your pulse, counting with each pulse up to six – 1, 2, 3, 4, 5, 6, then 1, 2, 3, 4, 5, 6 and so on
- The units of inhalation and exhalations should always be the same, in this case six pulse units, whilst the units of retention and between breaths should always be one half the number of inhalations and exhalations, in this case three pulse units.
- Once you have mentally established the rhythm of your pulse, place your hands on your lap, and then slowly breathe in counting six pulse units. Hold your breath for the count of three, and then breathe out for the count of six. Continue breathing in this way for five minutes, longer if this is comfortable for you. Never strain the breathing process or make it a labour, as this only defeats the whole object of the exercise.

This rhythmic breathing process encourages calmness and makes the mind quiet in preparation for meditation. It also encourages the release of serotonin, a natural chemical known as the “happiness hormone” because it arouses feelings of pleasure and well-being.

This method of breathing should always precede and conclude meditation, as it helps to prepare the mind and encourage it to be more focused. Rhythmic breathing also helps to control the sudden release of adrenalin when in the grip of panic or an anxiety attack.

Practised regularly it helps to promote serenity, bringing you one step nearer to the “Power of Peace”, the primary premise of this article. ■



Colourful hobby reflects the importance of chakras and healing in my life

BY WENDY STEPNEY

I DIDN'T realise it at the time, but the death of a friend's husband soon led to a significant change of direction in my life and opened my mind to spiritual realities that I was completely unaware of at that time.

Almost 40 years ago, Elaine's husband, Roy, answered a call with a colleague – they were both leading firemen – to rescue a cat that had got stuck in a tree and had been there for three days.

At that time, it was normal for a fireman to climb a tree in that situation. They tossed a coin to decide who it should be and Roy became the rescuer. He removed his protective helmet to make it easier to climb in amongst the branches, but when one of them broke under his weight he fell into an alley, hitting his head.

After a couple of days in hospital on life support he passed away. Elaine was devastated. Not long afterwards, however, she was watching TV while their young son slept upstairs, and famous medium Doris Collins came onto the screen.

"Come on then, if this is true, speak to me now," she said aloud to Roy's spirit. At that point, Doris said, "I have a young fireman here in full uniform" (he was buried in his uniform). "He goes by the name of Chapman. That was his surname. No one in the audience took the message, but Elaine was dumbfounded.

As soon as her son awoke, she went into town with him to buy a Doris Collins book. She wanted to know as much as she could about her and the spirit world she was in

contact with.

I confess that when Elaine called me to tell me this tale I was very concerned for her. I'd never heard of Spiritualism or Doris Collins and it all sounded very odd to me. Elaine called me again a few days later to tell me she had purchased tickets to see Doris when she came to demonstrate at our local theatre and she invited me to join her.

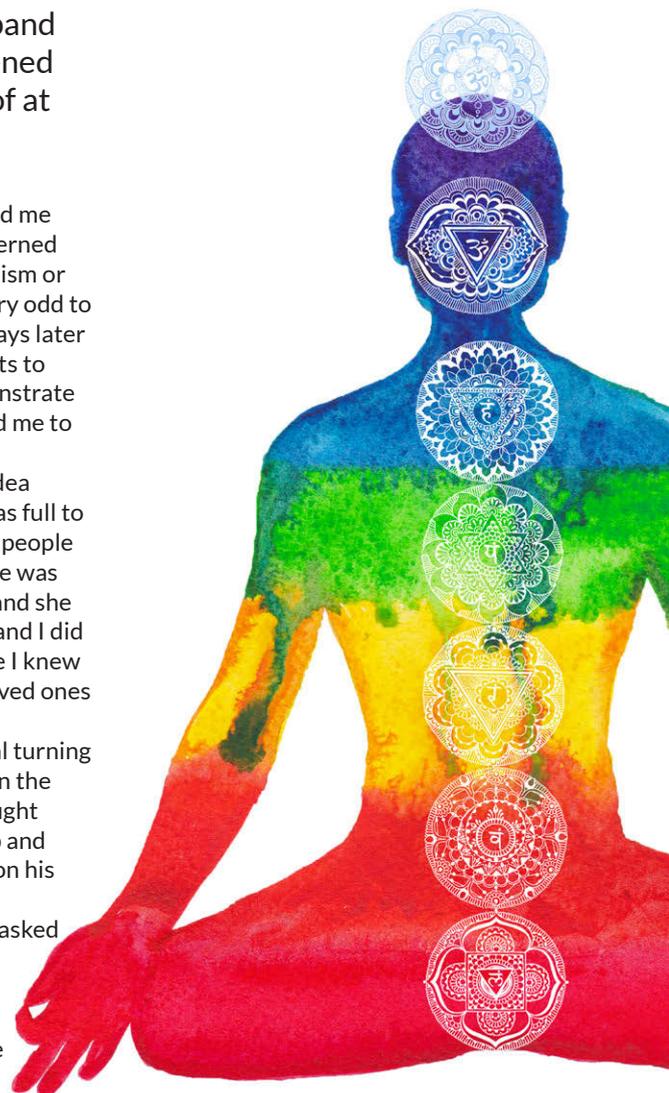
I went, of course, but I had no idea what to expect. The auditorium was full to capacity and looking around I saw people I recognised. Doris' arrival on stage was greeted with rapturous applause and she was soon giving messages. Elaine and I did not get a message but I saw people I knew receiving factual evidence from loved ones in spirit.

Doris was amazing! It was a real turning point for both of us that evening. In the second half, Doris had a chair brought on stage and a gentleman came up and sat on it, and Doris put her hands on his shoulders.

"What on earth is she doing?" I asked Elaine.

"Healing," she replied.

"No, sorry," I said, "I get the psychic thing but I really can't take the healing on board."





Wendy Stepney working on another colourful creation

“

From the minute we opened our chakras I really connected with the energy

”

Developing special skills

Many years have passed since that eventful evening. Elaine went on to become a fantastic medium, naturally developing a wonderful gift, whereas I just drifted through life, bringing up three children and using my own special talent, sewing, every chance I had. I made lots of wedding dresses, kids clothes, horseshoes, garters, cushions, curtains – you name it, I would make it. It was, and remains, a passion in my life.

Unfortunately, I developed a series of tumours in different parts of my body, all of them benign but requiring lots of biopsies, surgery and worry. During this time, my dear Dad passed to spirit.

Naturally, I was feeling very low but as my husband and I run a gas showroom (I sell appliances and he fits them) I needed to soldier on.

One day, a tall, elderly and beautiful woman named Ina came in to book a boiler service. She was a regular customer but had always contacted us by phone. This was her first visit to our showroom. She looked special and it turned out she was very special.

As I was taking down her details, she noticed I was stressed. “You need healing,

my girl,” she said. Then she slipped me a card and said, “Call me”.

Feeling at such a low ebb, I not only called Ina as soon as I got home but I went round that very evening. The healing she gave me was a very pleasant experience, and I went back many times to see her for treatment, until I didn’t just feel better, I felt more whole than I’d ever felt in my entire life.

At this point I needed to understand healing: how it worked, and where it came from. I read books by Harry Edwards, Matthew Manning, Doris Collins, Betty Shine and Gordon Smith.

My thirst for knowledge was so great that I took myself off to the College of Psychic Studies to do a “Can I be a healer?” course with the wonderful Julia Shepherd, who is now a good friend. From the minute we opened our chakras I really connected with the energy.

I went on to do the two-year course and became accredited in 2010 and I have also become a reiki practitioner.

One of the biggest inspirations to me during my learning was reading Angie Buxton King’s book, *The NHS Healer*. Once accredited, all I wanted to do was to work in a hospital as a healer.

On a voluntary basis, I worked at



Medium and healer Doris Collins

Demelza House, a children's hospice, The Wisdom Hospice in Kent, University College London Hospital and UCH Macmillan, paid and voluntary, and I loved it.

When my husband, Brian, retired I couldn't afford to travel into London so I stayed local and worked as a healer in The Wisdom Hospice, until 18 months ago when my husband was diagnosed with bowel and liver cancer. Life can be so cruel.

It's one day at a time now, as we embrace the good days and muddle through the bad.

I have a beautiful practice in our home and I give healing whenever I can. I find it hard to believe that I was once so resistant to the concept of healing when I saw Doris Collins demonstrating it.

What has also happened over the years is that my talents with a needle and thread have now taken on a new meaning. I call it "holistic sewing" and it came when someone asked me to produce a beautiful, embroidered eight-foot circular blue cloth, with white piping cord around the edge and dividing the material into four sections. It was wanted so that four people could sit around it at one time and mediate.

This circle had an energy. The person who asked me to make it was a shaman and as this circle evolved, when I sat and did machining on the circle, I could hear drumming.

From that moment on I became very inspired to combine my healing and my sewing: something I had never thought to do before. The first thing I was inspired to make was a chakra chart. It is a great teaching tool that helps students to remember the positions and the colours of chakras. It looks great in a therapy room and I use mine to explain to clients about

the chakra system.

The outer piping demonstrating being in your own light/space/bubble, whatever resonates with you. The chakras have many little circles stitched within to demonstrate the internal energy.

The chakra blankets that I also make vary in size, from the large size that goes over the couch and then up over the client. It enables me to wrap them in all the chakra colours helping to raise the vibration of the soul and the energy in the room. The blankets also have white piping around the edge to represent white light.

I also make smaller blankets for our furry friends or small children. I have even made chakra teddies: great healing tools for children which help to raise the vibration of the energy in the room.

I've made chakra scarves which are great for throat infections, and also some beautiful cushions focusing on the aura-soma colour system. These are two-tone on one side and on the other they are the colour that is produced when the two tones are mixed together. They look great in a therapy room.

Thankfully the inspiration continues to come and the products of my compulsive sewing and passion for healing are always in demand when I exhibit at psychic fairs. ■

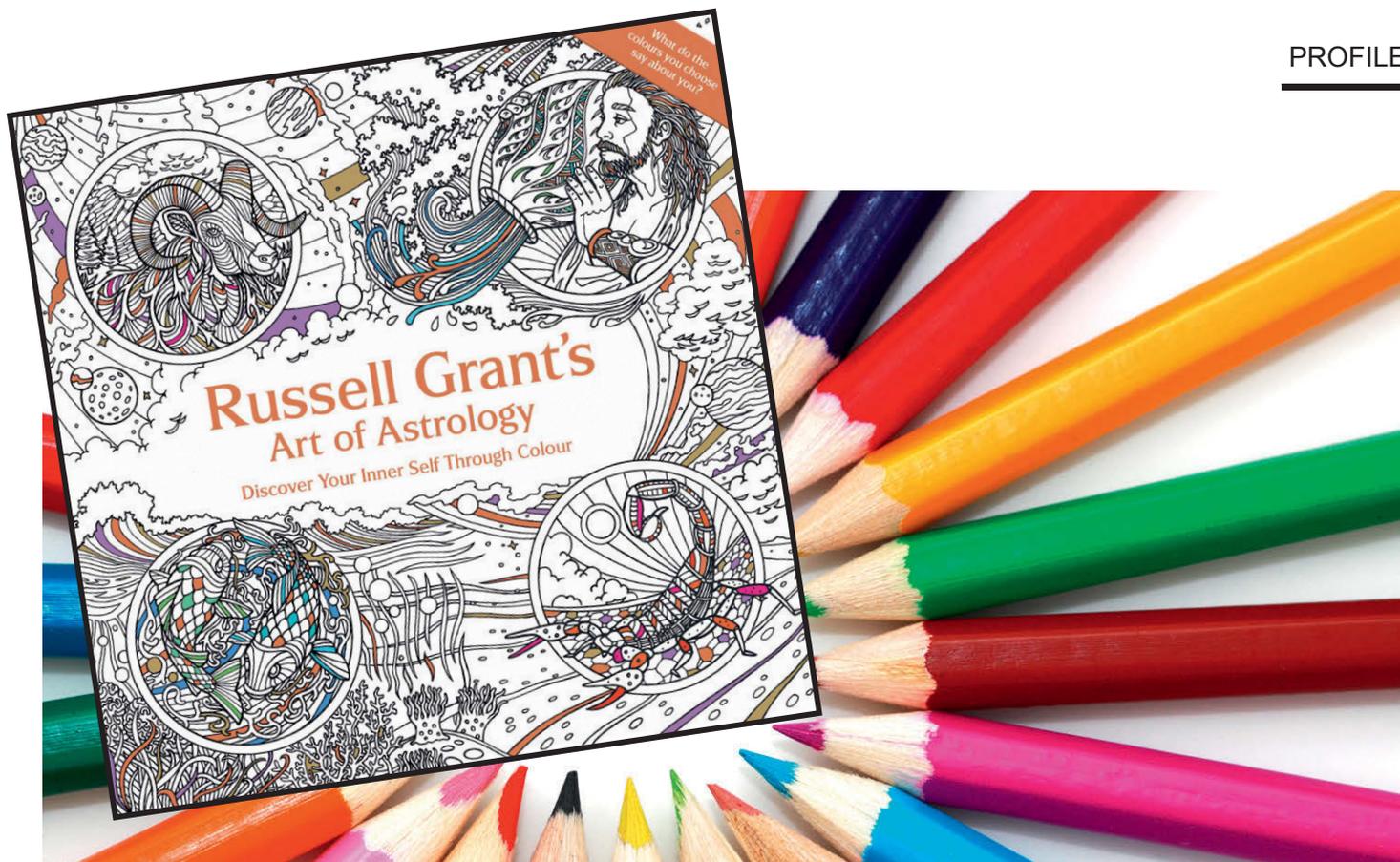
PROFILE

RUSSELL GRANT

Celebrity astrologer and psychic prodigy

Roy Stemman meets the famous stargazer who wants to put more colour into our lives





HARDLY A DAY goes by, it seems, without Russell Grant being written about in UK newspapers and magazines, participating in television reality programmes or being interviewed on radio talk shows.

He is, after all, one of the UK's top astrologers, and it is that skill, together with his bubbly personality, which excites the media and has made him a celebrity.

When he's not predicting what the stars have in store for us and writing books on the subject, you'll find him performing in West End shows or taking part in TV contests like *Strictly Come Dancing* or *Celebrity Master Chef*.

So it is with satisfaction that I can report that Russell – a star in his own right – first grabbed the headlines in *Psychic News* – not as an astrologer but as a medium.

His mother had introduced him to Spiritualism when she took him for a sitting, aged 12, with Nan Cowling at Ruislip Manor. She recognised his abilities and told him: "You've got to do this because you can."

He began visiting local churches with his best friend, Wendy Marsh, and before long Russell was sitting in a development circle at Rayners Lane, led by René Hindell. "She was my psychic mentor and the most wonderful teacher. 'Always give what you get,' she told me, which was such good advice.

"I became a Christian Spiritualist when I was 12," he adds, "because I like to go where there's a divine service. I still do, particularly to my local Spiritualist church in Bangor, north-west Wales, and also to the church in Chesham, Buckinghamshire,

where my mother lives. I don't go for a message or a reading, I go to connect with my own loved ones and talk to my Nans."

His mediumistic abilities soon impressed everyone and, still a teenager, he was persuaded to demonstrate at a local Spiritualist church. Someone present was so excited by the evidence provided by this promising young medium that they wrote an account for our columns.

"It happened at Uxbridge Spiritualist Church in Middlesex, which I think is called Silver Cross Sanctuary," Russell recalls. "And I remember the *Psychic News*' headline was something like, 'Young prodigy shows his psychic mettle'.

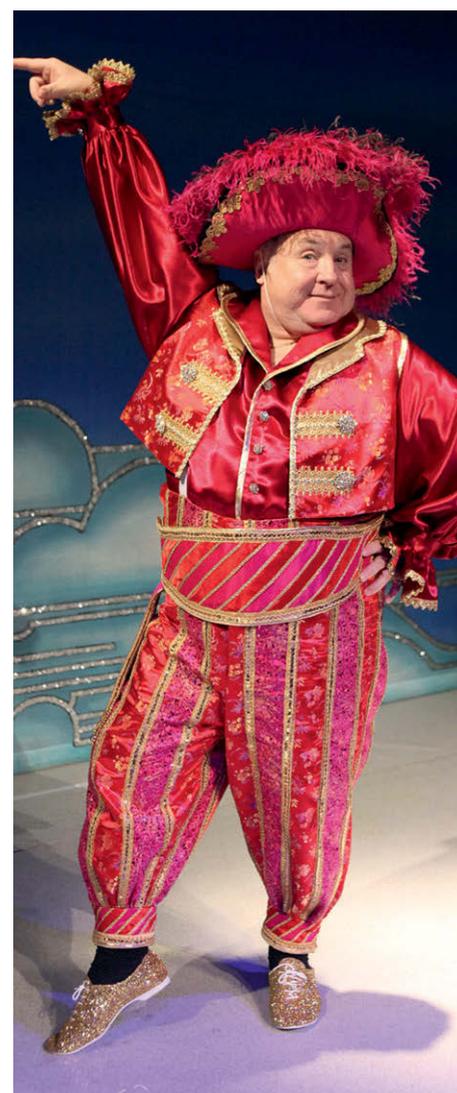
"As well as Uxbridge, I used to demonstrate at other west Middlesex Spiritualist churches, including Ruislip Manor, Southall and Rayners Lane, Harrow.

"It was a message I gave to a woman in the congregation that got me mentioned in *Psychic News*. I said to her, 'I've got a lot of birds around your head and I think they're sparrows', and she looked at me and said, 'My name's Mrs Sparrow'.

"I then went to another lady and asked, 'Why have I got a burning building? Oh no, hold on, it's not a building, it's like a caravan.' She said, 'Because my caravan was set alight four weeks ago in Clacton.'"

It seemed that young Russell Grant was heading for psychic stardom, but he had an even greater ambition to be in show business. This was soon confirmed by the first medium he sat with, Nan Cowling.

"I've got lollipop trees around you and a lot of animals, but they're like human beings with animal heads," she told him.



Russell as Roger the Cabin Boy in "Peter Pan" at the Aylesbury Waterside Theatre in 2012



“

His spectacular departure from the show, when he was fired from a cannon, watched by 16 million viewers, is regarded as one of *Strictly Come Dancing's* most memorable moments

”

(Photo: BBC)

“But you’re coming on stage and you’re not in an animal head at all. You’re just you.”

She went on to say, “After you’ve done that I’ve got the most beautiful music around you. It’s someone like Ivor Novello or Noel Coward.”

About three months later, Russell went to an audition in London for the *Rupert Bear Show*.

“It involved adults in animal heads with lollipop trees, exactly as Nan had said, and I was the only person in it who played it as myself. Then, after the *Rupert Bear Show*, I went straight into Ivor Novello’s *King’s Rhapsody*.

“There’s no way she could have known that in advance because I hadn’t even been to the auditions when she described those roles.”

Before we move on to star signs and the reason I am meeting Russell – to learn more about his new book, *Russell Grant’s Art of Astrology: discover your inner self through colour* – he’s keen to share a couple more mediumistic experiences with an English medium who also enjoyed celebrity status.

Auntie Bella’s spirit return

“My dearest and greatest friend was Doris Stokes. She was the queen of them all, the crème de la crème, a wonderful woman. I loved her to pieces. I used to go to her flat in Fulham, west London. I owe a lot to Doris.”

Inevitably, Doris occasionally passed on a spirit message to Russell during these meetings.

“The best evidence was from my Auntie Bella who had passed over with Parkinson’s. Doris got shaking, described an old lady and said she thought it might be my grandmother (who was on the earth plane) or her sister.

“It was the sister. This was quickly confirmed when she picked up the name Isabel. Now her name was Isabel but they always called her Bella. But here’s the real bombshell. She added: ‘They’re telling me they don’t call her this. I’ve got the name Blossom.’

“My Auntie Bella’s nickname was Blossom. That was just mind-blowing. We called her Auntie Bella but my Grandmother Lily would always say, ‘Blossom’. That is what she was called at whist drives and everywhere.

“I’m pretty sure Doris wrote about that evidence in her first book, *Voices in My Ear*.”

At the same time as he was visiting Spiritualist churches as a young lad, Russell – a typical Aquarius, I am told – was also studying astrology. “It was just a hobby,” he

explains, “but I found it fascinating. I didn’t believe all the signs of the zodiac could fit the whole of humanity and, of course, when I went into it in depth I realised it didn’t. Every chart is different, depending on an individual’s date, time and place of birth.

“I also exploded other myths. For example, you *don’t* predict the future. It’s all about freewill and choice.”

All of this is explained in the introduction to his new book, *The Art of Astrology*. It’s described as “an adult colouring book” and its 90 unique images and designs are based on the 12 key signs of the Zodiac, their planetary rulers and mythological archetypes.

Specifically, it explains the Sun signs and planetary connections, and what our colour choices reveal about us. Readers are invited to colour in the pages before reading about their choices and how they connect with their sign.

Adult colouring books are the new “in” product on booksellers’ shelves, having taken off in 2015 in a huge way. *Publishers Weekly* estimated the top ten titles sold 1.5 million copies. It’s a trend very much in step with the growing interest in mindfulness. Russell’s book became a best-seller as soon as it was published.

“As a child colouring books were my favourite pastimes,” Russell explains. “The different pencils and crayons in rainbow colours were my greatest gifts from family: I still have them all now over 50 years later!

“Colouring in is an easy way to calm the mind, occupy the hands and release your creative potential. The repetitive action focuses the brain, blocks out intrusive thoughts and creates a state of peace of mind.

“With my astrological expertise and love of colour, I reveal the way the colours we choose can reflect how we’re feeling and how to interpret our inner selves.”

So how did his hobby develop to the point where he has become one of the UK’s top astrologers? Was it all in the stars?

If it were, Russell would not have seen it because he never examines his own birth chart. “We have a tendency in human nature only to look at the good bits,” he explains. “As studious as I am, when it comes to the natal chart, if I look at my own chart I see, maybe, the squares and the oppositions that are ultimately challenging, and I think, oh, where’s the trines and the sextiles?”

“So you look for the positive ones. It’s not a matter of temptation it’s a matter of being pragmatic, and my pragmatism can go part of the way to getting it right but it’s always best to have a second opinion.”

“ Russell became a carer for Alice, the grandmother who had brought him up, when she succumbed to Alzheimer’s. He has since devoted a third of his working life to help find a cure ”



It was at a meeting of the Astrological Lodge of Great Britain that fellow astrologer Rita Szymanski saw Russell and his chart and said, “I’m fascinated by you.”

“She was just drawn to me,” Russell continued. “She said, ‘I want to teach you everything I know’. And when she looked at my chart the week after, she said, ‘You’re going to be the greatest astrologer anyone has ever known in this century.’

“I suppose she meant the most well-known astrologer. And she saw that in my chart, which is why she taught me everything for free. She wouldn’t accept anything. So I used to buy her presents at Christmas and for her birthday to make up for the fact that she didn’t want to take anything.

That’s why I’m always proud to give her credit for what I do. Without her it would not have happened.”

‘Astrologer Royal’

In time, Russell was asked to write an astrological column for the *Daily Mail*, which proved to be life changing.

“In March 1978, the Queen Mother visited the Ideal Home Exhibition, which the newspaper then managed. It had run a big feature called ‘Stars in Your Life’, and when the Queen Mother visited our stand she accepted a chart from me. The next thing you know, I was described all around the world as ‘the Astrologer Royal’. And that’s how it all began.

“So what was a hobby just blew up into something quite incredible really.”

Soon he was the king of Breakfast TV, bouncing around on studio sofas in colourful sweaters. But it hasn’t all been laughter and happiness for Russell, who became a carer for Alice, the grandmother who had brought him up, when she succumbed to Alzheimer’s.

She suffered from it for nine years and Russell has spoken out about the lack of support that was available at that time, more than 20 years ago. He says he will

devote a third of his working life to helping find a cure.

He converted part of his home – which he shares with his partner and manager Doug Beaumont – into two apartments, one for Alice and the second for his other grandmother, Lily, who was also affected by the disease, and looked after both of them.

Their passings left a void in his life and he suffered from severe depression, became suicidal and ballooned to 27 stone through comfort eating. Slowly, he took control of his life, shed weight at the gym and then returned to the spotlight on *Strictly Come Dancing*, proving to be a popular contestant.

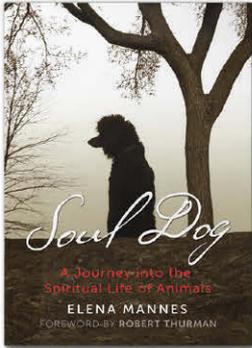
His spectacular departure from the 2011 show, when he was fired from a cannon, watched by 16 million viewers, is regarded as one of *Strictly’s* most memorable moments. Even better, for someone who regards acting as his first love, Andrew Lloyd Webber was so impressed by Russell that a year later he asked him to take over from the legendary Michael Crawford for a three-month stint at the London Palladium in the title role of *The Wizard of Oz*.

Since then, he has played the role of Edna in *Hairspray* and hardly a week goes by without the ebullient astrologer popping up on radio or TV screens. Now much slimmer, it’s still fair to describe him as an all-round entertainer.

And what delights Russell most is that his new-found fame enables him not only to promote astrology but also to make a big contribution – through fund-raising and awareness events – to the fight against Alzheimer’s and other forms of dementia, supported by many of his show business friends.

“It’s the second biggest chronic disease after cancer,” he explains. “It’s not just an old people’s disease, and if we don’t find a cure we’re going to reap the whirlwind – in 20 years’ time it will be an epidemic. It doesn’t take an astrologer to know that.” ■

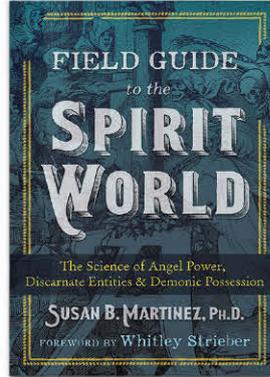
Books for the Mind, Body & Spirit



Soul Dog A Journey into the Spiritual Life of Animals

Elena Mannes
Foreword by Robert Thurman
Chronicling her profound relationship with her dog, Brio, Elena Mannes details her quest to explore animal thoughts and feelings, animal souls, animal reincarnation, and interspecies communication, even in the afterlife. Mannes shares her investigations into the spiritual life of animals, showing how their connections with us extend far beyond life and death.

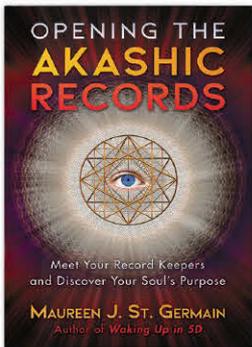
£12.99 • Paper with French flaps • 192 pages
ISBN 978-1-159143-326-2



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.

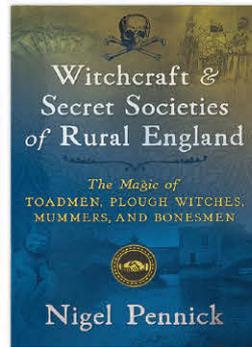
£16.99 • Paperback • 304 pages
20 b&w illustrations
ISBN 978-1-59143-332-3



Opening the Akashic Records Meet Your Record Keepers and Discover Your Soul's Purpose

Maureen J. St. Germain
Maureen St. Germain offers a simple manual of precise instructions for accessing the Akashic Records, tuning to your Akashic Record Keepers, and confirming the accuracy of the information you receive. She also explains how to become initiated into the 5D mindset and how to ask your Record Keepers questions.

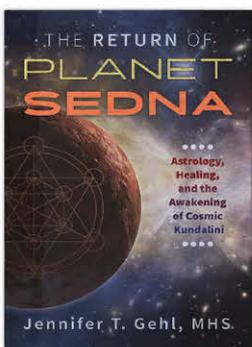
£12.99 • Paperback • 176 pages
20 b&w illustrations
ISBN 978-1-59143-338-5



Witchcraft and Secret Societies of Rural England The Magic of Toadmen, Plough Witches, Mummies, and Bonesmen

Nigel Pennick
Drawing on scholarly research and personal contacts, Nigel Pennick describes the secret rites, folk customs, and magical traditions of guilds and rural fraternities of the British Isles, such as the Shoemakers, Horsemen, Plough Witches, Free Gardeners, Toadmen, Mummies, and Bonesmen, revealing how these secret traditions still live on.

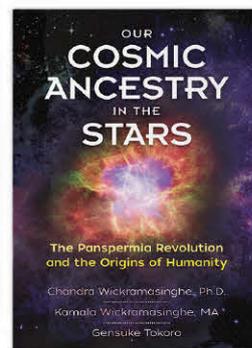
£12.99 • Paperback • 224 pages
60 b&w illustrations
ISBN 978-1-62055-760-0



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.

£12.99 • Paperback • 192 pages
32 b&w illustrations
ISBN 978-1-62055-707-5



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.

£10.99 • Paperback • 144 pages
24 b&w illustrations
ISBN 978-1-59143-328-6

Singers in tune with the paranormal?

REPORTS of the death of Cranberries singer **Dolores O’Riordan** at a London hotel focussed not only on her medical history – she had publicly spoken about her depression and bipolar disorder – but also on her views on death. She may even have predicted her passing.

O’Riordan, from Limerick, Ireland, was in the capital for a recording session. Her death at the age of 47 is not being treated as suspicious.

In a 2013 interview, O’Riordan told journalist Barry Egan: “I am not going to live long. I’m 43. If I see 50, I’ll be happy. I mean that.”

Asked in another interview what she would be reincarnated as, the singer replied: “I think I’ll probably come back as an angel and I’d like to guide people or guard people going through similar experiences in life, whisper in their ear and kind of give them ideas on how to deal with things.”

She was also happy to discuss, after her father’s passing, what death would be like. “I feel like when people die, I don’t really think they cross over straight away. I think that they get stuck in kind of an in-between place.... I didn’t feel like he crossed over properly, I felt like he was lingering a bit. He was around me a lot, I felt like it took time for him to move.”

American rock singer and songwriter



Janis Joplin died from a heroin overdose nearly 50 years ago, but some so-called paranormal investigators seem to believe she hasn’t moved on and is still hanging around in Room 105 of the Highland Garden Hotel, Los Angeles, which she called home.

A video made by the *Hollywood Paranormal Detectives*, who spent a night in the room, claims to have captured her voice on an SB-11 Spirit Box. It is now available on YouTube.

Mark E. Smith, lead singer of punk band The Fall, who died in January 2018 at the age of 60, is unlikely to have trouble moving on. At one time in his life he was a tarot card reader, using his psychic abilities to pay for drugs.

In his book *Renegade: The Lives and Tales of Mark E. Smith* he reveals he had a talent for it. “I’ve always been able to read people. My mam’s a bit like that. I never used to charge a lot, but now you can earn a fortune...”

“When people did a tarot with me they’d walk away with their life changed. But you can’t **** around with those things too much. You’re dealing with a force.”

According to Smith, it was wrong to take a lot of money for readings, but

Photo: Cernunnos XPP Yaun



he admitted: “You’d go round to dope dealers and they’d give you two ounces of dope per reading.”

Despite having recorded 20 studio albums, by 2000 his financial situation was so bad that he had considered a return to tarot readings to earn an income. ■

Photo: Alterna2 (alterna2.com)



Left to right: Janis Joplin in 1970, Mark E. Smith performing with The Fall in Edinburgh in 2011 and Dolores O’Riordan with The Cranberries in Barcelona, 2010

TOP DIRECTOR'S PARANORMAL FASCINATION

Guillermo del Toro reveals two ghostly encounters

HIS 2017 fantasy movie *The Shape of Water* has attracted numerous honours, including Best Picture at the 2018 Academy Awards. Like many of Mexican director Guillermo del Toro's previous productions, it reflects a strong connection with fairy tales, fantasy and horror.

This formula is attracting huge audiences keen to immerse themselves in the magic of his cinematic creations. But Del Toro, known as a master of the macabre, gets his thrills from checking into haunted hotels when he's travelling, taking rooms with a reputation for paranormal activity, in the hope of having his own spooky encounters.

He has also spoken of two personal experiences of ghosts. In both cases he heard them rather than saw them. The first happened in Mexico when he was just 11 years old. In an interview with Gizmodo.com's *IO9* in 2016, he explained that after his uncle had passed away he was given the room in which he had lived.

"My uncle and I made a deal, because he was one of the earliest influences for me. We talked about the paranormal and the supernatural and all that. He said to me that if and when he died, he would

come back and let me know if there's anything else.

"So a couple of years after he had died, I was not thinking about it, I was doing my homework, the TV was on. And then I started hearing a voice, a human voice breathing and sighing really close to my ear. Really sad, long sighs filled with sorrow.

"I didn't panic. Strangely enough, I started trying to logically figure out where the sound was coming from, and what it was. As I moved around the room, I noticed that the voice basically walked next to me. This happened for about five minutes. The last few seconds I recognised the voice as my Uncle's. And then I ran out of the room."

The second encounter happened while he was working on *The Hobbit* and staying in an old building with other crew members. "Around midnight, I started

hearing a woman screaming horribly, like she was being murdered. And once again I didn't panic. I thought one of the guys or girls on the crew was pulling my leg. So I didn't get scared and I started to track the voice.

"It was coming from the ventilation chute that went directly to the basement... The voice eventually stopped but then five minutes later I started hearing the most heartbreaking, loud, loud bawling from a male voice. Full of regret and sorrow. It was coming from the same place. That was when I freaked out!"

He admitted that he was unable to sleep for the rest of the night.

In a recent newspaper interview Guillermo also revealed that he had witnessed a UFO when he was aged 16. "It was a flying saucer with lights, a circle. A friend and I were on a highway and we saw a light on the horizon moving super fast. The thing went from there to 1,000 yards away in less than a second."

Then, spoken like a true film director, he added: "It's exactly as they do it in the movies." ■



Guillermo del Toro
(Photo: Gage Skidmore)

ONLY A COINCINDENCE?

Car registration 'message' is just the football ticket

With degrees in science and philosophy, Nigel Peace has been an engineer, social worker and mathematics teacher, but always been interested in the paranormal, and precognition, synchronicities and their meanings. In his book "Spirit Revelations," he describes hundreds of examples of proven precognition.

Nigel is also an I Ching consultant with over 30 years' experience of using this set of oracles. His "Lighting the Path" is a guide to using the I Ching. Additionally, he runs the Local Legend publishing company, which specialises in mind-body-spirit publications. Here, he takes a look at coincidences and precognition.

YOUR new neighbour calls round to introduce herself and comments that both your families have the same model of car outside. Well, not very significant, perhaps, but then it turns out that you each have a child with the same birthday; your daughter is called Lucy whilst her son is Luke.

Then you discover that you had both grown up in the same town hundreds of miles away, a couple of streets apart... and so on. At what point do coincidences become something more?

History is full of extraordinary stories of pure coincidence. The author Samuel Langhorne Clemens (Mark Twain) was born in November 1835 in Florida as Halley's Comet passed near the Earth; he died just as the comet re-emerged from behind the sun in April 1910.

