

# PSYCHIC NEWS

incorporating Two Worlds

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### FREE JULY 2020 ISSUE

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*Britain's Haunted Heritage*

*Accentuate the positive*

*Michael Chapman*

*Victoria Woodhull*

*Stephen O'Brien*

*Britten Museum and Library*

*Brian May, CBE*

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*Astrology*

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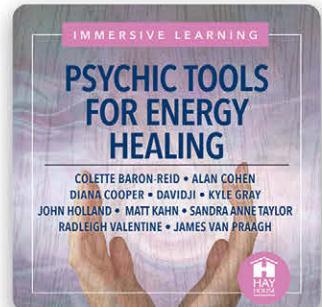
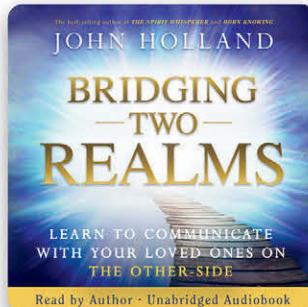
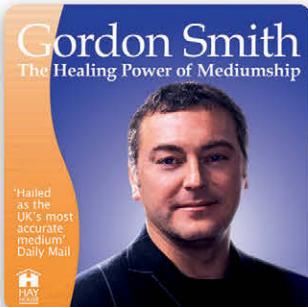
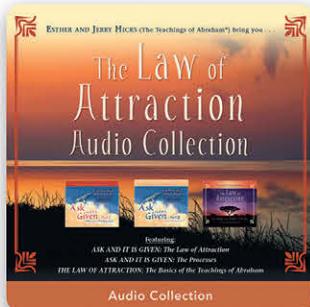


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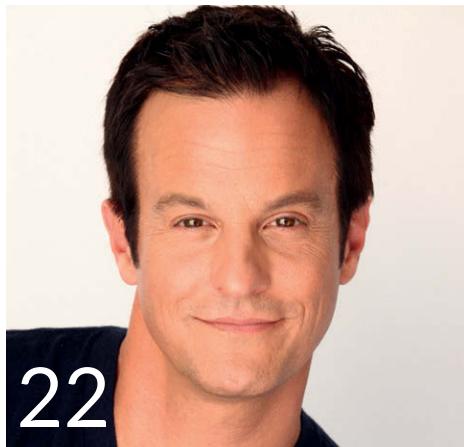
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Leaving Lockdown

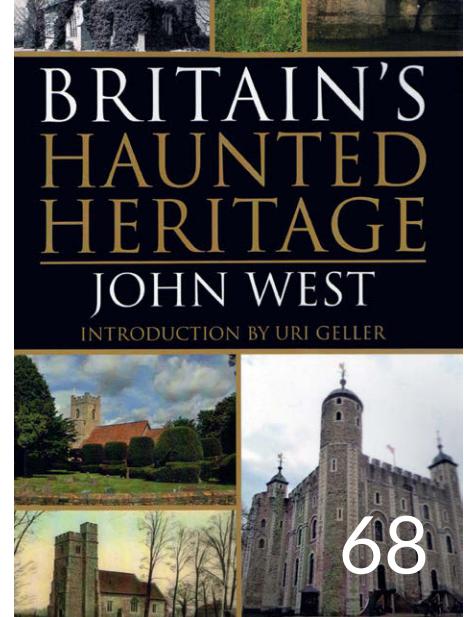
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(Photo: ITV)

(Photo: Janette Marshall)

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# FROM THE EDITOR TONY ORTZEN

HOW all our lives have changed radically in the space of just a few short and sometimes anxious-making months. Queuing, keeping one's distance, wearing face masks and frequent hand washing are now part of the new normal.

As I've taken an extended break from work, once again my colleague Paul Brett, our assistant editor, has compiled another bumper free issue of some of the best stories and features which have appeared in *Psychic News* over the last few years.

Elsewhere in this issue (page 64), Graham Jennings tells how medium Nella Jones gave police clues after a famous painting, *The Guitar Player* by Vermeer, was stolen. This reminded me of a sad and unusual story, which is well worth retelling.



## FORM VANISHES FROM CAR

Nella visited Blue Bell Hill, Kent, which is located halfway between Chatham and Maidstone, after a horrific car crash. Subsequently, the spirit form of a young girl who perished in the accident was seen on more than one occasion.

Chris Dawkins of Coxheath was convinced that he had run over a woman in a red scarf who suddenly appeared before him.

"She ran in front of the car," he said. "She stopped and looked at me. There was no expression on her face. Then I hit her. It was as if the ground moved apart and she went under the car."

The time was 10.55 pm as Mr Dawkins was passing the Robin Hood Lane junction.

"I thought I had killed her," he said. "It wasn't as if she was see-through or anything. She was solid – as real as you are." However, when Mr Dawkins went to investigate he found nothing.

His sighting came two weeks after that of Maidstone motorist Ian Sharpe. He, too, told of a young woman running in front of his car. Despite an extensive search, no trace of her body could be found.

Nella told PN that before she visited the site where these incidents took place, a Sun spokesman had confided that the spirit

form witnessed by motorists was believed to be that of a young girl who had "stepped out in front of a car and been killed."

Nella commented: "When I got there, I knew she hadn't. I sensed there was more than one woman. She hadn't stepped in front of a car. She was actually in a car when she died."

"Another car had come down the hill. Its headlights dazzled her so that her car had swerved, then turned over and over."

"There were four girls in that car. They had been for a bridesmaids' fitting. One of them was getting married the next day."

Apparently, all of Nella's findings were later confirmed. The medium said she sensed the girl's spirit form "coming so close she walked right through me. She is still waiting there for her man."

The spirit form was thought to be that of a 22-year-old woman called Judith who passed on there almost 30 years earlier.

"I'm going to try and talk to her, put her mind at peace and do what I can," Nella added. "She once hitched a lift with a police inspector. She stopped his car, saying her name was Judith."

"After driving 100 yards, the officer turned to speak to her, but she had vanished!" ■



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**PICTURED** in the calm-inducing pink cell are Sergeant Dave Williams, Superintendent Katy Barrow-Grint, former Chief Inspector Dave Cherrington and Inspector Dave Entwistle. (Photo: Thames Valley Police)

This follows a report by Her Majesty's Inspectorate of Constabulary and Fire & Rescue Services, which recommended that forces should provide a less threatening environment for children being held in custody.

Speaking about the project, Supt Katy Barrow-Grint, Head of Criminal Justice, said: "Being held in custody can be a difficult experience.

"Painting the cell in a more calming colour provides a less threatening environment, which can be especially important for children when they have to be detained. We hope it will make a difference to those who use it."

The newly painted cell in the force's Abingdon custody suite is known as "Cherrington's Cell" in honour of Chief Insp Dave Cherrington, who has been head of custody at Thames Valley Police for the last eight years and is retiring from the force after 30 years.

Between 2016 and 2017, Thames Valley Police arrested 2,446 children, which, if my sums are correct, equates to 47 youngsters every week.

Thames Valley's press release was headed, "Custody cells in a lighter shade of pale." Katie Kempen, chief executive officer of the Independent Custody Visiting Association, commented:

"Thames Valley Police are at the forefront of ensuring a safe environment for vulnerable detainees. This is the first time we've seen something like this.

"Custody environments are extremely daunting and intimidating, and you see some very vulnerable people come through the doors. We welcome anything that makes it less traumatic for them."

Thames Valley Police covers the counties of Berkshire, Buckinghamshire and Oxfordshire. It repainted the white walls in the suite after a surprise inspection, which found they were not calming enough for young detainees.

Various studies have discovered that pink is a soothing colour and can reduce feelings of aggression within fifteen minutes. ■

## IN THE PINK

COLOUR affects us all spiritually, emotionally and probably physically, too. Look up the attributes of pink on the internet, and some of them are highly non-PC. The first entry I found stated:

"Pink, a delicate colour that means sweet, nice, playful, cute, romantic, charming, feminine and tender, is associated with bubble gum, flowers, babies, little girls and cotton candy

(candyfloss). Pink is the colour of universal love of oneself and of others."

Delving deeper, another American site commented, "Pink has been used in prison holding cells to effectively reduce erratic behaviour."

Success! That's more like it, for the point of this arresting story is that Thames Valley Police is trialling a new colour scheme in one of its custody cells in Abingdon – pink.

### Psychic News (incorporating Two Worlds)

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

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## COVER-UP IS FLYING HIGH

LET'S try and get the low-down on a high-flying claim that former Prime Minister Winston Churchill ordered a cover-up about UFOs.

Churchill had various psychic experiences. For instance, Psychics Directory includes several examples on its website.

During the Second World War, Churchill was having dinner with government officials at 10 Downing Street. He excused himself, went to the kitchen and asked that the meal be set up on a hot plate in the dining room. Churchill ordered all the kitchen staff to evacuate to the bomb shelter.

Calmly returning to his guests, Churchill resumed the meal. Next, an air raid occurred – and within a few minutes the kitchen took a direct hit from a bomb. Churchill and his dinner guests were unharmed, but the kitchen staff would not have been so fortunate.

Another time during hostilities, the Premier entered his limousine on the opposite side from usual and sat directly behind the driver. En route, a bomb struck the vehicle, severely damaging the side he usually occupied. Both the driver and Churchill were unharmed.

Later, Churchill confessed to his wife

that he heard a voice telling him to "Stop!" as he went to enter the vehicle, which was why he walked to the other door, got in and stayed on the opposite side of the car.

Back to today, and declassified documents have revealed Churchill apparently ordered that a special Whitehall team should examine a strange increase in UFO sightings during the Second World War.

An official report said that numerous sightings had rational explanations, including strange objects over Washington DC, which were picked up by several military radar.

The *Daily Express* commented: "However, some conspiracy theorists have claimed that the report involved the cover-up of a sighting in the UK by RAF staff.

"The theory is fuelled by an alleged deathbed confession by Churchill's personal bodyguard who spoke of bizarre events which involved two RAF pilots reporting encounters with mysterious aircraft known as 'foo fighters' as WWII drew to an end."

During the war, "foo fighters" was the expression used by Allied aircraft pilots to describe UFOs and mysterious aerial phenomena such as balls of fire which followed fighter aircraft during battles



**SIR WINSTON CHURCHILL:** A voice saying "Stop!" saved his life.

over Europe and the Pacific.

Military chiefs assumed the foo fighters were secret German weapons sightings, but they are said to have continued after the end of the war.

Moving to July 1952, US Air Force fighter jets were scrambled on two consecutive weekends after radar detected several UFOs flying in a restricted zone over the White House. Although occurring in America, Churchill wanted further details in case there were

**THIS** dramatic and detailed representation shows a massive UFO hovering over a city.



implications for the UK.

Churchill sent Lord Cherwell, the then Secretary of State for Air, a memo requesting investigations into what happened in the US and any wider issues.

"What does all this stuff about flying saucers amount to?" he asked. "What can it mean? What is the truth? Let me have a report at your convenience."

Lord Cherwell launched a secret Flying Saucer Working Party to investigate. It was unable to completely rule out "an aircraft of extraterrestrial origin, developed by beings unknown to us on lines more advanced than anything we have thought of."

However, it concluded that UFO sightings were due to normal aircraft, birds, balloons, optical illusions, other natural phenomena, deliberate hoaxes or "psychological delusions."

"But years later," said the *Daily Express*, "in 1999, Churchill's involvement in the great UFO debate resurfaced."

The grandson of a retired RAF officer wrote to the Ministry of Defence inquiring about an incident in which Churchill

allegedly banned the reporting of a UFO encounter off the east coast of England.

"The RAF officer – who was said to be Churchill's personal bodyguard – had allegedly confessed on his deathbed that an RAF reconnaissance plane was returning from a mission over occupied Europe when it was shadowed by a 'metallic UFO' off Cumbria.

"It was claimed the crew took pictures of the object – which was said to 'hover noiselessly' by the plane."

When the mysterious encounter was brought to Churchill's attention, he demanded that the details should remain classified for at least 50 years and that they could only be released following a review by a future Prime Minister.

Churchill is said to have shouted, "This should be immediately classified since it would create mass panic among the general population and destroy one's belief in the church."

It seems that there is now no official record of the event or Churchill's orders. To add to the mystery, the Ministry of Defence says that all its UFO files from before 1967 have been destroyed.

Whatever the case, there is absolutely no doubt that Churchill once wrote, "I, for one, am not so immensely impressed by the success we are making of our civilisation here that I am prepared to think we are the only spot in this immense universe which contains living, thinking creatures, or that we are the highest type of mental and physical development which has ever appeared in the vast compass of space and time."

Although Churchill passed on many years ago, looking at the often savage state of the world today, sadly it seems that his words still ring true, as man's inhumanity to man, woman and child often reaches the lowest depths imaginable.

Small in number we may be, but it makes our mission even more vital to show humanity that not only are we spiritual beings in the here and now, but that one day all will account for their earthly actions in the spirit realms.

Once there, pretence and posturing are impossible, as natural law ensures that the scales of justice weigh each act for good or ill with perfect precision... ■

## THE RING OF TRUTH

THIS story really does have the ring of truth about it, for a gold ring that was lost in a vegetable garden some years ago has been found on a carrot dug up for dinner.

Lin Keitch, 69, from Monkton, Heathfield, near Taunton, Somerset,

noticed it while washing home-grown vegetables.

The ring was a 40th birthday present from her husband Dave and was lost by their daughter Sarah.

Mrs Keitch said it was a "chance in a

million" discovery, adding: "Dave dug up the carrots and threw them in a tub outside the back door without noticing anything.

"I picked them up and put them in a bowl of water to wash along with some potatoes and then saw the ring in front of me.

"It was so amazing. I couldn't believe my eyes. It was great to get my ring back after all those years.

"When Dave came in, I said, 'Guess what I've found – look.' He said, 'I've looked for that every time I've done that garden.'

Mrs Keitch added that even though the ring, which contains an amethyst stone in the centre, was covered in earth she recognised it immediately.

"Dave had bought it for me for my birthday," she continued, "but when it got too small for me I gave it to our daughter.

"She lost it in the garden. It must be at least twelve years ago. I thought I'd never see it again.

"We searched high and low, but couldn't find it. I was gutted and never thought it would turn up again.

"Although I had handed it down to Sarah, I'm deciding whether to give it back to her or not. I may just clean it up and keep it in a box." ■



**PICTURED** with her husband Dave, Lin Keitch shows a lost ring which was discovered with a carrot growing through it. (Photo: County Gazette)

## JUST THE TICKET

YES, I know it's really medieval, but I thoroughly enjoy reading about superstitions, so was delighted when *Daily Mirror* journalists Ruki Sayid and Emily Retter wrote a feature under the clever headline "Charmed, I'm sure."

They started with the Lottery. Whenever I buy a ticket, I rarely get one number right even though those born under Cancer, my sign of Sagittarius and Taurus are statistically the luckiest players.

The pair wrote that triangles "have been regarded as the luckiest shape throughout history.

"There's a reason why pyramids are pyramids. The structure is seen as one of strength, with the three sides of the pyramids representing the life cycle –

birth, maturity and death."

Turning to horseshoes, legend states that St Dunstan from the tenth century "trapped the devil in a horseshoe; therefore, putting one above your door protects you from evil."

A horseshoe facing up is claimed to gather luck whilst a downward-facing one "is said to cover you in good luck."

Over to coins, which, the journalists wrote, are regarded as lucky throughout the world.

You should pick one up only if it is face-side up. It is said to increase your luck "if you wear a bent coin around your neck or keep it in your left pocket. It's best to include a coin in a new coat, wallet or shoes."

To ladders, under which one should never walk, as it breaks the unity of the shape of the triangle it forms.

This is, apparently, the unity of a family with two parents and a child or the Holy Trinity – the Father, Son and Holy Spirit.

If you transgress and carelessly walk under a ladder, the antidote is crossing your fingers and spitting through the ladder's rungs three times, which, to me, sounds both disgusting and disease-spreading. Ugh!

Meanwhile, ladybirds are symbols of good luck, "especially if they land in your hand. The spots will indicate how many children a recently married woman will have."

Other lucky omens the paper featured were crocodile teeth, elephants, a rabbit's foot and laughing statues of Buddha. ■

## Glorious gifts of the Spirit

ONE of the great aspects about being Spiritualists is that we can learn a huge amount from the Higher Life.

To end, let's sit back and enjoy some trance teachings from Zodiac, the guide of medium Winifred Moyes. Their long collaboration resulted in the formation of the Greater World Association, which promotes Christian Spiritualism.

I hope that as we endure trying times you really relish these inspiring bite-sized teachings from Zodiac and find peace, strength and reassurance within them:

■ Faith is glorious, but faith without effort is as the sunshine behind the clouds...

Faith without effort, without work or without sacrifice is as the spring when the sun is absent. The buds wait to unfold in beauty and many wither on the stalk, for the creative power of the sun is absent.

■ As you learn to give out that which is essentially the divine within, so you will find that around you the conditions, once dense and holding, seem to lighten. Indeed, they are charged with a beauty that is of the Spirit.

■ Each hour give out the love that is within. If it is the lesser love at this stage, as you give, it shall become the greater love, for you cannot love in any form without being a better man or a better woman.

■ Death cannot exist for you, for the animal, for the flower, for the insect, for anything that has life. Once life has been given, it is irrevocable and cannot be taken

away.

■ Give out from yourselves those sweet thoughts which are your own – healing thoughts, thoughts of sympathy and thoughts of love – and realise that as you give your all, so there are those with a greater store than you possess replenishing, recharging and sweetening your way.

■ The only way to evolve, the only way to come into your spiritual inheritance, is by service to others, by working, by striving and by helping the "lesser" creations to evolve in turn. Glorious is the future; mighty is the scope before man.

■ Bless the flowers, for the flowers have brought a blessing to you. Bless the sky, for you take your breath, your physical life, from the air. Bless the trees, for they contribute to your vitality in a way man cannot understand.

■ Trouble during the earth journey is as the rain which brings up the blossoms of the Spirit.

■ If a sunny day sometimes leads on to a grey tomorrow, I remind you that beyond tomorrow there is the sun of unbroken peace. When the earth life is over, because you were faithful in little things, much shall be granted unto you.

■ Blessed are they who have the strength to toil when the body feels weak. Blessed are they who give out their sympathetic help when trouble seems all around in their own lives. Blessed are they who are generous in thought to those they regard as their enemies.



ZODIAC first entranced his medium in 1921. An inscription on this portrait reads: "M. Dixon. This lady was in the congregation when she was inspired to paint it."

■ Draw the curtain of peace around you and shut out thoughts of anger and ill-will. Allow the curtain of peace to enshroud you... With a true heart and eye, you can give out peace to those who are around you.

■ In the cupboard of the pilgrim's physical mind there is sympathy and mercy, compassion and understanding, solace and healing. Yes, there are all those sweet and glorious gifts of the Spirit.

If you give of your store to those who are without, never shall the store be exhausted. It shall be as the cruse of oil: as the need, so the store; as the call, so the strength.

# Lifting the lockdown and opening churches

By Minister David R. Bruton, President of the Spiritualists' National Union

AFTER three months with every Spiritualist church in the country closed due to the pandemic, the UK government finally gave faith communities the go-ahead to start reopening churches.

The situation in Scotland, Wales and Northern Ireland is likely to be different because they are covered by devolved authorities.

Guidance documents are available from each devolved government. Links to this information are provided at the end of this article.

The Spiritualists' National Union (SNU) has worked hard to provide support to all of its 320 churches throughout the UK. After a considerable amount of research, a booklet, *Unlocking our Future – Leaving Lockdown* (pictured below), was sent to the president of every church.

On Friday, June 26, the union also held a meeting via Zoom at which 136 people were present representing many churches around the UK.

The meeting lasted for nearly two hours. Many questions were asked as churches begin their planning process moving slowly towards reopening.

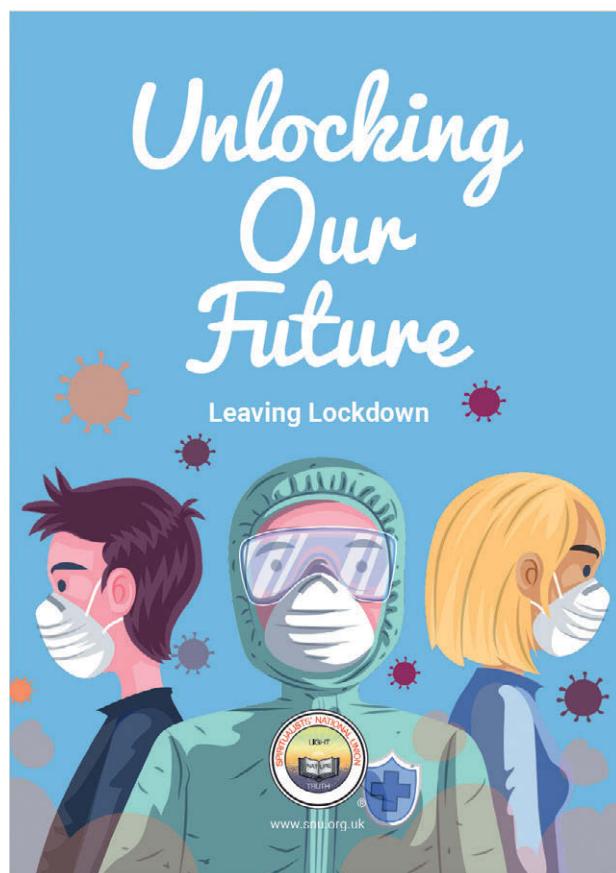
The union also updated members with the latest guidance from the government and has set three key points before opening:

**Safety.** It is paramount that all churches only open when their committees feel it is safe to do so.

The well-being of church committees, visiting mediums, volunteers and members of the congregation should be paramount at all times.



DAVID BRUTON: "As a religion dedicated to the service of humanity, we need to pull together in these uncertain times to be there for each other when the need is greatest."



**When should we open?** The union recognises that each church will be different, so the decision to open rests with each church committee, taking into account the church building and how easy it will be to social distance.

Many committee members may still be shielding, so will be unavailable to help run a church. Turning to congregations, again many regular attendees may be shielding and unable or unwilling to attend.

The union will try to support each church on its journey towards reopening, but there will be no compulsion nationally to encourage churches to open. Each church will make its own decision in its own time.

From feedback we have received from other faith communities, some are planning to delay opening until the autumn and one or two will not open until the New Year.

There is no rush, despite the fact that we fully understand many members have missed the community aspect of public worship and long to return to their church.

**When we open how will things be different?** Following government guidelines, social distancing must be introduced.

The current two-metre rule has been relaxed to one metre plus, which means that numbers attending services will need to be restricted.

The plus element encourages congregants to wear PPE in the form of masks and gloves when attending church.

Each church will also have to record who attends every service to enable the government's track-and-trace service to follow up any



possible further outbreaks of the virus.

Singing of hymns or songs is not allowed. It will be no longer possible to pass the collection plate around, so the union is encouraging churches to look towards other forms of fund-raising either by establishing direct debits from members who wish to support their church or move to contactless payment devices to avoid using cash.

However, a plate or box can still be left at the exit of a church for members to make a donation to support their church especially during this difficult time.

Above all, cleaning routines are going to need to be increased to cleaning after each meeting or service. Every surface someone has touched will have to be cleaned with an appropriate disinfectant. Further guidance on this can be found on the government website.

With little or no income coming in, the union is aware that the three-month lockdown period has caused problems for some churches. Many have reserves, but this is not always the case.

The union has already made grants available to a small group of churches to support their cash flow. Should SNU churches be having problems, in the first instance they are recommended to contact Head Office on 01279 816363 and we will do all we can to help.

## THE DIGITAL FUTURE

During the lockdown, many SNU churches took the first tentative steps into worshipping online via various platforms, be it Zoom, Webex, Facebook, etc.

Through its online branch SNUi, the union has done a considerable amount of work in this area and now offers a range of services and meetings via Zoom. We are proud to see how many churches have established their own services in order to keep their congregation together.

Many churches have reported welcoming new people to their congregation, some even from abroad.

It is clear that as we seek to navigate the "new normal," perhaps maintaining an online presence for your church may be a way to grow in the future and also to continue to reach members who are unable at this time to attend worship physically.

A consensus seems to be evolving within the faith communities that opening churches should be delayed until a time that all the safety measures have been established to keep everyone safe. The union fully endorses such an approach.

### *As Spiritualists*

As Spiritualists, we have the opportunity to face what has happened with a spiritual perspective and choose to see it as an opportunity for growth and development. Central to the teachings of Spiritualism, is the idea of eternal progress. Spiritualists might find strength in this and embrace change as part of their journey through their eternal progress.

We cannot and should not ignore our human needs. By also including our spiritual needs in all that we do, we stand a better chance of protecting and enhancing our wellbeing.

Until a vaccine is developed, the way we worship is clearly going to have to change as just one component of enjoying a normal life.

Some claim that things will never be the same again. This may prove to be true, but the support the true message of Spiritualism brings into our lives will no doubt continue to help many.

Especially at this time, we think of those grieving for loved ones who have taken their transition through Covid-19.

The pastoral needs of our community are likely to be increased, so as a religion dedicated to the service of humanity, we need to pull together in these uncertain times to be there for each other when the need is greatest. ■



## USEFUL LINKS

SNU website. News section for the latest updates.

[www.snu.org.uk](http://www.snu.org.uk)

Further guidance from the UK GOVERNMENT:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic>

### NORTHERN IRELAND

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-northern-ireland>

### SCOTLAND

<https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-the-safe-use-of-places-of-worship/>

### WALES

<https://gov.wales/guidance-reopening-places-worship-coronavirus-html>

# Still developing after 34 years

**GORDON SMITH tells Roy Stemman about children talking sense and why it's important for his Foundation Course students to be grounded**

PICTURE THE scene: two little boys are sitting in a Spiritualist church watching a medium giving messages. What do they make of what they see and hear? And how would we answer the questions that they will inevitably ask?

This is not a hypothetical situation. It actually happened. The boys, Paul and Steven, put many questions to their father, which is understandable since he was the medium they had watched giving messages to members of the congregation.

"Dad, you told that woman that her mother was here. Where was she? Why couldn't we see her?"

"Explaining what I was doing and how I was communicating with the spirit world in the language I would normally use in talking to adults was totally inappropriate for wee boys," explains Gordon Smith, who is frequently described, for good reason, as Britain's most evidential medium.

"So I created a little world for them, called Lightland, and told them stories about it. I explained that we had a hard body and a light body. And when the hard body dies, the light body – that part of you that thinks, dreams and creates things in your mind – continues to live in Lightland."

Not only did it prove to be a very effective way of explaining the concepts of life and death to his own sons but it also worked when he was helping families grieving for lost children and particularly where a sibling was struggling to come to terms with the impact on the family of losing a brother or sister.

"In effect, the surviving child in some cases had lost its parents to grief. It wasn't the parents' fault, they just didn't know

how to deal with it."

Gordon Smith's 2016 book, *A Thin Place*, not only helps such families to accept their loss gradually but it also has the potential to open the minds of youngsters to another reality, in the best traditions of children's fiction, and one based on spiritual concepts.

"There was a particular family on whom I really based this book," Gordon explains. "They had lost a daughter. They also had a young son who was so emotional and sensitive, and he needed answers. But his parents kept giving him these lovely answers – 'Your sister's in heaven' – and they would smile.

"The boy in my book learns a language called 'sense', and only children and

animals can talk sense. He would sense his mother's pain and his father's anger, even though they were smiling at him.

"I believe every kid picks up emotions from the mother, and maybe the father, too, like the grief and anger that they feel when a child is taken from them.

"And the idea of the book is that the boy learns through nature about the hard and light bodies, through being able to talk to other creatures. The whole concept works around the seasons. Everything changes. Nothing is permanent. Even grief.

"So I think I wanted young people to be able to read something that wasn't exactly Spiritualist but still has a Spiritualist flavour, by explaining that the little girl is in Lightland – the spirit world – and she can





come back and talk to them."

Writing the book came easily to Gordon, which is not altogether surprising since he has written over 15 others – all of them until now factual and produced by him without the help of a ghostwriter. His most recent works include *One Hundred Answers From Spirit* (Coronet, 2016), his autobiography *Best of Both Worlds* (Coronet, 2016), *The Unbelievable Truth* (Hay House, 2015) and *Intuitive Studies: a complete course in mediumship* (Hay House, 2012).

These reflect his very strong desire to teach others about mediumship and life after death, but now his first work of fiction reveals an urge to make even greater use of his creative writing skills.

"I've always been writing," he reveals. "I've written plays and other works that have never been staged. But I intend to do that now. I love writing and I want to write more. I enjoy creating another world, especially because everything you do as a medium is always challenged – whether by scientists, religious bodies, psychologists, psychiatrists – so to be able to write a novel, I can really let my ideas flow."

His children's book, he adds with a hint of astonishment, "was one of the easiest things to write. Every day something occurred to me and I thought, 'I must put this in the book.' It was so easy to do."

If he achieves his goal of writing more, we can look forward before too long to humorous fiction in *The Diary of a Teenage Psychic* and a play about four men facing death in a retirement home which, he quickly adds, will be a celebration of death.

"I totally believe that death is a time to celebrate. When somebody goes into the spirit world – they have a celebration. Death is for the living, I always tell people."

Gordon knows from personal experience that if somebody dies well, the family experiences less grief.

"When my father died – we knew he was going to die – he actually made it easy for the family. He was never committed to anything religious nor even my own work, apart from saying, 'I'm proud of what you do', but at the end of his life he had a beautiful experience.

"He saw his sister who had passed before him and he experienced going into a room full of light. We thought he'd died but he came back and he was crying with laughter and joy. He said, 'Is that all it is?' I replied, 'That's all it is'. And he said, 'Will you stay with me until I don't need you any more?' I said, 'Sure'.

"Then after a while he just turned and said, 'You can go, son. I'm ready. But I don't want you here.' I said, 'That's OK, that's fine Dad'.



**The London Spiritual Mission**

"There was the father who taught me how to tie my shoelaces, knot a tie and tell the time. And for me to be sat there, as a man, and give him the rite of passage to go to a place without fear – something I believe mediums themselves can do because death is a big part of our work – was the most wonderful thing for me to be able to do in return." He adds:

"I've never, ever been afraid of death."

He's also never been afraid of straight-talking, particularly in the mediumship development courses he runs and supervises at the London Spiritual Mission (LSM) and the College of Psychic Studies, both in London, and the Sir Arthur Conan Doyle Centre in Edinburgh.

## Self-awareness

"At the LSM, about 50 people a week turn up for development and they're all doing the same system," he explains. "Some people said at the outset, 'But I've been a medium for many years', and I replied, 'You're in this class now, so you're going to have to start at the beginning'.

"We did lose a few people," he chuckles, "but that didn't matter to me as I knew the ones who stayed would absolutely love it, which they do. The form of development I teach – the first part of the Foundation Course – is about giving up the ghosts: 'Let's get rid of this!' or 'This is stupid!' A lot of preconceptions are challenged.

"Instead of going home at night with a head full of nonsense they get nothing, but they have sat in the power of Spirit."

"I'm looking to develop people to become more self-aware. They will then have much better awareness of Spirit as well. I look for people who can be grounded in reality: you need someone who can balance their emotions quite quickly if they are going to become a medium."

And what better way of doing that, Gordon argues, than reading Carl Jung? That's one of his recommendations "because I want them to understand everything about archetypes and symbolism".

The reason for this is that these developing mediums need to understand that what happens in their thinking minds while sitting in a circle or meditating may not be a message from Spirit: "it's probably just their minds clearing the mental clutter". He also maintains that if they first learn to develop spiritually, psychic gifts and mediumship will follow.

This may seem revolutionary to some would-be mediums but it's not. "That's how I was taught," Gordon explains. "Nothing's changed. It's how my teacher, Mrs Primrose, taught me. And it took seven years before she allowed me to stand up and give a message."

The point Gordon is making is that mediumistic development is not just about receiving and giving messages – at least, not at the beginning. In fact, he says allowing trainee mediums to start giving messages after just a few weeks in a developing circle is like giving a medical student a scalpel and allowing him or her to operate freely on people. The effect, he maintains, can be "devastating".

"I still sit in a development circle every week when I can," he tells me, reinforcing the importance of home circles for every medium. "I sat last night. When I can, I sit every Thursday night with my group. We're just good friends."

"There are two working mediums and myself in my circle, and we never give messages. In the 30 years I've sat in circle I've never given a message. I've only ever sat and Spirit overshadows me. But when we sit it reminds us of the source, because we feel Spirit's presence every week."