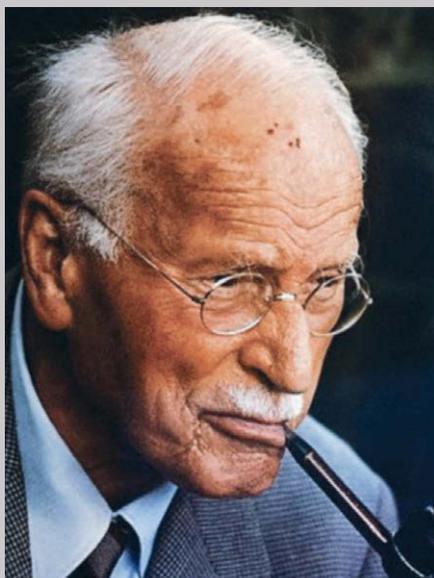
Abraham Lincoln became US President in 1860 and was later assassinated in the Ford Theatre; John F. Kennedy became President in 1960 and was later assassinated in a Ford Lincoln car.

In the 1960s, William Burroughs wrote that he had met a ferry operator in Tangiers named Captain Clark who boasted that he hadn't had an accident in 23 years. That night, the ferry sank and Captain Clark died.

The same night, an Eastern Airlines plane piloted by another Captain Clark crashed; it was flight number 23. William Burroughs called such events "The 23 Enigma" and ascribed mystical properties to the number.

Do we think that these events are anything more than "mere chance"? Some statisticians are paid a great deal of money by insurance companies to answer questions like this and to calculate the probabilities of generally unpredictable events.

The reason this is so difficult is that the so-called natural law of causality – cause and effect – is "only relatively true," as Swiss psychiatrist and psychoanalyst Carl Jung wrote, and other causal factors are often at work in real life. Modern nuclear physics has also shown us that



CARL JUNG: He told of a series of events all involving fish.



NIGEL PEACE: "Everything that exists, animate or inanimate, has a spiritual energy."

certain things frequently do not behave as predicted by known natural laws!

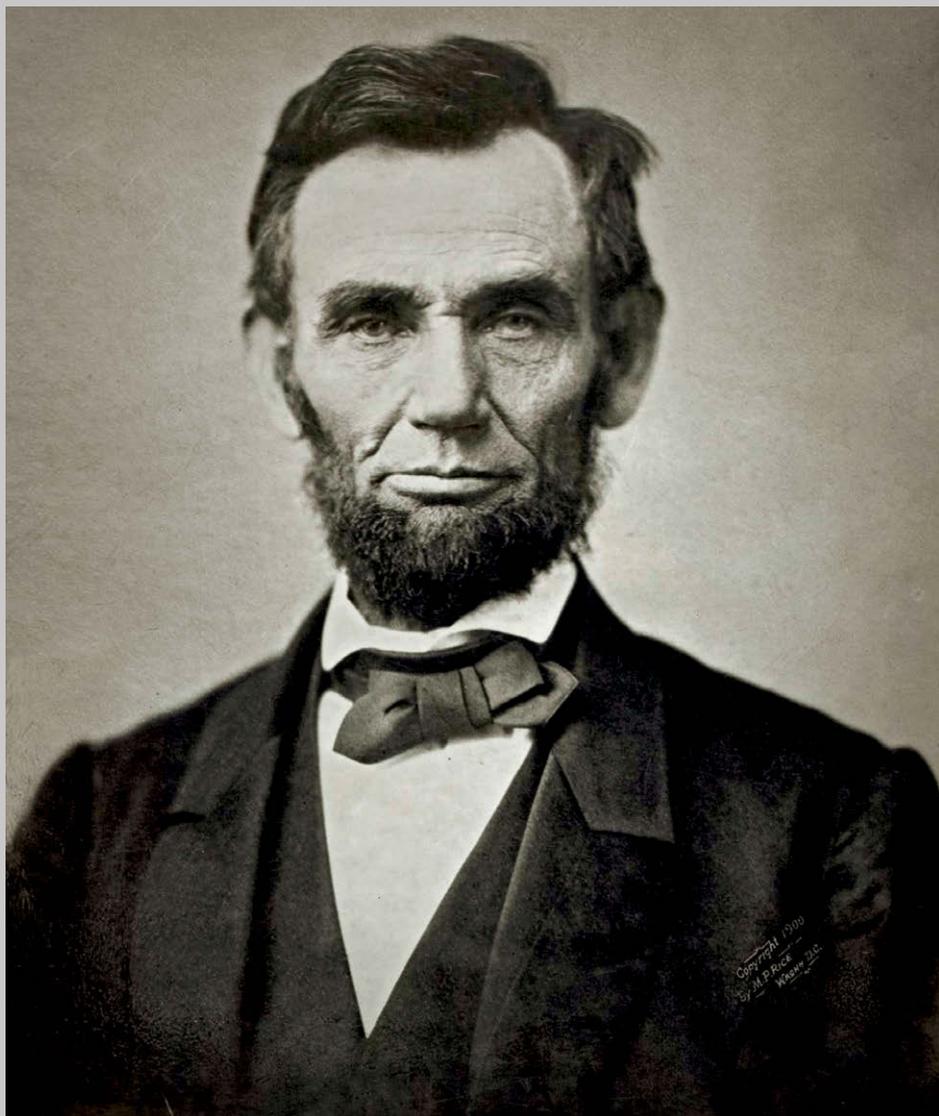
Sometimes there are clear and known reasons (causes) why strange things happen. Sometimes there is a cause, but we don't know what it is. After all, there is still a great deal we do not understand about our world. And then there is pure chance.

Sifting one from the other can be really difficult, but it's important that we try, thoughtfully and with an open mind, because like Jung most of us are also familiar with "synchronicity" – a coincidence that has special meaning for us.

Just to complicate things even further, those of us who are trying to live in a spiritual way are also aware of other worlds beyond Earth whose energies might influence events in our lives here.

But let's beware primitive superstition! There is an unfortunate tendency in the mind-body-spirit community to assume that every event has an unseen, almost magical cause: every white feather is an angelic presence, every good thing that happens was due to our spirit guides, having a lot in common with your new neighbour means you are soul sisters fated to be together.

Well, birds are always dropping their feathers all over the place, who's to blame



PRESIDENTS JOHN KENNEDY AND ABRAHAM LINCOLN: Abraham Lincoln became US President in 1860 and was later assassinated in the Ford Theatre; John F. Kennedy became President in 1960 and was later assassinated in a Ford Lincoln car.

when bad things happen, and what about all the things you don't have in common with your neighbour?

Carl Jung dug deeper into this problem with several wonderful examples to help us distinguish between chance and meaning.

Firstly, he said, chance events have a tendency to come in groups or series. So what is to be made of "the fact that my tram ticket bears the same number as the theatre ticket which I buy immediately afterwards, and I receive the same evening a telephone call during which the same number is mentioned again as a telephone number"?

It was extremely improbable that there could be any causal connection between these events, but nor did they have any special significance for the great man's life. This was chance.

On the other hand, one April day in 1949, Carl Jung had noted a Latin proverb referring to fish before eating fish for lunch, at which a colleague mentioned a saying about "April fish."

In the afternoon, a patient whom Carl

Jung had not seen for months showed him her paintings of fish. At an evening event, he saw some embroidery that included images of fish.

The next morning, another patient not seen for years arrived to recount a dream in which a large fish swam out of the sea. Six fishy events within 24 hours.

At the time, Carl Jung had been studying the symbolism of fish in human history, a fact that none of the other people involved in the story knew, and "the events made a considerable impression on me" because the coincidences were meaningful – they helped him to understand the nature of non-physical spiritual causes.

Given the need to be wary, most readers will have experienced at least one genuine synchronicity, an inexplicable and surprising event that happens at a particularly significant moment and carries a special meaning for us.

These things may be signposts that point us in particular directions on our life journeys. Sometimes it can be hard not to ascribe these things to "spiritual guidance."

In my late teens, I joined a development circle, much to the annoyance of my conservative father. One evening, on my way there, he mocked me as I left the house.

Well, nothing much happened until after the circle had closed. As we sat with our tea and biscuits, I drifted into a vision of healing a lady there who had a painful condition that despite her being a nurse no-one else had been able to help.

I was nervous and had no experience of healing, but when I described this to the known healers present I was encouraged to go ahead. I put my hands on her head, there was a rush of energy, she went to sleep – and woke up soon afterwards completely free of pain.

As I drove home later, still in shock, I realised that I had been following the same car all the way. Its registration number was LUK853E. Somehow, I read this as a Bible reference: the gospel of Luke, chapter 8, verse 53.

I knew that I had to look this up when I got home: the verse refers to Jesus healing a woman whom everyone believed to be beyond hope and the crowd had mocked him.

A very similar thing happened again a while later, followed the next day by the medium in my local Spiritualist church service reading exactly the same verses from the Bible.

There could be no possible cause connecting these events yet they were

just not random. This is how we recognise synchronicity, by the conjunction of the special timing, the special events, and the meaningfulness of the signposts.

These had a powerful effect on me and the future course of my life. They helped me to believe, despite opposition, in life's purposefulness and to pursue healing and a study of the paranormal.

The same kind of thing has happened frequently for me over the years, for example with references to 'M...ARK' or '...JOB' on car registration plates. '...JOY' is always followed shortly afterwards by a happy event whilst '...SAD' is the opposite. And it's not just me.

A couple of days after giving a talk about these things at the Society for Psychical Research, I received an e-mail from Adrian Ryan, who had attended the talk.

He described having been out for lunch with colleagues next day in an unfamiliar area and on the way back to work one of them suggested a quick pub visit. Adrian wasn't keen, but just then a car passed with registration 'POP1N'.

He wrote: "I thought to myself, 'If I don't pay attention to that the very day after Nigel's talk what hope have I got?' I thought the number plate may be a sign that if I visited the pub something may happen that was in my interests."

At the bar, Adrian got chatting about football to a man who then offered him his tickets for an Arsenal match, as he couldn't go. These tickets are like gold dust, Adrian's wife is an Arsenal fan and her birthday was coming soon!

So the car registration was a synchronicity, not mere coincidence. But we would be hard-pressed to say this was a "spiritual" sign. Moreover, not every registration plate holds a "message" for us, even if it spells a word. There's one in my area that reads 'F3DUP'.

These examples tell us something very important about the "causes" of such things. Do we believe that my spirit guide spends his time at an afterlife computer, Bible in one hand, redirecting the north London traffic when I leave the house?

On the other hand, many people do believe in the influence of guides or angels involving themselves in our lives to support us in our challenges – and it's true that many such experiences are intensely moving.

Sometimes, spirit intervention may seem the easiest explanation, but I suggest that it's wrong. Consider these cases:

- An artist friend was studying stone circles for a series of paintings. Having had no further contact with her for many weeks, I was visiting Castlerigg Stone Circle in the Lake District some

300 miles away when, standing in the middle of the circle, I received a mobile phone call from her.

- I was printing off a draft of some writing when a friend called in unexpectedly for a chat. Just as I was describing a particularly emotional event to my friend, the printer jammed precisely at the point where I had written about this event. That printer had never malfunctioned before and it never did again.
- I changed the PIN on my mobile phone to a significant number related to an important person in my life. Next day the phone was stolen causing a lot of problems and I felt very disturbed for several days.

A short while later, a boy in my maths class (I'm a teacher) repeatedly made a big issue about a particular sum; the numbers involved were exactly the same as my PIN.

The same day, my office computer developed a fault. In my absence, the engineer fixed it and reset the access code to a random number. It was the same PIN number again.

Was Spirit running the 3G network and interfering with electronics? No, these were extraordinary synchronicities, but they weren't helpful to anyone. They didn't provide any "message" or reassurance. But what they do illustrate is how powerful our minds are and that our energy is connected with everything around us.

The human mind is not confined to the body; we have more than the five physical senses, reaching out and connecting with the world around us across space and even through time as illustrated by precognition.

We can access different states of consciousness simultaneously, receive information and affect our environment while driving a car, walking in the countryside, having a chat or teaching a maths lesson.

Everything that exists, animate or inanimate, has a spiritual energy that we don't yet fully understand and cannot measure, but which we can communicate with.

“

The human mind is not confined to the body; we have more than the five physical senses

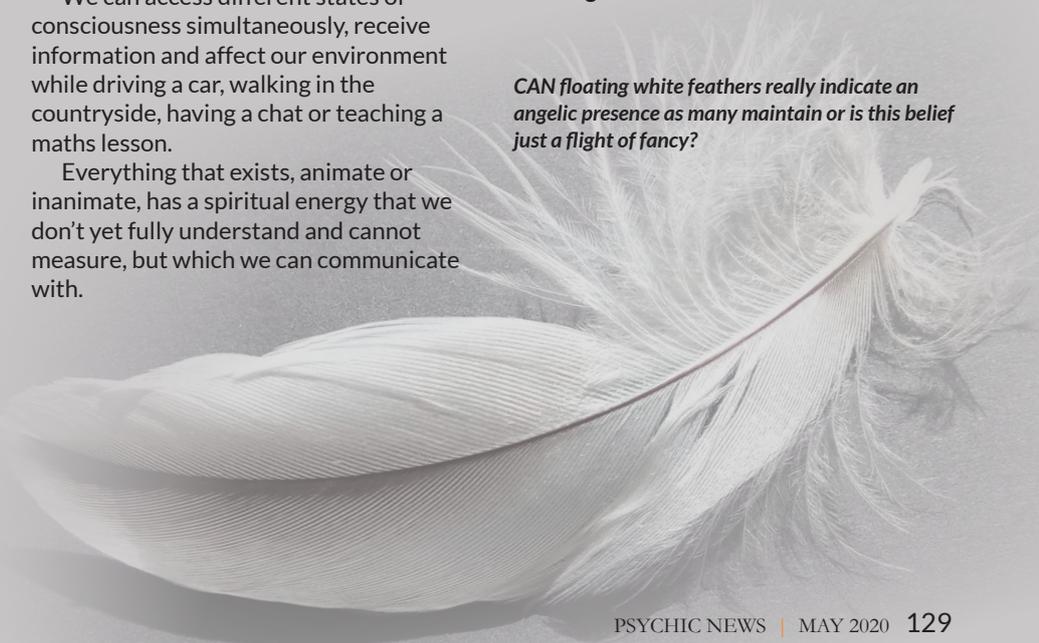
”

It has been said that dreaming is actually a waking up to the inner reality of life and seeing what lies beneath the surface. But why should this just be confined to the night-time?

Sometimes it feels as though everything around us is alive and connected and with something to say to us, if only we can learn how to listen and welcome the resonance between our inner and outer states of mind. There may be a really important message...

■ **For further details about Nigel's books and other titles from *Local Legend*, please visit www.spiritrevelations.com and www.local-legend.co.uk**

CAN floating white feathers really indicate an angelic presence as many maintain or is this belief just a flight of fancy?



Spiritualism helped give voice to suffrage campaigns

ON BOTH sides of the Atlantic in 2017 Spiritualists commemorated the role their Movement played in achieving the vote for women.

It was over 102 years ago, on 6 November 1917, that New York State granted to women the right to vote in all elections. It took another three years before the 19th Amendment was ratified, guaranteeing all women in the United States the right to vote.

A similar demand for equal voting rights for women was being made in Britain at the same time, also resulting in victory – but limited at the outset. On 6 February 1918, the Representation of the People Act was passed by Parliament, but it gave the vote only to women aged over 30 and “of property”.

It took another 10 years before all women aged over 21 were given the right to vote. And the British government is now looking at the possibility of pardoning those suffragettes who were imprisoned for civil disobedience during their protests.

As one historian has noted, not all women’s rights advocates were

Spiritualists, but all Spiritualists were women’s rights advocates – including men.

Another factor was that with the birth of Spiritualism in 1848 women emerged as mediums who could have considerable influence. The oratory of female trance mediums, in particular, held sway over large audiences, which was in marked contrast to the “passive” and “impressional” demeanour expected of women – but it was very effective.

Victoria Woodhull, who made three attempts to be nominated as US president in the 19th century, had worked for a time with her sister as a medium and healer [PN November 2016] but it was her oratory that attracted support for her unsuccessful presidential campaigns.

The Spiritualists’ National Union marked the UK’s votes for women centenary by reminding visitors to its website that its first woman president,

Jesse Greenwood, was elected in 1923, five years after women were given a vote. ■



Jesse Greenwood, SNU president (1923-25)

Marion H. Skidmore (centre, holding flag) was the first to bring the Women’s Day celebration to Lily Dale Spiritualist Camp in 1887, after organising a Women’s Suffrage Club at Cassadaga (Photo: Lily Dale)

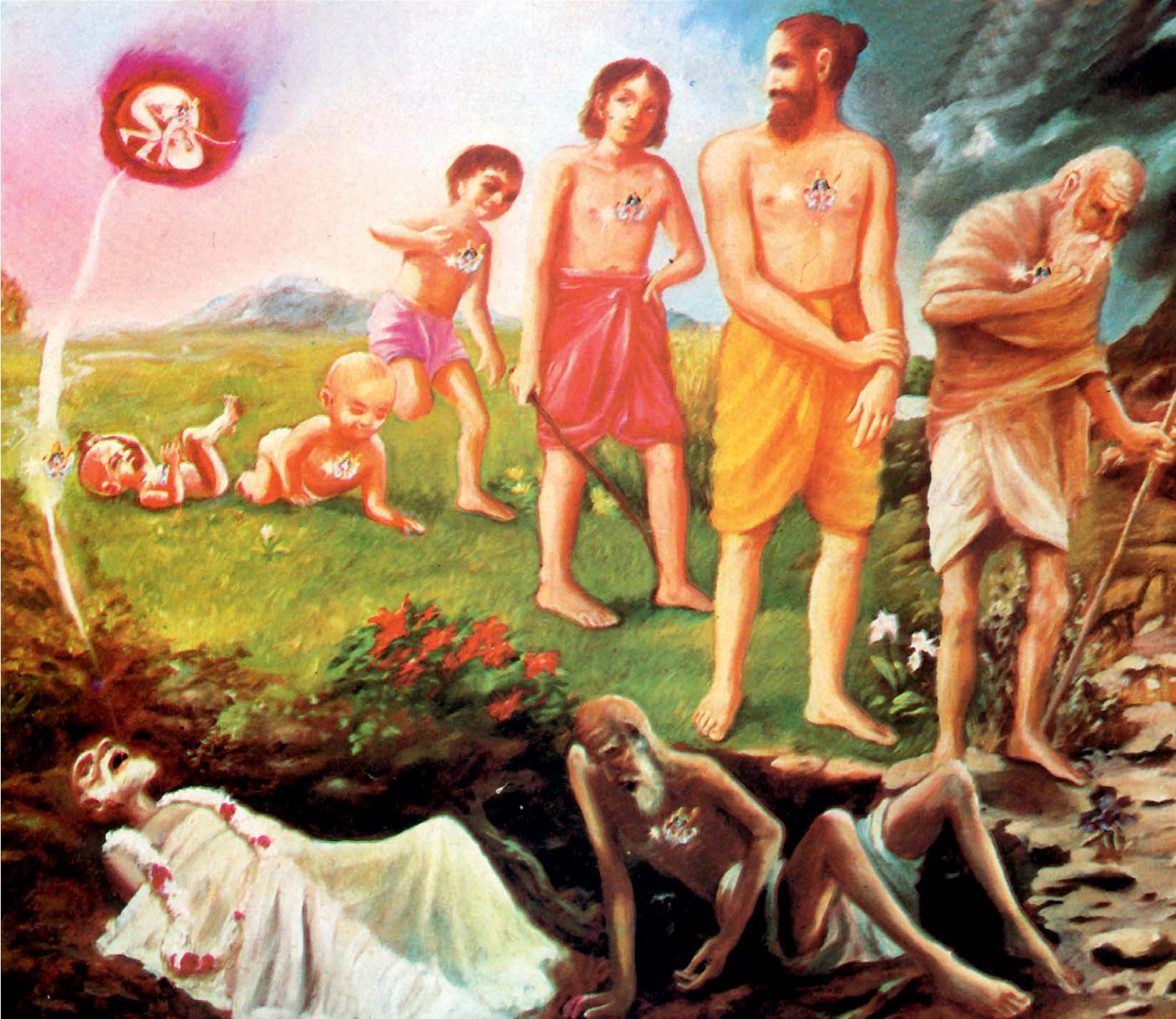




REINCARNATION

HOW TO BECOME KARMA NEUTRAL

We have to own our karma, both good and bad, and then decide what we want to do about it, advises T J Hobbs





Thai statue of Buddha and Karmic Wheel, representing the cycle of rebirths

“ I began to understand slowly that we are all interconnected by the karmic ties we have created and that it is important to try to stop creating more negative karma ”

IS IT possible to become karma neutral – to make good all the mistakes of our lives? Surely it must be worth trying as karma is like glue, it sticks to us throughout life (and perhaps many lives) until we do something about it.

When I started on my own journey of spiritual development, I was mainly interested in my past lives. As a young child I had often spoken to my mother about other times and places I had lived in. Luckily for me, she was a spiritual woman who did not freak out about what I told her.

I felt that I had lived many times and that what had happened in those lives had some bearing on what I was experiencing now.

Fortunately, while studying complementary medicine, I met Kathy, whose husband, Dennis Burt, was a trance medium specialising in past life readings. I immediately booked one and was fascinated by what he told me, especially that all these lives were interlinked.

In each of them, he said, my soul and the soul who was my father in this life had had difficult relationships, to say the least. We had built up a lot of bad karma between us and part of what I was born to do now was to reduce it.

This made sense as my father could certainly push my buttons like no-one else.

But it was not easy to hear this, or to be told that I had to let go of my anger and pain or I would have to do it anyway in some future life!

This was motivation enough, so I really made an effort. I hope that by the time my father passed on I had, at least, reduced the karmic load we shared, though it wasn't easy to be forgiving and tolerant.

The greatest irony was that in later life he developed dementia and I had to be his carer, which was the hardest period of my life, testing my patience almost beyond its limits. I had to try and remember that the Creator “never gives us more than we can handle” – even if it sometimes feels like it.

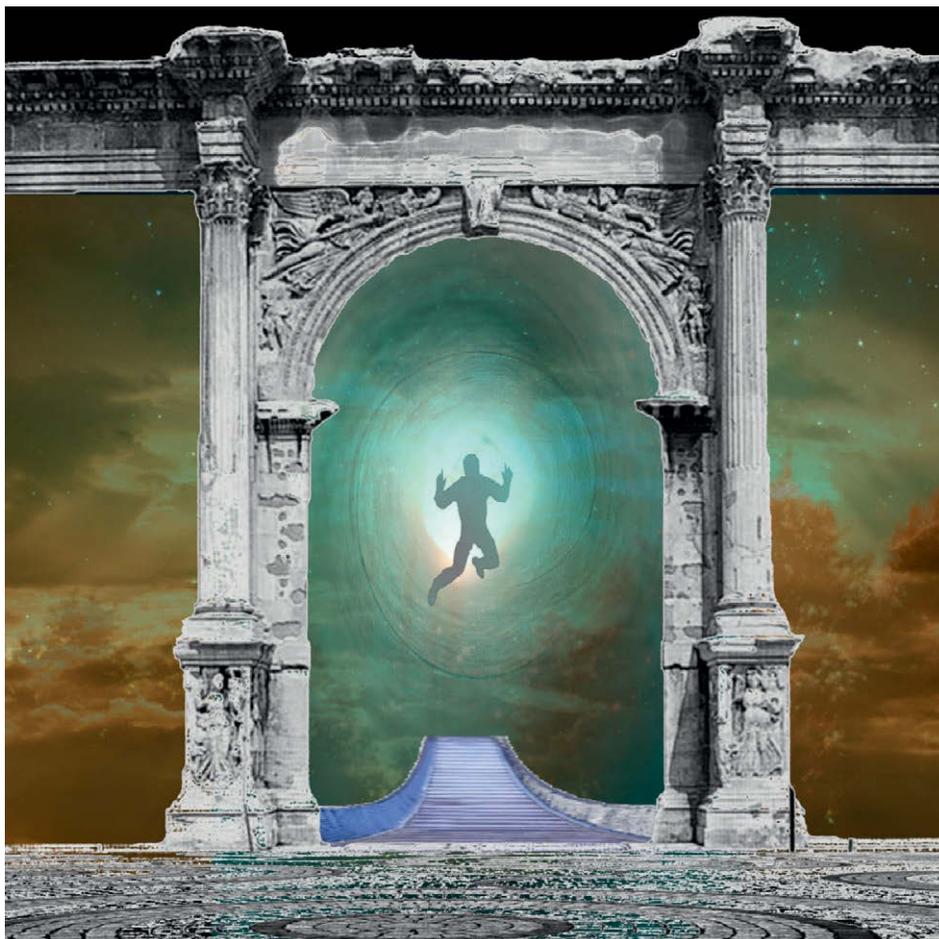
I then joined Dennis' spiritual development group and in the next few years had many meditations where snippets of past lives were, apparently, revealed to me. I began to understand slowly that we are all interconnected by the karmic ties we have created and that it is important to try to stop creating more negative karma.

Like many others, I suspect, I still have a mental image of an angel “up there”, with a huge tally book with my name on it: good deeds get a tick but whenever I am negative or unkind I get a cross. I hate to think what the score is. Still, it does inspire me to try to do much more good than harm.

“

Our lives are a series of inter-related strands of energy that draw us closer to those people we need to meet. The reason could well have karmic overtones even if we do not recognise it at the time

”



This subject is so vast. It is not just personal karma that we are caught up in: there is national, racial, religious and planetary karma too. Even organisations such as political parties and multinational companies can also create karma that affects us without our knowing it.

Delving into karma is like opening Pandora's Box – lots of horrors come pouring out that we might not want to face.

Karma is often used by all of us as a convenient excuse for anything bad that happens in our lives and we fail to take responsibility for our own part in it. It becomes so easy to blame others. But karma does not appear from thin air and nor can it be wished away; we have to own our karma both good and bad and then decide individually what we want to do about it.

The first mention of karma comes from the ancient religions of the East and it is a key concept in Hinduism, Buddhism, Jainism, Sikhism and Taoism. Each of these has a different take on karma and gives it a multitude of definitions, which isn't helpful. But they all agree that our souls reincarnate and that we meet the same souls in multiple guises through many lifetimes.

Thus, we build up karma with those in our "soul group". In the West, we have been

mostly influenced by Christian beliefs, where there is no tradition of reincarnation as it was removed from the Bible by the Council of Nicaea. The recovery of "lost gospels" has shed new light on what was lost in this editing process and it is clear that karma was a major casualty.

So what is karma? At its simplest, it is the law of cause and effect, or "what you sow so shall you reap". But nothing about karma is that straightforward. For example, paying back one's debts does not necessarily mean that the people we owe are the ones we must directly pay the debt back to. Often, that is just not possible in practice.

The key is that we should try always to be compassionate, kind, friendly, tolerant and loving; this will go a very long way in clearing our karma. And it is not just our words and actions but also our thoughts that have a real effect on others, as well as ourselves. Our karma is the result of all the many decisions and choices we make. (And if you believe in past lives, just imagine how much karma can be collected over several centuries!)

Our lives are a series of inter-related strands of energy that draw us closer to those people we need to meet. The reason could well have karmic overtones even if we do not recognise it at the time. So it

makes sense to assume that every event or meeting has a purpose for us, and this positive attitude will help us to see opportunities to offer help and kindness to others. At least we shall be putting some ticks in our angelic tally books.

But more than this, every time we create good karma it surely helps to raise the level of our planet's karma, so necessary in these dark times. Many believe this also helps those in higher spiritual realms to influence humanity in positive and constructive ways, so by taking responsibility for our own karma we are also helping everyone else.

Perhaps there are indeed some – the enlightened or evolved souls – who have succeeded in becoming "karma neutral" and who can show us by their example the ways to become better people, to reduce our own karma by doing good work for others.

If life here has a meaning, surely it is that we must carry on learning and growing, so understanding the effects of karma is all part of our evolution.

T.J. Hobbs is the author of *Karma Neutral*, a novel published by Local Legend. For more information visit local-legend.co.uk. ■

THE MAGIC OF THE FINDHORN FOUNDATION

By Janet Limb

From humble beginnings in a caravan park, the Findhorn Foundation now attracts some of the world's best-known speakers and teachers on spirituality and other vital topics. Annually, it is visited by 2,000 guests from 40 countries. Here, full-time resident Janet Limb outlines the fascinating Findhorn story.

A COLLECTION of domes and eco-houses on a bay in the north of Scotland mark the thriving centre of the Findhorn Foundation.

For more than 50 years, this spiritual community and holistic learning centre has carried out an experiential search into new ways of living – a journey which continues to evolve every day as co-workers, community members and guests interact in work and learning.

At the Findhorn Foundation, everyday life is guided by the voice of Spirit. Today,

it is situated at the heart of the largest ecovillage in the UK, but its beginnings were very small and quiet.

The Findhorn Foundation community began in 1962 when Peter Caddy, Eileen Caddy and Dorothy Maclean faced unemployment after Peter lost his management position at a local hotel.

Eileen, Peter and Dorothy were spiritual seekers and had meditated together for years. Eileen heard what she referred to as “the still small voice within,” and received guidance to take



EILEEN AND PETER CADDY are seen with their three sons and Dorothy Maclean.





THE original caravan with the giant cabbages, which made Findhorn famous.

their small caravan to the nearby Findhorn Bay Caravan Park where they settled in the dunes with Eileen's and Peter's three young sons.

To supplement the family's meagre food supply, Peter began an experimental organic garden planted in sandy ground. Despite his lack of gardening knowledge, it began to flourish, including winter-blooming roses and 40-pound cabbages.

Peter explained to curious visitors that these spectacular results were derived from following Eileen's inner guidance, Dorothy Maclean's contact with the spirits of nature and his own determined and inspired action – three approaches which would later inspire the growth of the Findhorn community.

A few years previously, after meeting Peter Caddy and Spiritualist Sheena Govan, Eileen had a mystical experience in Glastonbury in which the voice of God told her that she and Peter had been brought together for a specific task.

Eileen continued to receive guidance, which led their endeavours to success. By the late 1960s, her words were being published for worldwide distribution.

She taught that we should never be dependent for peace on any outward condition, but to go within and enter a centre of stillness, advising people, "Fill your heart to overflowing with love and gratitude for everything."

Peter consulted her regularly and acted on the sometimes strange and strangely specific inner instructions she received. Dorothy Maclean was also used to receiving information during meditation, centring on contact and co-operation with the consciousness of nature.

Probably her most well-known contact was with "devas." She chose this term to describe angelic beings that oversee the pattern and growth of all forms. "To hold each little atom in its pattern," one being told her, "is to hold it in joy."

Co-creation with the devas contributed to the abundance of the caravan park garden. One deva told her: "Humans generally don't seem to know where they are going, or why.

"If they did, what powerhouses they would be! If they were on a straight

course, how we could co-operate with them!"

At Findhorn, plants were asked for permission before being treated as "weeds." Eileen also communicated with animals such as moles, asking them to romp and burrow in designated areas.

She believed that humans have unique potential. Referring to the role of our free will, she called humans the "growing tip of Earth."

These spiritual dialogues would not have been effective without practical application. A military-trained man of action, Peter Caddy had always been curious about spiritual matters and the will of God.

Raised a Methodist, an early encounter with medium Grace Cooke was his "first experience of a spiritual nature." He stumbled upon yogic teachings at the age of sixteen and began to realise that "the truth of life, though dressed in different mental clothes in various cultures throughout history, is essentially the same all over the world."

An interest in Rosicrucianism led him to give up his will to God. Peter unquestioningly carried out the actions indicated by Eileen and Dorothy's guidance, even when it appeared absurd.

Though occasionally a strict taskmaster to some of the late 1960's characters who offered their talents to the new community, Peter's disciplined personality provided a practical impulse. The mystic and young American spiritual



SOME of the Foundation's houses were created from whisky barrels.



AN aerial view of the Park Ecovillage within which the Findhorn Foundation exists.

teacher David Spangler described him as a “doer for God.”

The Caddys did not intend to start a community, but their garden and the principles behind it – along with headlines about “fairies at the bottom of the garden” – attracted many people to come and visit, and then to live and work with them. A community was born.

Significant friends and supporters of the community in the early days included New Age pioneer Sir George Trevelyan, Scottish esotericist R. Ogilvie Crombie and Richard St Barbe Baker, “The man of the trees.”

Sir George first visited Findhorn in 1968, bringing the amazed Soil Association to the famous garden and doing much to popularise the community. Mr Crombie was known for his contact with Pan and other nature spirits.

In 1970, David Spangler arrived. Realising that an “education of consciousness” was taking place here, he helped to formally establish a learning path for visitors.

The seed was planted for a “university of light” where life itself is the school, and work, daily practice and relationships are the teachers.

Three core principles were established: inner listening (connecting with the divine spark by quietly turning within), work is love in action (manifesting love through presence-filled practical activity), and co-creation with nature (shaping our future in co-operation with other beings, physical and non-physical).

As part of the burgeoning New Age movement during the 1970s, the community grew from twenty to around 150 members and the Findhorn

Foundation was formed as an educational and environmental charitable trust.

In 1971, Eileen stopped receiving guidance on behalf of others and spent the rest of her life encouraging people to develop and rely on their own source of inner wisdom.

Urging all to “expect your every need to be met, expect the answer to every problem, expect abundance on every level,” she remained a guiding example.

In 1987, Eileen’s bestselling book *Opening Doors Within* was published, followed in 1988 by her autobiography *Flight Into Freedom*.

Cluny Hill Hotel, which Peter had once managed, was purchased by the Foundation in 1975. Today, it is home to 35 resident members of the community and up to 90 participants in the Foundation’s residential workshops and conferences.

From the late 1980s onwards, the caravan park site near Findhorn village grew as it implemented and demonstrated the community’s discoveries about the interconnectedness of life and co-operation with nature. The land on which the caravan park stands was purchased in 1983.

Throughout its history, the Foundation has been a magnet for pioneering ideas and developments, including green building practices and technologies such as the “Living Machine” biological wastewater treatment system and one of the first wind farms in the UK.

Many of its buildings are seen as eco design classics, with turf-roofed hobbit-style houses, the spectacular Universal Hall (discussed by Andre Gregory in the love-it-or-loathe-it film *My Dinner*

With Andre) and homes built from giant discarded whisky vats.

The community’s domestic energy footprint is only 22 per cent of the UK’s national average, which, according to a study by the Stockholm Environment Institute, is the lowest measured for any settlement in the industrialised world.

Through its demonstration of sustainable lifestyles, the community has contributed to the growing ecovillage movement worldwide.

George Clarke, of TV’s *George Clarke’s Amazing Spaces*, said, “I believe that collective self-build developments such as the Findhorn Ecovillage in Scotland engender a greater sense of community, as everyone involved puts their heart and soul into every part of the project.”

In the 1990s, more people settled at the park site and a community of several hundred grew up around the Findhorn Foundation. In 1998, the New Findhorn Association was created as an umbrella organisation.

Over the five decades of the community’s existence, a rich and diverse social fabric has emerged.

Experiments with pay and remuneration (including Findhorn’s own currency, the Eko), festivals and celebrations, the arts, decision-making, growing and eating, governance and leadership, and other aspects of community life all contribute to the community’s continued evolution.