"We've also noticed a type of phenomenon that's so different, it's almost like light beings appearing. We've never sat in the dark, but it's a manifestation in light; it's unbelievable. I'm still not 100 per cent sure where it's headed but we know something's happening."

"It's beautiful, and we don't need any curtains or tricks: we just sit and suddenly the room is filled with this vapour, which is the best way I can describe it. We also become very aware of healing energies and all the other things that come with it."

His disciplined training as a young man and his continuing circle work has paid off for the Glaswegian barber, who cut hair and shaved customers by day for many years and focused on developing his mediumship by night. Once he stepped onto a Spiritualist platform and began

conveying messages from the spirit world it was obvious that he had the ability to be incredibly evidential.

The capability to provide names and precise details leaves recipients in no doubt that he is in touch with their loved ones and it has led to a huge international following and public appearances in many countries since he became a professional medium.

"I still travel but now I only go to Europe: Switzerland and Denmark mainly. I used to visit Australia, South Africa and Japan. I also toured America for two years. Every night we demonstrated in a different state. I think we visited 26 states on one of the tours and 3,000 people a night turned up to see me and Sylvia Browne doing our thing.

"It was exhausting – a bit like a rock tour when we looked at the size of the audiences and the scale of the things that had to be transported with us. But there was no glamour in that at all. You literally went on, did your demonstration, signed books for two hours afterwards, went to your hotel, ate something and then you'd be up at 5am heading to the airport and the next show.

"Believe me, after doing that for two

years, it's not so bright. I just wanted to go home. Flying to Europe is easier and I'm working a lot more in the UK now. I felt I wanted to do a lot more demonstrating, which is what I most enjoy – working on the platform."

Providing evidence for life after death and helping grieving families can be a huge and daunting responsibility, maybe even a burden. Has he ever questioned his decision to become a medium?

### Why I do this

"I remember just one occasion when I was so annoyed because all my friends were going to see Tina Turner in concert in Glasgow and it clashed with a booking I had to demonstrate at a Spiritualist Church. The church wouldn't change it, so I had to give up my ticket.

"I was still working as a hairdresser at that time and I wasn't best pleased at being a medium that day. I kept asking myself, 'Why do I do this?'

"Then, at the end of the day, a guy came in for a shave. There was just him and me; the staff had left. And as I was lathering this man and getting the razor ready, I looked up and saw a woman looking at me

in the mirror. I looked behind me, because she looked so real, but there was no one there.

"I can still see her. She was a stunning looking woman with short blonde hair in a beautiful black dress and I could really feel her presence. I didn't know who this man was; I'd never met him before. She said, 'Tell him I'm here.'

"I said, 'Sir, I've something to tell you'. I think he thought I'd cut him! 'There's a woman who died and her name's Judy. I'm actually a medium.'

"He was a big guy. He sat up in the chair and his eyes just widened. And then I saw her open her hand and in it were three lollipops, which I felt was not the most earth-shattering message.

"I said, 'She says, "Thank you for the lollipops".' He just dissolved in tears. When I eventually got him sorted, he said, 'That's incredible. My son Rory took three lollipops to his Mum's grave. That was his Mum. She just died. And instead of flowers my son asked if he could take lollipops.'

"And I said to myself: 'You asked why you do this. That's why you do it. It was the only time I ever gave a message to a customer in all those years working as a barber.' ■





ASK A MEDIUM

# ROBERT BROWN

## ANSWERS YOUR QUESTIONS

**World-renowned Spiritualist medium, minister and healer  
Robert Brown answers your questions**

**I would like to answer two questions which are often asked – “Can anyone learn about mediumship?” and “Can anyone be a medium?”**

The short answer has to be, “Yes, anyone can learn about mediumship.” Perhaps there would be less fear, suspicion and hatred in the world if people had an understanding of the truth demonstrated by mediums.

The answer to the second point is “No,” since having a modicum of ability does not mean someone will be a good medium.

A friend of mine has had piano lessons since a child and is now in her thirties. She would readily admit that she is a terrible player and simply has no aptitude for it. Likewise, there are some people who should not be mediums.

There is currently a proliferation of courses, classes and workshops offered to anyone who apparently has even the slightest experience in a metaphysical context.

What are the criteria for accepting people at these events? Surely anything undertaken that is a major part of your journey on earth needs a certain initial level of ability.

Asking those who want to attend my workshops or retreats, “What is it you hope to achieve this week?” several times I’ve received the answer, “I want to be the best medium in the world,” often with the added comment, “So that Spirit has the best vehicle to work through.”

I guess they add that in case Spirit may be listening and are fooled as to their real aim. But analyse the sentence about

being the best medium in the world: it is demanding, egotistical, competitive and limiting.

I always try to discourage such people by saying: “You will be very disappointed if that is your goal. There will always be someone better than you, which will lead to anger, bitterness and dissatisfaction. Surely the aim should be the best you can be.” They never even see the irony of limiting it to the world.

When I started development classes in my early teens, my first shock was that everyone else in the circle was so “ancient,” and at least 30 or 40 years old.

Good heavens! What had they been doing all their lives? Here I was with a little bit of ability and zero experience of life or people.

Perhaps I was like a rough diamond with no polish, little tolerance, impatient and just starting to understand the meaning of compassion.

Looking back, I laugh now and realise that what those people had been doing before joining the circle was gaining experience. Life was preparing them to understand the joys and sorrows that can affect us all. They were learning compassion.

At any gathering, when my antennae detect someone in the room saying, “Oh I know how you feel,” I want to run a mile.

No, you don’t. You cannot possibly know exactly how someone else feels, although

if you have had a similar experience in life, you can say, “I understand how you feel.”

As my mediumship develops, those I’ve met and trusted me for the past 40 or so years have taught me a lot. I am in awe hearing of what some people have endured yet they can still get up in the morning to face the day.

It is often truly inspiring. Through sharing their experiences, I understand how some people feel, which complements my personal journey.

If we take the trinity for mankind and break it down to mind, body and spirit, how does that apply to a medium?

### Mind

Those who work as mediums need to be able to shut off their own problems and fears. What we deal with in everyday life has no place infiltrating information from Spirit.

I have a friend, who is a brilliant evidential medium, but he once had a very expensive problem with property. Even now, if Spirit mentions property, immediately his attitude changes.

Mediums have to be able to exclude negativity. Some of the best mediumship occurs when mediums just let Spirit flow. If they understand this, how can they have an ego which is out of control?

I must confess that I’m staggered when I hear people proclaim, “I can’t switch it off,” which I maintain is due to bad training or lack of understanding.

If you leave an electrical appliance plugged in and running, at some point it

will burn out. Similarly, mediums can "burn out."

It is only possible to operate at maximum efficiency for a limited period. There is a time, a place and appropriate opportunities to work with peak efficiency.

Some mediums tell me that they never meditate. Maybe not consciously, but it is vital to clear and still the mind.

Until you have mastered this, you have little hope of being at your best. If you fail to prepare, prepare to fail.

### **Body**

I was once at a question-and-answer session with four or five other mediums when someone asked "Will you get better results from a medium who does not drink alcohol or smoke?"

A very well known medium replied, "Yes." He neither smoked nor drank, and believed it was important to present as untainted a vehicle as possible for Spirit to work with.

Of course, everyone is entitled to his or her opinions. I felt it only fair to point out that the same medium and I dined out together the night before and recalled how at the restaurant, he had to sign a disclaimer when ordering his steak almost raw.

While I agree we have a responsibility to take care of the temple which houses the soul, many of us abuse and misuse our physical bodies, taking things for granted until they go wrong.

I am no exception. From 30 onwards, I piled on weight. People were kind and told me I that was "cuddly" and so on. I

tried every diet and fad imaginable. My favourite was the "Papaya Diet," which meant eating two to three papayas daily.

At that time, I lived in South Kensington. Other than Harrods, at times the only place to get papaya was Berwick Street Market in the West End, so I used to walk there every other day.

This is quite a distance. I lost weight, but reality and a good laugh at myself kicked in when medium Larry Taylor gave me a spirit message which stated: "Diets are simply about accounts received and payable. If you take in more than you use, you store it."

Like a number of people involved in a sedentary occupation, weight can easily creep up again easily. After some health issues, I decided to tackle the issue once more.

I went to see my doctor, hoping, I guess, to find a miracle pill, and asked how to lose weight effectively.

He wrote me a note saying, "Don't eat anything fatty." "That's it?" I replied. "Give it back," said the doctor. "I forgot to add something."

The doctor returned the note, which now read, "Don't eat anything, Fatty!" I love a doctor with a sense of humour, which, fortunately, most mediums acquire.

We do not have to become obsessed about the physical, but must be aware of personal responsibility. To be a medium, we need to do our best to keep mind, body and spirit in balance. This is an ongoing process.

### **Spirit**

Being a medium entails standing in the firing line at some point, so is not for the

weak or faint-hearted.

I have often joked that some female mediums are perceived as being as "tough as old boots" whilst male mediums seem unduly sensitive. In general, I've learned that men are not known for displaying their emotions easily.

As a medium, true concern for others is a priority. Avoid being judgemental. It takes great strength of spirit to allow people to see the caring side of you.

It is no wonder that working with Spirit confers a veneer of protection once you have had your knowledge and beliefs called into question.

You may be doubted and often criticised. I have known people to disown a medium in their family and for friends to turn their backs.

A medium who genuinely sees the possible results of their work will sail on through such stormy waters and grow in spirit.

At the moment, we are going through an interesting period, one of global conscious change, and not all of it is pretty. Brexit is revealing an ugly side – one of selfishness, greed, entitlement and hypocrisy, to name only a few.

Spiritualism has a part to play by providing well-trained, balanced, ethical mediums who can reveal the truths of Spirit which could well help people through these challenging times.

In summary, people can learn from mediumship, but no, not everyone can be a medium.

**Please send your questions for Robert to:**  
**[pneditorials@gmail.com](mailto:pneditorials@gmail.com)**

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**Being a medium entails standing in the firing line at some point, so is not for the weak or faint-hearted**

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# ACCENTUATE THE POSITIVE

WITH

## Sally Francis

# IT'S TIME TO REMEMBER WHO YOU TRULY ARE

“ You come from infinite possibilities and probabilities; from the dreams and spirits of all your ancestors, and from every thought, desire and intention that was ever created ”

SOMETIMES we forget who we are and need a little reminder. At other times we forget the love that we are and the intelligence that we are. The intelligence informing us comes to us all in every moment and in every second: when we trust and really listen to the part of our soul that truly loves and adores us.

We are bombarded on a daily basis with information that comes to us from many sources and it can be quite mind boggling to navigate through the quagmire of other people's beliefs and thoughts.

In the process, we may forget ourselves and who we are. We may bury our true selves under layers in order to fit into families, work places or other groups of people that I see as "tribes".

But you do not need to disguise your true self. Your spiritual self is already whole and not only knows the truth of who you are, but also your life mission and all you have come here to do at this time.

You are unique and infinite. This year, take some time to let this really sink in. It's a subject I deal with in depth in my book, *Remember Who You Truly Are*, and I'd like to share some of those thoughts with you here.

You come from an infinite source and a golden consciousness; from the light of the stars and the galaxies and the love that has existed and always will exist in the universe. You come from infinite

possibilities and probabilities; from the dreams and spirits of all your ancestors, and from every thought, desire and intention that was ever created.

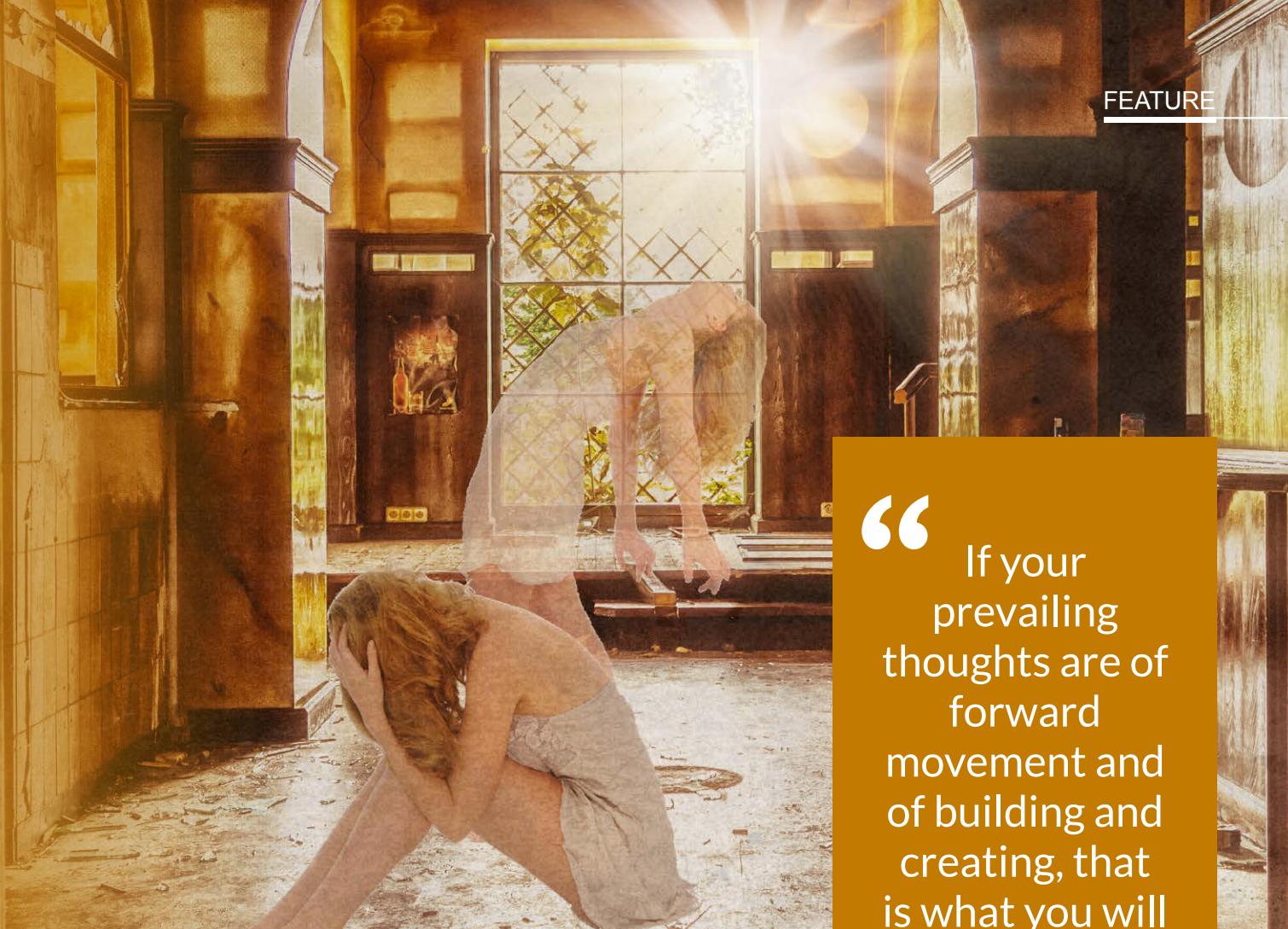
You come from infinite dreams, hopes and wishes; from love eternal and everlasting and a well of knowledge and inspiration that is boundless and unlimited. Inside you, billions of electrical impulses are at work. Cells are moving, changing and growing, giving you a physical life and enabling your consciousness to radiate and touch others. Everything is buzzing within you. All you have to do is flick the switch and become a "bright star".

You have embarked on a huge journey of consciousness: a tiny pinprick of light and energy, waiting to emerge into physical form. You are miraculous. You are a wave of energy just waiting to burst out, to explode into a new dimension – a human dimension, with talents and goals and challenges.

It's a huge journey, an experience through which our souls learn and grow with the realisation that we can be everything. We have the power within us in every moment to shift the aspects of our lives, to change our focus and our destinies, just by pure thought and intention. We are the creators of our own destinies.

### **Unlimited potential**

You come here with unlimited potential to be anything and everything that



you truly desire. Within you is a field of consciousness that is unlimited and without definition, and able to access all the consciousness that is within the universe: the all-consciousness, the mighty power of evolution, the etheric field of immortal energy.

You are already connected to everything. You are an extension of all that has ever happened and ever will happen in the universe. You can tap into the Akashic Records and the all-consciousness. You exist here as a space-travelling beam of consciousness manifest in physical form for your journey.