From the start, the Findhorn Foundation welcomed guests who were keen to learn about and experience “the God within.”

Spiritual teacher Eckhart Tolle said of one visit, “When we came together for a weekend retreat in the magical environment of Findhorn, the birds, trees, flowers, the wind, the sea, the forests and rivers became our teachers.”

Guests come away enriched and inspired by moments both quiet and celebratory. Caroline Myss – five times *New York Times* bestselling author – called it “My favourite place on the planet.”

After years of seeking and a long sojourn at London’s College of Psychic Studies, I have settled at Findhorn. The community is a place where spiritual principles common to all religions, free of doctrine or creed, are put into action in everyday life.

The Findhorn community has evolved an agreement of “common ground” as a guideline for long-term participation. Foundation members commit to a spiritual practice, service, personal growth, integrity, respect, direct communication, reflection, responsibility, non-violence and

co-operation.

In 2004, Eileen Caddy was awarded the MBE for Services to Spiritual Inquiry in the Queen's New Year's honours list.

Eileen passed on in December 2006, but her spiritual dedication and devotion still inspire people around the world who find joy and hope in her books and guidance.

Today the community shares its learning and way of life in experiential workshops, conferences and events, providing experiences and tools for people to relate to each other and to the world in new ways.

It regularly hosts well-known presenters such as Eckhart Tolle, Caroline Myss and British psychologist, author and broadcaster Robert Holden.

The 2019 conference is on the timely issue of Climate Change and Consciousness: the future of humankind and the natural world depends upon a worldview that is compassionate and interconnected.

The Foundation intends that visitors will carry their learning into their lives, and many participants have gone on to do conscious work in the world.

After staying at Findhorn, Paul Hawken founded ecological businesses and the non-profit Project Drawdown, which researches how global warming can be reversed. Meanwhile, Findhorn veteran Christine Lines is executive director of the Holistic Centers Network.

Ralph White played a key role in the development of two centres of transformational learning – Omega in New York state and the Open Center in New York City.

Alan Watson Featherstone formed Trees for Life, which has planted over one million native trees to partially restore the Caledonian Forest.

Liza Hollingshead worked in co-

operation with the Foundation to set up the Ecologia Trust, a charity which works with disadvantaged children. Former community member John Talbott is directing a new ecovillage project called Narara.

Findhorn Fellows include activist and pacifist Satish Kumar, environmental activists Joanna Macy and Jonathon Porritt, Richard Olivier, the founder and artistic director of Olivier Mythodram, Miranda McPherson, who founded the One Spirit Interfaith Foundation, and Lama Yeshe, resident Abbott of the Kagyu Samye-Ling Tibetan Centre in Dumfries.

All this activity can make the mind over-busy, but the community continues Eileen Caddy's practice of inner listening.

"It is important from time to time," Eileen taught, "to slow down, to go away by yourself, and simply be."

This quiet time away from bustle and activity (which in the community's early days Eileen found by meditating in the local public lavatory!) is a subtle and undemonstrative aspect of a balanced life.

"Cease trying to work everything out with your minds," said Eileen. "It will get you nowhere. Live by intuition and inspiration and let your whole life be Revelation."

Following this lead, the community has evolved rhythms and routines, which bind it together into a community of practice.

Meditations connect the group and restore the individual. The practices of checking in and attunement before work help to bring teams closer and focus on the tasks at hand.

The subtle education at the Foundation's "mystery school" leads co-workers and guests into a greater understanding and realisation of the truth within them and the world. People and events tend to mirror issues back to

individuals: we give each other the thing we each need to learn.

From the fairy-filled sand garden with giant cabbages, the Findhorn community has grown into a major spiritual learning centre hosting 2,000 guests per year from 40 countries.

The best way to experience this vibrant community is to immerse yourself in it. The Findhorn Experience Week is an opportunity to participate in an ecovillage community that is addressing both the externals of sustainable living and the inner life of human beings in their search for meaning and purpose.

It is an opportunity to explore how you can become more mindful of the interconnectedness of life, and more empowered and sustainable in how you live.

Other programmes and workshops include Guidance for Life, Your Exquisite Body of Light, Unfolding Your Inner Sidhe, Animal Communication and Deep Nature Connection, Glimpsing the Kingdom of Light and Whole Body Mindfulness.

Then there's Co-Creation with Crystals for Healing, the Game of Transformation, which was invented at Findhorn, Deepening Into Meditation, the Paqo's Path (Andean shamanism) and spiritual retreats on the islands of Iona and Erraid.

The Foundation also regularly hosts popular teachers such as Robert Holden and Caroline Myss for three-day events.

There is also the option to visit as a short-term guest, participating for one or more days and sharing the daily activities of community life. The Findhorn community is still growing – and maybe you can be a part of it!

■ **Information on workshops is listed at findhorn.org**



The nature sanctuary is one of the meditation spaces at the Findhorn Foundation.

“
Live by intuition
and inspiration
and let your whole
life be Revelation

”

Rare documents reveal countess held séances at her castle

TWO “very rare and intriguing” documents have just come to light, which show that that Anne Greville, 4th Countess of Warwick, took part in séances.



ANNE GREVILLE (1829-1903), the 4th Countess of Warwick, lived at Warwick Castle. (Photo: Warwickshire County Record Office Reference CR1886/Box468-9)

The countess, who lived at Warwick Castle, believed that it was haunted and may have received messages in automatic writing.

A transcript has been found in the castle’s archive in a sealed envelope stuffed in-between bundles of receipts and bills belonging to Anne.

Two documents detail conversations the Victorian countess had with spirit beings who she believed inhabited her home.

At the centre of the séances is a communicator identified as a former servant, Edward Jameson, who is believed to have stolen an item and hidden it within the castle.

One of the papers in automatic writing, reads: “Leave all to the future research. The Power at work is not that of the mortals in the Castle of here.

“The Spirit of me called Edward Jameson is one of these who now haunt the place his ... is low. The meant he possess of hearing words, seeing and thought, and being in power as a spirit be red with a material atmosphere.

“I not be him to move objects of material... to create noises. He can be defeated in his purpose by the higher powers of spirits. He is aided by two Men spirits in a little...

“These due two mediums be servant whose atmosphere is made use of for the purpose of additional power, one is getting weakened light – the course to adopt is to

search the place, + prove that no material forms can do what it is known is done, then to test the spirit forces and overcome these by the higher a... of prayer & spirit aid.”

The documents say that Anne, who lived between 1829 and 1903, was disturbed by noises she heard in the castle.

Séances she attended, probably at some point during the 1870s or 1880s, were an attempt to stop spirit beings from bothering her family. The sessions were held in various domestic rooms which are now offices, but came to an abrupt end.

Adam Busiakiewicz, a PhD student from Warwick University who is researching Anne’s life and artistic achievements, said: “I had read from other sources that she was interested in ghosts, but I have never come across a document quite like this before.

“It is obvious from the way that it was hidden in a sealed envelope that it wasn’t meant to be found.” He termed the findings “very rare and intriguing.”

Sealed with wax in an envelope, inscribed with something relating to the decoration of Anne’s London residence, were two folded papers.

In “a very loose and rushed hand,” the first document is thought to show automatic writing through the countess. Both of the transcripts centre around Edward Jameson.

One of them explains that the “dead” servant had stolen something from the

household and was assisted in his noise-making by two other spirit beings.

In a different hand, a second document reveals an attempt at a “conversation” with a communicator through a medium during which various questions were put.

Two other “dead” servants, Sarah Kitchener and Richard Leigh, manifested. Once more, attempts were made to encourage Edward Jameson to give up the “secret” or reveal the location of the stolen item.

Accompanied by one of her friends, the countess seems to have visited several bedrooms in order to find out which room contained Edward Jameson’s “secret.”

A small map drawn on the back of a sheet shows that it must have been a set of rooms in the upstairs and furthest western part of the castle, which are now offices for the castle’s finance and general manager.

Both documents show that Edward Jameson was asked if prayer would be able to “set them (the spirits) free.”

In his autobiography, Anne’s eldest son says: “Like many other very old houses, Warwick Castle is said to be haunted, but for reasons that are doubtless perfectly satisfactory no ghost has ever honoured me with a visit.

“My mother used to hear strange and uncanny noises; I never succeeded in doing as much as that.”

Anne’s son reveals that the countess was often visited by Archdeacon Colley, who used to hold séances in the Oak Bedroom, which is now called the Kenilworth Bedroom.

On one occasion, “he brought a medium from Birmingham, and I believe they raised, or saw, a little girl carrying flowers. I can only hope they were satisfied.”

Nandor Fodor’s classic *Encyclopaedia of Psychic Science* says that Archdeacon Colley “was an ardent English psychical investigator who, for a period of forty years preceding his death in 1912, had many extraordinary psychical experiences.”

The archdeacon was rector of Stockton, near Rugby, from 1901 until his passing.

Once termed “a splendid eccentric,” Archdeacon Colley had a glass-topped coffin made. At one Sunday evening service, he startled his congregation by climbing into the coffin in all his robes and was carried around the church.

The reason for this was to demonstrate that he was not afraid of dying. The coffin was kept in his study. Those who attended confirmation classes had to sit on it. ■

Sheriff asks for psychic help to find teenager

A MISSING American teenager has been found safe just hours after a group of psychics liaised with police and predicted where she was.

Haylee Martin was reported missing from Frankfort, Kentucky. When she still hadn't been found a week later, Franklin County Sheriff Chris Quire contacted local mediums and asked to meet them at the house where she was last seen.

Mr Quire told the *Frankfort State-Journal* he was sceptical at first, but "did not want to leave any stone unturned..."



MEDIUMS correctly predicted that Haylee Martin would be found within hours.

"It's hard to believe, but most of the psychics agreed that we would find Haylee in a neighbouring county by morning – and we did."

Haylee was located in Scott County when police responding to a burglary call found her and a 21-year-old friend trying to break into the friend's boyfriend's home.

Authorities said Haylee had run away after breaking up with her boyfriend, and that three adults helped her to hide for a week.

Two of the adults, who have not been publicly identified, may face charges for interfering with a missing person's investigation.

After deputies realised who she was, Haylee was taken to the Franklin County Sheriff's Office. She was then placed into a foster home.

Mr Quire said that Haylee was not sent back to her own home because she told investigators she "would just run away again." ■



(Photo: Ripley's Believe it or Not!)

World's largest ouija board goes on display

WHAT is said to be the world's largest ouija board has been put on display in Salem, Massachusetts.

Dubbed "Ouijazilla," the fully-functional board was created by New Jersey-based tattoo artist Rick Schreck, who is vice-president of the Talking Board Historical Society.

The board reportedly weighs 9,000 pounds. According to the organisation's website, it is so long that five eighteen-wheel lorries could park on top of it.

A planchette – the part of the board which moves when people place their hands on it – stretches fifteen-and-a-half feet and weighs 400 pounds.

"While the planchette is large enough for Schreck to stand in the customary hole in the middle – there's a photo of him doing just that – people will stand around the planchette to move it," said one report.

"Schreck said he installed foam bumpers along the edge for a more comfortable grip."

Mr Schreck, who worked on the board for over a year, added: "Just for the black paint itself, which goes miles, it's probably about twenty quarts."

"Twenty quarts of black enamel, and I don't even know how many gallons of deck stain to stain this thing."

A self-professed "ouija maniac," Mr Schreck said in a Facebook video that along with collecting boards, he has made other ones using old church pews or antique embalming tables. He once

created a bed of nails with a ouija board underneath it.

"We're going to invade Salem, Massachusetts, the place that inspired me to collect ouija boards back in 1992," said Mr Schreck.

The colossal wooden board, which can be separated into pieces for transportation, was loaded onto a lorry to make the trip from Mr Schreck's home town of New Jersey.

At 3,168 square feet, "Ouijazilla" holds the "unofficial title for World's Largest Ouija Board."

This is much larger than the *Guinness World Records* holder, a 1,300-square-foot board, which was built in 2016 on top of a haunted hotel in Windber, Pennsylvania.

The Talking Board Historical Society is a non-profit-making organisation "dedicated to researching, preserving and celebrating the history of talking boards."

"Ouijazilla" is made of 99 sheets of plywood. It is thought that Mr Schreck has over 300 personal "talking boards" and currently wants to make his "dream board" out of a black coffin.

The gigantic board comes complete with numbers, letters, illustrations of the sun and the moon, and the word "Goodbye."

The aim of the Talking Board Historical Society is to "research, preserve and celebrate the history of talking boards, the men and women behind them, and the people who use them." "Ouijazilla" is as long as a 72-foot Brontosaurus. ■

WICKED OUIJA

... or channel for spirit?

Some claim a 'talking board' can make anyone a medium. Others warn of its terrifying dangers. Who's right? ROY STEMMAN investigates

WHAT'S THE truth about the weirdly named contraption that has captured the public's imagination and fuelled its worst nightmares for a century-and-a-quarter?

Is the Ouija (pronounced wee-gee or wee-ja) board just a harmless toy? It is, after all, to be found on display around the world, alongside board games, other trivial pursuits and toys for all ages.

Or is it, as others claim, just a simple but highly effective way of receiving messages from the departed?

But, if the latter is true, *who* controls the spirits who make contact? That's the concern that is voiced loudly by many modern Spiritualists. They warn that without the protection of spirit guides and gatekeepers, who work with mediums to ensure only loved ones are allowed to communicate, people playing with Ouija boards are risking contact from malevolent spirits or low-life elementals.

Some see such scare-mongering as protectionism: if a cheap, do-it-yourself means of spirit communication

really does put its users in touch with departed loved ones, they would no longer require the services of a medium.

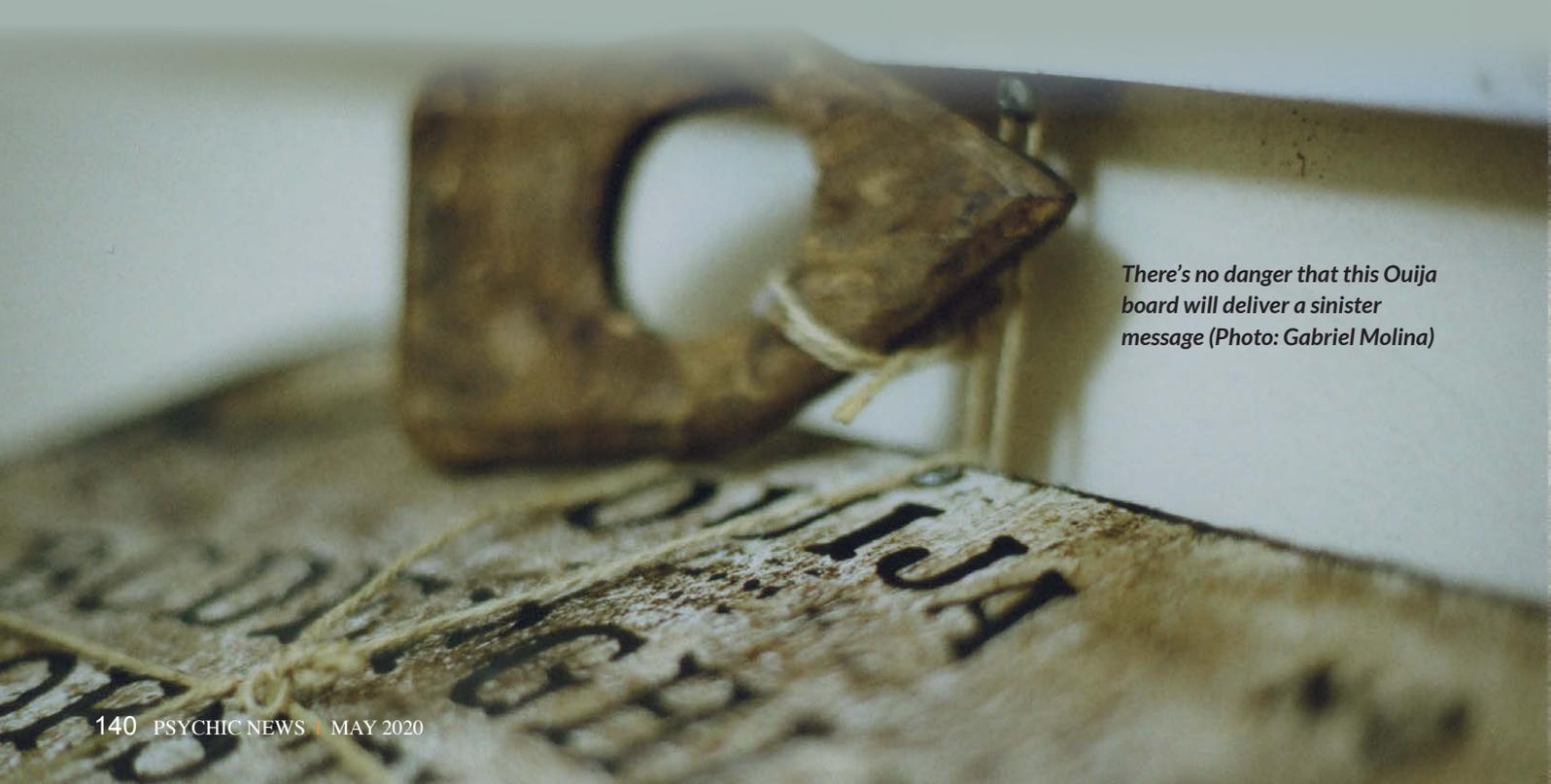
What's the truth?

I could have asked a Ouija board, of course, but then I wouldn't have known whether to believe the answer or not. Instead, I turned to three experts in the field, whose knowledge and discoveries are freely shared with fellow enthusiasts.

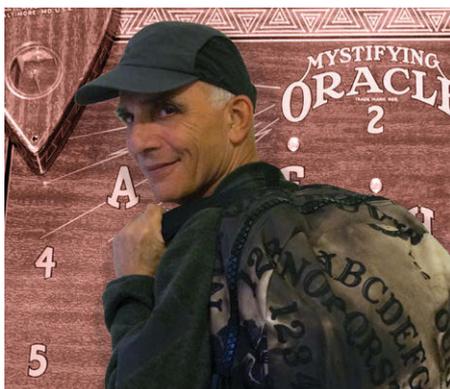
In the process, I discovered that mediums and Spiritualists played a far greater role in the early development of talking boards and other communication devices than they are given credit for by modern Spiritualism (see *Ouija says*: "Go for it" on page 144).

Some enthusiasts are so passionate about Ouija boards – almost possessed! – that they not only collect, research and write about them but also play active roles in the Talking Board Historical Society (TBHS), a non-profit organisation dedicated to researching and preserving the history of "this unique pop culture phenomenon".

The society's discoveries about Ouija's past are made



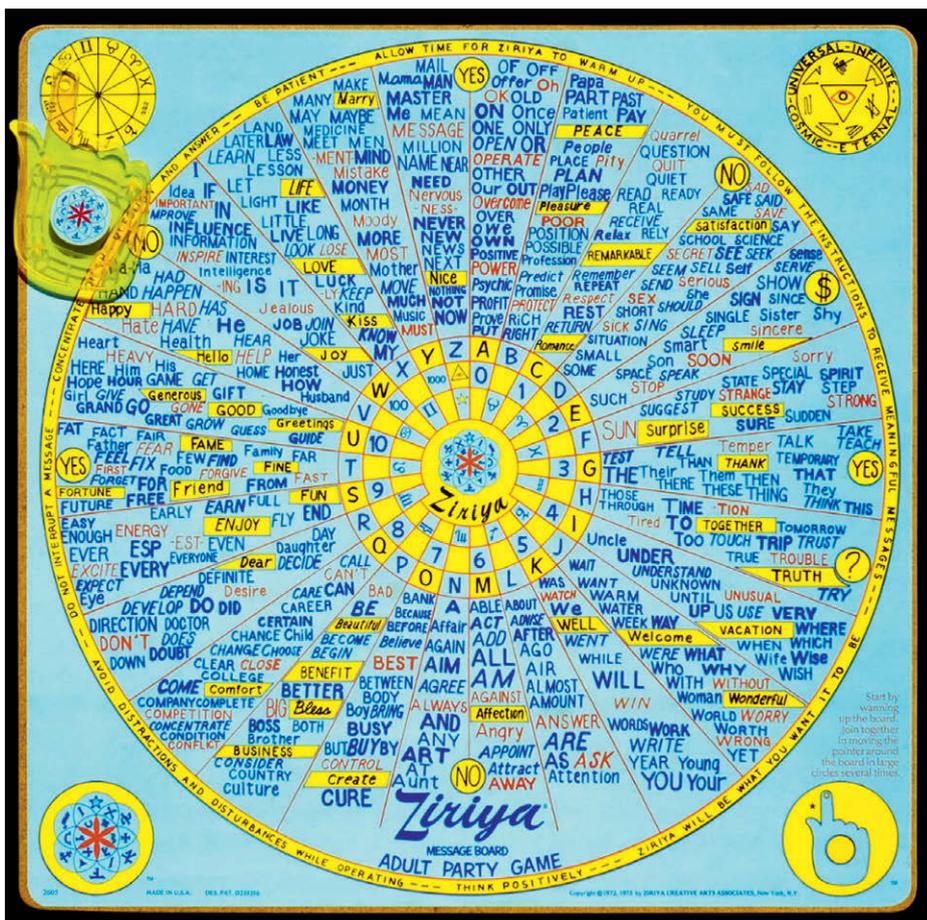
There's no danger that this Ouija board will deliver a sinister message (Photo: Gabriel Molina)



Gene Orlando, whose Museum of Talking Boards includes the Ziriya (right), his favourite



Robert Murch, chairman of the Talking Board Historical Society



freely available on its lively Facebook pages but they are also very much involved in the current resurgence of interest in spirit communication devices, due in large part to horror films and ghost-hunting programmes on television.

Numerous versions, designs and techniques employed by talking board manufacturers to spell out messages have come and gone in the 129 years since the first Ouija was created.

Their varied and colourful history was captured in an impressive exhibition, "The Mysterious Talking Board: Ouija and Beyond", that ran in Terminal 2 at San Francisco International Airport (SFO) from October 22, 2016 to May 7, 2017, and was free of charge. Virgin America and American Airlines passengers who passed through security or arrived in San Francisco got to enjoy the impressive display.

It consisted almost entirely of devices collected by **Gene Orlando**, a retired business owner and financial investor who is TBHS's chief of staff – one of "a motley crew of collectors, historians and artists who all share the same love of talking boards".

Orlando, who has had a 60-year involvement with Ouija boards, runs his own website (museumoftalkingboards.com) which he launched just to make connections with others who had the same

passion.

"I've always been interested in the occult and colourful people who live on the fringe," he tells me, "and this was a natural extension of that. Like everyone else, I thought at the start that there was only one talking board. I soon discovered 12 or more different versions, which at that time seemed like a tremendous amount."

His collection now "stretches into the hundreds" of which more than 70 were included in the SFO airport exhibition. A display of occult-related spirit communication devices had never before been shown on this scale by an accredited museum.

Does he ever use a Ouija board himself?

"Of course," Orlando responds. "And I have terrific results with it. The question is, of course, and this is what everyone wants to know: Who are you talking to?"

"I think the question really is: Is there life after death? That's the big question everyone's asking here. But I enjoy my time on the board and there's one particular favourite that I use which always gives me interesting results. It's the Ziriya Board which I find is very fast – it moves incredibly quickly.

"Ouija boards have been considered dangerous by some people from the beginning and that hasn't changed over time. But you must remember the talking boards and similar devices were used

primarily by Spiritualists before they became a fad in the 1860s.

"Spiritualism's founders, the Fox Sisters, soon decided it was easier to use an alphabet board with an indicator than to call out the letters of the alphabet one-by-one and wait for knocks on the table," Orlando adds.

"The SFO exhibition made it very clear that talking boards have their roots in Spiritualism and there are many Spiritualists in the USA who continue to use Ouija boards today. They regard it as just a tool.

"Others, however, liken it to using a loaded gun without knowing how to shoot."

Orlando's boards in the airport exhibition were supported by photographs, advertising, illustrations and other colourful material from the extensive archive of **Robert Murch**, TBHS's "chairman of the board" who is regarded as the world's foremost collector, historian and expert on Ouija and talking boards.

Murch, whose board collection runs into thousands, argues that belief is nine-tenths of our reality. Some will accept they are in touch with spirit entities through the board while others will believe its messages are the product of their minds.

"You never really know – that's the fun part," he tells me from his Denver, Colorado home. "If you really believe something it



For air passengers with plenty of time on their hands, San Francisco International staged this exhibition of Gene Orlando's talking boards in Terminal 2 (Photo: SFO Museum)

will be real to you.”

Brought up as an orthodox Jew, he has his grandmother to thank for introducing him to an early version of the Ouija. She took him to the movies, aged 13, to see *Witchboard* (1986) about a woman who becomes possessed by an evil spirit after using a board.

“Seeing that movie really flipped the switch for me. I was fascinated that people were so scared or polarised by it,” he explains.

Later, in college, Murch helped three fellow students who had to find a Ouija board as part of a fraternity challenge. Accompanied by his father, he went in search of one in flea markets and antique shops, and ended up with 10. Intrigued as to why there were so many different versions of the talking board, he began looking for more.

Unwittingly, Murch had not only become a collector but also embarked on a quest to learn more about Ouija's history that has since taken him to many countries.

It didn't take him long to realise that much of what has been taught about the origins of talking boards is wrong. Even entries in usually reliable occult encyclopedias and reference books are inaccurate.

“I couldn't believe that no one seemed to know where the Ouija board had come from, considering it is so embedded in our cultural fabric. I've spent almost the last 25 years working with lots of other people trying to uncover that answer.”

Now he is an acknowledged expert in the field, sought after by TV companies and

moviemakers to advise them on all matters related to talking boards. He even gets to appear in some productions and he has it written into his contracts that he gets to keep each Ouija board that has a starring role in these productions.

“It's allowed me to track down descendents of each of the people involved in Ouija's creation. It took me 20 years to find some of them. They've become friends and have given me the only photographs that exist of Ouija's originators, as well as handing over boxes of stuff that allude to some of the mysteries I was trying to solve. It's all a huge collaboration.”

Murch's collection consists of much more than the boards themselves: letters, images, advertisements, patents and other ephemera. It has all been digitised and is shared regularly through TBHS. He's also planning to create a small private museum in his home.

Does he have a favourite talking board? His response – “the next one” – indicates that he's certain there are still versions he has yet to discover. “They're like children,” he adds. “I love them all! But the earliest ones are my favourites because they are very close to the originators of the boards.”

Though the Ouija board is undoubtedly the all-time best-selling spirit communication device, with world-wide sales and numerous adaptations, **Brandon Hodge**, TBHS's historian, is keen that its creation should be viewed as part of an on-going development from the early knocks and raps of Hydesville and the use of writing devices, known as planchettes, through to more sophisticated mechanical

contraptions, all designed to enhance communication with the spirit world.

The Austin, Texas, businessman runs a toy store and candy shop, both of which are high-profile and regular recipients of accolades as well as being featured in the media. His evenings, however, are devoted to his passion for collecting spirit communication devices, including talking boards, of which planchettes are his speciality (mysteriousplanchette.com).

Hodge is currently collaborating with Robert Murch on an illustrative definitive history of spirit communication, tentatively titled *Talking Tables and Scribbling Spirits: A Complete History of Spirit Communication Tools*.

“The historical evolution of spirit communication apparatus,” he tells me, “is, more often than not, an exchange between Spiritualists, who constantly sought out refinements in their séance communication techniques, and opportunistic manufacturers, who often seized on these ideas as profitable commercial enterprises that propelled them into popular culture.

“We can see this exchange not only in the table-tipping fad in the 1850s, but also the automatic-writing planchette of the 1860s, and talking boards in the 1890s and beyond.”

Such is Hodge's knowledge of early Spiritualism's development that he was invited by the National Spiritualist Association of Churches (NSAC) to give a three-hour presentation at its 2016 convention in St Louis, Missouri.

“The true innovators of spirit



“ The true innovators of spirit communication apparatus are almost always Spiritualists ”

communication apparatus are almost always Spiritualists,” he told delegates, “and their major refinements are often picked up by the mainstream and enter into pop culture as profitable commercial items.

“It is a pattern that begins with the table-tipping fad in the early 1850s, which is a bit of a false start because it didn’t require special equipment that any home didn’t already have.

“But it establishes the pattern of public interest in spirit communication, and we see the commercialisation of future refinements, particularly with the automatic writing planchette in the late 1860s and the talking board in the 1890s, of items with their origins in Spiritualist circles before they are propelled into pop culture.”

So what was it, I ask, that propelled some devices into the mainstream whereas others were largely confined to the Spiritualist movement?

“Very few Spiritualist apparatus producers saw any sort of mainstream success with spirit communication devices, perhaps in part because they catered mostly to true believers,” Hodge explains.

“The writing planchette, for instance, remained a relatively small cottage industry in the hands of Spiritualists for 15 years after its invention, and during that time was only available from specialists who, themselves, were often Spiritualists.

“But when a sensational article on the mysterious devices got traction in the secular media in 1867, the wheels of commerce began churning in the stationery industry, and a massive market for the devices – now promoting them as the must-have holiday gift item of the

season, essential to every fashionable parlour – sprang up practically overnight, with massive sales to those that may not have previously indulged in Spiritualist beliefs.”

And that, it seems, is when talking boards began to get a bad name (see: Is the Ouija dangerous?). One possibility is the professional mediums of that time soon realised that the mass production of boards were a threat to their livelihoods and so began scare-mongering about the dangers of their use.

There can be no doubt that in the wrong hands and used alone, a mentally unstable individual, for example, might produce messages that would cause them distress.

Nevertheless, there are many excellent examples of talking boards being a very productive tool for some individuals, including mediums (see: Mediums who used the Ouija).

What’s more, the direct and unchallenged connection between Spiritualism and talking boards is embodied in “Psyche: The Mysterious Cabinet” which has a very special place in Brandon Hodge’s collection.

This unique wooden device was very different to the Ouija board with which it competed because it was essentially a hollow box, with the sitter placing one hand within the device during use. sat on four wooden pegs, one at each corner and attached to a base board on which the user placed one hand.

The belief at the time was that inserting a hand inside this “cabinet” would charge the device with the mysterious forces of animal magnetism, and Bach described it as “a storage house for the magnetic energy”. The other hand rested on a planchette-style pointer which spelt out the messages.

But this unusual device, stamped with the “Psyche” trademark, was claimed to be much more than a wooden contraption. The wood was selected by “the controlling intelligences” and it came “magnetically charged”, enabling the purchaser to develop his or her mediumship gifts in two weeks.

So what is its connection with Spiritualism? The manufacturer, W.H. Bach, was an eminent Spiritualist and an early preservationist of the Movement’s history.

“He was also a founding director of the NSAC,” Hodge adds, “so I felt it was important to bring the sole surviving specimen of his creation to their annual convention so that current members could see it in person.” ■



Brandon Hodge displays “Psyche”, a talking board produced by a founding member of the National Spiritualist Association of Churches (Photo: Brandon Hodge)

OUIJA SAYS: 'GO FOR IT'

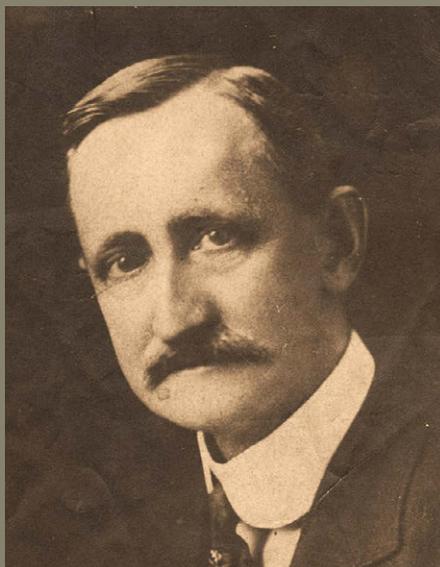
UNTIL Talking Board Historical Society (TBHS) members began researching the Ouija's origins, very little was known about how it was created and became a parlous game with mass appeal. And what was thought to be known was largely shown to be wrong.

What was uncovered was a long and complex story, with claim, counter-claim and litigation, as various manufacturers developed their own versions to avoid patent and copyright restrictions.

The full story, for those who enjoy detective narratives, can be found on Gene Orlando's Museum of Talking Boards website (museumoftalkingboards.com) and also on TBHS's website (tbhs.org) as well as its Facebook feed.

The story that seems to come closest to the truth is that the first talking board emerged in northern Ohio in 1886 and became a sensation, with an Associated Press report appearing in many countries.

But a man named Charles Kennard, living in Chesterton, Maryland, claimed to have invented the Ouija and he asked a cabinet and coffin maker, E.C. Reiche, to make it. It became a big hit in the town from 1886 to 1890.

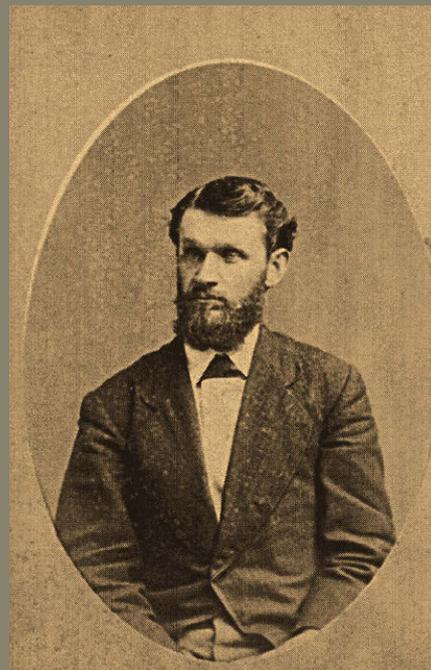


Charles Kennard (above) and Elijah Bond (top) were helped by medium Helen Peters (below) in the launch of the Ouija board (Photos: Talking Board Historical Society)

Later, Reiche claimed it was his idea. By then, Kennard had gone to Baltimore where he met lawyer Elijah Bond. In April 1890 the two men had a séance with Helen Peters, Bond's sister-in-law, described as "a strong medium", and they asked the board what it should be called.

These days, most people believe its name derives from the French and German words for "yes": oui and ja. But talking boards are quite capable of saying "no" as well, so that explanation seems suspect.

A grandson of Peters said she told the family that the board spelt out O-U-I-J-A, and when asked what it meant, it replied "good luck". According to Charles Kennard she then showed him and Bond a locket she was wearing with a picture of a woman and the name Ouija above her head.



Bond took Peters with him to the patent office in Washington DC in February 1891 but met resistance from the clerk who was asked to accept it as something that could be patented.

The chief clerk, who was not introduced to them by name, was asked to make the decision but was equally dubious. "If that contraption can spell out my name, then you've got your patent." Peters placed her hand on the Ouija and, letter-by-letter, it provided the answer that was needed. Visibly shaken, the chief clerk said, "OK – you've got your patent".

The Kennard Novelty Company's new product was an instant success and the company rapidly expanded, though the *Baltimore Sun* frequently reported on the various boardroom disputes in its early years.

By 1893, William Fuld, who was an early employee and stockholder, was running the company which was renamed the Ouija Novelty Company. If the stories from that period are to be believed, Fuld saw the Ouija board as more than a money-making product. It was also his business adviser.

When consulted, it told him to "prepare for big business" and so he bought a plot of land across the road from the original factory and built a three-storey building unlike anything seen before in Baltimore. It opened for business in 1919 and has thrived ever since.

Parker Brothers acquired the company and all of its assets in 1966. ■

Mediums who used the Ouija

USING A Ouija board to obtain long messages from the spirit world may seem like a tedious chore – a bit like compiling a long report from numerous Twitter messages – but a number of mediums have done so very successfully. For others, the Ouija has kick-started their own mediumistic abilities.

Pearl Curran began using a Ouija board in July 1912, together with her mother and a friend named Emily Grant Hutchings. Initially, the messages received, apparently from dead relatives and friends, were so banal that Curran didn't want to pursue the experiments. Emily's enthusiasm persuaded her to continue.

A year after their first Ouija board session, they received a message that began, "Many moons ago I lived. Again I come, Patience Worth my name."

In time, they learned that Patience Worth was a British-born American who lived in the 17th century. She was reticent to divulge much in the way of personal information, preferring to convey poems that experts confirmed were written in the language of the time when Patience claimed to have lived.

A professor of English at the University of Manitoba, Canada, W.T. Allison, noted that some of the words conveyed via the Ouija board had to be researched in dialect dictionaries and old books to discover their meaning, and he discovered they were words that were used only at the time of the great English poet John Milton.

Allison reported that in one evening 15 poems were produced in one hour and 15 minutes. He noted: "All were poured out with a speed that Tennyson or Browning could never have hoped to equal, and some of the 15 lyrics are so good that either of those great poets might be proud to have written them."

The early Ouija séances involved both Curran and Hutchings placing their hands on the pointer, but in 1914 they discovered the messages came through just as well using only Curran's hand. Eventually, she dispensed with the talking board when she realised that she could receive the communications through a combination of clairvoyance and clairaudience, either typing the words as she received them or dictating the words to another person.

Many of these writings were published and received critical acclaim, notably *The Sorry Tale*, a 644-page, 325,000-word novel about the last days of Jesus.

Bound volumes of the typewritten transcripts of her channelled messages are housed in the Missouri History Museum in St Louis, where the Currans lived, and were the subject of a *Mysteries at the Museum* TV episode which featured the TBHS's Brandon Hodge as its on-screen expert.

Hester Dowden, a professional Irish medium, used a talking board in the early part of her career and participated in experiments in which she was blindfolded so that she could not see what letters were being pointed at. Later, she dispensed with the Ouija when she developed automatic-writing mediumship.



Hester Dowden, famous automatist, began with a talking board

Jane Roberts, who channelled communications from an entity named Seth, did so at the outset with a Ouija board which she and her husband, Robert Butts, borrowed in 1963 in a search for answers to psychic events that Jane had experienced. In time, Jane found the words were coming to her faster than the Ouija could spell them, and she started going into trance, allowing Seth to speak.

The entity eventually revealed himself to be a former teacher, Frank

Withers, and dictated several best-selling books on topics such as reincarnation, dreams and the nature of God. ■

Is the Ouija dangerous?

THAT question is asked so often that the Talking Boards Historical Society offers this answer before it is posed:

"People buy thousands of Ouija boards annually and have done so since 1890 when they were first introduced on a large scale to the American public. Numbers go up or down but 'thousands' is a conservative estimate. 'Millions' during some years is more likely.

"Match that to the number of verifiable Ouija 'incidents' and it becomes clear that you are more at risk taking a walk or falling out of bed than using a Ouija board. Does that mean that the Ouija board carries no risk?

"In this life, we know that everything carries risk, even the Ouija board. If you have a pre-existing mental condition then you should probably stay away from the Ouija. If you take hallucinogenic drugs don't even think about it. Really. That's just common sense." ■



(Photo: Dave Winer)

A decorative graphic at the top of the page featuring several musical staves with various notes and symbols floating across them. The background is a light, warm tone.

NEAR-DEATH EXPERIENCES

Does 'Music from Heaven' accompany us into the next life?



MUSIC plays an important part in the dying process for many people, according to their remarkable near-death experiences. In fact, for centuries music has featured – in one form or another – as a paranormal element associated with death and dying, as well as with spirit communication.

Take the case of Tony Cicoria, an orthopedic surgeon and chief of the medical staff at Chenango Memorial Hospital, New York. He had just finished making a phone call from a public kiosk in 1994 when a lightning bolt hit the booth, travelled through the telephone and struck him.

“The phone was a foot away from where I was standing when I got struck,” he told Oliver Sacks, the British neurologist and author who wrote about Cicoria’s experience in *The New Yorker* (23 July, 2007).

“I remember a flash of light coming out of the phone. It hit me in the face. Next thing I remember, I was flying backwards.”

There was an understandable hesitation before Cicoria continued with his extraordinary story. “Then I was flying forwards. Bewildered, I looked around. I saw my own body on the ground, I said to myself, ‘Oh s***, I’m dead.’ I saw people converging on the body.”

Describing how he had “floated up the stairs” to check his children were all right, he added, “my consciousness came with me”. He went on:

“Then I was surrounded by a bluish-white light ... an enormous feeling of well-being and peace. The highest and lowest points of my life raced by me. I had the perception of accelerating, being drawn

up.... There was speed and direction. Then, as I was saying to myself, ‘This is the most glorious feeling I have ever had’ – *slam!* I was back.”

He knew he had returned to his body because he felt pain. A woman, who happened to be an intensive-care-unit nurse, had been waiting outside the phone booth to make a call. She managed to resuscitate the surgeon, though during the procedure he wanted to tell her to stop – he didn’t want to come back.

Eventually, when he could speak, he said to her, “It’s OK – I’m a doctor”. Her memorable response was: “A few minutes ago, you weren’t.”

Cicoria’s near-death experience (NDE) follows a classic pattern. But what happened a few weeks after his recovery and return to work was even more astonishing. Suddenly, he had “an insatiable desire” to listen to piano music, which was totally out of keeping with anything that had happened in his past. He didn’t have a piano and when he did listen to music it was usually rock ‘n’ roll.

He started buying piano recordings and loved them all. A baby sitter asked if she could store her small upright piano in his home, so he now had an instrument he could learn to play. And then he started hearing music in his head.

The first time, it was in a dream in which

he was wearing a tuxedo, seated at a piano and playing his own composition. When he awoke, he could still hear the music and was able to write it down. Were these musical hallucinations? No. Inspiration is a better description for the source of the music, he says. He felt it possessed him. Sacks calls this phenomenon “musicophilia”.

“I came to think that the only reason I had been allowed to survive was the music,” he told Sacks. The neurologist explains:

“He himself, he grew to think, had had a sort of reincarnation – had been transformed and given a specific gift, a mission, to ‘tune in’ to the music that he called, half metaphorically, ‘the Music from Heaven’. This came, often, in ‘an absolute torrent’ of notes with no breaks, no rests between them, and he would have to give it shape and form.”

His account reminded Sacks of the seventh-century Anglo-Saxon poet, Caedmon, an uneducated herdsman who, it was said, had received the art of song in a dream one night and spent the rest of his life praising God and creation in hymns and poems.

Cicoria’s NDE and subsequent musical fixation have many possible explanations. What is certain is that they have changed him. He sees himself now as “a different man” – musically, emotionally, psychologically and spiritually.

He now performs his works in public and it has been suggested that some who heard him play his first composition, *Rhapsody, Opus 1*, in concert 13 years ago, fantasised about the benefits they would



Tony Cicoria, a surgeon who became a pianist and composer after a near-death experience (Photo: YouTube/PianoMusicDocs INTERNATIONAL)

“

And then he started hearing music in his head. The first time it was in a dream in which he was wearing a tuxedo, seated at a piano and playing his own composition

”

experience if they, too, were to be struck by lightning.

What Cicoria has achieved is outstanding, but he is not alone. British NDE researcher Margot Grey, who studied near-death experiences in the 1980s, found that 11 per cent of the NDErs [people who have had an NDE] in her study also heard the "Music of the Spheres".

However, according to Dr Joel Funk, a psychology professor at Plymouth State College, New Hampshire, as many as 50 per cent of NDErs recall hearing music they describe as "a beautiful, floating sound".

Interestingly, a 19-year-old Canadian Gilles Bédard had the same sense of purpose as Cicoria after experiencing an NDE. It happened during his five months on the brink of death with Crohn's disease in a Quebec hospital in 1973. He described looking down on his body, surrounded by family, doctors and nurses, from about nine feet above.

"In the blink of an eye, my vision expanded and I went into a place like a cosmos where there were 12 people standing in a half-circle. They were all pure white lights and they had no faces. Beyond them was a tunnel. I wasn't afraid. I somehow knew these people although they weren't family or people I could recognise. It was as if they were waiting for me.

"I asked them what was happening, and they told me, 'You are not going to die. You are going back to Earth. You have something to do.' I asked them what it was, and as soon as I asked, it was as if I knew the answer. They said I would know what I had to do when the time came. At that moment, I could sense the future and I realised I had the choice to do what I wanted to do. I felt pure peace.

"What I remembered most is the music I heard when I was out of my body. It was fascinating. It was hard to tell how long the experience lasted. It could have been five seconds or half an hour."

Since then, as well as studying NDEs, Bédard has become a sound therapist and an award-winning and leading proponent in the New Age music scene in Canada and internationally. He also runs workshops based on INERSON, a unique way of working with sound and music for personal growth and transformation that he has developed.

Striving to reproduce the music he heard during his NDE, Bédard found the nearest he could get was a combination of Tangerine Dream's *Mysterious Semblance at the Strand of Nightmares*, from the album *Phaedra*, and Steve Roach's *Structures from Silence*.



Canadian Gilles Bédard

“

What I remembered most is the music I heard when I was out of my body. It was fascinating. It was hard to tell how long the experience lasted

”

Later, in 1988, he met Roach at a New Age music conference. "I found out that as a motorcycle driver, he had had a near-death experience," Bédard revealed. "He said that when he wrote music, he tried to re-create the music he heard when he was in the light."

Since 2004, Bédard has worked in collaboration with neuroscientist Mario Beauregard, author of *The Spiritual Brain* and *Brain Wars*, on various NDE and consciousness projects.

Research was also important to English violinist Prof Paul Robertson, who was leader of the Medici Quartet for almost 40 years and who died just a few months ago at the age of 63.

He and his wife, Chika, also a violinist, established the Music Mind Spirit Trust in West Sussex which, in addition to educational activities, pursued research in music and its relationship to medicine, leadership, learning and spirituality.

In 2007, Robertson was asked to interview Sir John Tavener, the British composer known for his extensive output of works based on different religions, at a conference. They discovered a common interest in NDEs and Tavener revealed that he was working on a composition depicting the approach to death, *Towards Silence*.

This work was to be performed by four quartets and he wanted Robertson to lead one of them. They agreed. A venue and sponsor were found. And Tavener began putting the finishing touches to the work.

Incredibly, in the following year, both men were simultaneously in hospital, in a coma and close to death – Robertson

in London and Tavener in Switzerland. They survived and both recalled intriguing experiences. Tavener dreamt he was in an air crash with his brother, who was killed. When he came out of a coma, he was told that his brother had passed on.

Robertson, on the other hand, had strange visions after surgeons stopped his heart for 34 minutes by using a South American blowpipe poison, enabling them to patch and repair a hole in the wall of his aorta. He was then put into an induced coma which lasted six weeks during which "I felt myself die – beautifully, ecstatically, transcendently".

Although the 17 visions he experienced were not classic NDEs, they deepened his understanding of life's purpose and he spoke with eloquence and candour about them soon afterwards. He gives greater insights in his memoir *Soundscape: a Musician's Journey Through Life and Death*, published just before his death.

In one of his visions he found himself "worshipping an Asiatic goddess" and hearing the sounds of ragas: Indian musical scales. It was only later, when both men had recovered and were preparing for the first performance of *Towards Silence* that he discovered Tavener had included raga sounds in his composition.

They got together to discuss their experiences for a BBC Radio 4 programme, *Hearing Ragas*, in 2012.

Three years earlier, his fascination with NDEs and life beyond the grave led to Robertson making *Music From Beyond the Veil* (BBC Radio 4), which examined the claims and counter-claims for musical

mediumship and asked whether musical inspiration comes from within ourselves or if it could come from somewhere else. The programme featured musical medium Rosemary Brown and was first broadcast in 2009 and repeated in 2014.

The subjective nature of NDEs makes it difficult for others to comprehend precisely what happens to the person having the experience, and how much can be attributed to brain activity or to other-worldly influence.

Remarkably, there are cases on record where the sound of music is heard quite objectively by those attending to a dying person.

For example, the last days on earth of German-born Johann Wolfgang von Goethe were filled with music. One of the giants of world literature, best known as a poet, he was also a critic, journalist, painter, theatre manager, statesman, educationalist and natural philosopher.

Two hours before his death at the age of 82, on 22 March, 1832, one of his admirers, a countess, knowing that he was dying, arrived at his house in a carriage and hurried into the house asking, "Is he still alive?"

On her way up the stairs to his room she suddenly stopped, listened, and said to the servant: "What! Music in this house? Good heavens, how can anyone play music here on such a day as this?"

The servant, apparently, made no reply but on listening turned pale and trembling.

Frau von Goethe, the poet's sister-in-law, went to meet the countess in the study. They fell into each other's arms and burst into tears. The countess asked: "Tell me, Ottilie, while I was coming upstairs I heard music in the house. Why? Why? Or was I perhaps mistaken?"

"It's inexplicable!" Frau von Goethe replied. "Since dawn yesterday a mysterious music has resounded from time to time, getting into our ears, our hearts, our bones."

At that very moment there came from above, as if they came from a higher world, sweet and prolonged chords of music which weakened little by little until they faded away. At the same time, Jean, the faithful valet, emerged from the dying poet's room, much moved by the sounds, asking: "Did you hear it, Madame? This time the music came from the garden, and sounded just at the level of the window."

"No," the countess responded. "It came from the room beside us."

They began to search the house and as they did so, another series of marvellous harmonics was heard, this time apparently coming from the study.

And so it went on throughout the day, with people in the house hearing music but unable to agree on the instruments used. One would hear an organ, another choral chants and a third the sounds of a piano. The witnesses included Goethe's doctor and a man who was signing the medical report.

According to Italian psychical researcher Ernesto Bozzano's *Psychic Phenomena at the Moment of Death* (1923), this mysterious music went on making itself heard until the moment Wolfgang von Goethe died.

It was one of 44 cases he collected in which paranormal events were associated with music. Perhaps we each tune in to "Music from Heaven" when we make the transition from this life to the next. ■

“

'Since dawn yesterday a mysterious music has resounded from time to time, getting into our ears, our hearts, our bones'... This music went on making itself heard until the moment Wolfgang von Goethe died

”



Paul Robertson, founder of the Medici Quartet, who had many vivid visions when close to death



Council gives the green light for film near standing stones

HOLLYWOOD legend Steven Spielberg has been granted permission to film a First World War epic near Stonehenge.

As *PN* told in March 2019, Wiltshire Archaeological and Natural History Society was concerned that building work and the creation of trenches might have a detrimental impact on historic and archaeological features in the area.

Stonehenge became one of Britain's first World Heritage Sites in 1986 thanks to UNESCO (United Nations Educational, Scientific and Cultural Organization).

Amongst the UK's most famous sites, the prehistoric monument, which attracts visitors from throughout the world, is two miles west of Amesbury in Wiltshire.

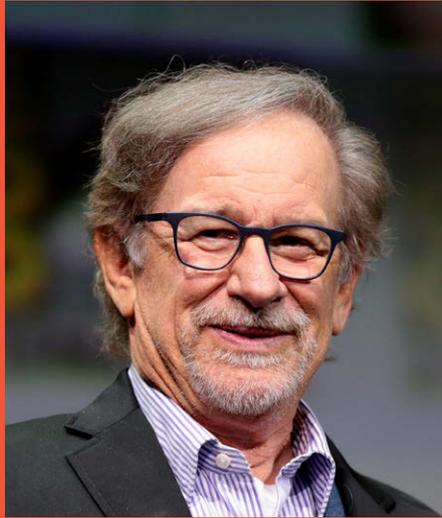
It consists of a ring of standing stones. Each one is about thirteen feet high, seven feet wide and weighs around 25 tons.

Despite concerns, Wiltshire Council has given Steven Spielberg the go-ahead to build a French farmstead and dig combat trenches on Salisbury Plain for the film 1917.

It will be directed by Sam Mendes, CBE, who is best known for directing the drama film *American Beauty*, the *Road to Perdition*, and the James Bond films *Skyfall* and *Spectre*.

Wiltshire Archaeological and Natural History Society was concerned that the building work and creating trenches could damage historic sites around six miles from Stonehenge.

It said that a "proper geophysical investigation was needed" before building began on Ministry of Defence-owned land



HOLLYWOOD legend Steven Spielberg plans a new film about the First World War. (Photo: Gage Skidmore)

near the village of Shrewton.

In its application to Wiltshire Council, Mr Spielberg's production company, Amblin Entertainment, sought consent to film for 35 weeks in large areas designated for military training purposes.

Around 500 people will be employed at the site, including dozens of male extras from the South West.

Wiltshire Council Archaeology had criticised the proposals for not taking into account the possibility of undiscovered remains, which "have not previously

been identified, perhaps as a result of cultivation, lack of access or vegetation cover."

The council's landscape and design department requested further investigation because protected species have been recorded on the site. These include marsh fritillary butterfly, badgers, fairy shrimp and stone-curlew.

It has been agreed that archaeologists will be permitted to monitor the building of the farmstead and fortifications, and digging of trenches.

Still to be decided are two further applications to create a network of trenches for filming a battle scene near West Chisenbury, and for trenches and a field hospital near Erlestoke.

Giving its approval, the council commented: "The applicants worked closely with the council and an archaeologist to agree the best way forward and the type and amount of archaeological assessment required.

"A geophysical survey was carried out and the results discussed at length with the council's archaeologist."

The application will be conditional on works being carried out in accordance with an agreed written scheme of investigation.

If any items of interest are discovered, they will be given to Wiltshire Museum.

David Dawson, its director, commented: "It shows that the process works. The archaeological evidence has been called and none of the work on the sites will be damaging. Everyone is a winner." ■



One person, multiple personalities

Chris Sizemore, the patient behind 'The Three Faces of Eve', passes



THOSE mourning the death of Christine Costner Sizemore (left) are thankful that they did not also have to say farewell to Eve White, Eve Black and Jane, the three dominant personalities out of a total of 22 that co-existed with her for much of her life.

After years of therapy by various psychiatrists, these personalities were finally unified and she eventually lived a normal life. "You don't know how wonderful it is to go to bed at night

and know that it will be you that wakes up the next day," she said in one interview.

She was one of the most famous Americans in the 1950s after she was diagnosed with multiple personality disorder – now known as dissociative identity disorder. Her life story inspired a best-selling book and a film, *The Three Faces of Eve*, for which Joanne Woodward won an Oscar in the title role.

In its obituary, the *Washington Post* (29 July 2016) captured the complexities of her mental problem:

"There was the Strawberry Lady, who was 21 and ate strawberries to the exclusion of all else. The Banana Split Girl was a temperamental child who would only consume that dessert.



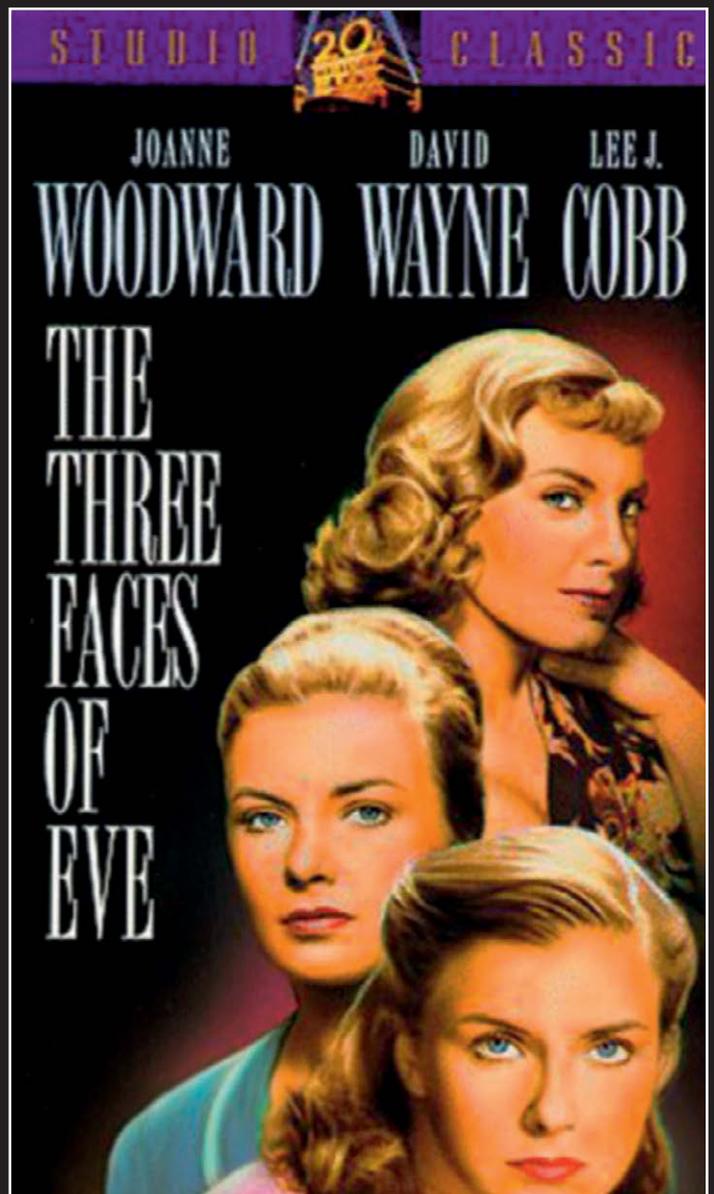
Joanne Woodward and Lee J. Cobb in 'The Three Faces of Eve', 1957
(Photo: 20th Century Fox)

There was the Purple Lady, an arthritic 58-year-old who wore white wigs and purple dresses.

"The Virgin wore no makeup and could not stand to be touched by her husband. The Spoon Lady collected spoons. The Blind Lady could not see. There was the Retrace Lady who never liked to take the same route twice.

"Some personalities could drive while others could not, and they tended to switch at inopportune times.

"Mom drove me to a shopping centre and couldn't drive home," Bobby Sizemore [her son] recalled of one episode from his childhood." ■





A WIDE-AWAKE LOOK AT LUCID DREAMS

By Charlie Morley

A SELF-TAUGHT lucid dreamer since the age of seventeen, for many years Charlie Morley has run lucid dreaming workshops and mindfulness of dreams and sleep retreats around the UK, Europe, Africa and America.

Between May and July 2019, he spoke at retreats in Barcelona, New York, the Czech Republic, Scotland and London, where he used to live at the Kagyu Samye Dzong Buddhist Centre with his wife, Jade.

Charlie has been featured on BBC Radio 4 and delivered lectures at London's Goldsmiths University, the Royal Geographical Society and Cape Town Medical School.

Based on his book "Lucid Dreaming Made Easy," below Charlie gives an overview of lucid dreaming.

AFTER ten years of teaching and almost twenty years of lucid dreaming practice, I can now confirm with certainty what I've always believed: lucid dreaming can change your life.

We sleep for a third of our lives. Through lucid dreaming we can start to

make use of that 30-year blackout for psychological and spiritual growth.

What better practice could there be for today's busy lifestyles? We don't all make time for meditation every day, but almost everybody goes to sleep every night, so lucid dreaming is always accessible – it's

the meditation practice you can do in your bed. That's some pretty effective time management.

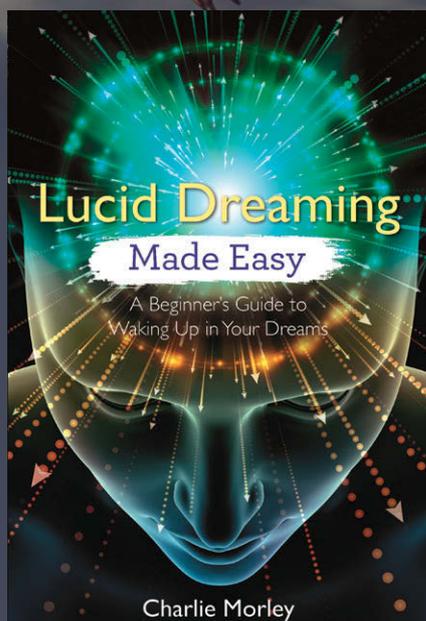
But how does lucid dreaming actually benefit us? Well, so many psychological problems have their source in the fact that we don't know ourselves.

We don't know our minds and are often unmindful and unaware. Through lucid dreaming we get to truly know ourselves, and to become more mindfully aware in all states of day and night.

Our unconscious minds hold a wealth of wisdom – both about ourselves and the world around us. This treasure trove is rarely accessed in the waking state, but once we become lucid, we gain access



CHARLIE MORLEY: "A lucid dream is one in which you think, 'Aha! I'm dreaming!' while you're still asleep."



“We’re limitless, boundless and creative beyond our wildest imaginings”

to a library of insight that resides in our dreaming mind.

Through lucid dreaming we become conscious within the unconscious. This opens up the possibility of directly communicating with our own divine potential and witnessing just how limitless we actually are.

Studies from Harvard University in the USA concluded that most people are unaware and not in the present moment for 47 per cent of their lives. Through lucid dreaming, we can change that statistic, for lucidity in our dreams leads to lucidity in life.

We can learn to “wake up” in our daily lives, just as we can in our dreams. Bringing lucid awareness into even just a few moments of our nightly blackout is such a powerful de-conditioning tool that it can lead to a remarkable enhancement of clear-seeing awareness while we’re awake.

Suddenly, we find ourselves lucid in situations that we’d usually sleepwalk through. We wake up to our negative projections, our doubts and our illusory limitations.

We begin to dream our destiny into existence by becoming the full potential of what we could be, if only we dared to dream. So fluff up that pillow, get ready for bed and buckle up because you’re in for a ride.

What is lucid dreaming?

It’s the art of becoming conscious within your dreams. A lucid dream is one in which you think, “Aha! I’m dreaming!” while you’re still asleep.

Once you become conscious within a dream, you can interact with and direct it at will, dancing with your unconscious mind.

If you have any interest in psychology, mindfulness, imagination or the power of the unconscious, you’ll love lucid dreaming. It allows you conscious access to the deepest depths of your mind, and the opportunity to guide your dreams at will.

How does lucid dreaming work?

In a lucid dream you’ve not woken up – in fact, you’re still sound asleep – but part of the brain has reactivated, allowing you to experience the dream state consciously with self-reflective awareness.

Once you know that you’re dreaming as you’re dreaming, you gain access to the most powerful virtual-reality generator in existence: the human mind.

For me, one of the most revolutionary aspects of lucid dreaming is that it makes sleep fun! It completely reconfigures our relationship with the third of our lives that we spend in bed.

Suddenly, sleep is not just “wasted time,” as some people see it, but rather a potential training ground for psycho-spiritual growth and a laboratory of internal exploration that makes us more lucidly aware in our waking lives too.

Once we become conscious within our unconscious, we see that we’re limitless, boundless and creative beyond our wildest imaginings.

Most people have had a lucid dream at some point in their lives, but through

the process of learning the art of lucid dreaming we can come to experience this amazing phenomenon intentionally and at will.

In fact, the term “lucid dreaming” is a bit of a misnomer – it should really be “conscious dreaming” because it’s the aspect of conscious awareness that defines the experience rather than its lucid clarity.

Given that there’s so much misunderstanding around what lucid dreaming actually is, it’s worth taking a moment to look at what lucid dreaming is not.

- It’s not a half-awake/half-asleep state. In a lucid dream, you’re in REM (rapid eye movement) dreaming sleep and out for the count, but part of your brain has become reactivated while you’re dreaming, allowing you to experience the dream consciously.
- It’s not just a very vivid dream – although lucid dreams are often super-vivid, high-definition experiences.
- It’s not an out-of-body experience (sometimes called astral projection). This point is still being debated by many lucid dreaming practitioners, but as I see it, a lucid dream happens primarily within our own personal mindstream whereas in an out-of-body experience we move beyond these boundaries.

Lucid dreaming is a dream in which you know you’re dreaming as you’re dreaming. I’m glad we’ve cleared that up!

Once lucid, you become fully conscious within a three-dimensional construct of your own mind. You can literally walk – or fly – around a projection of your own psychology and have complex, involved conversations with personifications of your own psyche.

With high-level lucidity comes high-level clarity of mind. This means you can reflect on the fact that you’re asleep and that your body is lying in bed.

You can think to yourself, “Wow this is so cool, I can’t wait to tell people about this when I wake up!”

You can access your waking memories and personal experience. It’s you in there, but that you is limitless. This means you can heal, meditate and learn in ways that might seem impossible in the waking state.

That’s pretty far out, but it’s not the most far out thing by a long way. What really shocks most newbie lucid dreamers is how real it feels.

A lucid dream looks, feels, tastes and smells as real as waking reality and yet it’s primarily a projection of the mind.

The weird thing about lucid dreams is that they’re often not very dreamlike at all.



FULLY lucid dreams can seem so completely realistic “that many people believe they’ve entered another dimension of reality.”

Fully lucid dreams can seem so completely realistic that many people believe they’ve entered another dimension of reality.

In fact they have, but the dimension is not out in space somewhere; it’s in the space inside their mind. The sophisticated detail of the lucid dream is outstanding.

Put your hand on your heart and often you’ll be able to feel it beating, even though both your heart and your hand are all simply the stuff that dreams are made of.

A lucid dream can feel even more real than real life. This hyper reality comes from the fact that our senses are not limited to the constraints of the physical sense organs.

For example, my eyesight was once quite poor in real life and yet perfect in the lucid dream. This is because, in the lucid dream, I wasn’t seeing through my eyes; I was seeing through my mind.

However, although the lucid dream world may look similar to the waking world, the same rules do not apply. This means that we can fly, teleport, communicate telepathically with dream characters and guide the narrative of the dream with our will and expectation.

In fact, the lucid dream is a meticulously intricate mental construct that may seem so real that we come to question the very nature of waking reality.

So does this mean that lucid dreamers stand to lose touch with what’s real? No. In fact, quite the opposite happens.

Once we can see through the hallucinatory reality of the dreamscape, and know it as illusion, we become better equipped to recognise illusion in the waking state. This makes us more mentally stable and self-aware.

Trying to explain how lucid dreaming feels is like trying to describe the taste of chocolate. I can use all the adjectives under the sun, but at no point will you truly know what chocolate tastes like until you

actually eat some.

So it is with lucid dreaming. Once you’re lucid, you can actually choose what to do in your dream.

This can be anything from going surfing to meditating within the dream or meeting a personification of your higher self, but many beginners choose to fly.

They become lucid, set their intention to fly, and then zoom off over the dreamscape, controlling their speed and trajectory as they go. This degree of subjective control may well lead them to believe that they’re controlling the whole dream, but this is simply not the case.

Dreams are primarily created and sourced from the unconscious mind, so to explore our dreams is to explore our unconscious.

Lucid dreaming takes this exploration a step further because, as hypnotherapy expert Valerie Austin once told me, it allows us “access to this data straight from the unconscious without it being edited by our rational, conscious mind.”

Our true capacity is just waiting to be revealed to us. When we start to do mind-training work such as meditation, self-hypnosis, energy work and, of course, lucid dreaming, we begin to get an idea of just how deep the iceberg goes.

Five steps to boosting your dream recall

1. Set your intention to recall your dreams before you start dreaming. Before bed and even as you’re falling asleep, recite over and over in your mind: “Tonight, I remember my dreams. I have excellent dream recall.”
2. If you want to remember your dreams, try waking yourself during a dream period so that the dream is fresh in your mind.

3. Often, the memories of our dreams are felt in our bodies rather than our minds, so don't forget to explore any feelings in your body that you wake up with.

Sometimes my recollection of a dream is as simple as, "Can't remember much of the dream, but I woke with a feeling of happiness in my belly."

4. If you can recall just one fact or feeling from your dream, you can work backwards from that point, eventually gathering the rest of the dream.

As soon as you wake up, ask yourself some questions: "Where was I? What was I just doing? How do I feel?"

5. Don't give up on your dream if you can't remember it straight away. Often, my dreams come back to me while I'm having a cup of tea over breakfast or sometimes even as late as the following afternoon when I become drowsy and my mind edges back to the dream state.

Give yourself space to remember. The most important of these five steps is the first one: as you fall asleep strongly set your intention to remember your dreams.

Keeping a dream diary

Whenever you wake up from a dream, recall as much of it as you can, then write it down or document it in some way.

You don't need to record every tiny detail – you'll know what feels worth noting and what doesn't.

Focus on the main themes and feelings, the general narrative and any strange dream anomalies that you can recall.

You're recording your dreams primarily so that you get to know the landscape, the atmosphere, and the "territory" of your dreams – three aspects that will help you

to recognise your dreams lucidly.

You don't need to spend half an hour every morning documenting your dreams. In fact, you'll be surprised how much you write up in just five or ten minutes.

I rarely spend more than ten minutes writing down my dreams at night, but I often expand them further over breakfast.

Once we accept that 99 per cent of everything we're experiencing in the lucid dream is part of our own psyche, we can then engage in an important pillar of our practice: friendliness.

This means unconditional friendliness towards all situations within the dream, good and bad. Friendliness towards ourselves, friendliness towards the dream characters, towards seemingly "negative" manifestations and positive ones.

Having an attitude of friendliness will open up a whole vista of the dream once hidden from view.

The first substantial venture into dream work in Europe came, unsurprisingly, from the ancient Greeks. Aristotle famously wrote about lucid dreaming in his treatise *On Dreams*, saying, "When one is asleep, there's something in consciousness which tells us that what presents itself is but a dream."

The ancient Greeks even had purpose-built temples in which people would spend the night engaging in specific dream incubation techniques, hoping for a dream of healing.

In the fifth century BC, Greece had at least 350 temples dedicated to healing and most of these had specific areas dedicated to healing dream work.

The dreamers would fall asleep on stone beds while incense burners diffused the smoke of what may have been

psychoactive herbs to aid dreaming.

Thanks to the dozens of positive testimonials inscribed onto the temples' walls, we can assume that the dream-work techniques being practised were overwhelmingly effective.

When the Romans arrived in Britain in AD 43, they brought with them many of the dream traditions they'd absorbed from the Greeks. Consequently there was even a dream temple built in what is now Gloucestershire. The ruins of this temple are still visible today.

One of the weirdest aspects of the Greek dream temples was the use of non-venomous snakes to lick the eyelids of those hoping for a dream of healing. The priests in Britain's dream temples had to adapt to local conditions, though – they used dogs to lick the patients' eyelids instead!

Scary smells can lead to scary dreams. German researchers discovered that smells in your bedroom can significantly affect your dreams.

They used specific smells with negative or positive connotations (such as rotten eggs or roses) to affect subjects during sleep.