That journey is for your soul's advancement and continuation, and when you access that consciousness there is really nothing that you cannot do, be or have. The only limitation is your understanding and accepting that you absolutely do deserve everything that you came here to be.

This may not be in a material sense, but about living your life as an extension of your true divinity – the divinity within you, your soul and spirit essence, and the essence of who you truly are.

In every moment you can summon anything you want into consciousness and into your body just by thoughts. You can do this by setting out intentions as to what you want in your life and seeing them as happening in this time-space, now, with all the feeling you can summon, and with all

the joy and love that you possess, pushing beyond all boundaries of limitation.

Without exception you become what you think about. By expanding your thinking, you expand your consciousness. You expand into your thoughts and, when you push them outwards into the world, the universe hears your thoughts and your prayers.

You have a responsibility as to how you use your energy, of course; you can use it for good in whichever way you choose.

When you understand that you are without limit and definition you can truly be everything you have ever dreamed of being. You become an expanded being of consciousness able to dip in and out of everything you choose, just by intention, thought, will and focus.

You drive your thoughts and your spirit by setting intentions: unwavering and focused intentions. Life will happen to you, but if your prevailing thoughts are of forward movement and of building and creating, that is what you will experience. You will become an extension of your prevailing thoughts, pushed forward and through into your reality.

You will mould and shape your experience of your life, bringing form into the vision of your reality. It must happen, for that is how the laws of the universe work. Your thoughts really do create things, and your future.

Within you are so many gifts just

“ If your prevailing thoughts are of forward movement and of building and creating, that is what you will experience ”

bursting to come out: love, intelligence, humour, creativity, art and music, speaking, listening, exploring or travelling, gifts of being a mother or a father and the gift of being exactly who you were destined to be.

So many gifts, all lying dormant, just waiting to be ignited in you by a flame of magic. Light the touch paper of time and rise up to be everything you were destined to be.

You are already whole. You came to this life as a “brilliant artwork of consciousness”, a perfectly-formed individual filled with light and a luminosity which you can summon into yourself just with a thought.

You are filled with future unlimited potential and creative gifts – miracles. It is the remembering of that, and remembering the reason that you came here and ignited this consciousness that makes your life blossom like a beautiful crocus or daffodil, bursting through the earth’s crust each spring.

You are a seed and flower of the all-consciousness, with many, many facets of beauty and magnificence.

It’s time to take your power back and be all you are meant to be.

# TRY THESE MENTAL EXERCISES TO HELP YOU COPE WITH CHALLENGES

WE ARE all confronted with various difficulties in our lives, some of which can be really challenging. How effectively we deal with them often depends on our state of mind, and that is something we can control.

I have found the following exercises very helpful, not only for myself but also for the clients who consult me with particular problems. So, whatever the challenges you face, these positive mental tools will give you valuable support in tackling them and making the right decisions.

## 1 If you are challenged, remember a time when you were happy and laughing, doing something that you loved.

You may have been with someone, or on your own on a beach, or just doing something that gave you great joy. Picture that and really feel the memory with all your intention: see what you saw, feel what you felt, and experience the noise, the aromas, the tactile elements, and your excited spirit doing something that you love.

You can take this feeling and apply it to a future event: see the future with colour and feel how happy you will be having completed something that you have always wanted to do. See yourself doing this creative thing, using your gift. Also, see how you feel and sense it, and see the people around you as you imagine it with all your might.

## 2 Close your eyes and breathe a few slow breaths.

Let go of anything that you were holding onto during the day, and breathe deeply into the belly. Expand into your whole being and imagine you are sitting here, not just as a person but also as a spirit – an eternal spirit who has come here for just a while.

Know you are eternal and immortal. Imagine golden light coming in through your crown and cleansing your aura and energy, letting anything negative from the day or your life wash through you and be transmuted back to love in the ground.

See your aura, the energy body that surrounds you, expanding outwards. Send tendrils of love out to all who are around you and to your house or place of living. See this happen to your town and to its people, the community. See this then radiating around the world. You have just expanded your energy love field.

Over the next few days and weeks watch for the love coming back to you ... you are love, in your truest essence.

## 3 Let's say I waved a magic wand in front of you and all your resistance to being everything you are was suddenly gone.

Who would you be?  
What would you do?

Take a large piece of paper and write down or draw all the things you would be or do if you had no resistance to anything. Who would you become? Push past your resistance and see it, hear it and feel it. Get excited about all the things you will do when you push past that resistance.

## 4 If you ever feel challenged in life, get a piece of paper and a pen and, as though channelling with your own soul and spirit, ask the questions:

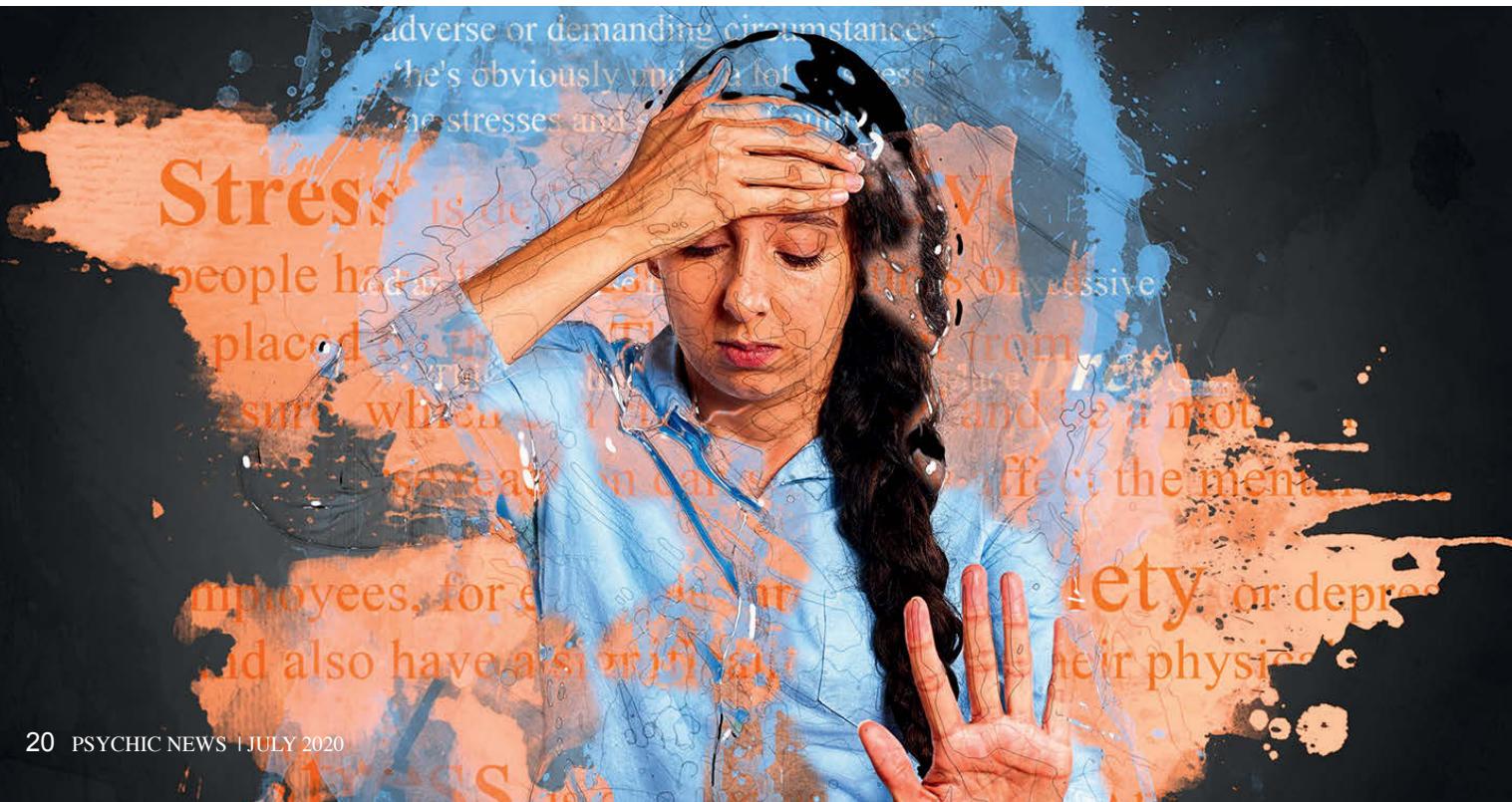
*Who did I come here to be?  
What is my mission?  
Who am I?*

Let the answers come. You may need to draw them: let them flow.

## 5 Having difficulty determining your life mission, your purpose?

Write your name in the middle of a page and then around the outside set down all the things that make you feel alive. They might be music, nature, talking, dancing, creating with your hands, making cakes, building things or connecting with people. Write about whatever floats your boat.

Once you've written them down, start working towards your goal. Just take a step each day, it doesn't matter how small – even just one baby step is a step in the right direction. You can be led by others or you can blossom into your own life experience.



## 6 Take a few moments on waking to expand your consciousness.

Allow a few minutes to dream and see the bigger potential and really feel who and what you wish to become. Feel your future potential as this magic starts to happen. Feel all the emotions and dream big.

Change does not always come easily, but it also does not have to be hard. What if it flowed into you completely and ultimately? What if you just felt your energy and were led to the next step of your life?

If you could change or add anything to the world, what would it be?

The old story can become the gateway to a new story. In between the old and the new there is no story – that is the time to imagine, visualise and create, maybe in an inner dimension where you really communicate with your soul.

## 7 You can sit quietly in meditation and call on Archangel Michael and your own guides and ask for a cord cutting to take place: cords of fear from other people or even situations.

These cords can appear as threads or tubes of light or dark that connects you to other people.

If you close your eyes you will probably know the people who are still attached to you on an etheric level. See each person in front of you and tell them that you are now going to sever all cords of fear that keep you tied to them and explain that you are going to ask for the parts of your soul that you gave them to be reintegrated back to you.

Always do this with love as any negativity will karmically come back to you. See each one as a soul who helped you for part of your journey and thank them for being in your life and helping you for part of the way.

Ask Archangel Michael to bring in his large sword and cut any cords of fear from you, and just leave the love. Then ask for any parts of your soul that have been left with the person to be returned to you and send them love back in return.

You may start to feel different or even see parts of you returning. You may also feel your spirit and soul becoming brighter. See the other person happy and relaxed and thank them for being part of your journey. They were in your life at that time for a reason and you may not totally disconnect, but you may feel differently the next time that you see them or hear about them or think about them.

This is powerful etheric work and you need to rest to integrate this totally. Be kind to yourself and bless them and yourself. You may need to do this a few times and with a few people who are or have been in your life.

Watch for the magic to unfold in the next weeks and months. ■

# 'ASTONISHING RISE IN HARMFUL EXORCISMS'

*is putting Christian mental health at risk, says think tank*

A MARKED increase in exorcisms, as reported in recent issues of *Psychic News*, has been confirmed by Theos, a London-based think tank focused on religion and society.

In a report issued in July 2017, examining the relationship between Christianity and mental health, its experts expressed concern that "exorcisms are now a booming industry in the UK". A number of interviewees spoke of the astonishing increase in demand – often, as one noted, "in defiance of any actual rules or procedures put in place by any church".

It acknowledged "the possibility that a person can be possessed by demons", *Christian Daily* reported, "but it also warned against the tendency to 'overspiritualise' everything and attribute all events to spiritual causes even though there are medical explanations."

The increase that is being seen in the Anglican church is partly driven by immigrant communities and Pentecostal churches which are very open about their exorcist services, the Theos report added.

Chaplains and other Christians working in mental health expressed the view that in the vast majority of cases "the person

in question was suffering with mental health issues which required psychiatric assistance".

The author of the report, researcher and evangelical chaplain Ben Ryan, commented, "Outside the established church, there's a huge increase which you can see with your own eyes. If you walk down the Old Kent Road there are flyers and stickers everywhere."

Responding to the Theos report, a Church of England spokesman said it takes "deliverance ministry" very seriously and treats each case in a pastoral and private way, adding:

"Our guidelines state that particular caution needs to be exercised, especially when ministering to someone who is in a distressed or disturbed state."

Italian and American Catholic experts, on the other hand, blame the rise in exorcisms on an increasing number of people getting involved in Satanism and the occult. ■

Linda Blair and Max von Sydow in 'The Exorcist'  
(Photo: Warner Bros)



# Helping people deal with grief is what motivates Tim Braun

*ROY STEMMAN talks to the American medium and author about his unconventional path to mediumistic development*

THERE ARE many paths to mediumship but the one followed by Tim Braun must surely be the most unlikely of all.

It says much for his determination and strength of character, as well as the quality of his mediumship, that he can now look back on the obstacles he has overcome with satisfaction and pride, and not a trace of bitterness.

He has, after all, published a book, *Life and Death: a medium's messages to help you overcome grief and find closure*, that was not only published in his own country, the United States, but also in a number of European markets, too.

During a visit to London in February 2016 he demonstrated his abilities to a packed audience at the College of Psychic Studies in South Kensington where he also gave private sittings. And it was there that he took time off to tell me about the childhood experiences that would probably have extinguished mediumistic abilities in most people.

"My parents were both Eucharistic Ministers in the Catholic Church for many, many years," he says, getting straight to the point in his usual, forthright manner. "That meant they were able to give out the host – sacramental bread – along with the priest.

"In addition, once a week for over 20 years my mother gave communion to the sick. The priest allowed her to take the consecrated hosts to different convalescent hospitals to people who were Catholic, to give them communion."

Needless to say, the Brauns ran a strict household. They had five children and then, after a 10-year gap, Tim was born. Like his siblings, he had to obey his parents, which meant going to church and holy communion every week as well as going to confession a few times a year.

By the time he was 19 years old, Tim had realised Catholicism was not for him. He had begun to explore subjects that fell outside his parents' narrow beliefs, including astrology. When they discovered a book on the subject in his desk they insisted that he threw it in the trash bin, and watched over him as he did so.

Soon afterwards, when he told them he was not going to church any more, they responded by telling him, "Well then, we're going to have to ask you to leave the house."

Within a week, he had packed his things and left. "That was very, very hard," he admits. "But I knew I had to do it. I walked out with nothing, but I had the universe

to support me. It taught me to trust my feelings."

He stayed in touch with his parents. His father has now passed on and at the time he was supporting his 87-year-old mother and visited her regularly. But a barrier still exists. "I cannot understand her religion and she cannot understand my profession; so what do we talk about?" he says with a shrug. But he hastens to add:

"I don't have any ill feelings. She is a wonderful woman and mother but it was very, very challenging for me to follow this profession – just coming from the family that I come from."

"But I can tell you that the spirit world has always supplied me with a home, with clients, with travel, with friends and I have been so, so blessed. So, yes, I lost a family but I gained so much more."

It wasn't, however, just religious intolerance that drove Tim Braun from home. There was another equally powerful influencing factor that he could not discuss with his parents. He saw dead people.

"I began seeing and hearing spirits when I was about six or seven years of age. I didn't know they were dead at the time. One of them was my friend Joey who I played with and went swimming

“

I began seeing and hearing spirits when I was about six or seven years of age. I didn't know they were dead at the time

”

with. When Christmas arrived I asked my mother to put up a stocking for Joey.

“Who's Joey?” she asked. When I told her she answered, ‘Honey, you only swim by yourself out there’.

“At the same time my brother, who was 18 years older than me, was diagnosed with schizophrenia. So my brother and I were both seeing spirits at the same time, except that he was not seeing what I was seeing. And the voices in his head were not what I was hearing.”

Tim Braun didn't know that at the time. “I was very, very afraid,” he confesses. “I thought I would develop schizophrenia, too. So, right through to my early 20s, every time I saw a spirit I looked the other way. It wasn't until my early 20s that I allowed myself to follow my intuition because by then I suspected I wasn't going crazy.”