Unsurprisingly, they discovered that unpleasant smells often led to unpleasant dreams while rose-scented bedrooms led to rose-tinted dreams.

Essentially, I see the lucid dream state as a laboratory of self-development in which we train in our dreams to help engage the shared dream of waking life with more lucid awareness.

What you do in your lucid dreams can create major psychological shifts that affect your waking life in remarkable ways.

Lucid dreaming helps you to get to know yourself better. Once you know yourself better, you can better help yourself to be a kinder and more beneficial person.

Also, by getting to know your own psychology you're getting to know the psychology of others and so become better equipped to help them too.

We soon learn that we're all in this together – dreamers in the same dream – and that everybody is trying their best, however flawed their best may seem.

So, let's make friends with the other dream characters and with the Great Dreamer: the Universal Mind that dreams this shared dream into being. ■

✿ *"Lucid Dreaming Made Easy"* by Charlie Morley is published by Hay House UK at £10.99.



WHENEVER you wake up from a dream, "recall as much of it as you can, then write it down or document it in some way."

GET A TOEHOLD ON REFLEXOLOGY



BY GRAHAM JENNINGS



What is reflexology or foot massage? Is it really possible to stimulate the internal organs, relax the entire body and restore its functions to normal merely by massaging the feet? – Susan Wilkins, by e-mail.

Reflexology is a complementary therapy, which works on the principle that the feet mirror all the organs of the body.

Each of them is connected by a network of nerves to a specific point on the foot where the energy terminates.

The Association of Reflexologists, which is based at Taunton in Somerset, has an interactive chart on its website at www.aor.org.uk showing which parts of the feet correspond to various organs.

Good circulation in the feet is all-important for the channels of energy coursing through the body to flow freely. Illness, a sedentary lifestyle, thick-soled

shoes or high heels can slow down the circulation and allow crystalline deposits to form in the feet.

A reflexologist is able to feel these deposits and break them up by massaging with the fingers and thumb. This clears any blockages in the energy channels and allows the energies to flow freely once more. The aim is to relax the body, relieve tension, enhance sleep and restore general wellbeing.

It is primarily a foot massage, but there are nerve endings in other parts of the body including the hands.

Reflexology is painless. If bunions or corns prevent massaging a certain part of the foot because it would be painful, the hands or other parts of the body are massaged instead.

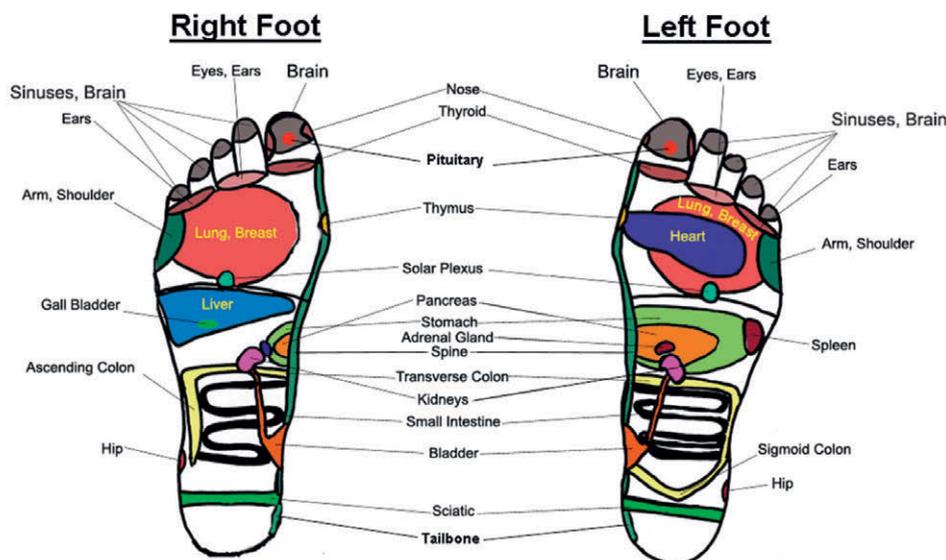
Some reflexologists trace its history back to ancient China and India, although there is no specific descriptive or illustrative evidence. A papyrus from Ancient Egypt appears to show a foot massage, as do reliefs from the tomb of Ankhmahor at Saqqara, known as the "Physician's Tomb."

The father of modern reflexology was an American doctor, William FitzGerald (1872-1942), who worked in Vienna from around 1899.

It was either there, or after his return to the USA, that he became acquainted with the theory of "zone therapy" and "reflex massage," which had been developed by German physicians.

In 1917, Dr FitzGerald co-wrote the illustrated *Zone Therapy or Relieving Pain at Home* with Dr Edwin F. Bowers (see archive.org)

Reflexology was developed by later American physicians and has been practised there since the 1930s. ■



THIS reflexology chart shows how various parts of the feet correspond to the rest of the body. (Image: Stacy Simone)

Tarot reader hears client's confession after medium is murdered

WHEN TAROT card reader and clairvoyant Jayne Braiden gave a reading to Star Randel-Hanson at her Brighton seafront shop in May 2015, the cards appeared to reveal a terrible secret.

The Blasted Tower, the Emperor and the Devil were the cards that were revealed. Braiden explained their meaning, saying, "Look, I can see here that this is not good; you need to tell me everything. Let's talk."

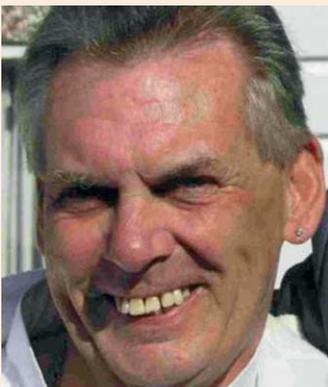
Randel-Hanson broke down and cried, saying: "It's terrible, I killed him."

Braiden explained that she would have to call the police but, because the call handler thought it was either a hoax 999 call or not an emergency, the tarot reader had to keep the client talking for almost an hour before two officers arrived.

Police then went to the home which Randel-Hanson shared with Derick Marney, a medium, and discovered his body. He had been dead for 10 days. The two men had met at Brighton's Brotherhood Gate Spiritualist Church in 2013.

The first trial collapsed in October 2015 because Randel-Hanson refused to give evidence or co-operate with his defence team. At the two-week retrial at Croydon Crown Court in May 2016, Star Randel-Hanson was found guilty of Marney's murder and was sentenced to life imprisonment with a minimum term of 15 years.

Speaking to *The Mirror* after the verdict, Braiden said that Marney had thanked her from beyond the grave for her part in bringing his killer to justice. ■



VICTIM: medium Derick Marney
(Photo: Sussex Police)



MURDERER: Star Randel-Hanson
(Photo: Sussex Police)

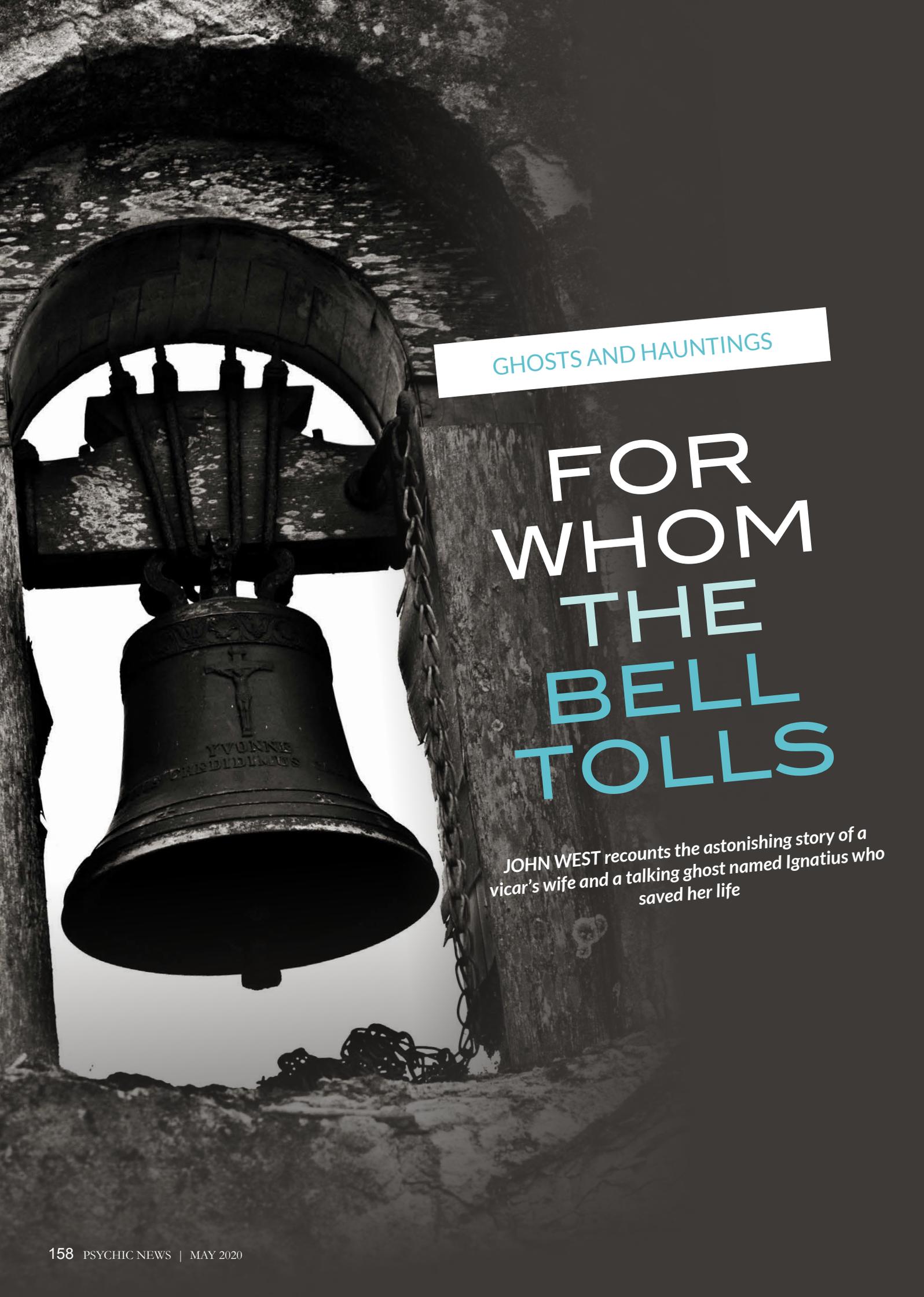


Jayne Braiden in her Brighton seafront shop, JJ Tarot (Photo: Facebook)

“

Look, I can see here that this is not good; you need to tell me everything. Let's talk

”



GHOSTS AND HAUNTINGS

FOR WHOM THE BELL TOLLS

JOHN WEST recounts the astonishing story of a vicar's wife and a talking ghost named Ignatius who saved her life

ELM VICARAGE can be found in the Fenland village of the same name which lies in Cambridgeshire, near the Norfolk border. After World War Two, it was home to the Rev Arnold Bradshaw, a former RAF chaplain, his wife Irene and their 19-year-old daughter, Suzette.

The family had been living in the property only a short time when they became disturbed by unexplained footsteps, which were heard, night after night, in the upper parts of the house. Frequent searches by the clergyman failed to provide an explanation.

Mrs Bradshaw also heard the sound of a bell tolling, coming from the attic. She noted that this always seemed to occur at 3am on the day before a death in the parish. She later confirmed that she had heard the bell 31 times in just over two and a half years!

No other family member heard the bell but her husband did confirm that his wife would mention hearing a bell tolling. He also added that news of a local death always followed this within a few hours.

Phantom monk

Matters came to a head when Mrs Bradshaw witnessed a phantom monk in brown habit and sandals in an upstairs corridor. It vanished, but from that moment on she would see it in various parts of the house. She felt no fear and often had a feeling of sadness when she saw him.

She would say "Bless You" in order to make him feel welcome as she felt that he had as much right to be in the rectory as she and her family.

On one occasion he said, "Do be careful," after she brushed against him in an upstairs corridor! She later explained that these words had not been spoken to her in the usual way but had "come to her in her mind".

Mrs Bradshaw was apparently little troubled by the monk's admonition and boldly enquired, "Bless you. Can I help you? Can you tell me your name? You are very welcome here."

The monk replied, "Ignatius, the bell-ringer".

After that, the monk started to appear more frequently and, in conversations with Mrs Bradshaw, revealed that he had died some 700 years before in a monastery which had stood on the site of the Georgian rectory. He also said that for centuries he had been waiting for someone



Elm Vicarage as it was when the hauntings were reported

“ The monk started to appear more frequently and, in conversations with Mrs Bradshaw, revealed that he had died some 700 years before in a monastery which had stood on the site of the Georgian rectory. He also said that for centuries he had been waiting for someone with whom he could communicate, adding that she was the first woman he'd ever spoken to ”

with whom he could communicate, adding that she was the first woman he'd ever spoken to.

Flood warnings

The monk said that one of his responsibilities in life had been to watch the waters of the surrounding Fens and warn his brothers by tolling a bell if flooding threatened the monastery.

One night, he fell asleep and failed to ring the bell as the waters started to rise. The area was flooded and several of the





“

She was suddenly aware that the bedclothes were being pulled from her. She then found herself being picked up and thrown violently across the bed

”

monks drowned. Ignatius was disgraced and never got over the fact that his negligence had resulted in tragedy.

In death, as a penance, he had continued to toll the bell every time someone had died in the parish.

Mrs Bradshaw described Ignatius as first appearing as a fine outline which slowly formed into a solid-looking man aged about 30 with “dark curly hair and thin ascetic features”.

He was described as always wearing a monk’s brown habit, which appeared old and very worn. The figure would appear usually at dusk and had been seen in the upstairs corridor, the parlour and at various other locations in the rectory.

The vicar’s wife clearly had mediumistic abilities and was not in the least bit concerned that she shared her home with a 700-year-old monk.

Although Ignatius was not visible to the rest of the family, his presence was confirmed by the actions of the family terrier, Kik. Once, when Irene and their daughter were in the lounge, Ignatius entered and sat down on a vacant chair. The dog ran towards the monk and jumped onto his knees.

The daughter pointed with shock at the terrier, which to her, was now happily sitting in mid-air!

Hands around her throat

One September evening Mrs Bradshaw was preparing to go to sleep in a bedroom that was usually reserved for visitors to the rectory. Kik accompanied her but, for some reason, the dog appeared distressed and refused to settle and ran out of the room three times before she could finally get him to stay with her.

Mrs Bradshaw then put out the light and soon fell asleep. At some point in the night she was abruptly disturbed by the feeling that something was being placed around her neck.

She quickly grabbed a nearby torch and discovered to her relief that it was just a tendril of wisteria from outside the open bedroom window. It had somehow

entered the room and had ended up lying across her throat. As she started to pull it away, she was suddenly aware that the bedclothes were being pulled from her. She then found herself being picked up and thrown violently across the bed.

Now terrified and wide awake, she became aware of a black, hazy shape that was moving towards her. A pair of hands suddenly appeared and made a grab for her throat. Unable to scream due to fear, she felt two rough and twisted hands gradually tightening around her throat. It seemed to her that death was now only seconds away.

Saved by Ignatius

It was at this point that another phantom appeared in the room. It was Ignatius! He moved towards the bed and grabbed the hands that were trying to squeeze the life out of her.

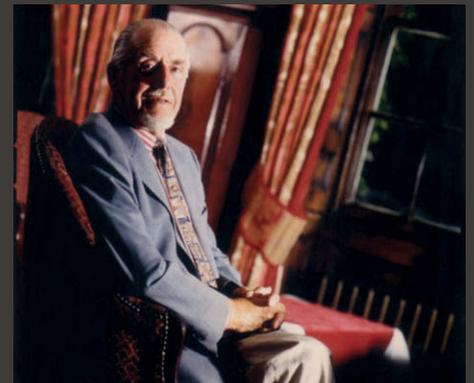
Mrs Bradshaw was then able to free herself and fell back on the bed. The black form was still there, however, and it again moved towards her. She later described it as having a huge head and red face. Her dog attacked the thing and she took this opportunity to escape from the room and rush to her husband who was sleeping soundly in an adjoining bedroom.

The late Peter Underwood – author, paranormal researcher and president of the Ghost Club for over 30 years – investigated this case and interviewed the rector and his wife in the 1960s. Both confirmed that after the attack marks and bruises could be seen on her throat for several days.

Underwood also spoke to a local doctor who confirmed that he, too, had seen the marks on her neck. The room was never used again after this attack, the door being kept securely locked and bolted.

When she next saw the phantom monk, the vicar’s wife asked Ignatius if he knew who had attacked her. He replied that a previous occupant of the rectory had been murdered in that room and that it was the spirit of the murdered victim who had attacked her.

He went to to explain that by saving her



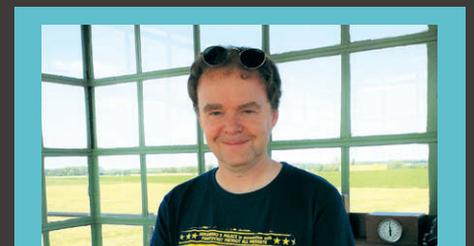
Peter Underwood pictured in 2014 (Photo: Christopher Underwood)

life he had gone some way to easing his conscience over the deaths of his brother monks and was now hopeful of forgiveness and final rest in the next life.

After this, his appearances became less and less frequent until finally, he was seen no more.

Mrs Bradshaw was always convinced that she would have died that night but for the intervention of Ignatius. Today, the former rectory of Elm is a quiet seven-bedroom residence that is apparently untroubled by either the spirit of the monk or the murdered man.

It appears that Brother Ignatius has, at last, found peace and forgiveness after centuries of guilt and sorrow. ■



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.

Psychic predicted David Bowie would die at 69

DAVID BOWIE died as he lived, giving a final performance that was as unexpected, experimental, enigmatic, challenging and entertaining as any in his charismatic career.

(Photo: ISO Records)

The fact that he was dying from liver cancer was known only to close friends and colleagues, though it has been reported that a psychic long ago told him the age when he would die – 69.

Mike Garson, a pianist who played on 19 of Bowie's albums, has revealed that the flamboyant performer told him that in the late 70s "I met this psychic who told me I was gonna die around the age of 69 or 70".

Bowie added that the psychic had said it with absolute certainty. "I never told anyone about it, but it never left my mind," he added.

The master of reinvention confronted his mortality in typical Bowie style: writing songs about his impending death and producing a stunning and controversial music video in which he is seen writhing in a hospital bed with his head bandaged and buttons in place of his eyes.

It is in marked contrast to Bowie's most famous personas as Ziggy Stardust and Aladdin Sane, an extra-terrestrial rockstar with a brilliant red lightning bolt painted on his face.

The title of one of the tracks on his new album, *Blackstar*, released just two days

before his passing on January 10, 2016, was "Lazarus", which provided one of the clues that his mind was focused not only on imminent death but also on what lay beyond.

The Bible records a miracle of Jesus in which he brought Lazarus back to life four days after his death. Bowie's "Lazarus" can be viewed on YouTube.

Spirituality was often a theme in Bowie's music, though that may have been lost on many of his millions of fans. He took an early interest in Buddhism, but his inquiring mind explored atheism, Christianity and other religions in his quest to understand the meaning of life.

This insight into Bowie's spiritual quest comes from musician Thurston Moore, former frontman of Sonic Youth:

"It brings to mind Bowie's early connection with Buddhist philosophy, practice and meditation, studying with Chogyam Trungpa Rinpoche and Lama Chime Rinpoche.

"Legend has it that David had considered a life as a monk but his teachers saw his light was needed beyond the monastery and advised him

to follow it. Chogyam Trungpa Rinpoche, in later years, became the Buddhist teacher to Allen Ginsberg, Anne Waldman and so many others who employ kindness and contemplative thought as activism towards peace.

"Bowie, fabulous Capricorn, touched each of us in a remarkable and personal way, sharing not only his genuine brilliance for songwriting, but his joy for life, his rock 'n' roll love. Now we see... the Starman who'd 'love to blow our minds' was indeed the man himself, dignified in his devotion to creative bliss, light and love."

Tributes to Bowie have come from presidents, astronauts and the Archbishop of Canterbury, Justin Welby, a long-time fan, as well as a group of Belgian astronomers who have registered a constellation of seven stars in his name. They form the shape of a lightning bolt. ■

David Bowie memorial (2016) in Brixton, London, his birthplace



(Photo: David Shankbone)

THE MEDIUM, THE ENTERTAINER & THE MEDIA MOGUL

LISA WILLIAMS TALKS TO
ROY STEMMAN ABOUT
HER REMARKABLE CAREER

THREE special people are given credit by Lisa Williams for their important roles in her remarkable journey from a blossoming psychic in the UK to becoming one of US television's most popular mediums.

The first was her maternal grandmother, Frances Glazebrook, a natural psychic and medium who encouraged Lisa to follow in her footsteps. She even predicted that one day her granddaughter would be demonstrating her abilities to very large audiences.

Lisa, it must be said, didn't believe a word of it, even though she knew her grandmother's talent kept her busy, at home in the Midlands region of England, and also abroad. Frances' constant overseas travel led to her being called "Airplane Nanny" by the young Lisa.

By the time she was three years old, in 1976, Lisa's psychic powers were beginning to manifest. Her family were living in a flat in Birmingham, West Midlands, when Lisa began seeing ghostly images in her room. They appeared to come out of the walls and, understandably, the experience frightened her.

Her parents decided she had a vivid imagination and eventually she got used to the strange manifestations.

The first walking, talking spirit she encountered was at the age of four. A distinguished looking man wearing a brown suit appeared in the hallway and followed her into the dining room where the family was about to have dinner.

He spoke to Lisa, telling her, "Don't eat your peas or you'll die". When she told her parents they dismissed him as one of Lisa's imaginary friends. It was only later that Lisa discovered her father's great uncle had

choked on a pea and died, before she was born.

Lisa was eight when her maternal grandfather passed away, and only then did Frances start going to the local Spiritualist church. Her husband had been a staunch nonbeliever but now she was free to put her gift to good use in comforting those grieving for their loved ones without upsetting him. The Harborne Healing Centre became her favourite place to demonstrate.

It never occurred to Lisa that her own psychic powers would develop to the point where she could follow in her grandmother's footsteps.

Instead, she took a variety of jobs, including holiday camp entertainer, barmaid, physical education instructor and singer. She married and had a son. And life, despite various personal and health challenges, was mostly fun.

Famous caller

At the same time, her psychic powers were growing stronger and, as well as providing colleagues with spontaneous messages, she began giving readings to people who had heard on the grapevine about her unusual talent.

And that's when the second influential person entered her life unexpectedly.

"In June 2003, two weeks before my 30th birthday, I received a phone call from someone claiming to be a famous entertainer and, to tell the truth, I thought at first it was a hoax call."

The caller – who turned out to be who he said he was – told Lisa he had heard about her from two different people in the same week, so – as he didn't believe in

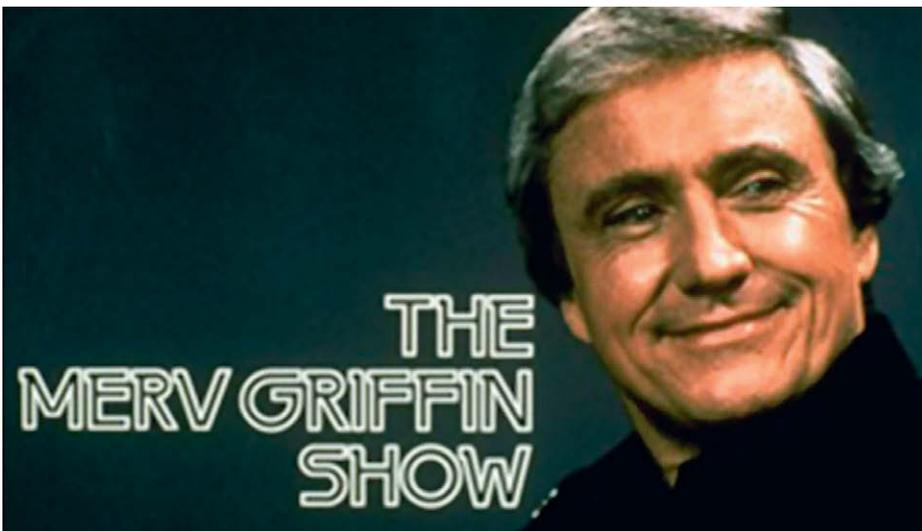


“

The first walking, talking spirit she encountered was her great uncle at the age of four

”





(Photo: Merv Griffin Enterprises)

“Griffin had a gift for spotting new talent and devising new television shows”

coincidences – he wanted her to give him a reading. She agreed.

The London-born entertainer had a home in London’s Chelsea, and when she stepped off the train from the Midlands a car was waiting to whisk her off to his apartment.

The sitting lasted two hours and, as well as discussing various projects she saw him working on in the future and answering specific questions about them, Lisa also spoke to him about the spirits who had joined them and what they had to say.

Clearly impressed with what he had heard, the entertainer, who spends much of his time in Los Angeles, asked Lisa to stay in touch, adding: “I have a feeling you and I are going to be friends for a long time.”

They remain good friends to this day and Lisa refuses to identify him. But an Australian website has suggested that he is Seal, the London-born singer-songwriter (see panel, “Who is mystery entertainer?”).

A few weeks later, he phoned Lisa from LA for a phone reading and their conversation ended with his suggestion that she should come to the southern Californian city, famous for its movie and television industries.

“I’m telling you, you will absolutely love it here, and LA is going to love you,” he said. “You’ve got to make it happen.”

He told her she should plan on staying at least three months. After talking it over with her then husband, Kevin, she decided to take his advice and, together with four-year-old son Charlie, the three arrived in Los Angeles in March 2004.

Her reputation had gone before her and Lisa was soon giving readings in between sightseeing and doing all the other things tourists do when they arrive in California for the first time.

Her entertainer friend was delighted she had taken his advice and a few weeks into her visit invited her and Kev to see him perform at the famous House of Blues on Sunset Boulevard. Afterwards, they

were invited to the Green Room where he introduced her to some of his friends, telling them Lisa was the clairvoyant he had spoken about.

As a result, she gave eight sittings the following week, including one for the daughter of a famous, long-dead actress who communicated, though Lisa had no idea of the daughter’s identity at that time. More recommendations followed and Lisa was soon giving two readings a day, but that was her limit as she still regarded this as a vacation.

Among those who called for an appointment was a woman named Lauren. Impressed with what she was told, she said to Lisa, “I know someone who will be interested in meeting you. Have you ever done any TV work?”

Perfect project

Despite Lisa’s negative response, Lauren added: “Well, this gentleman is in the television business, and I work for him. He is developing a project that would be perfect for you.”

Lisa expressed interest and within 20 minutes of leaving Lisa’s apartment Lauren was on the phone to arrange a meeting with him the next day.

And that’s when the third influential person stepped into her life. His name was Merv Griffin. It meant nothing to Lisa but almost every American knew him. He was a celebrated American singer, TV show host and media mogul and he immediately saw that Lisa’s psychic powers combined with her bubbly, no-nonsense personality would be both entertaining and thought-provoking on television.

Griffin had a gift for spotting new talent and devising new shows. He was the brains and the face of *Jeopardy and Wheel of Fortune*. And he was about to make Lisa Williams an offer that was too good to refuse: her own TV show.

“I had no idea who he was, when I was

introduced to him,” Lisa explains. “He was just this lovely older gentleman who believed in my gift and wanted to create a television show around me. It wasn’t something I went searching for in any way. “He was very influential in my life,” she adds. “He was very spiritual, he had a spiritual way of life. But I never gave him a reading as such. He never wanted a reading and whether or not he believed in psychics and mediums, he totally believed in me and my work.”

“He brought me back to America and with Lifetime TV created the hit TV shows *Life Among the Dead and Voices From the Other Side*, in which I did live one-to-one readings for people in the studio. Those shows, and *Lisa Williams Live* which were recordings of my live audience events, are still being shown all over the world.”

They led, in turn, to guest appearances on all the big name chat shows, including *The Oprah Winfrey Show, The Ricki Lake Show, Good Morning America, The Today Show, Larry King Live* and *Jimmy Kimmel Live*.

Lisa was putting the finishing touches to her autobiography, *Life Among the Dead*, in 2007 when Merv Griffin passed away. In a preface that pays tribute to his important role in her life – she describes him as “my own personal angel – she writes: “Merv once said that even after he was gone he would continue to executive produce my show, and he has kept his word.”

She has since written two more books: *The Survival of the Soul* (2012) and *I Speak to Dead People. Can You?* (2014) and has launched the Lisa Williams International School of Spiritual Development to help teach others how to develop their psychic and mediumistic abilities.

“I push them hard,” she confesses. “I can be quite mean in my training. But it’s essential if they want to develop and enhance their gifts.”

Having now lived and worked in the USA for nine years, does she intend staying for good?

"I love being in the States," she responds. "That's not to say I wouldn't come home. But at the moment, because of my son and the way my life is, I have had to make America my home."

"I remember my psychic grandmother saying, 'Lisa, you're going to live in America, you're going to be famous. You're going to do all this stuff.' And I thought, 'No, I'm never leaving England. Never.' I was such a home girl. But here I am. I do miss my friends, though."

Are American sitters' expectations different to the British, I wonder?

"I've noticed that in the UK when I am giving messages it's much more about evidence. In America they want evidence from their loved ones too, of course, but they also want to know about relationships and career – more materialistic things – which are referred to as 'the healing message.'"

Fond memories

Before she embarked on her American adventure, Lisa regularly attended services on Wednesday evenings and also demonstrated at Studley Spiritualist Church, just outside Redditch, Worcestershire. She has fond memories of that experience.

She also offered her services at another Spiritualist church but was rejected. She excuses them on the grounds that they were "a bit stuffy".

"They wanted to know who had trained me, had I received platform accreditation from the Spiritualists' National Union, had I studied at the Arthur Findlay College. When I said 'No' to all of those questions they said I couldn't serve. I was really mortified."

"But in the future I'd really love to serve Spiritualist churches in the UK, if they'll have me."

She may not have the accreditation that some churches require, but she has demonstrated her mediumship at large public events in Australia, New Zealand, Canada and in Europe. In Sydney, Australia, she attracted a 4,000-strong audience.

Fortunately, Lisa enjoys travelling.

America has been very accepting of the self-taught English medium. Not only does Lisa serve various churches but she is also active within the famous Lily Dale Assembly in upstate New York where she and her son now live. She makes regular appearances at the Spiritualist camp's Church of the Living Spirit.

How does her teenage son view life in a Spiritualist community, I ask.

"He is so used to having a mum who speaks to dead people," Lisa laughs. "It has always been his life. I have done it ever since he was a baby and before he was born. So, it's normal to him."

"He does think it is a bit weird but I think he likes having a famous mum. Living in Lily Dale has been an adjustment after our time in Los Angeles, but it is so much like England."

"Lily Dale has a lot of culture, it is very easy. It's surrounded by countryside and it has an English vibe about it. So I think he likes it for that reason."

Though Lisa Williams has described her success as being "in the right place at the right time" she also believes in predestiny.

"I do believe that we meet people for a reason, that those encounters are predestined. But we also have free will – we have choices to make."

One choice the former singer made around 2015 is to end her demonstration with a song. "I call myself the singing psychic," she confides.

Though guiding others in making the right decisions for happy and successful lives is very much part of her daily routine, Lisa Williams does not appear to have the same need.

She has no unfulfilled ambitions and, having recently revealed publicly that she is a lesbian, is also relieved to have come to terms with her sexuality.

"I am extremely grateful for what I have got and for what I continue to have. And so I live each day in the present and in the moment and see what life gives me." ■



FIND OUT MORE...
 Want to know more about Lisa Williams? See her website: www.lisawilliams.com.
 Her books, *Life Among the Dead*, *The Survival of the Soul and I Speak to Dead People. Can You?* are all available on Amazon.
 YouTube offers a number of her one-to-one TV readings; just type "Lisa Williams" in the search box.

WHO IS MYSTERY ENTERTAINER?

Although Lisa Williams will not confirm the identity of the entertainer who suggested she should visit Los Angeles – a move that changed her life – it seems highly likely that it was London-born Henry Olusegun Adeola Samuel, better known by his stage name, Seal.

That's the claim made by Heidi Maier in a 2013 online profile of Lisa on an Australian gay and lesbian website (www.samesame.com.au).

There seems no reason to doubt it, however, since Seal – who has sold over 30 million albums worldwide and been recognised by three Brit Awards, four Grammy awards and an MTV video music award – just happened to be starring at the House of Blues on Sunset Boulevard (see main story) in the month that Lisa's anonymous entertainer friend invited her to see him in concert.



Did award-winning singer songwriter Seal encourage Lisa to visit Los Angeles
 Photo: Eva Rinaldi

The magic and mystery of standing stones



In what is destined to become a classic of its kind, in September 2018 Watkins released a massive 400-plus page volume on standing stones. Called “The Old Stones: A Field Guide to the Megalithic Sites of Britain and Ireland,” it was edited by Andy Burnham (pictured above) in collaboration with the Megalithic Portal.

Andy is founder and editor of the portal, which has members from throughout Europe and many parts of the world including North America, Australia, New Zealand and Japan.

The most detailed field guide ever published on the prehistoric places of Britain and Ireland, the book features more than 1,000 sites – hundreds of which are not covered elsewhere – with over 500 colour photographs.

The Foreword is by Mike Parker Pearson, Professor of British Later Prehistory at University College London. There are also contributions from Hugo Anderson-Whymark, Curator of Early Prehistory at National Museums Scotland, and Vicki Cummings, Reader in Archaeology at the University of Central Lancashire. Here, Andy takes part in an interview with the editor.

Let’s start with Stonehenge, which is visited by over one million people a year. I appreciate this will be very difficult, but based on what’s in the book, can you give a brief history of Stonehenge?

These points spring to mind. How did ancient man erect the stones? To build Stonehenge took over 30 million hours. Does this suggest that hundreds, if not thousands, of people were involved in its creation?

Were the stones obtained locally? How were they shaped and transported to the site?

Stonehenge started as a huge ditch and a bank around 3,000 BC. The ditch is 320 metres (1,050 feet) long. Building it involved removing solid chalk weighing an astonishing 3,500 tons.

By about 2,500 BC, the large central sarsen stones had been added. These were brought about twenty miles to their current location, which is a long way when you consider their huge size.

Moving them was a big deal. Probably some form of rollers or slides must have been used. I think a few hundred people could have moved them, as organising thousands of people gets tricky. They were shaped on site.

The smaller bluestones were brought almost 200 miles from the Preseli Mountains of West Wales, probably transported by land and water. Possibly, these bluestones were lying on Salisbury Plain all along and were carried there by a glacier. That’s something we explore in the book.

It seems that a ditch at Stonehenge “was dug using pickaxes fashioned from red-deer antlers.” Does this indicate that the area was once wooded, fertile and very different from today?

Yes, that’s right. There was much more forest and a lot of forest clearance going



PROBABLY Britain’s best-known ancient monument, Stonehenge began as a huge ditch and a bank around 3,000 BC. It is located near Amesbury, Wiltshire.
(Photo: The Old Stones/Richard Cassidy/Shutterstock and Watkins)



THIS wonderful double spread photograph shows the Callanish Stones on the Isle of Lewis. Located on a hillock called Cnoc an Tursa ("Hill of sorrow"), from above the setting of around 40 stones resembles a Celtic cross. (Photo: The Old Stones/Swen Stroop/Shutterstock and Watkins)

on. Sadly, this is much like today in parts of the world.

Isotopic analysis of cattle bones found at Stonehenge "has revealed that animals were likely brought to Wiltshire from as far away as Scotland." This would have taken weeks, if not months. Why bring animals all the way from Scotland when they were available locally?

What was the main purpose in creating Stonehenge? Was it religious and spiritual or to do with the alignment of the sun, moon and planets?

It seems that people congregated at Stonehenge from all over Britain around Winter Solstice time, bringing animals with them for slaughter, a kind of "Bring your own food" arrangement, presumably with celebration and ceremony as part of the process. The celebrants would presumably have helped to build the monument while they were there, adding a bit each year.

We know that feasting went on at nearby Durrington Walls, where people stayed over, but not at Stonehenge itself, which was presumably a mark of its significance.

Stonehenge has solar alignments built in and must have been a very special spiritual place for people to travel all that way. As they kept adding to it and remodelling it, I think the construction process was part of the celebration and veneration as much as the finished monument.

I suspect it would have been considered an honour to take part – perhaps some of the site's magic would rub off on you too.

A CHAMBERED tomb on a ridge in a very atmospheric wooded setting above the River Taf is known as Gwal-y-filiast. The chunky capstone is supported by four uprights and points toward the river. It is near Llanboidy in Carmarthenshire. (Photo: The Old Stones/Karen Sawyer/Shutterstock and Watkins)





THE Avebury stone circles in Avebury, Wiltshire. Like Stonehenge, this is a complex monument built in a series of stages over perhaps a millennium. (Photo: The Old Stones/Richard Hayman/Shutterstock and Watkins)

I think this explains why people freely gave so much of their time to build such places.

Orkney is rich in ancient monuments. At one late Neolithic village, stone furniture has survived. At another site, the remains of very large buildings were discovered. They were, it seems, clearly designed for congregating and feasting.

What do we know of the peoples concerned? Was there a hierarchy and a form of democratic society? What did they eat? How did they light and heat their homes?

There must have been a hierarchy, as only a few select people were buried in the massive chambered tombs of Orkney and the north of Scotland, and you have to organise the construction of such things.

People living close to the sea in Scotland would have eaten a lot of fish and seafood such as limpets. You can still find the shells they threw away as part of huge middens.

Heating and cooking would have been

with fire and probably someone worked out how to make oil for lamps from seabird or whale tallow.

Earlier, we learn that there are “many thousands of megalithic sites in countries such as Germany, Denmark, France, Spain and Portugal, and in eastern Europe. There are also many ancient sites in the USA and the rest of the Americas.” India and China are also mentioned.

Can we assume from this that ancient man travelled hundreds if not thousands of miles, as it cannot be pure chance that similar sites have been found around the world? If so and people crossed oceans, do we know what their boats were built of?

I think the concept of expressing yourself by building great monuments is a universal human need whether in stone – where available – or if not with giant tree trunks. It was part ceremonial, part showing off your skills.

People travelled from Scotland to Orkney, Shetland and across to Norway, as did the Vikings, of course. Their boats would have been quite similar, but perhaps a bit less sophisticated.

They must have had substantial boats, as amazingly we now know that they transported red deer long distances by boat and presumably other livestock. Imagine that!

What – and why – is the most unusual site you have ever visited?

I like underground sites – caves that people used. I think the giant tombs are like creating artificial caves, especially something like the Dwarfie Stone on the isle of Hoy in Orkney.

It is a space hewn inside a solid rock: that’s saying something very powerful. I get the impression that standing stones were intended to point to the sky, but in contrast, caves, tombs and dark places like

POULNABRONE ("Hollow of the millstone") in County Clare is one of the most photographed sites in Ireland. The mixed bones of at least 35 people were interred here around 3800-3200 BC. Other items discovered include fragments of pottery, a polished stone axe, flint tools, two stone beads and a bone or antler pendant. (Photo: The Old Stones/STLJB/Shutterstock and Watkins)



this invoke the spirits of the underworld. Again, this is pretty much universal.

We live in an electronic and very technical age and yet so many people are still fascinated by standing stones and stone circles. Why do you think this is?

Well it's coming back to that deep primal need to appreciate great monuments and a feeling of being able to get inside the heads of people from so many millennia ago.

The people who built these sites were essentially the same as us. They were the technologists of their day, working out how to knap flint without it breaking – very much not as simple as it looks – and to cast bronze, again hard to replicate today with the quality that they managed. They also created delicate things such as jet and gold jewellery with great skill.

What are the most important aspects we can learn from these ancient monuments?

I would say respect for nature, but that's really not what they are about: they are a symbol of the mastery of nature. I think they're a symbol of a determination to make your mark on the landscape and show what you can achieve even with very limited means if you put your mind to things.

You are obviously an expert on standing stones, etc. What first sparked your interest?

Visiting Cornwall from an early age. You can hardly miss all the amazing megalithic sites there.

Are stone circles and standing stones still

being discovered all over the world? If so, it is generally due to storms at sea, for example, crashing to land and unearthing them?

Generally, stone circles and suchlike are pretty hard to miss, so most of them have been found. However, sites do come out of erosion from storms, a good one being the Links of Noltland – again on Orkney – where there's a race against time to excavate what there is before the next storms possibly wash it all away.

The press release for this book states that it covers the stones' "spiritual and astrological significance of their placements, shapes, and locations; testimonies of otherworldly experiences at the sites; stories of unexplained healing through engaging with the stones; demonstrations for dowsing; and much more."

Can you give examples of otherworldly and unexplained healings at some of the sites?

Many stones have stories of healing properties, particularly holed stones you can climb or be passed through as a child such as Men an Tol in Cornwall. Somewhere that has recognised healing properties is the Li Mizzani Tomba di Giganti in Sardinia.

Another good example is the famously picturesque Crick Stone in Cornwall. As the book details, being passed or crawling through the hole was once believed to cure childhood rickets and tuberculosis, as well as aiding fertility, rheumatism or spinal problems in adults. There are also stories of a fairy guardian with the power to heal the sick.

Still in Cornwall, Carn Gluze was hidden

for many years beneath mine waste before being excavated in the late 19th century by William Copeland Borlase. An antiquarian and Liberal MP, apparently he was drawn here by miners' tales of mysterious lights and dancing fairies.

Can you name the oldest standing stone or stone circle in the UK?

Many of the Orkney sites I've mentioned are very old – up to 5,000 years.

These monuments once held tremendous significance for ancient peoples. What's the latest theory about why they stopped creating them?

That's a really interesting question, but I don't think anyone really knows. Perhaps iron and metalwork took over as a more significant "spectacle" in people's lives.

Although Iron Age people carried on raising standing stones over in Norway, they did not do so in Britain or Ireland. It's very odd.

People still had an interest in building monumental structures, but they were more in the form of great defensive ditches and banks, as hill forts and dykes – great long earthen barricades.

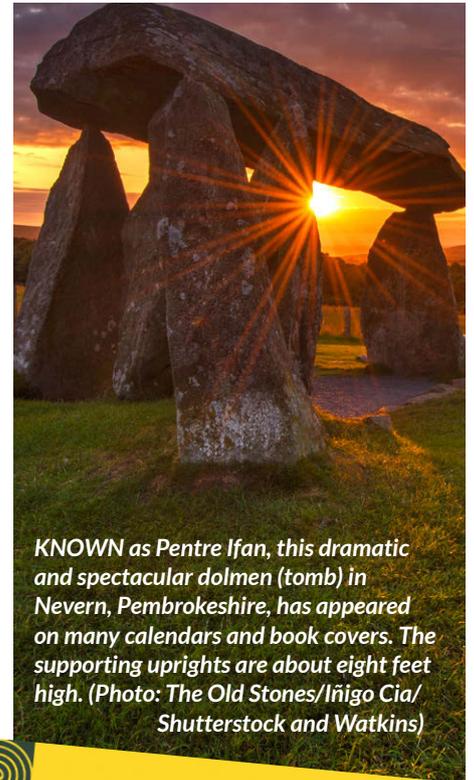
Obviously a massive amount of work has gone into this book. Images have come from as far afield as New Zealand and Japan after members visited your megalithic portal. How long did it take to compile the book from start to finish?

We've been working on it for well over a year. The last few months were pretty much full-time for me. I'm really glad you like it!

Code of conduct when visiting sites

"The Old Stones: A Field Guide to the Megalithic Sites of Britain and Ireland" covers the subject from every conceivable angle with maps and specific instructions on how to find a particular site. Once there, it suggests this code of conduct.

- Much damage is done accidentally by people who mean no harm. Think twice, and don't do anything which would cause degradation to the monument.
- Check access. Exclusions to the "right to roam" include private gardens and cultivated farmland (unless on footpaths or field margins).
- Get permission to visit sites on private land. This is usually granted if asked for politely. Many landowners appreciate their sites as much as we do, but repeated unauthorised visits could lead to access being denied to all.
- Don't climb on the stones or on rock art.
- Don't try to remove lichen or dig near an ancient site.
- Don't use wax candles or nightlights inside tombs. You can get very effective LED candles that are much cleaner and safer.
- Don't light fires close to sites.
- Do not move, mark or alter the site in any way, even temporarily.
- Don't hide caches immediately in or around sites or use metal detectors.
- Any artefacts found should be reported to the local museum or via the Portable Antiquities Scheme (finds.org.uk).
- Do not fly drones around ancient sites without permission. For aerial photography, try a kite or long pole instead.
- All in all, please be respectful. Keep dogs under control and don't "hog" the monument for your own rituals/purposes if there are others around.



KNOWN as Pentre Ifan, this dramatic and spectacular dolmen (tomb) in Nevern, Pembrokeshire, has appeared on many calendars and book covers. The supporting uprights are about eight feet high. (Photo: The Old Stones/Iñigo Cia/Shutterstock and Watkins)

Pain vanishes at stone circle

Here, a contributor to the Megalithic Portal who goes by the name of Rune gives some advice with a paranormal theme.

IN contemporary western society, people who report experiencing anything at all unusual at ancient sites or elsewhere are often derided, although other cultures have greater respect for "otherworldly" experiences.

Much depends on your approach to a site. If you barge in looking for photo opportunities, you aren't likely to have much in the way of spiritual experiences.

However, if you deliberately shift your consciousness by approaching a site as a sacred space, asking permission to enter and abiding by the answer, you are more likely to experience something special.

Your intuition and perception will be heightened while your rational brain will be quieted, which is essential for any out-of-the-ordinary experience. Feeling ready for something unusual to happen doesn't guarantee that it will, but if it does, then you are more likely to experience it fully.

Be respectful. According to several accounts, a certain site in Ireland will deter disrespectful visitors by making them slip, trip or fall.

When you walk into a stone circle, you may notice an immediate change in ambience. This might manifest as a feeling of pure peace or perhaps as a change in temperature. Maybe the wind that had seemed biting now loses its chill, although

the stones are too low to provide physical shelter.

Some people have found that each site seems to have a boundary or boundaries around it, which manifest as three rings or bands.

At the Ring of Brodgar, for example, you can feel a change in atmosphere at each band (at the top of the ditch, at the bottom of the ditch and at the top of the inner bank). You can dowse for the bands or simply try experiencing them.

One experience that really stands out for me took place at Duloe, an absolutely enchanting stone circle, with its blocks of white quartzite. I was suffering from a fair bit of pain in my hips as I walked or rather hobbled into the circle.

I was near the centre, just taking in the atmosphere, when I heard three short sounds, one after the other. I have no idea what they were – certainly not traffic noise or any sound I could place. Immediately after, the pain disappeared and I was overjoyed to be able to walk normally and really enjoy my time in the circle.

If a place gives you the creeps or you feel that it is "evil," heed your instincts and go home. You are in the wrong frame of mind to connect with the site.

People report many different sensations from touching standing stones, ranging from pleasant tingles to electric

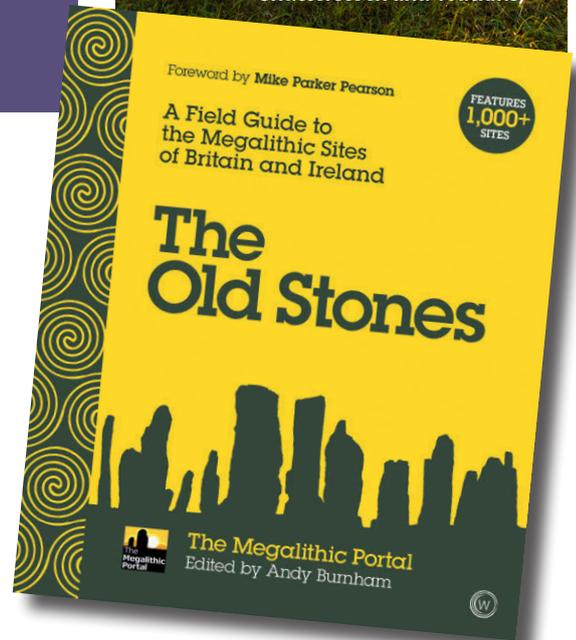
shocks.

They might identify warm spots, bands of different sensations, or even a pulse or a heartbeat in the stone.

Some have been literally thrown off their feet through contact with a megalith, while others have experienced a flood of insight and knowledge akin to a sudden information download.

Some people develop a real affinity with a site and are drawn to return to it again and again over the years. Of course, just because one person has had an experience does not guarantee that anyone else can replicate it.

■ *The recommended retail price for "The Old Stones: A Field Guide to the Megalithic Sites of Britain and Ireland" is £29.99. It can be bought online at sites such as Amazon or ordered from your local bookshop.*





ADVERTISING

Please note: During the coronavirus crisis, most of the shops and centres featured will currently be closed but please do check with their websites and Facebook pages for details of any online or postal services they can provide and when they will re-open.





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 potentisation 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.

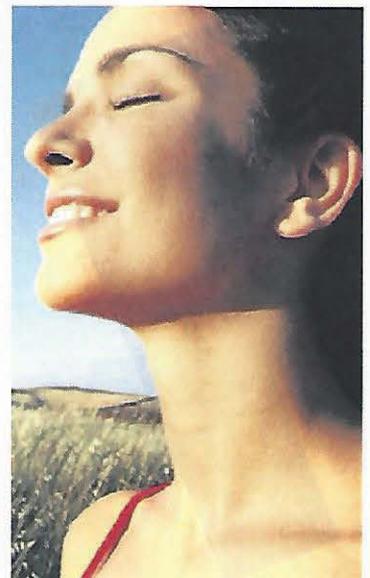
"In the 45+ years, I have been involved with this remarkable substance and my unique formulation," explained Irene, "there have never been harmful side-effects or contra-indications in any way, shape or form, including diabetics who are actually able to lower their units of insulin they take. Many people 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**



THE JOURNEY WITHIN

Spiritualists' National Union Church

25 Carr Street, Pompton Lakes, NJ 07442, USA

The Rev. Janet Nohavec, Pastor

Tel: 973-616-9685

Sunday Services 9:00am and 11:30am

Mediumship Classes Mondays 7:30pm

(none in July and August)

Spiritual Healing and Message Service

Wednesdays of the month 7:30pm

(none in July and August)

Spiritualist Home Circles Tuesdays 7:30pm (none in July and August)



- Private Sessions available with our international mediums
- A beautiful meeting room for rent
- Dining hall available for parties
- Weddings performed by our ministers in our chapel
- The Journey Within School for Mediumship featuring international mediums from Arthur Findlay College
- Gala Demonstrations of Mediumship featuring John Holland, James Van Praagh, spirit artist Joseph Shiel, Rev. Janet Nohavec and British mediums

A Spiritual Community dedicated to letting you search for the truth within your own heart!

www.journeywithin.org

**MON
NOW
OUT
NOW**

Drawing on the Passed

The Mediumship & Spirit Art of SANDY INGHAM

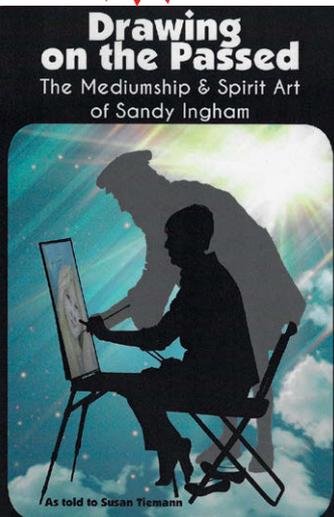


As told to Susan Tiemann

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*





Rev. Janet Nohavec

Spiritualist Minister & Teacher

Approved overseas tutor for
Arthur Findlay College

Pastor: The Journey Within
Spiritualist Church

Online: Evidential mediumship training
for groups or individuals

Consultant: Creating or growing Spiritualist
churches/centers

Online or in-person: Training of Spiritualist church
mediums towards evidential mediumship

Online classes: Evidential mediumship – all levels
– by internationally known evidential mediums

The Journey Within

25 Carr Street
Pompton Lakes
New Jersey
NJ 07442

973-616-9685



www.janetnohavec.com
www.journeywithin.org

Shop & Readings
ECLECTIC SPIRIT
High Street,
Lechlade,
Gloucestershire
GL7 3AD
Tel: 07964 613742
Email: eclecticspirit@outlook.com



**LECHLADE
SPIRITUALIST
CHURCH**
The Pavilion,
Memorial Hall,
Oak Street, Lechlade,
Glos. GL7 3AY
Divine Service
Thursdays 7.45pm

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.

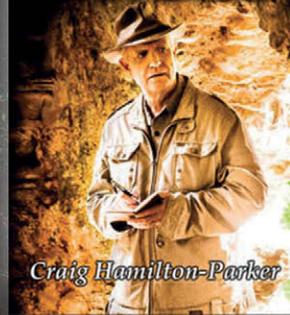
www.juliehincksmEDIUM.com

THE Est 1994
ALTERNATIVE GUIDE

**THE Free Guide to
Complementary Health & Healing
in London & The South**
www.altguide.com • 01424 465543

MESSAGES FROM THE UNIVERSE

Bestselling author
Craig Hamilton-Parker
explores the secrets
of the lost oracle of India



Craig Hamilton-Parker



ORDER FROM THE WEBSITE

psychics.co.uk

In this book I reveal the secrets of the Indian Naadi Oracle that tells me that new spiritual knowledge will be revealed to me by the gods—which I initially interpreted as my mediumship—and from studying the Naadis, learning astrology, and knowledge given directly by meeting living rishis. I share with you my work as a medium and how, together with my wife Jane, we took on the media and found our destiny.

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.

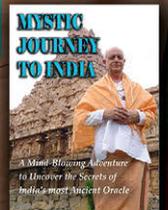
Mystic Journey to India

THE MOVIE
amazon
Prime

Watch 'Mystic Journey
to India' - a Spiritualist's
Search in Secret India.
Find it on Amazon Prime

and read the book too.
More info at Craig's website:

psychics.co.uk





Save the dates!
The next ISF training conference will be at the
Cober Hill Conference Centre
Scarborough, North Yorkshire, UK
25th-31st July 2020

Founded in 1923, the ISF supports Spiritualists throughout the world.
Encouraging Strength Through Unity, membership includes individuals and
organisations in 37 countries across all continents.

To find out more visit:
www.theisf.com

STEVE HOLBROOK TOUR DATES

Please note that limited dates have become
available for 2020
If you would like to book Steve for your venue,
centre or church, please call Rob Green on:
07834 218427
or email: rob.green4@btconnect.com



For full details of
Steve's tour dates
please visit our website
at:
www.steveholbrook.co.uk



Occasionally changes are made to
the venue diary, so please always
double check on our website



Due to the
recent closure
of churches,
centres and
spiritual shops,
the printed
version of the

**APRIL 2020
PSYCHIC NEWS MAGAZINE**
can be bought direct from us for just
£2.80 plus postage

**Buy direct from our website
www.psychicnews.org.uk**

**LET'S
GET
SOCIAL**

Follow *Psychic News* on

twitter

+

facebook

Keep an eye
on our
SOCIAL MEDIA
for exclusive
POP-UP
COMPETITIONS
to win
spiritual books
and gifts

Pauline Mason

International Medium

The Robin and Rainbow Centre
115b High Street, Hythe,
Kent CT21 5JH.

PRIVATE READINGS

Call Pauline on
07733 212286



www.psychic-paulinemason.co.uk

Clearly Destiny



12 Woburn Walk, London WC1H 0JL
Tel: 020 7387 0358

Website: clearlydestiny.london
or find us on Facebook

Email: clearlydestiny@gmail.com

Open Monday to Friday 10am-5.30pm
and Saturday 10am-4pm

See our website for details of our full programme of events, workshops, meditations, classes etc

 **PSYCHICFOX.CO.UK**

TEXT TAROT
to **82070**
+ QUESTION

Texts cost **£1.50** per message, we may send you a maximum of 3 billed message replies.

0911 102 2681

Calls cost **£1.50** per minute plus network extras

TERMS & CONDITIONS: Text Psychic Over 18's only with bill payers permission. Details may appear on phone bill. For Entertainment purposes Only. Phone Psychic Over 18's only with bill payers permission. Calls recorded & details may appear on phone bill. For Entertainment purposes Only. Service Provider Digital Select Ltd. Helpline: 0330 103 9999

IRENE AND DAVID JACKSON (MCSSI)
INTERNATIONAL SPIRITUALIST MEDIUMS AND HEALERS



Our credentials are husband and wife full-time working mediums and healers based in Poole, Dorset, with many years' experience of Mental, Physical, Deep Trance Mediumship, Workshops and Tutorials.

Whatever your spiritual needs are at this point in your life, we will be most happy to hear from you.

We are only an e-mail, text or telephone call away.

Tel: 01202 734841 or 07773 454 003

E-mail: djackson.crantock@virgin.net

SPIRITUAL SURGERY
EMOTIONAL HEALING
SOUL HEALING
UK AND WORLDWIDE

You can be treated effectively in the comfort of your own home



Telephone or video
real time appointments

Money-back guarantee on your first treatment

For full details see website:

www.spiritsurgeon.co.uk

Or contact Ed Pearson for a chat

via mobile or WhatsApp on

+44 (0)7771 862088



Silver Spiral
Holistic Health

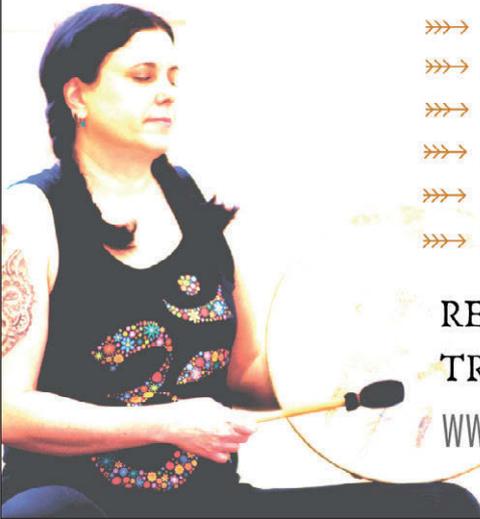


Zoe Smith
Colchester, Essex

HOLISTIC Therapies

- YOGA & Chair Yoga
- Reiki & REIKI DRUM
- DRUM Journeying
- Indian HEAD Massage
- REFLEXOLOGY
- Meridian Tapping - EFT

REIKI & Reiki DRUM
TRAINING courses
www.silver-spiral.co.uk



Sparkle of Light Spiritual Church



A congregation of Love, Healing and Support, where two worlds shall meet as one. With evidential proof of life after life, the existence of our spiritual soul.
There is no death.

EVERY TUESDAY

DOORS OPEN 7pm for 7.30pm START

**RHU & SHANDON COMMUNITY CENTRE
HALL ROAD, RHU, SCOTLAND G84 8RR**
alicetrevorrow@gmail.com

Guest psychic mediums who serve the church from all over the country

Healing and refreshments included. £4

Angel
Wings Art®



Gorgeous Angel Gifts and Psychic Angel Art

Jayne Tunney at Angel Wings Art creates beautiful spiritual art to connect you with your Guardian Angel.

Lots of spiritual gifts including crystals, jewellery, figurines, cherubs and angels. Perfect for connecting with angels and receiving wonderful messages through an angel card reading and personalised art.

Mind Body Spirit Fairs, plus Development Groups and a variety of treatments in our Angel Wings Holistic Room.

5 Arcade, Colne, Lancashire, BB8 0HX

www.angelwingsart.co.uk



Spirit of Awen, Ffwrwm, Caerleon NP18 1AG
South Wales' little shop of magic

Here be dragons... and jewellery, singing bowls, clothes, incense, tarot and greetings cards, essential oils, books, music... whatever your spirit needs is probably here!

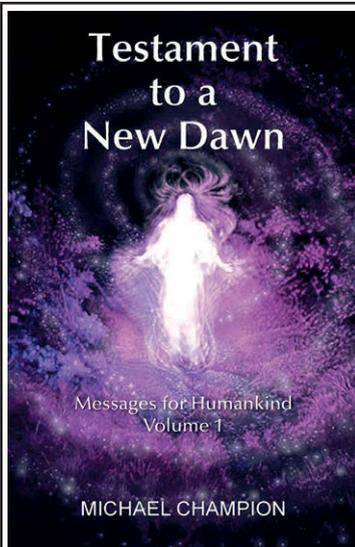
We host ceremonies to mark the seasons in our beautiful courtyard surroundings, open to all.

www.spiritofawen.com

Email: spiritofawen@hotmail.com

Like us on Facebook to see what's new!

Testament to a New Dawn



This collection of transcribed communications through 'mind transference' from Spirit Guides, Teachers and Beings of Light offers profound guidance and sometimes warnings to the whole of humankind.

The author's connection with these beings came as a complete surprise: while meditating one of these beings appeared to him.

Since then they have been constant companions, bringing him their profound messages.

Their appearance is tall and slim, dressed in a long white coat with a high collar. As the name suggests, they radiate light – you might know them as Angels or beings from higher dimensions or other worlds.

Available at: Amazon.co.uk or Waterstones.com

Happy Buddha

86 HIGH STREET, POOLE
01202 925 924

4 RICHMOND GARDENS
SHOPPING CENTRE
01202 677 023

Happy Buddha, a proud family run business, started back in 2014 as market stalls has now grown into the two shops you see today in Poole & Bournemouth.

Our ethos is completely fair trade, so we are able to offer delights from across the world guilt free! From large wooden carvings, to hand made dream catchers, backflow burners, water features, selection of Himalayan salts items, crystals, oils & plenty of Buddha's.

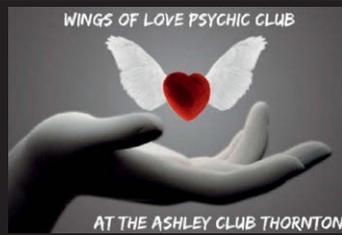
We are the UK's biggest supplier of Satya incense! Each member of staff has put their loving touch into the shops and a warm welcome awaits you.



www.happybuddha.co.uk

WINGS OF LOVE PSYCHIC CLUB

Run by Stacey and Susan
The Ashley Club,
Victoria Road,
Thornton Cleveleys,
Lancs. FY5 5HQ



We are a friendly small club with a big heart

We run our monthly events at the club on a Tuesday evening

We also stock a small selection of crystals which can be purchased at our events

Find us on Facebook for upcoming nights and mediums

Tel: 07511 612275
Everyone welcome

EVENINGS START AT 7PM

2nd June Medium:
SARA STIRRUP

30th June Gemstone Readings with FI NICKS
Choose from a range of gems for FI to read from and take it home to keep

28th July MELISSA HART
Tarot/Angel Cards & Mediumship
DUE TO THE CURRENT COVID-19 PANDEMIC, PLEASE CHECK OUR FACEBOOK PAGE BEFORE ATTENDING

Butterfly Tarot

66 West Yard, Camden Lock Market
Chalk Farm Road, London NW1 8AF



WEBSITES:

tarotcamdenbutterfly.com

berylstockman.wixsite.com/butterflytarotcamden

FACEBOOK:

www.facebook.com/camdenbutterflytarot

Open 7 days a week for
Psychic Tarot Readings
and other services

We stock Tarot and Oracle Decks, Books, Crystals, Sage, Palo Santo and a variety of other items to help with your spiritual work

HIGHLAND HEALING SPACE

Inverness, Scotland



Helene Fleming works from her studio to bring you a holistic approach to health and wellbeing

On offer are Courses, Workshops, Sessions, and a full programme enabling you to relax and access your potential
Sound Healing, Reiki, Tai Chi, Qigong and Meditation are the main focus, but check out the website for more!

Check the events diary for regular Sound Baths and Workshops

www.highlandhealingspace.com

Tel: 07985 983160

Email: helenehealing@hotmail.com

Like us on Facebook to stay up to date

ANGELS WHISPERS

North Park Pavilion,
Weekly Glebe Road, Kettering,
Northamptonshire NN16 9JT



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

Harry Edwards Healing Sanctuary, Burrows Lea, Hook Lane, Shere, Guildford, Surrey GU5 9QG
www.harryedwardshealingcollege.com

SNUi Divine Service

Online Divine Service

Every Sunday at 6.30 pm UK

www.snui.org.uk

Let's join in prayer
and help the World

OPEN TO THE PUBLIC
NO PASSWORD REQUIRED

LET'S
GET
SOCIAL

Follow Psychic News on

twitter

+

facebook

Keep an eye on our SOCIAL MEDIA for exclusive POP-UP COMPETITIONS to win spiritual books and gifts

CAMBERLEY SPIRITUALIST CHURCH

112 GORDON ROAD, CAMBERLEY, SURREY GU15 2JQ

Website: www.camberleyspiritualistchurch.org ~ Tel: 01252 879719

**SUNDAY SERVICE
AT 6.30PM
WITH A DIFFERENT
MEDIUM EACH WEEK**



**TUESDAY CLAIRVOYANCE
AT 7.30PM
WITH A DIFFERENT
MEDIUM EACH WEEK**

PLUS SPECIAL EVENTS, OPEN PLATFORMS, WORKSHOPS AND AWARENESS CIRCLES

PANDORA'S MYSTICAL CRYSTAL UNIVERSE

Call: 07500 505484
Facebook: pandoras
mystical crystal universe



Natural crystals, original stone ornaments, crystal skulls, crystal balls, sculptures and other crystal products. Himalayan salt lamps, selenite. Large church amethysts, citrines, clear quartz & coffee tables to order. Great selection of tarot and angel cards.

Meditation and crystal classes.

Mediumship nights (dates posted on Facebook)

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:

Monday & Wednesday: 4 Regents Terrace, Bridlington YO15 2PD
Readings & small amount of stock (Please book readings)
Thursday to Sunday, 8am - 5pm: Shambles Market, York YO1 8RY
Also, appointments from home (Barlby, North Yorkshire YO8)
to view crystals or for a reading (please book in advance)

Wellbeing at With Complements
36b High Street, Burton Latimer,
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
follow on Facebook at:
Wellbeing at With Complements**



Healing Hearts Spiritual Centre

A superb platform medium every week, psychic surgery, healing, stalls, 1-2-1 readings & luxury raffle.

Doors open EVERY Tuesday at 6.00pm for 1-2-1 readings & healing.

Platform demonstration begins at 8.00pm - 9.15pm.

£4 entrance fee includes FREE buffet with cakes and all refreshments.

HEALING HEARTS PSYCHIC SURGEONS

See contact details below for opening times
(£5 minimum donation includes refreshments)

All profits above running costs to 4 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



SACRED SOUND HEALING & ARTS CENTRE

SSHAC

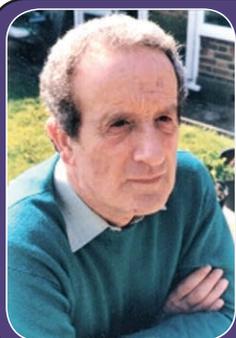
SSHAC is a Multi-faith Community Centre Hub

Our aim is to build a strong, healthy and cohesive community, offering a place of safety and support, where people can come to learn, build self-esteem, personal empowerment, wellbeing and resilience

We offer a wide range of classes from Meditation, Stress Management, Self Healing, Tai Chi, Shamanic Drumming, Angelic Higher Order Channelling, Yoga, Belly Dancing, Sound Baths, Mantra, Spiritual Development, Talks and Demonstrations, Holistic Therapies, Reiki Training, Art Exhibitions and So Much More!

Rooms to hire from £8 to £12 per hour for meetings, workshops, exhibitions and events
*T&Cs apply.