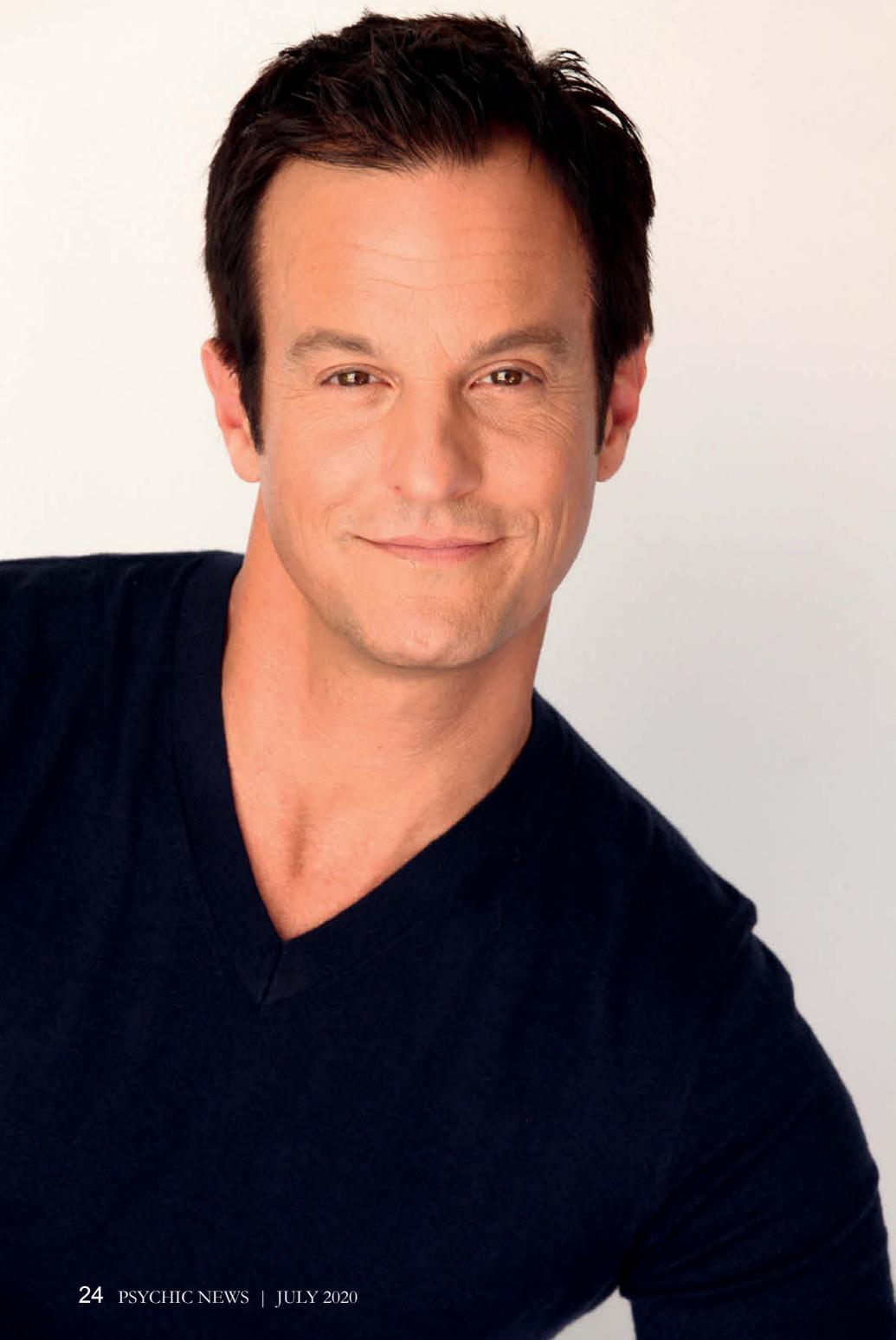
The turning point in his life came in a very unexpected way. About four years after Tim had rejected Catholicism, Mother Teresa, the Albanian Roman Catholic nun who is best known for the help she gave to the poor in Calcutta, India, appeared to him in a dream.

It happened when he was sleeping in the dormitory at his college and it consisted





Mother Teresa making her acceptance speech for the 1979 Nobel Peace Prize  
(Photo: Manfredo Ferrari)



of four distinct elements, including a flight to India and shaking hands with Mother Teresa. It made such an impact on him that next morning he phoned several Indian organisations and government offices to find out more about her.

One of the persons he spoke to was very helpful. Suddenly, he asked Tim, "Have you had a dream?" On receiving a positive response, he invited the young man to visit the office in order to learn more and within two months Tim Braun's dream came true and he was on a flight to Calcutta where he spent a week-and-a-half working with Mother Teresa.

He also prayed with her, though he saw that experience more as "a connection with spirit" than a Catholic ritual. It's a practice that has carried over into his present life in the form of a 30-minute meditation before each sitting or public demonstration.

What really amazed him was that events in India unfolded exactly as they had in his dream. This made him realise that what he was seeing and hearing were real, and he began to take more notice of the spirits around him and pass on their messages. He also returned from India knowing that his mission in life was to help others.

Living for a short time in Calcutta also made him acutely aware that many of those he encountered there were spiritually wealthy but materially poor. Back in California, where for a time he was on the check-out at a grocery store in West Hollywood, one block from Beverley Hills – "the money capital of California" – he noted that the opposite was true. The customers were materially wealthy but spiritually poor.

Since then, he has steadily progressed in developing his gift and opening up to those who are looking for confirmation that their loved ones live on. That began in earnest when he worked as a production assistant at Paramount Pictures. Word soon spread that he was mediumistically talented and actors and others would ask for on-the-spot readings – often being reduced to tears by the evidence he gave, and then having to recover their composure before going back in front of the camera.

Tim soon realised those were not the right conditions for spirit communication. Fortunately, he learned that James van Praagh was running a development course, which he joined, and as well as helping him to enhance his abilities it also introduced him to Bill and Donna Moller, who had lost their son Chris in a car accident.

"We sort of found each other," Tim explains. "They'd lost a son and I'd lost my parents through their religious beliefs. So Spirit provided what we all needed: they

became my 'parents' and I provided them with a 'son', in a way.

"That's why I have dedicated my book to their son."

Bill was an excellent healer and so he and Tim teamed up, working together from the same building for four years, treating the sick and comforting the bereaved.

Tim Braun has a directness that reflects his confidence in his gift, which is hardly surprising since he reckons he has so far given over 15,000 individual sittings.

As I saw when I watched his demonstration at the College of Psychic Studies, he has also learned over the years to interpret various visual clues that he picks up from a spirit, providing additional evidence as well as that conveyed audibly by the communicator.

In a couple of cases, for example, Tim told the audience the spirit was looking down rather than making eye contact with him. That always indicates a regret about the way they behaved – either actions taken in their own life or against others.

He can also tell from the position in which the spirit stands, which side of the family they connect with. On the right side, it's a mother connection; the left is related to father. Tim is also guided, at the start of each new message, to a specific area of the audience in his search for the correct recipient. All of his messages appeared to receive positive recognition.

I was able to speak at some length, after the demonstration, to a woman in the audience who received a message from a young man who had been shot: "flipped out of his body very quickly" was how it was described. At first, Tim singled out a man in the audience as the recipient but he did not recognise anyone who had died in that manner.

Tim, however, was certain it was meant for someone nearby, in what he terms a "pod" – a group of half a dozen people. Sure enough, a woman sitting behind the man who had been singled out, said she could accept it. She also agreed that this was not a suicide; he had been shot accidentally.

Tim said the young man was hit in the right side of the head, adding, "He didn't



Tim Braun pictured in the College of Psychic Studies' Library in London (Photo: Roy Stemman)

**“ Tim Braun has a directness that reflects his confidence in his gift, which is hardly surprising since he reckons he has so far given 15,000 individual sittings ”**

want to die." She also agreed that he was very handsome and was quite a joker.

When I questioned her about the message immediately after Tim Braun's demonstration, she said it appeared to be from her first cousin, G, who was her mother's nephew. Her mother and cousin were both French.

G had played guitar in a band, performing occasionally at parties and dances, and one of these was held in a French chateau. The changing room for the band that evening happened to be the gun room. One of the band members started playing around with a gun, unaware that it was loaded, and aimed at her 21-year-old cousin, accidentally killing him.

This tragic accident happened in 1970. She had never had a message from him before and it seemed strange to me that

he was now communicating, over 45 years later. Tim's explanation, during the message, was that the communicator wanted to use the recipient "as a link to others".

That, it transpired, made perfect sense. Her mother passed at the age of 95 on 30 January 2016, and the recipient was about to leave for France to attend her funeral. It would be the perfect opportunity to mention the communication to other members of the family if she felt it was appropriate.

Later, she e-mailed me to say she had seen G's brother at the funeral and had asked him if G had been shot in the right side of the head. "He told me that, no, G had been shot in the heart." She decided not to pursue it further as she began to question whether it was her cousin who was communicating. Also, the family is Roman Catholic, so may not have been prepared to accept it.

But she also revealed that her Roman Catholic mother – who as far as she knows had no interest or openness to mediumship – had communicated nine days after her passing at a public demonstration by Scottish medium Gordon Smith at the College. As well as accurately describing her appearance – she looked 19 instead of 95 – he said someone named Anne or Annie had been there to meet her when she died. Her sister, Annie, had passed 15 years earlier.

The identify of the recipient of these messages, both delivered in public at the College within a week of each other, is known to *Psychic News* but she has requested anonymity because of her family's strong Roman Catholic ties.

That's a situation that is all too familiar to Tim Braun, but both he and the recipient know that spirit communication can provide comfort and hope in a way that other religious beliefs do not. But he's also grateful for the help he received – in a dream and in real life – from a tiny but tough lady who, in September 2016, became a saint: an event that many non-Catholics were pleased to celebrate, too. ■

# Husband testifies to actress' spirit return

IT is almost six years since the much-loved British actress Lynda Bellingham died of colon cancer in the London Clinic.

In her final months, she inspired many with her brave and cheerful public acceptance of her terminal illness which she displayed through TV appearances and a memoir, *There's Something I've Been Dying To Tell You*.

Her husband, Michael Pattemore, told the story of her life and death from his perspective, revealing in the process that she is still very much alive.

In extracts from Pattemore's book, *My Lynda* (Simon & Schuster), published in *Mail on Sunday's Femail* section on 13 September 2015, we learn: "Lynda was a great believer in the afterlife and I always knew that if she had any way of communicating with me, she would do so. I like to believe she has."

Evidence of her continuing existence has come through medium Yvonne Williams of Crewkerne, Somerset, which is Pattemore's hometown and also the place where Lynda's funeral was held.

He shares with readers the difficulty he had in finding a particular pair of Lynda's handmade shoes that he wanted to give to the undertaker so that she would be suitably dressed for her departure from this world.

During a phone call from Yvonne Williams, telling him that she was in contact with his wife, Pattemore was told: "Lynda's saying she's glad you finally found the shoes. It's a pity they didn't fit."

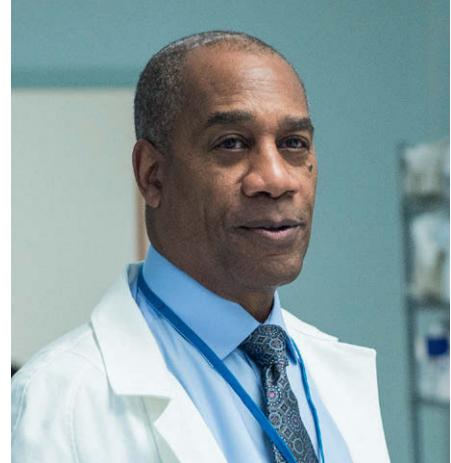
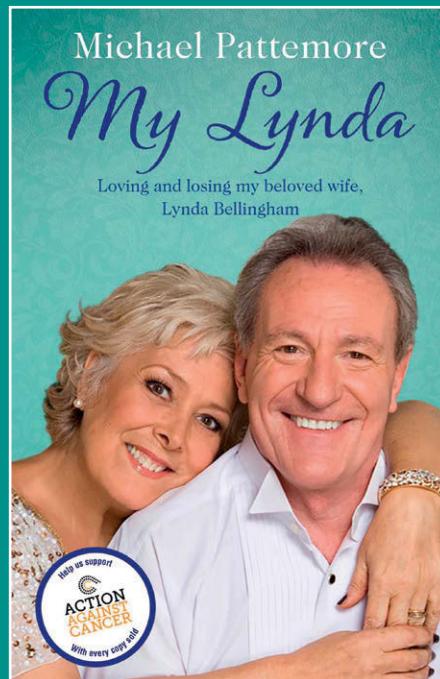
The grieving husband observes: "That was scary. It was true. How did Yvonne know?"

Lynda also referred to having her dog with her. It was, the medium added, the black-and-white one in the photo on top of the television in their bedroom.

The dog in question was Star, a sheepdog Lynda had bought for her son Michael, and the actress referred to the dog in her memoir. "But how the hell did she [the medium] know about the photo and where it was?"

Later, Pattemore had his first face-to-face meeting with the medium and these proved so comforting that he soon began having monthly sittings.

"Some of the things she comes out with – very personal things – are amazing and very comforting." ■



Joe Morton as Dr. Charles Richmond: hospital administrator at Bay Vista  
Photo: Turner Broadcasting System Inc

## Afterlife no longer an unanswered question for this leading actor

BUSY actor Joe Morton has spent the summer contemplating the afterlife.

In his TV drama series, *Proof*, he plays the role of hospital administrator Dr Charles Richmond who has to keep his staff in check.

During an interview for the online magazine *Root*, Morton reflects upon his visit to an unnamed London medium "many, many years ago".

"I'm not into psychics, but my friend was," he explained. "The more she kept describing a particular medium, the more I was curious, so I went to see her."

"She kept saying, 'You have a question you want to ask me', but I said 'No', I was just there out of curiosity."

"Before I knew it, she began to describe a conversation between a fellow actor who had died, and me. No one could have known anything about it – certainly not in the kind of detail that she was relating to me."

"Then she gave me his answer to our conversation, which again, just seemed impossible."

"Then my grandmother appeared. Didn't say anything. She had died several years earlier. Then my father appeared. The psychic was correct. The question I wanted to ask was, 'How did you die?'

"My father died under very suspicious circumstances. His response to me was, 'You will never find out what was done to me, but you have a greater responsibility to take care of your mother,' at which point he disappeared."

"So it was an incredibly powerful afternoon. I went back once after that, and nothing ever happened." ■

**Now her husband, Michael Pattemore, has told the story of her life and death from his perspective, revealing in the process that she is still very much alive**

# JOAN RIVERS IS 'IN TOUCH WITH BEST FRIEND THROUGH PSYCHIC'

IT WAS typical of comedian Joan Rivers' humour that when she embarked on what was likely to be her final UK tour in 2014, at the age of 81, the title she gave the show was "Before They Close The Lid".

Sadly, the tour never happened because in August that year, two months before opening night, Joan suffered a cardiac arrest following complications after throat surgery on her vocal cords at a New York outpatient clinic.

Although the lid has been closed, metaphorically, on her entertaining life, the comedy legend apparently still has plenty to say, particularly about the manner of her passing.

According to a biography by Leslie Bennetts, a *Vanity Fair* contributing editor since 1988, the comedian has been communicating with her best friend, Sue Cameron, through a psychic. Cameron is also a writer-journalist, working for *Hollywood Reporter* and with over 2,500 columns to her name.

She knew Rivers, whose career spanned five decades, for much of that time. They socialised together and shared many

happy occasions. Cameron also comforted her famous friend after Rivers' second husband and agent committed suicide.

On her blog in 2014, Cameron complained bitterly about the failure of those operating on her to save her life.

According to a pre-publication exclusive on *Radar online* Cameron told Rivers, during her conversations with her through a psychic, that she would like to kill the doctor responsible, declaring it was medical malpractice.

Rivers replied: "Don't bother!"

Cameron told Bennetts that Joan was ready to pass over. "I don't think Joan would have chosen to go this way, and she certainly didn't want to leave her family, but she was just bone-tired exhausted."

Before her sudden death, Rivers had told her it was an ordeal keeping the "Joan machine" going. "I'm exhausted. I'm done! I don't want to be Joan anymore."

Although she is not known to have had an interest in the paranormal during her life, she and her daughter Melissa were seen consulting a psychic and a ouija board about the latter's love life in her WE TV series, *Joan & Melissa: Joan Knows Best*?

Behind all the jokes was a hard-working, deep-thinking woman who believed it was important to be positive.

"I have become my own version of an optimist," she declared. "If I can't make it through one door, I'll go through another door – or I'll make a door. Something terrific will come no matter how dark the present."

Her life was full of challenges, with many highs and lows. She said on one occasion: "God always comes up with a third act twist – and we won't know until we die whether the play was a comedy or a tragedy."

Hopefully, Bennetts' book, *Last Girl Before Freeway: The Life, Loves, Losses and Liberation of Joan Rivers*, will reveal more about the comedian's spirit communications – particularly if she delivers her thoughts with the same sense of humour as she did when on stage. ■

“

I'm exhausted.  
I'm done! I don't  
want to be Joan  
anymore

”

# THE ROLE OF SPIRIT GUIDES

*Several years ago, Anna Trew, a married mum of two, was what she termed "a busy housewife." Today, she sends portraits of people's spirit guides all over the world, which are based on visions, voices and clear knowing.*

*Anna grew up in Wells, a small town in the heart of Somerset, and studied Performing Arts and Graphic Design.*

*When young, she experienced many strange occurrences, but only now as an adult can she look back and join the dots. Here she shares her psychic story and explores how spirit guides assist our earthly journey.*

AS a child, I have memories of lying in bed watching beautiful images float around the room and experiencing other paranormal phenomena, but assumed this was normal.

A highly imaginative and creative soul, I enjoyed nothing more than drawing and painting faces, but oddly I was not so good at depicting bodies.

When aged eleven, I found myself sketching the face of a man with a skill beyond my years. I believe this was my first channelled portrait. It had a striking resemblance to my grandfather, who passed on when I was five.

Reaching my teens, life took over and my spiritual path was abandoned. It wasn't until I was in my twenties that I realised my dreams were starting to become reality and my predictions were coming true.

Next, I noticed that when I was in a relaxed state, I would receive messages and intuition. It was exciting, so I started to maintain a blog.

Not long after I started to hear spirit voices, I began receiving clear images of people in the spirit world. This was an

amazing moment!

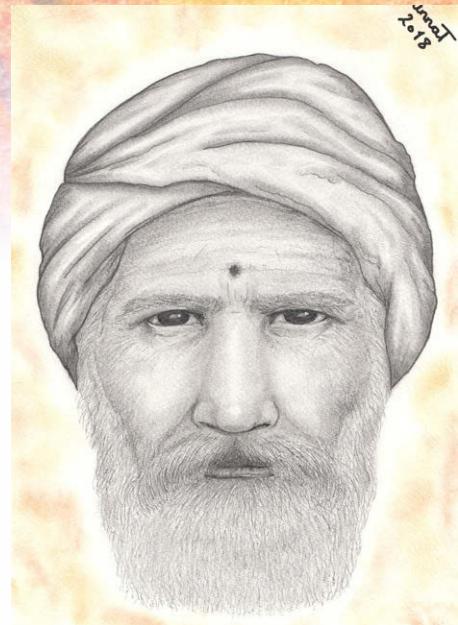
Faces would appear to me mostly at night when my eyes might be open or closed. I was also able to zoom in on certain faces, which sometimes appeared in their dozens. Others would manifest as a single black and white photograph or visions like watching a DVD.

It took a while before it occurred to me that I should draw these faces. One night I saw the angelic face of a little boy in Spirit and felt an overwhelming inexplicable urge to draw him.

The next morning I remember literally ushering my children out of the door for school, so I could draw the little boy. As the days went by I drew more faces, not knowing the reason behind it all.

It was during this time that my whole world descended into chaos, as I was unaware my spirit guides were desperately trying to grab my attention.

This manifested through electrical faults, for example light bulbs constantly blowing or smoke alarms sounding, with household appliances and computer



*THIS bearded guide hails from India.*

devices breaking down. I had no phone line or internet for three weeks.

The boiler broke, so there was no heating or hot water for two months during the winter, and even the bath sprang a leak. I started to question my sanity and contemplated the idea that I had a poltergeist in my home.

I called on the services of a medium, who came to the house. On entering, the medium was overwhelmed by the sheer magnitude of energy that had built up.

The medium explained I was having a huge spiritual awakening. I showed the medium my drawings, which became the catalyst to me becoming a spirit artist.



*Anna Trew*

Spirit immediately told the medium I was to keep drawing the faces, as it was my soul's purpose, and spirit guides were queuing up to be drawn. Oddly, I didn't feel drawn to the idea of spirit art and wanted to work on my clairaudience.

That was until I visited my first spirit fayre. I remember feeling like a kid in a candy shop as I walked among the many healers, psychics and spirit artists.

Then something quite unexpected happened: there was a strange pulling sensation in my tummy (my solar plexus). The chakra I mainly use to connect with Spirit was going crazy.

I watched other spirit artists at work and thought to myself, "I can do that," which caused me to do a complete U-turn. It was as if something had clicked inside.

I clearly remember thinking, "This is what I am meant to be doing." In the coming months, I set out to get as much practice as I could, drawing guides using family and friends as guinea pigs.

It was during this important period that I met Matt, my main guide, for the first time in broad daylight. I remember seeing a cheeky chappy wearing a red patterned shirt and glasses waving at me with the biggest beaming smile.

I have since had countless readings where Matt has made his presence known and volunteered information about his life. Living on the earth plane during the early 1970s, as a musician from North Yorkshire, he played the guitar in a band and loved motorbikes.

Matt is eccentric, to say the least, with a wicked sense of humour. As my main guide, he has been with me since birth



*WHEN on Earth, this spirit helper lived in Ghana.*

and will guide me until my passing. Matt must sometimes find me hard work, as I am incredibly lively and spontaneous.

By the autumn of 2015, I had built up enough confidence to create a website and studied to become a registered psychic practitioner. This attracted much attention and brought orders from all over the world, especially in America and Australia, where I have quite a following.

The feedback was overwhelmingly positive. This has allowed me to work full-time as a spirit artist, which is a dream come true. I have now channelled hundreds of portraits of guides.

A portrait usually takes around

five hours to complete using graphite pencils, but I often incorporate charcoals, soft pastels, Prismacolor pencils, watercolours and even beauty make-up blusher to create perfect skin tones.

The style of a portrait can often vary depending on which guide is working with me. I have many artist guides who all have their own unique artistic abilities.

They can also be very playful, knocking the pencil out of my hand or making the eyes move on a portrait. As scary as that might sound, I enjoy my guides' humour and welcome it.

I have channelled a wide variety of guides from all walks of life and time



**Blue Bears, Native American Chief.**

periods. Each one I draw is as diverse as the last. They come from all nationalities.

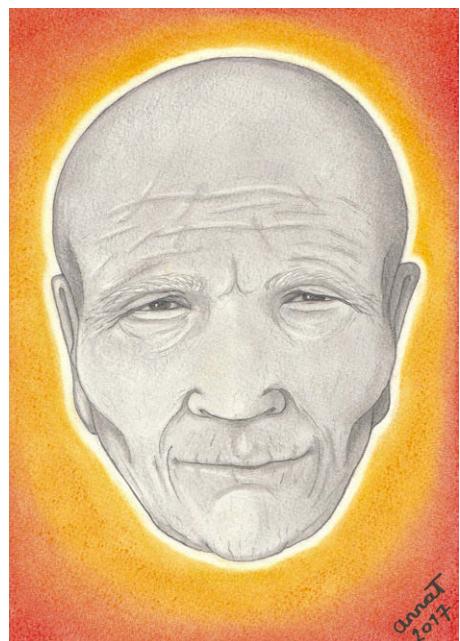
Guides I have drawn in the past couple of weeks are a Japanese Geisha from the early 19th century, an English naval officer from the early 18th century, a seamstress from the south of America during the Victorian era and an Amazon Indian from Sao Paulo dating back to the 12th century.

As time is not linear in the spirit realms, guides may take on a form from any of their previous incarnations. There are many reasons for this, one being to appear pleasing or appropriate for whoever they are guiding.

Over the years, I have gained much insight on how guides work with us and the role they play in the spirit realms.

Every soul that has ever been created by God – The Source – is on a journey of learning and self-discovery for soul advancement and growth. The aim is one day to advance to a higher state of consciousness as a supreme being where we will return to The Source to live in unconditional love for eternity.

There is only one way to grow spiritually, which is to learn and experience from raw emotions and free will, which cannot always be achieved in the spirit



**A TIBETAN monk now helps from the Beyond.**

realms. This is why Earth is sometimes referred to as a learning planet.

Before incarnating on Earth, we give ourselves goals and lessons, which we would like to experience to overcome problems. As we are all on the same mission, but at different levels of advancement, we work together to help each other to meet our goals.

Guides will be assigned to us via senior guides. These are more advanced souls who welcome the opportunity to help the less advanced. Above senior guides are higher beings such as angels and other light entities and above them The Source.

Opting to be a guide is purely voluntary, as ultimately no one is forced to do anything they don't want to in the spirit realms. We all work together, which is truly a beautiful thing.

Guides do more than just watch over us. Indeed, they work hard before, during and after our incarnations. Before we choose our next life, guides will discuss with us at great length the pros and cons, as no incarnation is taken lightly.

They give us markers to ensure that we stay on our chosen paths. Our conscious mind is not aware of these markers, but our higher self (the part of us we leave in Spirit) is aware and will immediately act accordingly.

During a lifetime, should we veer off course, guides spring into action via gut feelings in the pit of our stomach. Guides are excellent at pointing us in the right direction through gut instinct. Our inner voice is another way our guides can communicate with us.

Guides do not worry if we are unaware of their presence; there can be no frustration, as they want us to flourish with

minimal tampering from the spirit world.

After incarnation, we meet with loved ones and friends, and our souls are cleansed and purified to remove any damage from the life just led. Then we meet with our guides to discuss where we went wrong, what we did right and how we could improve.

Rest assured that guides do not judge us for our failings and mishandling our lives; we judge only ourselves. Guides love us unconditionally and have our best interests at heart.

We are all assigned a main guide, like Matt, who will stay with us the entirety of our life. We are also given a spiritual team, which is made up of souls from other groups, all with their own unique abilities and attributes.

They have a tendency to change. Some will stay with us for just weeks or months, but others for many years.

Guides watch over us with affection and respect; they appreciate and understand the hardships we signed up for. Prior to our incarnation we spoke with our guides and designed this life.

We chose who we wanted to be, what we wanted to feel and experience, and the people we wanted to share this life with. Spirit guides can be:

- Deceased loved ones, such as family members and friends who knew us during life.
- Spirit beings sent to help us. They may not necessarily be people we knew, but could be guides from past lives or other spirit personalities who have been sent to protect us.
- Ascended masters – people who lived highly evolved spiritual lives such as Jesus, Buddha and Gandhi.
- Angels who have never inhabited a physical body. They are made of pure light, pure energy and pure love.
- Animals. Animal totems do indeed exist. They play a vital role in teaching us unconditional love, compassion and how to care for all living things and their habitat.

Guides can see what is happening in our lives. They know when to guide or intervene, which can happen in several ways.

They may send signs to help alert us to something we need to pay attention to. These often come in threes, such as hearing or seeing the same words or numbers. Then there's intuitive insight, such as a voice in our head telling us something is not right.

Guides can also make things happen. Perhaps you have lost your phone and are running late. Suddenly, it turns up and you think, "How did that get there?"



*THIS striking picture shows a North Dakota Native American woman.*

Spirit guides watch over us with affection and respect. They appreciate and understand the hardships we signed up for.

When times are tough, a vibrational signal is sent straight to our guides like an alert on a phone. They comfort us in times of need and never wish to see us cry.

Guides love to celebrate our successes. They embrace all forms of positive energy and are incredibly humorous souls.

Ultimately, we all co-create and learn together as one, knowing that we are protected and loved by The Source. This in itself highlights just how important and

powerful each and every individual is. We have no idea what we are truly capable of and the possibilities are endless.

I feel very humble and proud of my spiritual team. With their help, it is spiritually satisfying to enlighten others about who their guides are and how life-changing it can be to discover who they are.

Spirit guides are truly amazing. Getting to know mine has been the most exciting journey... and it could be for you, too!

■ **For more information, please visit [www.annatrew.co.uk](http://www.annatrew.co.uk)**

# Couple put love and loyalty centre stage

BY BARBARA WHITE



(Photo: Trinley Paris Photo)

MARRIED for over 50 years, Prunella Scales and Timothy West are seen during the filming of TV's "Great Canal Journeys." (Photo: Channel 4)

BORN in 106 BC, Roman statesman, orator, lawyer and philosopher Marcus Tullius Cicero once stated, "Nothing is more noble, nothing more venerable, than loyalty."

Though spoken centuries ago, his words still ring true today, especially as loyalty is often accompanied by another vital attribute – that of love.

There's nothing like a good example of both loyalty and love to convey the message, so let's start with the touching story of Timothy West and Prunella Scales.

As often happens with events that seem insignificant in themselves, some incidents turn out to be of enormous significance in the long term. I'll come to that in a second.

Married for over 50 years, Timothy and Prunella have now attained the status of national treasures.

The incident in question, which happened when Prunella's career was at its highest point, seemed inconsequential when it occurred.

At the time, Prunella was starring in the tremendously popular TV series *Fawlty Towers*. The event that seemed "nothing at all" happened some years ago.

Prunella, who normally invested so much meaning into every word of her acting, briefly seemed to be running on automatic, without giving each line its full effect.

Another time, Prunella was rehearsing her lines for a play as Timothy watched. Most unusually, he later recounted that Prunella stopped "to think about the lines."

Timothy tried to dismiss the incident from his mind, but years later he realised that it was the exact moment Alzheimer's

made its unwelcome presence known.

While not understanding its significance at the beginning, the couple made a full-scale attack against the unwelcome visitor.

Their efforts paid off to some extent, as initially the disease progressed slowly, so Timothy and Prunella were able to live a virtually normal life.

As we examine their lives subsequent to the bombshell discovery and the timescale involved, judge for yourselves just how much Timothy's unswerving loyalty to Prunella helped the situation.



CONFUCIUS: "Be loyal and trustworthy."

In March 2014, Timothy told the *Guardian* that Prunella was living with Alzheimer's disease.

In the TV series *Piers Morgan's Life Stories*, Timothy explained just how Alzheimer's had changed their lives. He had to adapt to talking only about the present because Prunella lived from day to day and could not remember anything previous to that.

The story was updated by the *Daily Mail*, which stated: "Timothy West has revealed the heartache at seeing his wife Prunella Scales slip away during her battle with dementia.

"The 81-year-old actor admitted that while he cherishes the time he has with Miss Scales, 83, the effects of the disease can make communication difficult – leaving both of them frustrated."

"The sad thing is that you just watch the gradual disappearance of the person you knew and loved and were very close to," said Timothy. "If you live day to day it is manageable."

It was at this same time that he made a most extraordinary decision which changed their life in a stunning way and altered TV viewers' habits – to undertake the *Great Canal Journeys* series, which meant spending much of their time sailing on barges.

As a hobby, the couple had been sailing on narrowboats for decades with Timothy taking the role of skipper.

Over more than 30 episodes, *Great Canal Journeys* followed them sailing on barges in various parts of the world as well as all over the UK. *Great Canal Journeys* became one of Channel 4's top-five-

watched programmes.

Before delving into loyalty further, let's take a quick look at what others have said about it in times both ancient and modern.

- Loyalty is the strongest glue which makes a relationship last for a lifetime – Mario Puzo.
- Loyalty is from above; betrayal is from below – Bob Sorge.
- Honesty and loyalty are key. If two people can be honest with each other about everything, that's probably the biggest key to success – Taylor Lautner.
- Loyalty that is bought with money may be overcome by money – Seneca.
- You don't earn loyalty in a day. You earn loyalty day by day – Jeffrey Gitomer.
- Unless you can find some sort of loyalty, you cannot find unity and peace in your active living – Josiah Royce.
- Be loyal and trustworthy. Do not befriend anyone who is lower than yourself in this regard – Confucius.
- You cannot buy loyalty; you cannot buy the devotion of hearts, minds and souls. You have to earn these things – Clarence Francis.
- The only honest reaction and true loyalty we get is from our animals. Once they're your friends, you can do no wrong – Dick Van Patten.
- If put to the pinch, an ounce of loyalty is worth a pound of cleverness – Elbert Hubbard.
- If loyalty is, and always has been, perceived as obsolete, why do we continue to praise it? Because loyalty is essential to the most basic things that make life livable. Without loyalty there can be no love. Without loyalty there can be no family. Without loyalty there can be no friendship. Without loyalty there can be no commitment to community or country. And without those things, there can be no society – Eric Felten.
- Unless you can find some sort of loyalty, you cannot find unity and peace in your active living – Josiah Royce.