Kirkland Avenue, Mansfield, Notts, NG18 5QP
Contact 07806305304
www.sacredsoundhealingartscentre.org.uk



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

CLASSIFIED ADVERTISING

READINGS

OFFICIANT SUSIE MATTHEWS

Is available for
Weddings, Funerals, Namings and
Memorial Services in the Portsmouth area
As well as Private Readings
Email: susiematthews@yahoo.com
Or call: 07809 243283

PSYCHIC POSTAL READING £15
KELLY CUMMING
24 Baglan Heights,
Port Talbot SA12 8UF

JAMES - Medium
Telephone Readings
£15 by appointment
Tel: 0780 4871 958

ACCURATE CLAIRVOYANT
POSTAL READINGS
Palmistry included if able to send photos
of both hands front and back,
stating right or left handed.
Please send SAE, £25, full name,
date, time (if known), place of birth,
and any questions to:
Louise Ridley Foreman
c/o PO Box P1,
Psychic News,
Unit 2, Griggs Business Centre,
West Street,
Coggeshall,
Essex
CO6 1NT
or email: divinology@gmail.com

SANDRA YVONNE
A caring Medium
with over 35 years' experience
Offers Tarot, Runes, Crystal Ball,
Mediumship/Clairvoyance and More
Face to Face, Telephone and Postal Readings
Call me for direction and guidance on:
020 8765 9049
E-mail:
diamond27@talktalk.net

TERESA
Clairvoyant Medium ~ Aberdeen
Phone Readings - £20
Tel: 0782 613 7619

JAN
Medium and Psychic Intuitive
Telephone Readings
Card Payments £15
Tel: 07732 119433
www.telephonejan.simplesite.com

SHIFTING SANDS TAROT
Guidance on life goals, relationships,
discover hidden issues at work
Postal Tarot Readings
(approx. 2,000 word report)
Send question plus payment of £20.00 to:
Shirley Heelas,
14 Scratby Crescent,
Scratby,
Great Yarmouth,
Norfolk NR29 3QR
Tel: 01493 730137

VIOLET MOON Spiritual Centre

Ruskin House,
Nelson Mandela Room,
23 Coombe Road
Croydon CR0 1BD



Fridays: 7pm - 8.30pm
Demonstrations of Mediumship/
Clairvoyant Events
Website: www.violetmoonpsychic.com
Email: lorraine@violetmoonpsychic.com

VIOLET MOON PSYCHIC
Upstairs at Ashnaa Salon,
6 George Street, Croydon CR0 1PA
Crystal sales, face-to-face Psychic,
Spiritual Tarot and Angel Card Readings
Pre-booked appointment times available between
11.30am - 6.15pm Tuesday - Saturday
Phone or Skype Readings Available
To book appointments:
Mobile: 07930 809 172 or 020 8251 7165
Shop Online: www.violetmoonpsychic.online
Email: violetmoonpsychic@outlook.com

EILEEN RENDLE
Experienced Clairvoyance
Psychic/Card Readings
One-to-one or phone reading
Phone: 01288 356802
www.eileenrendle.com

GENUINE
EXPERIENCED CLAIRVOYANT
Accurate written readings £39
Please write to:
Karen
111 High Street
Ilfracombe EX3 9ET

TAROT AND ORACLE
READINGS
Guidance & Direction
Oxford Area
For an appointment call:
07849 756985

DAVID SPENCER
Experienced
Spiritual Medium/Clairvoyant
offering
Spiritually-guided Postal Readings
Send brief letter and £25 to:
Mr D. Spencer,
22 Skylark Rise, Tavistock,
Devon PL19 9FT

POSTAL MEDIUMSHIP READINGS
now available on CD only from
ANDREW WOODLEY
Please send cheques/postal order for £20 to:
5 Maes Y Ffynnon,
Cerrigydrudion,
Corwen, Wales LL21 9SE
Allow ten days for despatch
Please include your name, address,
telephone number and date of birth
www.andrewwoodley.co.uk

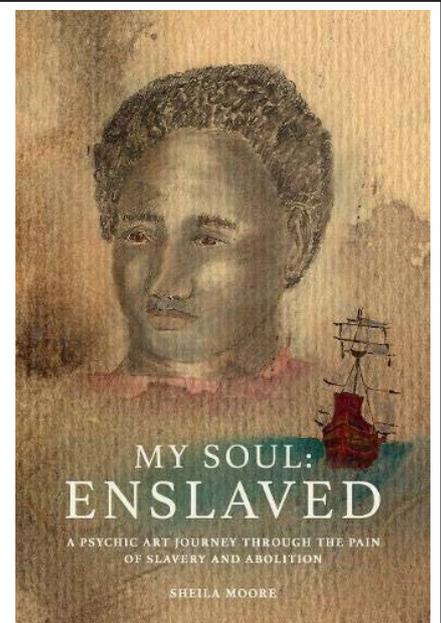
SIMPLY THE BEST
Clairvoyant Psychic Medium
Telephone Readings £10
Contact Psychic Sarah
on: 023 8033 8033
or: 07799 644 005

TAROT - REINCARNATION
READINGS
What were your past lives?
How do they affect your current life?
Detailed reading within 7 days
Introductory Offer £20
Write to:
Shirley Heelas,
14 Scratby Crescent,
Scratby, Great Yarmouth,
Norfolk NR29 3QR

ASSOCIATIONS

THE BRITISH MEDIUM AND
PSYCHIC ASSOCIATION
UK-wide directory of
mediums and psychics
www.britishpma.co.uk
FREE TO JOIN
For guidance, support and advice
contact us now.

BOOKS



Available from bookstores,
Amazon etc.

ISBN 978-1-9161899-0-4

CLEARANCE SALE
Spiritual Antiquarian Books
Ex-Church Library
From £1.00 each,
plus £1.00 p & p to UK addresses
(overseas postage please enquire)
For a list, please e-mail:
alanpseymour@btinternet.com

THE GENUINE JESUS
A More Authentic
Channelled Autobiography
For a free pdf download go to
www.thegenuinejesus.com

CRYSTALS

Earth Angel Crystals



A wide selection of beautiful
crystals & gifts

www.earthangelcrystals.co.uk
info@earthangelcrystals.co.uk
Tel: 07955 380788

HEALING

HEALER PRACTITIONER ASSOCIATION INTERNATIONAL

The Gateway Church Building,
2A Northcote Street,
Cardiff
CF24 3BH

Chairman: Mr Ray Williams
Tel: 029204 65171

Website: www.hpai.co.uk

E-mail: ray.e.williams@btconnect.com
*The association was established in 1977
to promote the art of spiritual healing*

The HPAI maintains a register of all approved
practitioners, healers and healer counsellors

The HPAI is an umbrella for
spiritual healing organisations

We also provide professional
indemnity insurance

See website for therapies we cover and
further information

*We also are able to offer membership and
cost effective insurance for reiki healers*

ABSENT HEALING FOR PEOPLE AND ANIMALS NO FEES

Telephone Tony on:
01923 801166

E-mail: tony.lu101@gmail.com

MICHAEL CHAPMAN NFSH
Healing Clinics: France / Germany / UK
For Appointments Telephone:
(0044) 01970 832696
Or email: chapmanhealing@gmail.com
Website:
www.michael-chapman.co.uk

BAN-TREE HEALING
with
Natural Universal Energies
The Hand Of Love
Opening The Heart Of The Soul
Suffolk Borders
By Appointment Only
Please e-mail:
adgrove.fordham@gmail.com
or Call: 0739 518 7488

HEALING CLINIC
Dr Brown, Spirit Consultant
Every Tuesday morning
10am and 11am group sessions
Donations welcomed
CLEARLY DESTINY
12 Woburn Walk
Euston, London
WC1H 0JL
020 7387 0358

THE
SURREY HEALING SANCTUARY
Penduckshaw,
Rabies Heath Road,
Bletchingley,
Surrey RH1 4NB
(near Junction 6, M25)
Email: surreyhealing@yahoo.co.uk
Contact: Alec & Marilyn Nicolas
Healing and spiritual surgery
(herbal medicine and
reflexology also available)
By appointment only
(including evenings and weekends)
www.surreyhealingsanctuary.co.uk
Tel: 01883 741800

CONTACT AND ABSENT HEALING
for people and animals.
No fees
Melksham, Wiltshire
Contact: MIKE FISHER
Tel: 01225 400310
E-mail:
mikej.fisher@virginmedia.com

CLASSIFIED RATES

60p per word inc VAT
Churches/Centres:
40p per word

Website addresses = 4 words

Discounts for block bookings
2-3 adverts = 5%
4-6 adverts = 10%
7-12 adverts = 20%
Over 12 = 30%

Display adverts from
£5.59 per single column cm

Call: **01376 563091**
Email: pnadverts@gmail.com

Carol Everett Healing Sanctuary

*Scientifically tested distance
healer. See 25 years of past
PN articles and Global TV.*

*Absent healing daily. Numerous
worldwide testimonials.
Donations gratefully accepted.*

*More information available, or
just register to feel the energies
caroleveretthealingsanctuary.
co.uk*

DEVELOPMENT CIRCLES

NEW HOME CIRCLE
Like-minded, committed people
invited to join a new Home Circle
Clacton on Sea area
Contact:
jackiehopkins@john-lewis.com

SOUL MATES

THE FREE SPIRITS CLUB
For friends, romance or penpals
Extensive register
Established 20 years
Write to:
Rebecca Snell, Free Spirits Club,
3 Rhosyn Close, Newport,
Wales NP19 0BD
or email: hello@freespiritsclub.co.uk

TRAINING & WORKSHOPS

LINGERTON LODGE
Sited on Scotland's West Coast
and surrounded by ancient woodland.
Training, Treatments and Workshops
to enhance your journey of self discovery to
re-energise, restore and reconnect you
with "self".
www.dannyandmadge.com

SPIRITUAL REIKI COURSES
Develop the healer within.
Master Teacher 30 years' experience
(inc. as NFSH tutor)
Emphasizing the Spiritual
Venues: Dorset, Surrey, Central London
Email: enquiries@the9thhalo.co.uk
Web: the9thhalo.com
Tel: 0772 090 5123

ANGELIC REIKI UK Official
Information, Practitioners,
Teachers, Courses.
www.angelicreikiuk.com
07925 127222

Spiritualist Churches and



Centers in the UK



ENGLAND

BERKSHIRE

READING NATIONAL SPIRITUALIST CHURCH

York Lodge,
81 Baker Street,
Reading,
Berkshire
RG1 7XY
Tel: 0118 950 7281
Email: church@readingsc.org
www.readingsc.org
Sunday 6.30pm
Divine Service with Address
and Clairvoyance
Thursday 7.45pm Mediumship
Open Circle,
Tuesdays 7.15pm
with

JILL PICKETT & IRENE HALL Healing

Monday 1.30pm - 3pm
(excluding Bank Holidays)
Wednesday 7.30pm - 9pm
Small animals welcome too
Open Platform :
Third Friday of every month at
7.30pm with mentor
SPENCER ROSE
Saturdays - Occasional
Special Events
See website, Facebook or in
Church for details
All Welcome

MAIDENHEAD SPIRITUALIST CHURCH

York Road,
Maidenhead,
Berkshire
SL6 1SH
President: Sharon Silver
Tel: 0777 0433 129
Sunday 6.30pm
Divine Service
Wednesday 1pm - 3pm
Healing Clinic
Thursday 7.30pm
Mediumship Demonstration
Monthly Open Platform
and other Special Events
please see website
http://maidenhead-spiritualist-
church.weebly.com
A warm welcome is extended to all
Car Park and facilities for
disabled visitors
MARRIAGE and
NAMING CEREMONIES

WINDSOR SPIRITUALIST CHURCH

Adelaide Square,
Windsor,
Berkshire SL4 2AQ
President:
Denise Shoremi
Tel: 07976 815195
Mediums' Secretary:
Richard Johnson
Tel: 07505 493 153
Facebook: Windsor Spiritualist
Church Group

We are now also on Instagram
Sunday Divine Service 6.30pm
Free-will offering
Tuesday 7.45pm Admission £3
Evening of Clairvoyance
Development Circle
Mondays 7.30pm - 9.30pm
Open Platform
Date list available
Healing

Thursdays 8pm - 9pm
Come along and experience
the lovely atmosphere
Website: www.windsor
spiritualistchurch.co.uk

CHESHIRE

MIND BODY SPIRIT EVENT

Nantwich Civic Hall,
Beam Street,
Nantwich,
Cheshire CW5 5DG
Rosemary Douglas Events
Website:
www.rosemarydouglas.com
E: rosiembs@googlemail.com
Tel: 07828 187468
See website for details
of next event

CORNWALL

BUDE FREE SPIRITS SPIRITUALIST CHURCH

The Parkhouse Centre,
Ergue-Gaberic Way,
Bude,
Cornwall EX23 8LG
www.budedefreespirits.co.uk
Service Every Thursday
7.30pm - 9pm
BUDE HEALING CLINIC:
Every Wednesday 7pm - 9pm
Visiting mediums who would
like to serve Bude Free Spirits
please contact Carol
on 01840 770057
All Welcome

PENZANCE CHRISTIAN SPIRITUALIST CHURCH

Bread Street,
Penzance,
Cornwall
Tel: 07800 812973
07800 813533
07780 661670
Monday:
Open Healing Circle
7pm sharp
Thursday:
Service 7.00pm
Followed by Healing
Follow us on Facebook:
Penzance Spiritualist Church
All Are Welcome

DEVON

EXETER SPIRITUALIST CENTRE AND HEALING GROUP

York Road, Exeter,
Devon EX4 6PF
Website: www.
exeterspiritualistcentre.org
Sunday 6.30pm Service
Wednesday 1.30pm
Mediumship
Saturday (as advertised)
Private Readings
Demonstration of Mediumship
Healing:
Tuesdays 10.30am - 12 noon
& Wednesdays 7pm - 8.30pm
See website for
Healing times on Sundays
and details of Special Events
and Development Groups
All Welcome

DORSET

CHRISTCHURCH SPIRITUALIST CENTRE

196B Barrack Road,
Christchurch,
Dorset BH23 2BQ
President: Karen Martin
Enquiries:
07849 606437
www.christchurchsc.org.uk
Sunday Service at 10.45am
Thursday Service at 7.30pm
Healing
Every Tuesday 10am - 11.30am
Church accessible for
wheelchairs and has loop
system for hearing aid wearers
All Welcome

BOURNEMOUTH SPIRITUALIST CHURCH

16 Bath Road,
Bournemouth,
Dorset BH1 2PE
Telephone: 01202 551751
Website:
www.bsnuc.co.uk
Thursday 3pm Service
Sunday 10.45am Service
Sunday 6.30pm Service
Monday 7.30pm
Spiritual Awareness Meeting
Tuesday 7pm Open Circle
Wednesday 7.30pm
Various events
Spiritual Healing:
Monday 2pm - 4pm
Tuesday 10.30am - 12.30pm
Wednesday 10.30am - 12.30pm
Thursday 7pm - 8pm
Friday 10.30am - 12.30pm
& 2pm - 4pm
All Welcome

KINSON SPIRITUALIST GROUP

Kinson Community Centre,
Pelhams Park, Kinson,
Bournemouth
BH10 7LH
Tel: 01202 715754
www.facebook.com/
KinsonSpiritualistGroup
Every Sunday 6.30pm
Divine Service
2nd Monday in month
at 8.00pm
Clairvoyance Demonstration
All Welcome

ESSEX

EPPING SPIRITUAL SANCTUARY

Thornwood Village Hall,
Weald Hall Lane,
Thornwood,
Epping, Essex
CM16 6ND
Enquiries to
Jan: 01279 861515
or Linda: 0796 3605 630
(Registered Charity 284561)
Tuesdays
Healing: 1pm - 2.20pm
Freewill Donation
Tuesday Service 2.45pm £3
Plus last Friday of every month
at 8pm
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 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

121 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.com

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
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
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.hamptonhillspiritualists.webeden.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
Services](http://www.facebook.com/SnettishamSpiritualChurchServices)
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:
pnadverts@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.mineheadspiritualist
church.co.uk](http://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 Sittings,
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.croydon
spiritualistchurch.org.uk](http://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: [spiritualawareness
group@gmail.com](mailto: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 see website
Private Readings
Please see website

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 1-1 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

TYNE & WEAR

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:
Wilton Spiritualist Church
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.scsonline.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
PUBLICATION
MONTH**

WALES

THE GATEWAY CHRISTIAN SPIRITUALIST CHURCH

2A Northcote St
(off City Road)
CARDIFF CF24 3BH
Telephone: 029 20470461
Saturday 7.00pm
Demonstration of Mediumship
Sunday 6.30pm
Divine Service
Tuesday 7.00pm
Demonstration of Mediumship
Wednesday 7.15pm
Spiritual Healing
Registered for the
Solemnisation of Marriage,
Naming & Funeral Services
Website:
gatewaychurch.co.uk
All are welcome

SCOTLAND

ARTHUR CONAN DOYLE CENTRE

Home of THE EDINBURGH ASSOCIATION OF SPIRITUALISTS
25 Palmerston Place,
Edinburgh, Scotland EH12 5AP
Website: www.arthurconandoylecentre.com
Phone: 0131 625 0700
Sundays 11am DIVINE SERVICE
Wednesdays 7.30pm
OPEN CIRCLE (Except August)
Full programme of Special Events,
Workshops, Talks and Courses
See website for details
Also available: Holistic Therapies • Healing • Private Sitzings • Aura Camera Readings • Victorian Tearoom • Room Hire • Psychical Research and Investigation Unit • Follow us on Facebook & Twitter

GUERNSEY

THE GREETING PLACE FOUNDATION SPIRITUALIST CENTRE

Douzaine Room, St Peters, Guernsey, Channel Islands
Enquiries to: Ann Jennings
Telephone: 01481 247185
Mobile: 07781 413218
Email: greetingplace@cwgsy.net
Website: www.healingandspiritualcentre.com
Our regular services are:
Sunday 11.00am
Address and Communication
Monday 7.30pm Healing Group
Saturday 10.30am
Healing Clinic
Other services as announced
Everyone Welcome

GREECE



SPIRITUALIST SOCIETY OF ATHENS "The Divine Light"

Channelled Teachings from the highest authority of the Heavenly Kingdom.
Various spiritual leaders, from Socrates and St. John the Baptist to Goethe and Newton teach invaluable lessons to humanity.
Website: www.divinelight.org.gr
E-mail: info@divinelight.org.gr
Address:
12 Niovis Str.,
Athens, Greece,
11252



WEBSITE LISTINGS

Advertise your website here
for just £25.00 a year

Call: 01376 563091

or email: pnaverts@gmail.com

www.colourpsychologytoday.com	www.chrisratterpsychicsurgeon.com
www.thepleiadianchild.com	www.hpai.co.uk
www.psychicfields.com	www.earthangelcrystals.co.uk
www.michael-chapman.co.uk	www.spiritualtruthfoundation.org
www.healing-hearts-centre.co.uk	www.magicalenchantedart.com
www.newspiritsongs.co.uk	www.petrene.com
www.spiritartgallery.net	www.arthurconandoylecentre.com
www.dawnsholisticshop.co.uk	www.mysticmoonsong.com
www.victoriashealing.co.uk	www.andrewwoodley.co.uk
www.daviddrew.co.uk	www.psychicnews.org.uk
www.edmontonspiritualistchurch16.com	www.atlantiswisdom.org
www.southandwest.webs.com	www.artofspirit.co.uk
www.lightworkenergy.com	www.sandyingham.co.uk
www.garypsychicportraits.co.uk	www.lotushealing.co.uk
www.broniawestclairvoyantmedium.co.uk	www.tomjohnstonspiritualistmedium.com
www.angelicreikiuk.com	www.healingangels.co.uk

Spiritualist Churches and



Centers in the USA



UCM = Universal Church of the Master www.u-c-m.org

NSAC = National Spiritualist Association of Churches www.nsac.org

ARIZONA

ALTERNATIVE HEALING CONNECTION, UCM

1715 W. Northern Avenue,
Ste 100, Phoenix,
AZ 85021
(623) 297-0307
www.how2heal.com

BLUE ROSE MINISTRY, UCM

755 Sheepshead Crossing Road,
Cornville, AZ 86325
928-634-6269
blurose@wildapache.net

CHAPEL OF SPIRITUAL HARMONY

1522 W. Encanto Blvd.,
Phoenix, AZ 85007
(602) 253-1939
info@chapelofspiritualharmony.com

CHURCH OF ESSENTIAL SCIENCE

PO Box 62284,
Sun Lakes,
AZ 85082
(480) 921-4111
arizonegypsyman@aol.com

CHURCH OF THE LIVING SPIRIT, NSAC

3736 W. Wamalla Lane,
Glendale,
AZ 85308
(623) 972-3916
churchofthelivingspirit.com

CHURCH OF SPIRIT AWARENESS

2145 West Virginia Avenue,
Phoenix,
AZ 85009
(602) 257-9338
liknlight@aol.com

COMMUNITY INTERFAITH CHURCH

1202 W. Miracle Mile,
Ste. 36, Tucson,
AZ 85705
(520) 861-8734
www.communityinterfaithchurch.com

CHURCH OF SPIRITUAL UNITY

1628 West Carter Road,
Phoenix, AZ 85041
(602) 237-7915 &
(602) 405-8919

LIGHT OF LOVE, UCM

2675 S. Rio Verde Drive,
Cottonwood, AZ 86326
(928) 639-2170
hunahealing@yahoo.com

METAMORPHOSIS SPIRITUAL CENTER

4041 South Turner Lane,
Sierra Vista, AZ 85650
(520) 803-0493
revsdna@msn.com

MYSTICAL SPIRITUALIST CHURCH

7162 E. Barefoot Lane,
Prescott Valley,
AZ, 86314
mysticalspiritualistchurch.org

UNITED FELLOWSHIP CHAPEL

4718 E Hawthorne Street,
PO Box 29097,
Tucson, AZ 85732
(520) 327-0142

UNITED SPIRITUALIST CHURCH OF MANKIND

1231 South Van Buren Avenue,
Tucson, AZ 85711
(520)790-7374

ARKANSAS

ARKANSAS SPIRITUAL CENTER

PO Box 290,
Anaheim, AR 72176
(501) 882-6040

CALIFORNIA

CELEBRATE LIFE ~ SPIRITUALIST COMMUNITY

4530 18th Street,
San Francisco,
CA 94114
(415) 568-7571
www.celebratelifesf.org

CELEBRATION OF LIGHT CHURCH

1185 Vicente at 23rd Avenue in
the San Francisco Humanities
Building
San Francisco, CA 94116
(650) 692-2377

CENTER FOR COMPASSIONATE LIVING, UCM

415 Cambridge Ave. #8,
Palo Alto, CA 94301
(650) 322-2242

CENTER FOR CREATIVE LIVING, UCM

1460 Koll Circle, Ste. C,
San Jose, CA 95112
(408) 392-9090
safedoti@aol.com

CENTER FOR INFINITE GROWTH, UCM

2473 Rebecca Lynn Way,
Santa Clara, CA 95050
(408) 241-7555 or
(919) 639-2393

CENTRAL SPIRITUALIST CHURCH, NSAC

2500 Marconi Avenue, #209,
Sacramento, CA 95650
(916) 652-4568
www.centralspirit.com

CHAPEL OF AWARENESS SPIRITUAL CHURCH

560 Third Street,
Encinitas, CA 92024
(760) 436-4104
<http://chapelofawareness.org>

CHURCH OF SPIRITUAL FELLOWSHIP

7 Cottage Lane, Twin Pines Park,
Belmont, CA 94002
(650) 368-4914
kb6tr@arri.net

CIRCLE OF LOVE SPIRITUALIST COMMUNITY

Ahmbiance, 884 Lincoln Way,
#30 Auburn, CA 95603
(916) 783-3546
<http://circleoflovespiritualistcommunity.org>

FIRST CHRISTIAN SPIRITUALIST CHURCH OF NATIONAL CITY

1206 Coolidge Ave,
National City, CA 91950
(619) 312-1269

FIRST SPIRITUAL TEMPLE, NSAC

We meet at a residence -
Hillel House, 33 Banbury Drive,
(near SF State University),
San Francisco, CA 94132
Service 2nd & 4th
Sunday of the month
(650) 731-4990
sfspiritualtemple@gmail.com
<http://firstspiritualtemple.com>

FIRST SPIRITUALIST CHURCH

3777 42nd Street, San Diego,
CA 92105, USA
Pastor: Rev Doris Horvath
www.1st-spiritualistchurch.org
(619) 284-4646
Sunday 10.00am
Meditation and Healing Service
Sunday 11.00am Lecture
Service plus full itinerary

FIRST TEMPLE OF SPIRITUALISM, NSAC

874 Woodward Road,
#33 Manteca, CA 95337
(209) 825-3940

FIRST UNITED SPIRITUALIST CHURCH

813 W. 165th. Pl.
Gardena, CA 90247
(310) 323-4852
jptriggs@aol.com

FRATERNAL SPIRITUALIST CHURCH

4720 Kensington Drive,
San Diego, CA 92116
(619) 281-4557
fraternalspiritualistchurch.org

GODDESS TEMPLE, UCM

PO Box 347,
Boulder Creek, CA 95006
831-338-9584
<http://goddess temple.org>

GOLDEN GATE SPIRITUALIST CHURCH
1901 Franklin Street,
San Francisco,
CA 94109-3414
(650) 757-6653
www.ggspiritalistchurch.org

THE GOLDEN LIGHT OF CHRIST CHURCH, UCM
Alpine, CA
(619) 218-2883
www.higherwisdom.com

HARMONY GROVE SPIRITUALIST CHURCH
2975 Washington Circle,
Escondido,
CA 92029
(760) 745-9176
harmonygrovespiritualist.org

ISC'S INSPIRATIONAL CENTER
2301 28th Street, Suite 301,
Signal Hill, CA 90755
(562) 997-3800
info@isccenter.net

MYSTICAL UNITED SPIRITUALIST CHURCH
1212 E. Lincoln,
Anaheim, CA 92805
(714) 533-6004

REDWOOD SPIRITUALIST CHURCH
724 Sands Way,
Folsom, CA 95630
(916) 357-0148
Pateagle11@aol.com

REIKI CENTER FOR HEALING ARTS, UCM
1764 Hamlet Street,
San Mateo, CA 94403
650-345-7666
www.reikifranbrown.com

ST. MICHAEL'S REDEEMING SPIRITUALIST CHURCH
10109 S. Vermont Avenue,
Los Angeles, CA 90044
(323) 779-1051

SPIRITUALIST CENTER
6417 Lexington Avenue,
Los Angeles, CA 90038
(323) 856-8646
spiritualistctr@juno.com
www.spiritualistcenter.org

SPIRITUALIST CENTER FOR CREATION
400 E Holt Blvd, Ontario,
CA 91761
(909) 986-2050

SPIRITUALIST CHAPEL OF THE PINES
457 Grass Valley Highway, #7,
Auburn, CA 95603
(530) 823-1816
spiritualistchapelofthepines.com

SPIRITUALIST CHURCH OF REVELATION
200 West Colorado,
Boulevard Monrovia,
CA 91016
(626) 256-3403
Pastor@revelation.nsac-churches.org
revelation.nsac-churches.org

SPIRITUALIST CHURCH OF THE COMFORTER
1028 Garden St,
Santa Barbara, CA 93101
(805) 965-4474

SPIRITUALIST CHURCH OF TWO WORLDS, NSAC
1550 San Leandro Boulevard,
(Deaf Community Center),
San Leandro, CA 94577-4442
(925) 930-6663
www.2worldz.org

THE SPIRITUAL SCIENCE OF LIFE CHURCH, NSAC
729 Morse Street,
(Corner of Morse St. & Naglee),
San Jose, CA 95126
(408) 615-0214

SUMMERLAND SPIRITUALIST CHURCH OF THE COMFORTER
1028 Garden Street,
Santa Barbara, CA 93101-1417
Sunday Healing Service:
10.30am
Sunday Worship Service: 11.am
Wednesday
All Message Service: 6.30pm
Sunday
Unfoldment Class: 1pm - 3pm
(805) 965-4474
<http://churchofthecomforter.nsac-churches.org>

TEMPLE OF LIGHT, UCM
38 Miller Avenue, #185,
Mill Valley,
CA 94941
415-608-2887

THE OPEN DOOR SPIRITUALIST FELLOWSHIP
2091 East Valley,
Parkway, Escondido, CA 92027
(760) 746-0545

UNITED FRIENDSHIP CHURCH
812 N. Alvarado,
Los Angeles, CA 90026
(213) 389-9197

PSYCHIC NEWS NEVER MISS A COPY, SUBSCRIBE AT psychicnews.org.uk

COLORADO

CHAPEL OF SPIRITUAL AWARENESS, NSAC
6457 S. Xenon Street, Littleton,
CO 80127-4822
(303) 973-9993
Spiritawar@aol.com

CHAPEL OF SPIRITUAL FELLOWSHIP UCM
8530 Rainbow Avenue,
Thornton, CO 80229
(303) 288-0143
chapelofspirit@aol.com

FIRST SPIRITUAL SCIENCE CHURCH
3375 South Dahlia Street,
Denver, CO 80222
303-756-3226
info@firstspiritualsciencechurch.org
www.firstspiritual.com

CONNECTICUT

ALBERTSON MEMORIAL CHURCH
293 Sound Beach Avenue,
Box 143, Old Greenwich,
CT 06870-0143
(203) 637-4615
albertsonchurch.org

THE CHURCH OF THE INFINITE SPIRIT
Masonic Temple,
80 Walsh Avenue,
Newington, CT 06111-2847
(860) 667-9496
www.newingtonspiritalistchurch.org

FIRST SPIRITUALIST CHURCH OF WILLIMANTIC
268 High Street, Willimantic,
CT 06226-1340
(860) 423-5774
www.firstspiritualistchurch.org

NATIONAL SPIRITUALIST CHURCH OF NORWICH
29 Park Street (Off Main Street),
Norwich, CT 06360
(860) 886-8522
nscnorwich.com

NEW LONDON SPIRITUALIST CHURCH
Sleep Inn, 5 King Arthur Drive,
Niantic, CT 06357
info@nlspiritualist.com
<http://slynnh.tripod.com/newlondonspiritalistchurch/>

SPIRITUALIST CHURCH OF PEACE & LIGHT
Hyatt Place,
224 Greenmanville Avenue,
Mystic, CT 06357
www.sceacelight.net

DISTRICT OF COLUMBIA

THE CHURCH OF TWO WORLDS, NSAC, Inc.
3038 Q Street, NW Georgetown,
Washington,
DC 20007-3080
(202) 333-5114
medium@c2w.info

FLORIDA

THE CHAPEL OF SPIRITUAL LIGHT, Inc
"Ormazd Grotto Building",
1700 Edgewater Drive,
College Park, FL 32804
(863) 207-1164
www.chapelofspirituallight.org

CHURCH OF LIGHT, UCM
10115 Cortez Rd.,
Bradenton, P.O. Box 606
Talleavast, FL 34270
(941) 795-5683

COLBY MEMORIAL TEMPLE
Cassadaga Spiritualist Camp,
1250 Marion Street,
Cassadaga, FL
info@Cassadaga.org
(386) 228-3171
Sunday Services 10.30am
www.cassadaga.org

NEW VISION SPIRITUALIST CENTER
709 Edgewater Drive,
Orlando, FL 32804
newvisionspiritualist.squarespace.com

SPIRITUAL AWAKENING CHURCH & SPIRITUAL CENTER
3044 Michigan Avenue,
Kissimmee, FL 34744
(407) 973-1177
www.churchofspiritalawakening.com

SPIRITUALIST CHURCH OF AWARENESS, NSAC
3210 North Chickasaw Trail,
Orlando,
FL 32817
(407) 678-3688
www.spiritualistchurchofawareness.org

SPIRITUALIST CHURCH OF MELBOURNE
trishq44@cfl.rr.com

SPIRITUALIST LIGHTHOUSE CHURCH
1049 Crestwood Street,
Jacksonville,
FL 32208
(904) 764-7639
light@spirituallighthouse.org
www.spirituallighthouse.org

TEMPLE OF LOVE AND HEALING UCM
3700 40th Ave. North,
St. Petersburg, FL 33714
(727) 522-7133
temple_lh@yahoo.com
templeofloveandhealing.us

ILLINOIS

CHERRY VALLEY SPIRITUALIST CAMP, Inc.
8002 Service Road, Cherry Valley, IL 61016
(815) 332-5359

CHRISTABELLE SPIRITUALIST CHURCH
Belvidere Park in Baltic Mill (E Lincoln St. & Appleton Rd.),
(815) 780-9715
www.christabelleesc.org

THE CHURCH OF THE SPIRIT
2651 North Central Park, Avenue Chicago, IL 60647-1101
(312) 489-5422
www.churchofthespirit.org

EVANGELICAL SPIRITUAL CHURCH
5130 W. 25th Street, Cicero, IL 60804
(708) 863-7190
evanspirit@ameritech.net

1ST SPIRITUALIST CHURCH OF HARMONY, UNITY & TRUTH
6146 South Ashland Avenue, Chicago, IL 60636

PURITAN SPIRITUALIST CHURCH
13906 Greenbay Avenue, Burnham, IL 60633-1614
(219) 926-6884

SPIRITUALIST CHURCH OF NEW HOPE
914 W 151st St, East Chicago, IL

SPIRITUALIST CHURCH OF TRUTH
6343 West Cuyler (1/2 block north of Irving Park), Chicago, IL 60634
(708) 452-8754

TUCKER SMITH WASHINGTON SPIRITUALIST CHURCH
6146 Sth Ashland Ave, Chicago, IL 60636
(312) 436-0366
tswspiritualisttemple.com

J.T. & E.J. CRUMBAUGH SPIRITUALIST CHURCH
102 South Pearl Street, LeRoy, IL 61752
(309) 962-9076
crumbaughchurch@live.com
www.crumbaughchurch.com

INDIANA

CHAPEL IN THE WOODS - HISTORIC CAMP CHESTERFIELD
50 Lincoln Drive, Chesterfield, IN 46017
(765) 378-0235
www.campchesterfield.net

CLARK MEMORIAL CHURCH
316 Division Street, Elkhart, IN 46516
(574) 293-4036

FIRST SPIRITUALIST CHURCH OF GARY
2430 West 11th Avenue, Gary, IN 46404
(219) 885-0091
jjames8624@aol.com

FIRST SPIRITUALIST CHURCH OF PRAYER
3511 Vine Street, South Bend, IN 46615

FIRST SPIRITUALIST CHURCH OF TERRE HAUTE
1120 6th Avenue, Terre Haute, IN 47807
(812) 232-5758
rev.buchholz@yahoo.com

NEW DAWN SPIRIT OF LIGHT CHURCH, NSAC
3637 West 10th Street, Indianapolis, IN 46222
(317) 291-0799
www.newdawnchurch.org

NEW SUNFLOWER CHURCH
5562 Madison Ave, Indianapolis, IN 46227
(317) 426-9253
sunsetcamp.org

PROGRESSIVE SPIRITUALIST CHURCH
2201 East 54th Street, Indianapolis, IN 46060
(317) 255-4902
www.progressivespiritualist.org

PSYCHIC SCIENCE SPIRITUALIST CHURCH
1415 Central Avenue, Indianapolis, IN 46202
(317) 634-1430
www.psychicsciencechurch.org

SANCTUARY OF LIGHT SPIRITUALIST CHURCH
6391 Cherry Street, Williamsburg, IN 47393
(765) 277-6818

THE SPIRITUALIST CHURCH OF INDIANAPOLIS, NSAC
3020 S. Meridian St., Suites E & F, Indianapolis, IN 46217-3221

www.tscoi.org
(317) 850-3142

SPIRITUALIST CHURCH OF NEW HOPE
914 W. 151st Street, East Chicago, IN 46312
(219) 398-9397

SPIRITUAL SCIENCE OF LIFE CHURCH, NSAC
314 W. Cool Spring Ave, Michigan City, IN 46360
Devotional, Healing and Message Service:
Sunday 10.30am
(574) 298-5080

IOWA

FIRST SPIRITUALIST CHURCH
5416 6th Avenue South, Clinton, IA
(319) 243-3233

NEW SUNFLOWER SPIRITUALIST CHURCH
M.V.S.A, Mount Pleasant Park, Clinton, IA 52732-0075
(563) 570-2768
chasehealing@yahoo.com

SPIRITUALIST HARMONY CHURCH
1429 West Seventh Street, Davenport, IA 52802-1212
(815) 494-5200
pastorpatti@scofiowa.org
www.scofiowa.org

KANSAS

SUNSET SPIRITUALIST CHURCH
103 Hanes St, Wells, KS 67467
(785) 488-3929
sunsetcamp.org

LOUISIANA

BATON ROUGE SPIRITUALIST CHURCH
9111 Interline Ave, Ste 4A, Baton Rouge, LA 70816
(225) 921-6690

SAINT JUDES SPIRITUALIST CHURCH
632 11th St Franklin, LA 70538
(337) 828-4902

MAINE

AUGUSTA SPIRITUALIST CHURCH
Corner of Court and Perham Streets, Augusta, ME 04330
(207) 622-8980
www.augustaspirtualistchurch.org

CLEARWATER SPIRITUALIST CHURCH
PO Box 2, Bradford, ME 04410-0002
(207) 327-9998
clearwaterchurch@myfairpoint.net

THE HARRISON D. BARRETT MEMORIAL CHURCH, NSAC
114-118 Harlow Street, Bangor, ME 04401
(207) 848-2273
www.hdbspiritualistchurch.org