Now to America, and Kristine Fellizar is a Los Angeles-based lifestyle writer at *Bustle*, where she covers all things related to dating, relationships, health, wellness and astrology

Kristine commented: "Friends in general are hard to come by. But loyal friends are even harder to find."

"If you ask anyone you know to rank the qualities they value most in a friend, I guarantee you that loyalty is somewhere up there."

"Loyalty is one of the most important qualities a friend can have. When you know someone's loyal, you know they're reliable."

"You know you can trust them, and that they'll always have you back. It's what sets your true friends apart from the rest of the pack."

"A loyal friend will always stand by you when times are tough. You know you can get through break-ups, illnesses and other life dramas because they'll always be there by your side."

"You'll never feel like you're alone. They'll also be there for you when you get yourself into some trouble..."

"People will say all kinds of things about you. But a loyal friend will always stand up for you no matter what. If someone's spreading lies about you, they'll come right back with the truth."

A worrying aspect of war is that it is inevitably linked with the emotion of patriotism, but is this bad?

Yes, inasmuch as it engenders a burning desire for the other side to lose. Many thousands of those in a country which has been defeated end up losing their earthly lives or seeing others in their family badly injured.

Ideally, patriotism is loyalty within reason, but the glory so ardently wished for should not actively desire death or doom for opponents.

"Some of the most famous examples of loyalty in history come from warfare," says one website.

The best known of these can be found in the loyalty of the generals of Hitler in the final days of World War II...

In other cases, loyalty has also been shown in the relationship between generals and their common soldiers, such as with Julius Caesar's famous tenth legion, who marched with him across the Rubicon in a sign of faith in his rule and leadership.

"There are many other known instances of personal loyalty, such as Queen Victoria's loyalty to her husband Prince Albert and her grief in his passing, which supposedly forever changed her mood and demeanour, and also the loyalty of Cleopatra to Marc Antony in their joint suicide after their loss at the Battle of Actium."

Turning to pets, earlier last year a dog called Toto showed true and touching loyalty to his owner, who had passed on.

"Loyal dog waits outside hospital for over a week waiting for his owner to return unaware he has died," ran one headline in a UK newspaper, which began its account:

A loyal Labrador has been lying outside a hospital in Argentina for over a week, waiting for his owner to return, unaware he has died.

"The six-year-old dog called Toto has reportedly stayed outside the door to the Pablo Soria Hospital in the city of San Salvador de Jujuy in Argentina."

Local media reported that Toto lived with his owner, who asked for the dog to be brought to the hospital so he could say one last goodbye.

"But the relatives of the man forgot to take Toto away and he has remained at the doorway to the hospital waiting for his master."

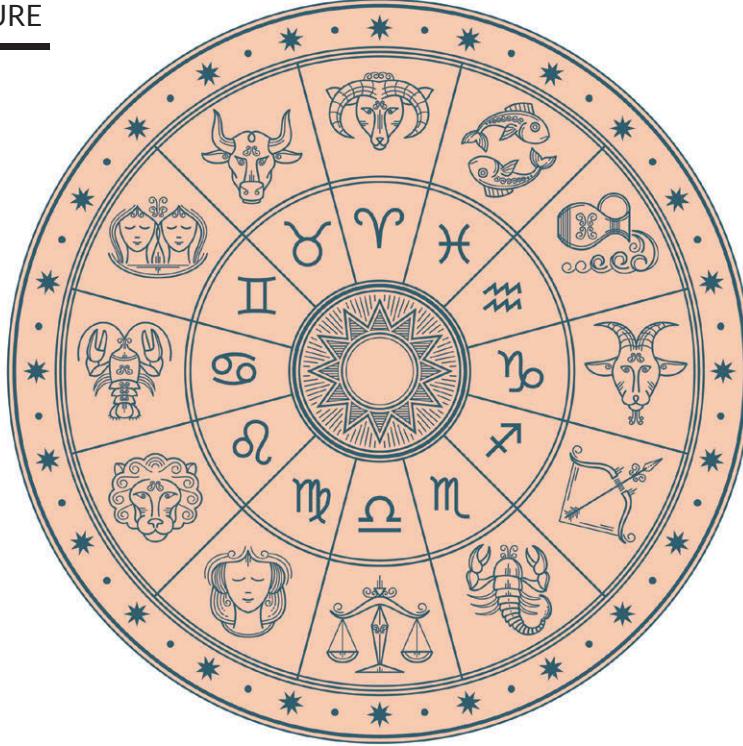
Fatima Rodriguez, a member of a local animal protection organisation, said it was looking for a new owner for Toto, adding that "The person who adopts him should have a closed house," as there was a risk the dog would escape to return to the hospital to await his owner.

Local media reported that Toto was well behaved and welcoming to all those who stroked him.

A resident who was helping to look after



A LOYAL friend "will always stand by you when times are tough."



Toto said, "He seems to believe his owner is going to come out someday to take him home."

The paper added that Labradors "are renowned for their unwavering loyalty among man's best friends and are one of the most popular as assistance dogs.

"They are deployed in war zones, as rescue dogs and as guide dogs for the blind."

Next, let's turn to the stars for some astrological advice on loyalty – or lack of it! This proved popular when I featured lunar gardening and sleep requirements according to the zodiac. First, here are the months in calendar order, showing birth signs:

Aquarius. Jan 20-Feb 18  
Pisces. Feb 19-Mar 20  
Aries. Mar 21-Apr 19  
Taurus. Apr 20-May 20  
Gemini. May 21-June 20  
Cancer. June 21-July 22  
Leo. July 23-Aug 22  
Virgo. Aug 23-Sept 22  
Libra. Sept 23-Oct 22  
Scorpio. Oct 23-Nov 21  
Sagittarius. Nov 22-Dec 21  
Capricorn. Dec 22-Jan 19

This list shows the ranking of the most loyal signs to the least loyal at the end.

## Cancer

Cancer signs won't betray you in any way because they are without doubt the most loyal of zodiac signs. They give their loyalty and friendship or love freely while not expecting much in return.

## Scorpio

Scorpios are known to be the most jealous and possessive signs of the entire zodiac.

## Capricorn

Capricorns carry much emotional baggage from former relationships and friendships. If badly let down in the past, they worry about committing to others from fear of losing out again.

## Aries

Arians follow their emotions no matter what. They follow emotions more than principles and will walk out on a partner, a friend or an employer if they are unhappy with the current situation.

Arians put emotions before principles and refuse to stay in an unhappy situation.

## Sagittarius

Sagittarians are permanently looking for excitement and can't stay in one place for long. They become attached to someone quickly, but rapidly lose interest. Sagittarians constantly need a new challenge and are free spirits.

## Pisces

Those born under the sign of Pisces are in love with love, meaning they have trouble being loyal.

Pisceans are addicted to the excitement they feel at the beginning of a relationship, but easily become bored.

## Aquarius

Aquarius is the least loyal sign of the zodiac. Aquarians have very high standards, making them careful about whom they give their love or friendship to. They tend to have a small circle of friends about whom they really care.

We have been told numerous times by spirit guides that although we are given the framework of our lives before incarnating on Earth, we have free will.

Thus, we may consider that the moon, via the astrological signs, represents to a certain degree our destiny, but our free will and personal responsibility are strong enough to withstand what we might consider negative tendencies. It is up to ourselves to decide how loyal we want to be in all situations.

In any event, let's end where we began and with another quote. Known for her *Little House on the Prairie* series of children's books, American writer Laura Ingalls Wilder wrote, "Courage and kindness, loyalty, truth and helpfulness are always the same and always needed."

May you find all of these warm and wonderful qualities today and in all the days yet to come... ■

## Taurus

Taureans are stubborn, but decisive. They don't give up easily once they have put their minds to something.

This makes them completely loyal to employers and to partners and friends they love.

## Virgo

Virgoans like everything neat and tidy. Stable and loyal, Virgoans never back out on you. They are kind and caring to you during your good days and bad days, when you're well and when you are ill.

## Leo

Leos have a large ego. They cannot stand anyone insulting them or belittling them in any way.

However, they want the best for their friends and partners, and will defend them against anything.

## Gemini

Geminians are good in a long-term relationship, but also enjoy playing games. Once they've decided they want to stick with someone, they are committed and loyal for life.

## Libra

Librans have an indecisive nature, which may stop them from being 100 per cent loyal. In spite of being inconsistent, they can make good friends, partners or employees.

# Jenny has happy tails about animal's spirit returns

*In a red-letter day for animal lovers, medium Jenny Smedley has written a book called "Dogs and Cats Have Souls Too." Published by Hay House UK at £12.99, it contains dozens of stories about hero cats and dogs, cats and dogs that reincarnate, ghost pets, dogs' and cats' spirit returns... and lots more about our much-loved pets!*

*Jenny has enjoyed a spiritual connection with animals since the age of two, which, over the years, has grown to full communication with them. She lives in Norfolk with Tony, her husband and soul mate of over 50 years, and her several times reincarnated dog.*

*The couple's acre garden is mostly a wildlife habitat with pollinator-friendly plants and secret little areas where birds, deer, partridges, pheasants, foxes and hedgehogs make their nests and homes in safety.*

*The large wildlife pond she and Tony created is home to frogs, toads, newts and sticklebacks, as well as many beetles and insects, including dragonflies.*

*Jenny has been an author, TV and radio presenter/guest, angel artist, international columnist and spiritual consultant. She's appeared on many TV programmes and hundreds of radio shows throughout the world, including in the UK, USA, Australia, Tasmania, New Zealand, the Caribbean, South Africa, Iceland and Spain.*

*Below, Jenny answers a series of points from the editor. The first question was: "You say that your current dog KC, a black Springer-Labrador cross, 'has been with me not just through one life, but through many lives in many different bodies.' Can you supply some more details about your past lives together?"*

KC was formerly Ace, my most famous dog, a German Shepherd cross Labrador. Before that she was a dog owned by a Comanche boy (me) called Peyote.

She looked a bit like a cattle dog of the kind that is still bred in America. Once she was in the body of a wild black bear I encountered again in the USA, but I feel it was earlier than Peyote. This was in Yosemite National Park, as it is now. I thought I would get eaten, but she didn't attack.

I was a woman married to a trapper. My memory is of trying to outrun her and

failing, and thinking I was dead. But she just pulled up, sniffed me and then left. I recall that my husband of the time told me what a fool I had been and how he'd always told me, "Never run from a bear!"

**Obviously, animals cannot talk. How do you communicate with them?**

I think many people have different ways. Some might see pictures, which is very common. With me it's simply a thought.

For instance, in her later years KC has developed, taking it upon herself to warn me when the cooking is about to burn. At first I didn't realise what was happening. She would give a little whine and look at me.

Being a not very clever human I didn't get it at first, but eventually I put two and two together and suddenly thought, "The dinner is burning!" After that I learned to recognise the whine. Recently, she started warning Tony about this too.

KC also just puts things into my mind without a whine. I just suddenly think, "She wants to go out," "She wants me to feed the sheep," or "It's time to get up or get lunch," or whatever. Yes, she can be bossy!

**What's the most unusual animal that's ever returned through your mediumship?**

My pony, Balloo. Not that strange, I'm afraid. Tragically, he was killed by a speeding car.

Months later, while I was still in shock and grieving for my "Little black bullet," he showed his presence by making a hay net swing back and forth as if a horse was eating it.

I was transfixed by the movement, which was classic – a push on the net, a grab, a pull and then a swing back into place. I was completely alone, so no one else saw it. But I did.

**There are countless cases of lost animals sometimes travelling**

**JENNY SMEDLEY** is seen with her Springer-Labrador cross called KC. She believes they have been "through many lives in many different bodies."

**hundreds and even thousands of miles to get home. How do they achieve this? What's the most striking example you've come across?**

Sorry, I haven't known one that travelled that far. A pony that I used to look after mysteriously disappeared from his yard and turned up half a mile from my house. He would have had to cross two A roads and miles of woods and fields to get there. It's still a mystery.

**Spiritualists accept that all animals survive death. Some are moved to tears of joy when a "dead" pet returns, get home from church, feel peckish and eat a ham sandwich or Scotch egg. Do you find this disappointing?**

I certainly find it inexplicable. I really do believe that every single animal and species on the planet – including us – deserves consideration and respect.



Yes, I'm disappointed when they don't get it. The world will learn, but it will take time.

I think people are turning to vegetarianism more and more. Like me, they just need to think what it is they are actually eating. People generally just don't do that.

### ***Due to your love of animals, have you adopted a meat-free diet?***

Yes, it was inevitable really. I tried to stop eating meat as a three-year-old, but mum and an aunty, thinking we had to have it, kept on trying. They got me to eat Spam. I used to call it "clean meat" because there were no bits in it.

I gradually got moved up the chain. When I was thirteen, I started to heave at the Sunday lunch table trying to eat roast lamb, but again I was pushed into meat. It was only when I was married with pet sheep that vegetarianism finally stuck for good.

***What's your view on factory farming? I imagine you are against it. However, what would you say to a single parent with several children who is struggling on benefits and simply cannot afford free-range eggs and so-***

### ***called welfare-friendly meat?***

Meat is not essential for well-being and health. Try alternatives and you might be surprised how cheap food shopping is when you cut down on meat.

We know now that red and processed meat is actually harmful to us. This is nature's way of stopping us treating animals badly for food.

Years ago people kept a pig on food scraps and eventually got a year's meat out of it. Even that was a better way than eating animals reared and killed in a brutal way. It's not good for our health or spirit.

### ***What do you believe happens to creatures lower down the evolutionary scale like flies, maggots and mosquitoes when they pass on?***

I follow the animism route, which says there is spirit in everything – the trees, the rivers, the rocks, the animals, etc. Each being progresses slowly, and the lower down the chain the more envelopes can hold parts of just one soul.

This soul is new and young, and clean and pure, and is gradually coloured by the existence and death of all its tiny parts. Each tadpole, for example.

They then progress into a less "multiple" life form until they eventually end divided up into two of the higher animals.

The next step is one soul, one human body, which should be prepared by having suffered as animals suffer and by living the spiritual life that higher animal life forms live and understand.

### ***I once read that the grief when a much-loved pet passes on is initially greater than when a human dies. What's your advice for coming to terms with the loss of a pet?***

Oh, I need some of that myself, as it's incredibly hard! My KC is approaching fourteen now and I already suffer because of the thought of it. However, because she's been with me before, I know it can be survived by both of us.

When a pet is this close to you and you're with them almost 24/7, of course it will be heart-breaking. But this kind of pet is never severed from you really and never lost because they are literally a spark of your soul.

They are attached to you for eternity and will either visit you when they can or may even return to be with you again, so never feel that you are letting go of a soul.

You are just letting go of the physical. This is traumatic, but will fade in time. Your connection never will!

***Some people feel guilty about replacing a dog or cat, for instance. Would you agree that the previous pet now in the spirit world would not mind and be pleased that a dog or cat from a rescue centre is given a loving home?***

Animals are not selfish like humans. If you love them, you already know this. They will never think, "Well goodness me, she didn't take long to get over losing me!"

Instead, they will be overjoyed that another animal soul is getting the love you have to give, especially if they really need that love desperately.

If you don't do it yourself, then often they will lead you to the new soul that needs your help. In fact, they will go to extraordinary lengths from Spirit to encourage and help you find another animal to love.

They have no doubt that you love them: they don't need you to prove it by grieving for life and denying another dog or cat a wonderful home.

***When a pet is old and infirm, having him or her peacefully put down is a final loving act. Humans are also animals. What's your view on euthanasia for humans?***

I'll let you know when and if I ever need it! Seriously, though, these two subjects are far apart.

In nature, an animal unable to hunt or fend for itself soon dies naturally, but we keep them in an artificial environment.

Sick or very old people can still have an enjoyable life. They can watch TV, chat, read, be fed and watered. A dog or cat that cannot do the usual dog and cat things ceases to be who they really are.

The big difference with human and animal euthanasia is that people can choose it, but dogs and cats rely on us to do that for them.

***I accept that some of them perform valuable conservation work, but still find the idea of zoos deeply distasteful. What's your stand on this issue?***

I think there is a place for zoos. In some cases, if animals weren't in zoos we would never see them.