INNER LIGHT SPIRITUALIST CHURCH
Governor William King Masonic Hall, 649 US Route 1, Scarborough, ME 04074
webmaster@innerlight-church.org

PINPOINT OF LIGHT SPIRITUALIST CENTER
#25 Camp Road, Hartford, ME 04220-5207
(207) 597-2600
rupert@megalink.net

PORTLAND SPIRITUALIST CHURCH
719 Main Street, (Unitarian - Universalist Church) Westbrook, ME
(207)-655-6673
portlandspiritualistchurch.org

SPIRITUALIST CHURCH OF ETERNAL LIFE
352 Crowley Road, Sabattus, ME 04280
(207) 376-5318
www.spiritualistchurchofeternallife.org

TEMPLE HEIGHTS SPIRITUALIST CHURCH
Shore Road, Northport, ME
(207) 338-3029 (June-Sept)
(207)-338-1355 (Oct-May)
http://templeheightscamp.org

MARYLAND

THE LIGHT CENTER SPIRITUALIST CHURCH
4505 Mountain Road, Pasadena, MD 21122
(410) 590-9167
Info@LightCenter.org

MASSACHUSETTS

CHURCH IN THE WYLDEWOOD
Shadylane Road, East Templeton, MA 01468
churchinthewyldewood.org

**CHURCH OF THE
GUARDIAN ANGELS OF
LOVE AND
ENLIGHTENMENT**
69 West Street,
Leominster, MA 01453
(978) 534-5982

FIRST SPIRITUALIST TEMPLE
16 Monmouth Street,
Brookline, MA 02446
(617) 566-7639
fst@fst.org
www.fst.org

**FIRST SPIRITUALIST
CHURCH OF BROCKTON**
Anawan Grange Hall,
Junction of 44 & 118
(243 Winthrop Street, Route 44),
Rehoboth, MA 02769
(508) 226-6580
firstspiritualistchurch.com

**FIRST SPIRITUALIST
CHURCH OF SALEM**
34 Warren Street,
Salem, MA 01970
(978) 745-2098
info@firstspiritualistsalem.org
www.firstspiritualistsalem.org

**FIRST SPIRITUALIST
CHURCH OF
SPRINGFIELD, Inc.**
33-37 Bliss Street,
Springfield, MA 01105
(413) 732-1234
(413) 238-5506 Fax
sulli1942@Hughes.net

**FIRST SPIRITUALIST
CHURCH OF QUINCY**
40 West Street,
Quincy, MA 02169
(617) 770-2246
contact@quincyspiritualists.org
www.quincyspiritualists.org

**THE GREATER BOSTON
CHURCH OF
SPIRITUALISM**
Masonic Center,
32 Church Street,
Watertown, MA 02472
(617) 923-4334
www.greaterbostonchurchof
spiritualism.com

**HEALING HANDS
OF LIGHT
SPIRITUALIST CHURCH**
465 Granby Road,
Chicopee, MA
(413) 592-0300
healinghandsoflightspch.com

**THE NATIONAL
SPIRITUAL ALLIANCE**
2 Montague Avenue,
P.O. Box 88,
Lake Pleasant,
MA 01347
www.thenationalspiritual
allianceinc.org

**PLYMOUTH
MASSACHUSETTS
SPIRITUALIST CHURCH**
131 Standish Avenue,
Plymouth,
MA 02360
(508) 746-7609
www.plymouthspiritualist
church.net

**SWAMPSCOTT CHURCH
OF SPIRITUALISM**
61 Burrill Avenue,
Lynn, MA 01902
(781) 595-6972

**THE CHURCH OF
SPIRITUAL LIFE**
126 Merrimack Street,
Methuen,
MA 01844
(603) 783-4456
www.churchspirituallifenh.org

MICHIGAN

**CLEAR LIGHT CENTER,
UCM**
524 N. Marshall Avenue,
Marshall, MI 49068
269-789-9924
bob@myclearlight.org

**CORINTHIAN
SPIRITUALIST CHURCH**
1805 E. Ganson Jackson,
MI 49202
(517) 789 - 9196

**DIVINE "WINGS"
FELLOWSHIP
SPIRITUALIST CHURCH**
1316 Wildwood Jackson,
MI 49202

**FIRST
SPIRITUAL CHURCH**
906 N Chilson St.,
Bay City, MI 48706
(989) 686-6300
www.bcfirstspiritualchurch.com

**FIRST SPIRITUAL
TEMPLE OF ROYAL OAK**
3224 Greenfield Road
(1/2 Blocks South of 13 Mile)
Royal Oak,
MI 48073-6534
(248) 288-4026
www.firstspiritualtempleof
royaloak.com

**FIRST SPIRITUALIST
CHURCH OF LANSING**
611 Samantha Ave,
Lansing, MI 48910
(517) 882-5188
info@lansingspirit.com
www.lansingspirit.com

**FIRST SPIRITUALIST
TEMPLE OF DETROIT**
2724 Goodrich,
Ferndale, MI 48220
(248) 545-5680

**FLOWER MEMORIAL
SPIRITUALIST CHURCH**
430 West Bellevue Street,
Leslie, MI 49251
(517) 589-9259

**GOLDEN LIGHT
SPIRITUALIST CHURCH**
209 N. John Highland, MI 48357
(248) 625-4348

**THE GOLDEN RULE
SPIRITUALIST CHURCH**
07444 Old US, 31N Charlevoix,
MI 49720-9422 (Bayshore)
(231) 347-9417
www.nlmisc.org

**MEMORIAL
SPIRITUALIST CHURCH**
208 Euclid Avenue,
Battle Creek, MI 49017
(616) 966-3011

**SPIRIT OF HARMONY
CHAPEL, NSAC**
504 Worthington Drive,
Oxford, MI 48371
(810) 814-9172

**SPIRITUALIST CHURCH
OF DIVINE LIGHT**
Grand Rapids, MI 49503
(616) 363-9678
claudialgl@comcast.net

**SPIRITUALIST CHURCH
OF THE GOOD
SAMARITAN**
5401 Oak Park,
off Maybee Road,
Box 62, Clarkston, MI
(248) 673 - 5445

**SPIRITUALIST CHURCH
OF TRUTH & LIGHT**
104 - 66th South Haven,
MI 49090
(616) 637 - 4462

**SPIRITUALIST FIRST
CHURCH OF TRUTH**
127 Meerse SE, Grand Rapids,
MI 49057
(616) 241-3387

**THE FLINT SPIRITUAL
CHURCH**
PO Box 530, Flint, MI 48501
pastor.rick@flintspiritual.com

**UNIVERSAL TEMPLE OF
DIVINE POWER**
5281 Addison St,
Detroit, MI 48210
(313) 945-5967

MINNESOTA

**FIRST
SPIRITUALIST CHURCH**
1414 East Ninth Street,
Duluth, MN
(218) 724-6554
www.flintspiritual.com

**THIRD SPIRIT OF LIFE
SPIRITUALIST CHURCH**
1500 First Avenue NE,
Suite 112,
Rochester,
MN 55901
(501) 288-7239

**SPIRITUAL SCIENCE
CHURCH**
411 Main Street,
St. Paul, MN 55102
(651) 225-4609

MISSOURI

**FIFTH SPIRITUALIST
CHURCH OF ST. LOUIS**
6026 South Kingshighway
Boulevard, St. Louis,
MO 63109-3558
(314) 353-4779

**TYLER REDEEMING
CHRISTIAN
SPIRITUALIST CHURCH**
5161 Delmar Blvd,
Saint Louis, MO 63108
(314) 367-3022

NEBRASKA

**SPIRITUAL SCIENCE &
PHILOSOPHY CHURCH,
NSAC**
321 Hascall Street,
Omaha, NE 68108-2121
(402) 345-0101

NEVADA

**SPIRITUALIST DESERT
CHURCH, NSAC**
West Spring Mountain Road,
Suite 51, Las Vegas, NV. 89102
Service times:
Sunday, 11am & 6.30pm
Children's Lyceum as announced
Thursday 6.30pm Healing &
Meditation Service with
Development Circle following.
(702) 876-8783
spiritualistdesertchurch@
yahoo.com
spiritualistdesertchurchlv.org

**SPIRITUALIST HIGH
DESERT CHURCH OF
RENO**
Larry D. Johnson Community
Center, 1200 12th Street,
Sparks, NV 89431
Every Sunday 11am - 12.30pm
(775) 323-1114
Mailing Info: PO Box 13111,
Reno, NV 89507

NEW HAMPSHIRE

CYCLES OF SPIRIT
PO Box 22,
Gilsum, NH 03448
(603) 355-8078
cyclesofspirit@live.com
cyclesofspiritinc.webs.com

THE CHURCH OF SPIRITUAL LIFE, Inc.
Masonic Hall,
Corner of
East Broadway & Marlboro St,
Derry, NH 03038
(978) 454-4163
www.churchspirituallife.org

NEW JERSEY

CHURCH OF ETERNAL LIFE, NSAC
243 West Olive St,
Westville, NJ
(856) 456-2196
thechurchofeternal
life.org/wp/

GIFTS OF THE SPIRIT CHURCH
25 Grand Ave,
Hackensack, NJ 07601
(843) 571-2334
www.gotsc.org

THE JOURNEY WITHIN
Spiritualists' National Union Church
25 Carr Street,
Pompton Lakes, NJ 07442
(973) 616-9685
www.journeywithin.org

SPIRITUAL LIFE FELLOWSHIP, Inc.
595 Broad Ave., Rooms 12 & 14
Ridgefield, NJ 07657
(201) 943-6103
info@spirituallifefellowship.org
www.spirituallifefellowship.org

NEW YORK

ANGEL HEART CHAPEL
513 W Union Street,
Newark, NY 14513
(315) 331-2009
angelheartchapel@yahoo.com

CENTER FOR SPIRITUAL AWARENESS
3848 State Route 13,
Pulaski, NY 13142

CHURCH OF THE LIVING SPIRIT
PO Box 224,
Lily Dale, NY 14752-0224
www.churchoftheliving
spiritlilydale.com

CITY OF LIGHT SPIRITUALIST CHURCH
15 Buffalo Street, PO Box 215,
Lily Dale, NY 14752
(716) 595-3008 or
(800) 729-1444

FIRST SPIRITUALIST TEMPLE
29 Temple Place, East Aurora,
NY 14052-2523
(716) 652-5018
firstspiritualisttemple.com

LILY DALE ASSEMBLY
(716) 595-8721
lilydaleassembly@netsync.net
Mailing Info:
Lily Dale Assembly,
PO Box 248, Lily Dale, NY 14752
www.lilydaleassembly.com

LILY DALE SPIRITUALIST CHURCH
East Street, P.O. Box 1128
Lily Dale, NY 14752
lilydalespiritualistchurch.org

GENERAL ASSEMBLY OF SPIRITUALISTS
27 Appleton St,
Rochester, NY 14611
(585) 464-9419

MEMORIAL CHAPEL, UCM
178 Chapin Street,
Binghamton, NY 13905
(607) 722-5569

NEW HORIZONS SPIRITUALIST CHURCH, NSAC
Hilton Homewood Suites Hotel,
1585 Round Swamp Rd,
Plainview, NY
(631) 669-3226

PLYMOUTH SPIRITUALIST CHURCH
29 Vic Park A, Rochester,
NY 14607
(585) 271-1470 or
(585) 234-2362
www.plymouthspiritualist
church.org

A SANCTUARY OF INFINITE SPIRIT, Inc. NSAC
10 Ackerly Lane,
Lake Ronkonkoma, NY 11779
Sunday Healing 6.05 - 6.20pm
Sunday Service 6.30 - 7.30pm
Monday 6.30 - 8.30pm
Unfoldment/Mediumship
Development
Thurs 11am - 1pm Natural Law
(631) 588-5869
www.asanctuaryofinfinite
spirit-nsac.com

SPARK OF DIVINITY CONGREGATION
236 East Main Street,
Palmyra, NY 14522

SUMMERLAND CHURCH OF LIGHT, NSAC
120 Plant Av (corner of Oser Av),
Hauppauge, NY 11788
Sunday Service
Silent Meditation 10.00am
Service begins 10.15am
Message Circles conducted on
the second Sunday of the month,
after service
(631) 406-4161
www.summerlandchurchof
light.org

SPIRITUALIST CHURCH OF NEW YORK CITY
114 East 35th Street
(between Park & Lexington)
New York,
NY 10016
(212) 675.2140
spiritualistchurchnyc.com

THE CHURCH OF DIVINE INSPIRATION
27 Appleton Street,
Rochester, NY 14611
(585) 328.8908
codiinfo@churchofdivine
inspiration.com
churchofdivineinspiration.com

TEMPLE OF METAPHYSICAL SCIENCE, NSAC
15 Oak Street,
Patchogue, NY 11772
(Long Island)
tms@tms-li.org
tmsli.org

NORTH CAROLINA

UNIVERSAL SANCTUARY, UCM
302 Loafer Drive,
Burnsville, NC 28714
(828) 678-3438
info@universalsanctuary.org

OHIO

THE CHURCH OF THE ANGELS
12550 Chillicothe Rd,
Chesterland,
OH 44026
(440) 384-8968
www.thechurchoftheangels.net

CHURCH OF UNIVERSAL SPIRIT
Mentor, OH 44069
(440) 255-1169
pattyj@harborcom.net

CIRCLE OF LOVE AND LIGHT
4016 Cedar Hills Avenue,
Springfield, OH
(937) 323-2923

FIRST SPIRITUALIST CHURCH
4230 Main Ave,
Ashtabula, OH 44004-6851
(440) 293-7056

FIRST SPIRITUALIST CHURCH OF LINDEN
6 Wooley Park,
Ashley, OH 43003
(740) 747-2212

FIRST SPIRITUALIST CHURCH
636 Western Ave,
Toledo, OH 43609
(419) 246-5389

FIRST SPIRITUALIST CHURCH OF LINDEN-OSSA
1751 Aberdeen Ave,
Columbus, OH 43211
(614) 263-1631

FIRST SPIRITUALIST TEMPLE
77 S 5th St,
Columbus, OH 43215
(614) 228-1112

GUIDING LIGHT SPIRITUALIST CHURCH
3195 Morse Rd,
Columbus,
OH 43231
(614) 476-4281

GOODWILL SPIRITUALIST CHURCH
300 East Breckman,
Walbridge,
OH 43456
(419) 833-5503
goodwill@holytoleodoonline.com

INTERNATIONAL GENERAL ASSEMBLY OF SPIRITUALISTS
5403 S Ridge Rd W,
Ashtabula, OH 44004
(440) 969-1724

RAYS OF LIGHT SPIRITUALIST CHURCH
82 N. High St.
Gahanna, OH 43230
(614) 832-5358
www.raysoflightchurch.com

SPIRIT OF LOVE CHURCH
2620 Old Clifton Rd,
Springfield, OH 45505
(937) 325-7381

SPIRITUALIST CHURCH OF REVELATION
1081 E Weber Rd,
Columbus,
OH 43211
(614) 267-6508

SPIRITUALIST CHURCH OF SPIRIT REVELATION
PO Box 253,
Ashley, OH 43003-0253
(740) 747-2688
JJPearsell@hotmail.com

SPIRITUAL LIFE CENTER, NSAC
Watervliet Avenue, Dayton,
OH 45420-2544
(937) 878-1165
RMoschke@aol.com
http://sunflowerchapel.org

THE CHURCH OF THE GUIDING LIGHT
3187 Morse Rd, Columbus,
OH 43231
(614) 890-5326

TRINITY SPIRITUALIST CHURCH

1612 W Sylvania Ave, Toledo,
OH 43612
(419) 478-1250

TRUTH TABERNACLE

1493 Indianola Ave, Columbus,
OH 43201
(614) 291-8466

UNITED SPIRITUALISTS OF THE CHRIST LIGHT

11006 Reading Rd,
Cincinnati, OH 45241
(513) 891-5424
www.uscl.org

OKLAHOMA**CENTRAL SPIRITUALIST CHURCH**

2348 NW 36th Street,
Oklahoma City, OK 73112
(405) 732-7975

OREGON**ALICE STREET SPIRITUALIST CHURCH**

3446 SW Alice Street,
Portland, OR 97219
(503) 246 7300
www.churchofalice.org

NEW ERA CHRISTIAN SPIRITUALISTS CHURCH

10244 S New Era Rd,
Canby, OR 97013
(503) 263-7252

SPIRIT GUIDED FRIENDS CHRISTIAN SPIRITUALIST

5729 SE Boise St,
Portland, OR 97206
(503) 771-8986

PENNSYLVANIA**CELESTIAL SPIRITUALIST CHURCH**

421 N Preston Street,
Philadelphia, PA 19104
Sunday Service 2.00pm
Healing, Lecture, Messages
Wednesday Service 7.30pm
All Message
(215) 222-0322

THE CHAPEL OF ONENESS

345 Regis Avenue,
West Mifflin, PA
(412) 770-4961

CHRISTIAN SPIRITUALIST CHURCH

461 E 6th St, Erie, PA 16507
(814) 459-3795
jalw@velocity.net

CHURCH OF HARMONIAL FELLOWSHIP

222 Chestnut St, Meadville, PA
jalw@velocity.net

FIRST SPIRITUALIST CHURCH OF ERIE

11193 Sharp Rd,
Waterford, PA 16441
(814) 796-4964
or (814) 796-4715

FIRST SPIRITUALIST CHURCH OF MCKEESPORT

809 Locust Street,
McKeesport, PA 15133
(412) 672-1272
receiveingspirit@1stspiritualist
church.org
www.firstspiritualist.org

GETTER MEMORIAL CHURCH, NSAC

1123 Oak Street,
Allentown,
PA 18102
(610) 770-7560

SECOND SPIRITUALIST ASSOCIATION

421 N. Preston Street,
Philadelphia,
PA 19104
(215) 232-9219

THE SPIRITUAL PATH CHURCH

2041 Moravia St,
Ext New Castle, PA 16101
(724) 698-7564
www.spiritualpathinc.org

RHODE ISLAND**FIRST SPIRITUALIST CHURCH OF RHODE ISLAND**

877 Broadway East,
Providence, RI 02914
www.spiritualistchurchri.com

TEXAS**FIRST SPIRITUALIST CHURCH OF HOUSTON**

2115 Turner Street,
Houston,
TX 77064
(713) 695-2550
www.houstonspiritualists.org

FIRST SPIRITUALIST CHURCH OF AUSTIN

4200 Avenue 'D',
Austin,
TX 78751-3719
(512) 458-3987
spiritchurch@hotmail.com
www.firstspiritualistchurchof
austin.com

GATEWAY TO THE HEART, UCM

113 Summit Street,
Dripping Springs,
TX 78620
(512) 894-0401
www.gatewaytotheheart.org

LOUISE SCHOLTZ MEMORIAL CHAPEL, NSAC

3740 Colony Drive,
Suite LL100,
San Antonio, TX 78230
Sundays 8am - 9.30am
(210) 401-1713
scholtzchapel@gmail.com
sanantoniospiritualists.com

THE PROGRESSIVE SPIRITUALIST SOCIETY OF AUSTIN

The Austin History Center,
810 Guadalupe Street, Austin,
TX 78701
(512) 689-9556

SPIRITUAL TEMPLE C.O.G.I.C.

Flowing Wls,
Goodrich, TX 77335
(936) 365-2357

TEXAS SPIRITUAL READER CHURCH

El Paso, TX 79902
(915) 544-0200

VERMONT**VISION OF LIGHT CHURCH OF SPIRITUALISM AND HEALING**

PO Box 133, Windsor, VT 05089
We meet at 1 Legion Dr.,
Hartland, VT
visionoflight.blogspot.co.uk

VIRGINIA**ARLINGTON METAPHYSICAL CHAPEL**

5618 Wilson Blvd,
Arlington, VA 22205-1300
(703) 276-8738
info@arlingtonmeta.com
www.arlingtonmeta.com

THE CENTER FOR SPIRITUAL ENLIGHTENMENT, NSAC

222 North Washington Street,
Falls Church, VA 22046
(703) 645-8060
www.thecse.org

THE MEMORIAL SPIRITUALIST CHURCH, NSAC

307 West 37th Street,
Norfolk, VA 23508-3207
(757) 622-5070
www.memorialspiritualist
church.org

WASHINGTON**CHURCH OF DIVINE GRACE, NSAC**

Mailing Info: Pres. Bernie Allers,
11113 SE 323rd St, Auburn,
WA 98092
(253) 833-4850

CHURCH OF SPIRITUAL UNITY, NSAC

1228 26th Avenue Court,
Milton, WA 98354
(253) 927-2365

CHURCH OF SPIRITUAL TRUTH, NSAC

1228 26th Avenue Court,
Milton, WA 98354

TOWER MEMORIAL SPIRITUALIST CHURCH

2116 West Dravus St,
Seattle, WA 98199
(206) 282-7220

WEST VIRGINIA**CHURCH OF JOYOUS LIVING, NSAC**

128 Burnlea Rd, Charles Town,
WV 25414
(304) 725-3763 office
www.churchofjoyousliving.com

THE FIRST SPIRITUALIST SOCIETY OF WHEELING

WV Way Memorial Temple,
104 N. Broadway, Wheeling
Island, WV 26003
(304) 232-5795

WISCONSIN**FIRST SPIRITUALIST CHURCH OF WEST ALLIS**

6228 West Washington Street,
West Allis, WI 53214
(414) 778-0088
fscwa@hotmail.com

SUMMERLAND'S LAKEVIEW SPIRITUALIST CHURCH

2932 Waubesa Avenue,
Madison, WI 53711
(608) 354-2694

revannettehaak@slscmadison.org

USA

If your local Spiritualist church or center is not listed here, or you'd like to add service times to your listing on our website, please send details by email to: pnadverts@gmail.com

UK

A full list of Spiritualist churches and centres and spiritual shops that stock *Psychic News* can be found on our website:

www.psychicnews.org.uk

Never miss a copy of *Psychic News*

Psychic News is a monthly 68-page magazine produced in the UK and sent all over the world.

It began as a weekly newspaper in 1932.

It features news, views and features on all aspects of living a spiritual life, New Age subjects, mind body spirit and the paranormal.

**PLACE AN ORDER WITH YOUR NEWSAGENT NOW
OR SUBSCRIBE DIRECT**

Never miss a copy of *Psychic News* Take out a subscription!

	6 Months	1 Year
United Kingdom	£25	£48
Overseas	£35	£68
Online version	£14	£26

For the online website version, or to pay in your own currency, please visit:

www.psychicnews.org.uk

By post, send your details or the form (right) to: Psychic Press Ltd,
Unit 2, Griggs Business Centre
West Street, Coggeshall, Essex CO6 1NT

To subscribe by phone, call: **01376 563091**
Email: subscription@psychicnews.org.uk

For the interactive app version with added video content, see page 200 or visit your app store

Please send me a subscription to *Psychic News* for
(tick box) 6 months 1 year

Name

Address.....
.....
.....
.....
.....

Telephone No.....

Email Address.....

I enclose a cheque for £.....

Cheques payable to 'Psychic Press Ltd'

Please charge my card £.....

Card No

Expiry date

Sec. No (last 3 numbers on reverse).....

We would occasionally like to send you special offers relating to *Psychic News*. If you would like to be informed of these please tick the method you would like to receive them by:

Email Post Phone Any

Get clued up with our

QUIZ

On pages 76 and 78 we featured the editor's puzzling paranormal quiz so you could test your knowledge of Spiritualism, mediumship and the paranormal. So how did you do? Here are the questions and answers:

1. Which year saw the advent of modern Spiritualism after the Fox sisters established regular communication with the spirit world? Your clue – rearrange these figures 4881. **(Answer: 1848)**

2. Whose often cheeky Cockney spirit guide was called Mickey? Your clue – *The Flintstones*. Delete part of the second word. **(Answer: Leslie Flint)**

3. Likewise, which famous medium had a guide called Albert? Your clue – this answer may materialise in your mind. **(Answer: Helen Duncan)**

4. Can you name the famous medium, speaker and writer who established *Two Worlds* in 1887? The magazine joined forces with *PN* in July 2018. Your clue – she lived in both Britain and the USA. Her first name is the same as one of Jane Austen's novels **(Answer: Emma Hardinge Britten – pictured)**

5. What is the French term for the mediumistic gift of "hearing" spirit communicators? Your clue – an audience **(Answer: Clairaudience)**

6. Using a ouija board is a very elementary form of communication and not to be recommended. What is the literal meaning of ouija? Your clue – yes, you ought to get this one. **(Answer: Yes, Yes)**



7. Can you name the husband-and-wife team who once worked closely with famous spiritual healer Harry Edwards and succeeded him? Your clue – branch out with the answer. **(Answer: Ray and Joan Branch)**

8. Which Spiritualist cured King George VI of his speech impediment? Your clue – both his first name and surname begin with the twelfth letter of the alphabet **(Answer: Lionel Logue)**

9. Which author wrote the masterly two-part *History of Spiritualism*? Your clue – think of a doyley, delete one letter, but don't ask why. **(Answer: Sir Arthur Conan Doyle)**

10. Still with books, which leading Spiritualist wrote *Lychgate*? Your clue – he masterminded the Battle of Britain. Additionally, his wife, Muriel, was one of the founders of Beauty Without Cruelty, which manufactures cruelty-free cosmetics. **(Answer: Lord Dowding)**

11. Along similar lines, can you name the scientist who wrote *Raymond*, which details survival evidence from his son of the same name, who passed in the First World War? Your clue – lodge your answer now. **(Answer: Sir Oliver Lodge)**

12. What do the initials SPR stand for? Your clue – you might have to do some research on this. **(Answer: Society For Psychical Research)**

13. What might you use to demonstrate the psychic art of scrying? Your clue – the answer should be crystal clear. **(Answer: A crystal ball)**

14. Can you name the much-loved spirit guide who spoke for decades at the Hannen Swaffer home circle? Your clue – a striking, medium-sized deciduous tree, which is native throughout the UK and Europe. **(Answer: Silver Birch)**

15. What is Spiritualism's alternative to an orthodox christening service called? Your clue – you should be able to name this ceremony. **(Answer: A naming ceremony)**



16. What were the first names of the Russian couple who invented Kirlian photography, which depicts the aura around human and inanimate objects? Your clue – St Valentine’s Day.

(Answer: Semyon and Valentina Kirlian)

17. Can you name the Canadian premier who made no secret of his Spiritualism? Your clue – he was a king amongst men.

(Answer: William Mackenzie King)

18. Which well-known Scottish medium is sometimes called “the psychic barber”? Your clue – an anagram of his name is Dongor Htims. Think backwards about the surname.

(Answer: Gordon Smith – pictured)

19. What is the term used when a medium “reads” the history of an object? Your clue – the word is derived from the Greek for “soul” and “measure.”

(Answer: Psychometry)

20. Which multi-gifted medium wrote *Fifty Years A Medium*? Your clue – her surname is the same as the maiden name of Britain’s first female prime minister.

(Answer: Estelle Roberts)

21. Two more questions on trance guides. Who spoke through veteran medium Grace Cooke? Your clue – think of a bird which soars high in the sky.

(Answer: White Eagle – pictured)

22. Likewise, who entranced Winifred Moyes, who founded the Greater World Association, which still promotes Christian Spiritualism? Your clue – look to the stars.

(Answer: Zodiac)

23. Which American president attended sittings in the White House and even sat on a grand piano which levitated? Your clue – a car, a city in the East Midlands and shortcake biscuit have the same name.

(Answer: Abraham Lincoln)

24. Still with politicians, a British prime minister also attended sittings with mediums and said that psychic research is “the most important work which is being done in the world today – by far the most important.” Your clue – think of a sturdy bag and someone with liberal views.

(Answer: William Gladstone)

25. Can you name the Essex college which is named after a Scottish Spiritualist? Your clue – a once very popular BBC programme featured a Scottish doctor whose surname sounds similar, though is spelled slightly differently.

(Answer: The Arthur Findlay College)

26. Who was the medical electrician at London’s St Thomas’ Hospital who undertook pioneering work into the aura and published a book called *The Human Atmosphere*? Your clue – you may possess a rubber-sealed, screw-topped jar, which is used for bottling produce like fruit and preserving jam.

(Answer: Walter John Kilner)

27. Although there is no documentary evidence to back the claim, which British medium said that she gave sittings to King George VI? Your clue – don’t get harassed trying to recall her last name!

(Answer: Bertha Harris)

28. The Fraudulent Mediums Act gave Spiritualism legal status. Which year did it become law? Your clue – rearrange these figures: 1195

(Answer: 1951)

29. Please name the former school dinner-lady who became a musical medium and received new works from famous “dead” composers like Liszt, Chopin, Schubert, Debussy and Rachmaninov. Your clue – her first name is also that of a herb starting with the letter r.

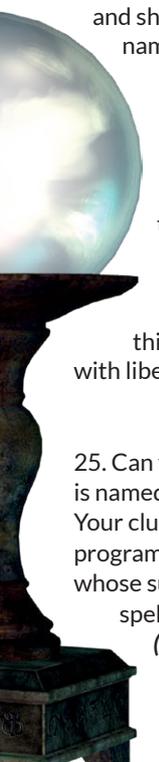
(Answer: Rosemary Brown)

30. What is the name of a servant and close friend of Queen Victoria who acted as a medium for Prince Albert after his passing? The monarch once called him “God’s own gift.” Your clue – his surname is that of a colour which begins with b.

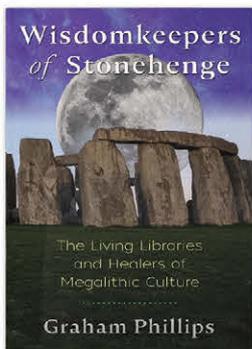
(Answer: John Brown)

QUIZ ???

QUIZ ???



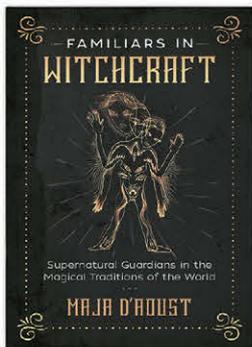
Books for the Mind, Body & Spirit



Wisdomkeepers of Stonehenge The Living Libraries and Healers of Megalithic Culture *Graham Phillips*

Phillips argues that Stonehenge and thousands of other stone circles erected throughout Britain and Ireland are evidence of an astonishing system of ancient medical knowledge. He explains how the megalithic priesthood possessed phenomenal memory techniques and how the alignments of stone circles enabled the precise timings necessary for the cultivation of medicinal plants.

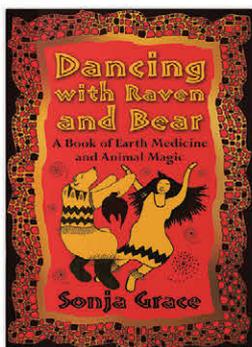
£16.99 • Paperback • 288 pages
Includes 16-page color insert and
30 b&w illustrations
ISBN 978-1-59143-297-5



Familiars in Witchcraft Supernatural Guardians in the Magical Traditions of the World *Maja D'Aoust*

Exploring the history and creation of a "witch's familiar," also known as a spirit double or guardian spirit, Maja D'Aoust explains how familiars are connected with shapeshifting and power animals. She examines the familiar in magical and shamanic traditions around the world and provides instructions for procuring the attention of a supernatural assistant.

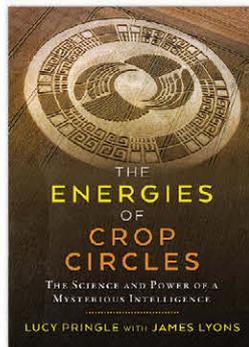
£12.99 • Paperback • 160 pages
26 b&w illustrations
ISBN 978-1-62055-846-1



Dancing with Raven and Bear A Book of Earth Medicine and Animal Magic *Sonja Grace*

Inspired by her Native American heritage and Norwegian upbringing, Sonja Grace shares original wisdom tales that connect us to Earth Medicine and animal magic. Illustrated with the author's original art, these tales also include energy exercises, dream interpretations, Earth Medicine prayers and meditations, and plant work techniques.

£9.99 • Paperback • 144 pages
b&w illustrations throughout
ISBN 978-1-62055-814-0

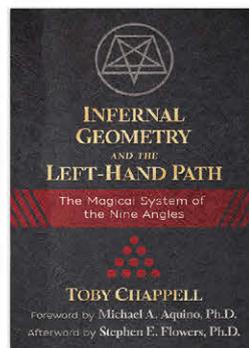


The Energies of Crop Circles The Science and Power of a Mysterious Intelligence

Lucy Pringle with James Lyons

In 1990 while studying the energetics of a crop circle, Lucy Pringle experienced a miraculous healing of a shoulder injury. In this book, alongside her stunning aerial photographs of crop circles, Pringle and engineer James Lyons share the results of decades of research into crop circles and their healing and energetic effects.

£25.00 • Paperback • 256 pages
Full-color throughout
ISBN 978-1-62055-867-6



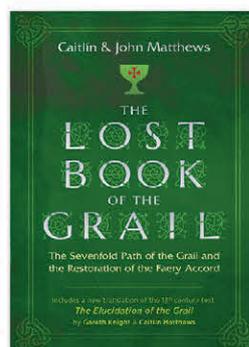
Infernal Geometry and the Left-Hand Path The Magical System of the Nine Angles

Toby Chappell

Foreword by *Michael A. Aquino, Ph.D.*
Afterword by *Stephen E. Flowers, Ph.D.*

In this comprehensive guide, Toby Chappell details the practice of Angular Magic as developed by the Church of Satan and the Temple of Set. He analyzes the 3 key rites of this system and explains how the Nine Angles can be used in magical practices and as part of an ongoing initiatory process.

£18.99 • Paperback • 336 pages
105 b&w illustrations
ISBN 978-1-62055-816-4



The Lost Book of the Grail The Sevenfold Path of the Grail and the Restoration of the Faery Accord

Caitlin and John Matthews

Unveiling the long-lost prequel to the Grail quest stories, Caitlin and John Matthews show how it offers the key to understanding the sevenfold path of the Grail and to restoring the Faery Accord, an agreement that once existed between humans and the Faery and upon which the spiritual and physical health of the land depends.

£18.99 • Paperback • 208 pages
ISBN 978-1-62055-881-2

THE DIGITAL REVOLUTION IS HERE

Read *Psychic News*
at any time anywhere
on any electronic device

Phone • Computer
iPad • Tablet • Kindle

Includes additional video content
to accompany many features*

Download this FREE SAMPLE COPY
for the full *Psychic News* experience

Visit your app store or click
the link below

[https://pocketmags.com/
psychic-news-magazine](https://pocketmags.com/psychic-news-magazine)

* Video content is included
in the sample copy and
every issue from June 2014.
Internet connection required.



PSYCHIC NEWS ARCHIVES



How to view every issue of *Psychic News* ever published, from 1932 to the present day!

Issues of it in newspaper format, from 1932 to 2010, are being made available online for FREE as a historic archive by the University of Manitoba at:

<https://libguides.lib.umanitoba.ca/psychicnews>

and every issue in its magazine format, from 2011 to the present day, can be viewed by website subscribers at:

www.psychicnews.org.uk
for just £26 for 1 year
or £14 for 6 months