It goes without saying that unlike the days when I was a child – I can still cry over a lioness at Southend Zoo that was kept alone in a small cage for far too many years – they must have company of their own kind. Likewise, they must be allowed to procreate and to live as natural a life as possible.

One thing to remember is that nature is cruel. Animals in the wild, especially with



interference from man, don't always live a pleasant life, so some might even choose a zoo life – you never know.

*Your garden is a wildlife habitat with many plants to attract bees, butterflies, etc. Can you suggest some shrubs or plants our readers can pop in their gardens to help busy bees and other winged insects?*

That's an easy one: buddleia. It's an absolute must – and just watch the butterflies come!

Plant open flowers that pollinators can easily access, so choose cosmos, anemones and simple open-cupped roses. Heathers are ideal for winter and spring when there is little else, and early blooms like flowering cherry for spring food.

I should also mention a wildlife pond with sloping sides so that hedgehogs, who love a swim, can get out.

*If living in a flat, some people may only have a window box. What pollinator-friendly plants can you suggest for them? Of course, some of them, like rosemary, can be picked and added to our meals.*

Rosemary is wonderful. In fact, most herbs, such as mint, sage (my favourite), coriander, etc, have the most gorgeous perfumed flowers if not picked too much. They are bee heaven.

**What are most important lessons humans can learn from animals?**

Care unreservedly, love without embarrassment, listen to what someone is saying without judging, know when someone needs a hug and don't take yourself too seriously.

Do not discriminate between colours of skin or fur, accept all genders, laugh a lot and whatever you decide to do, make sure it makes you happy.

*All spirit guides, such as Silver Birch, were opposed to vivisection. To cite just one instance, millions of people worldwide do not develop AIDS because of powerful anti-virals, which can virtually eradicate HIV from someone's body.*

*However, these were tested on innocent animals. Do you think that vivisection can ever be justified?*

No.

*Back to rebirth! If you could return as an animal, what would it be and why?*

Easy – a horse! Of course, I would also want a very kind owner. But ever since I was a child I wanted to be a centaur, a mythical creature with the upper body of a human and the lower body and legs of a horse.

I can easily imagine having the speed, stamina and grace of a horse, which is why I love riding them, so that I can borrow it for a time. If not a horse, then a bird, for who could resist the experience of flight?

## Bird saves couple in rattlesnake-infested wilderness

*Here, Jenny tells the intriguing story of how she and her husband were guided to safety by a bird when they became lost in Arizona.*

DESPITE the concern it can cause your family, it can be very useful to have a strong rapport with the animal kingdom because, if you're lucky, you can access their wisdom and knowledge and use their strong instincts when yours may have failed.

Something that happened while Tony and I were visiting the stunning town of Sedona, in Arizona, proved this to me.

Sedona is an oasis of green in the middle of the hot, dusty Arizona countryside. It's surrounded by the most beautiful, wind-sculpted red rocks, all of which have names inspired by their shapes: cathedral, bell, castle and Kachina Woman among them. There are also four powerful energy vortices in the area, each one near a different red rock.

We wanted to get up close to Kachina Woman, which you can't see from the road, as it's hidden by a knoll. It's quite a difficult walk without a guide, as the trail is not at all clear.

We set off from the nearest car park and soon became quite lost. The temperature was 100 degrees Fahrenheit (nearly 38 degrees Centigrade). Arizona has rattlesnakes as well as scorpions, black widow spiders and tarantulas, among others, so we were a little nervous.

Before long we realised we'd been right to be nervous because we were hopelessly lost. Every bush and patch of sandy soil looked the same, and soon

we had no idea where the rock was or, more worryingly, which way would lead us back to our car. The sun beat down on our heads and we tried not to panic as we started to feel very vulnerable.

Suddenly, a small blue bird appeared on the ground in front of us. He cocked his head as if to say hello, and then hopped along between two trees.

Then he came back to us and repeated the same actions. "Follow me," I heard. Realising he was there to help, we followed him.

He hopped along and cocked his head repeatedly as if to make sure we were following, and before long we came to the Kachina Woman rock. We were very relieved and the bird disappeared as suddenly as he'd come.

We stood and meditated in the vortex field of the rock, and the messages were wonderful, assuring us that things were going to work out.

As the energy swept through us, we felt transported back to an era when the earth was worshipped and venerated, and the area was peopled with noble races who should never have been driven out.

When the time came to leave, we had no idea how to find our way back to the car, but I called out with my mind to the little bird, who once again appeared and led us back to the part of the track that was well worn enough to follow.

**KACHINA WOMAN:** Medium and her husband became hopelessly lost on their way to see this wonderful wind-sculpted rock in an area full of venomous creatures such as rattlesnakes and scorpions.



# Famous Queen guitarist strums medium's praises

*The Foreword to Jenny's book is written by Brian May, CBE, who is well known as the lead guitarist of the rock band Queen, which he co-founded with lead singer Freddie Mercury and drummer Roger Taylor.*

*Mr May is married to Anita Dobson, who, from 1985 to 1988, played pub landlady Angie Watts in BBC1 TV's "EastEnders." On Christmas Day in 1986, over 30 million viewers tuned in to see her screen husband Den handing Angie her divorce papers.*

*Amongst the most unusual highlights in a glittering career was when Mr May played the national anthem on the roof of Buckingham Palace to mark the Golden Jubilee of Queen Elizabeth II in 2002.*

*Twelve thousand people were selected by lottery to attend the Party at the Palace whilst an estimated one million people watched outside the building. The event was seen by around 200 million people on TV. Here's what Brian May says about Jenny:*

JENNY SMEDLEY is already a name known to animal lovers worldwide, but for those to whom her name is new, let me explain a little.

Her thesis – that animals have souls as well as humans – can easily be mistaken for a piece of pure “sentimentality,” but the lightness and humour of many of the anecdotes in this book belie a subtext which is the power behind a very important and growing revolution in our attitude to the other species on planet earth.

In my work for animal welfare in recent months, I have been struck by a very clear insight. We all grow up and leave home, and are sure that our system of beliefs is entirely our own, supported by verifiable evidence and logical argument, but for the vast majority of us, nothing could be further from the truth.

We don't have to look very far into our everyday behaviour to see that it is dominated by habit – a whole system of behaviour patterns learned from our parents or guardians in our early

childhood, only marginally modified by ourselves, often in response to pressure from our peers in later life.

These behaviours are based on mainly unquestioned beliefs, and many of them relate to the way we treat animals. Many of us eat the flesh of animals daily, reassured by the echoes of our parents' voices in our heads – “You need your protein,” “It's good for you,” etc.

In spite of mountains of clear evidence that a vegetarian diet is much healthier for our bodies, much more beneficial to the health of our planet and, if adopted by all, would vastly decrease the suffering of animals, these old beliefs, and these behaviours, persist.

Ah – the suffering of animals? Here is where we are liable to be accused of sentimentality, of anthropomorphism.

Many of us in our youth were given open or implied messages such as, “Animals don't suffer in the same way we do,” or “Animals are there for us to use any way we want,” or “Animals are dirty,” or “Some animals are vicious, some are pests, vermin – must be controlled” or “It's brave to kill animals.”

So daily, millions upon millions of farm animals are cruelly abused, millions of animals are used in horrific experiments in the name of making humans live longer or look prettier, and what is left of our wild animals have no rights and can be stalked, trapped, snared, shot or torn apart by men with packs of dogs.

Even a quick look at all this by a visiting alien would lead him to the conclusion that the human race, while rather laughably considering itself to be more or less the only important species on the planet, comes out as the most badly behaved.

The alien would conclude that our behaviours are mainly governed by instinct, and that, while we are anatomically almost indistinguishable

from the other mammals on earth, we refuse to admit their similarity to us, and refuse to recognise their right to live and breathe in peace.

Jonathan Safran Foer, in his book *Eating Animals*, alerted me to a word I had not encountered before – anthropodenial – the illogical denial of the fact that the animals around us see, hear and feel almost exactly as we do.

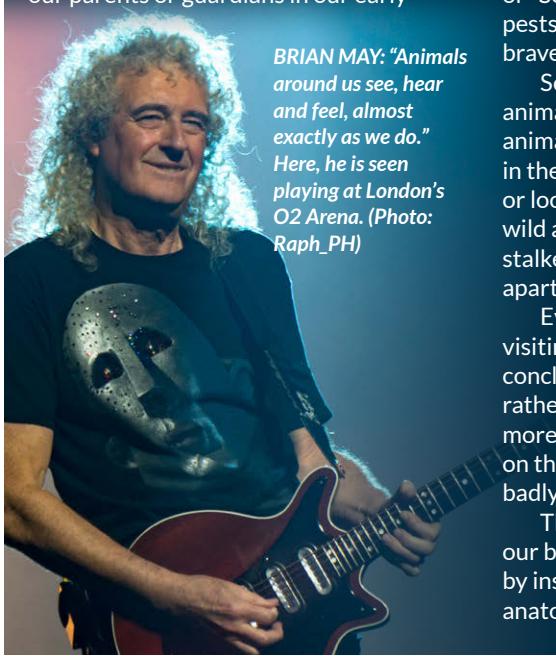
They also feel pleasure, pain and fear, and it is the denial of these truths which licenses those lacking in empathy to try to justify the cruelty they inflict or assent to.

All this might seem a long way away from a book which is full of lightness and joy, and insights into animal thinking, emotion and abstract thought, but as you dip into these stories, you will find constant triggers... reminders that we need to constantly question the edicts of old ways of thinking.

At my Sunday school, at the age of about ten, we were taught, “Only humans have souls – only humans can go to Heaven.” It bothered me for years – it seemed grossly unfair, and I fiercely resisted the notion that my cat might be turned away from the Gates of Heaven.

The thought often returns to me even now. Of course, there is no evidence for that teaching at all, and it must have justified countless unnecessary acts of cruelty and neglect of animals through the ages. On every page of this book, I am reassured that it's just another old belief which needs to be thrown out of the window for lack of evidence.

No! More than that – thrown out because of clear evidence to the contrary, recounted with great skill and dedication in this book. You can be sure of it. As Ms Smedley says... *animals have souls, too!*



BRIAN MAY: “Animals around us see, hear and feel, almost exactly as we do.” Here, he is seen playing at London's O2 Arena. (Photo: Raph\_PH)

## Has your pet made a spirit return?

WE would love to hear from you if your pet has returned with good or unusual evidence at a private sitting or an evening of mediumship.

As a prize, the best five entrants will each receive a surprise spiritual book or gift and their stories will appear in *Psychic News incorporating Two Worlds*.

Entries should be e-mailed to pnadverts@gmail.com by September 1, 2020. Please make the account as detailed as possible, not forgetting to explain exactly who all the central characters are and please include photos. Good luck! ■



THIS wonderful painting shows trance healer George Chapman and a spirit team as they perform "surgery" on a patient's etheric body.

# Spiritual healer works at medical centre

In this feature, the editor interviews spiritual healer Michael Chapman. First let's set the scene, for the partnership between his trance healer father George and "dead" eye surgeon William Lang is probably unique in that family members testified to the reality of their two-world partnership.

Born in 1852, Dr Lang passed on in 1937. The son of a wealthy merchant, he was an ophthalmic surgeon at London's Middlesex Hospital from 1880 to 1914.

Reporting George's passing in 2006, the *Daily Telegraph* stated that Dr Lang's "cultured tones from beyond the grave were a stark contrast to those of the Liverpudlian fireman through whom he spoke."

"Some may have dismissed this vocal

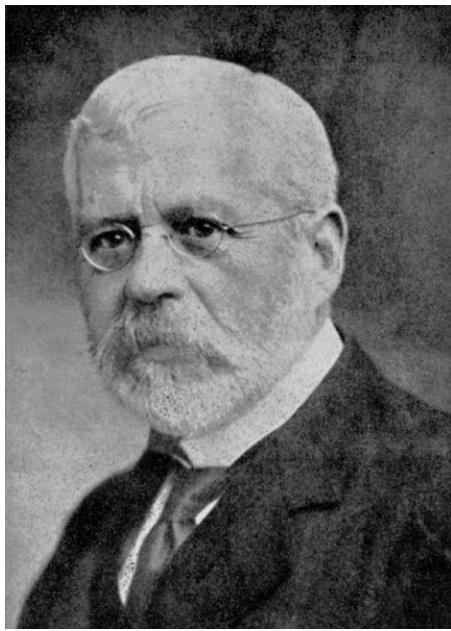
contrast as acting on George Chapman's part, but William Lang's daughter, Lyndon, and his granddaughter, Susan Fairtlough, confirmed not only that his speech and mannerisms were as they remembered them, but also that they discussed events and people who would have been unknown to George Chapman, who was not even in his teens when Lang retired from private medical practice."

After his mother passed on due to

a fire when he was five, his maternal grandparents raised George. Leaving school, he found gaining employment difficult and had various jobs, such as a butcher, docker and garage hand, later becoming a professional boxer.

In 1939, George joined the Irish Guards, but later transferred to the RAF and became an air gunner. Moving to Aylesbury, Bucks, he met and married Margaret May Dickinson. Sadly, Vivian, their first child, passed on after four weeks.

After being demobbed, George joined the fire brigade. Encouraged by a fellow fire officer, George took part in glass-and-alphabet séances. Messages reassured the Chapmans that their daughter was alive in



**WILLIAM LANG:** Family members testified to the reality of his identity.

the afterlife.

George started going into trance and was controlled by various spirit beings until Dr Lang manifested and explained that his mission was to heal the sick. Although surgeons are known as "Mister," patients always addressed Lang as "Doctor."

After leaving the fire brigade in 1956, over the years George saw patients not only in the UK, but also in the USA, India, France and Switzerland.

Dr Lang's daughter Lyndon supported George for the rest of her life. Their collaboration lasted for 30 years. She once commented that through George, "I have spoken with my father, often with

my brother Basil, my mother and other friends."

Likewise, Dr Lang's granddaughter, who on hearing that he had returned through George, was sure he was a fraud and went to meet him. After George was entranced by the surgeon, Mrs Fairtlough later testified:

"To my great horror, or rather, stupefaction, the man who was in this room was indisputably my grandfather. It was not him physically, but it was his voice, his behaviour. It was unquestionable.

"He spoke to me and evoked precise events of my childhood. And I was so impressed that all I could say was, 'Yes, grandpapa. No, grandpapa.'

Based in Aylesbury for many years, George subsequently moved to Pant Glas, close to Machynlleth, in Powys, Wales. He slept in Dr Lang's bed, which was a gift from his daughter. Today, George's son Michael lives and heals from the same property.

Michael is guided by Dr Lang's son, Basil. A distinguished surgeon in his own right, Basil worked in the ophthalmic departments at London's St Bartholomew's Hospital, Middlesex Hospital, Moorfields Eye Hospital, and the Royal Westminster and Central London Ophthalmic Hospitals.

A captain during the First World War, Basil produced a mobile X-ray unit that allowed such equipment to be moved to where it was required and worked in hospitals at Rouen and Étaples in France caring for the wounded.

After the war, Basil was responsible for important developments in electronics and optical apparatus. His keen interest in photography made it possible for him

to use colour photography in his medical practice, becoming a pioneer in this direction. Basil passed on in 1928 after developing pneumonia. He was aged just 47.

**Here, Michael answers a series of questions about the continuing Chapman-Lang partnership. The first point put to him was, "Is it right that at one time consultants from a London hospital met with Dr Lang for his advice on difficult cases?"**

Yes. Many consultants from London hospitals met with Mr Lang for advice and treatment on difficult cases.

I would add that in 1979, Patrick Trevor-Roper, then president of the Ophthalmology Section of the Royal Society of Medicine, invited Father to give a pre-dinner talk at its impressive headquarters in London's Wimpole Street.

**At what age did you become aware of Dr Lang's presence? I seem to recall that as a youngster you were tutored by him. When did you first start healing in your own right?**

When I was born, Mr Lang asked that my mother brought me to see him when I was only a few days old. Mr Lang remarked: "I once had a son called Basil. One day Michael will be the medium for my son and so carry on the healing work."

I began to assist Mr Lang at an early age. I think I was twelve when I first saw patients for the laying-on of hands. They remarked on how this produced improvement in their well being. I became a full-time healer at the age of seventeen, so that's 50 years ago now!

**Where have you worked as a healer?**

In many parts of the world, including the USA, Canada, Scandinavia, Belgium, France, Germany, Spain, Eire and the UK.

**Can you name the six most common conditions for which people seek healing from you?**

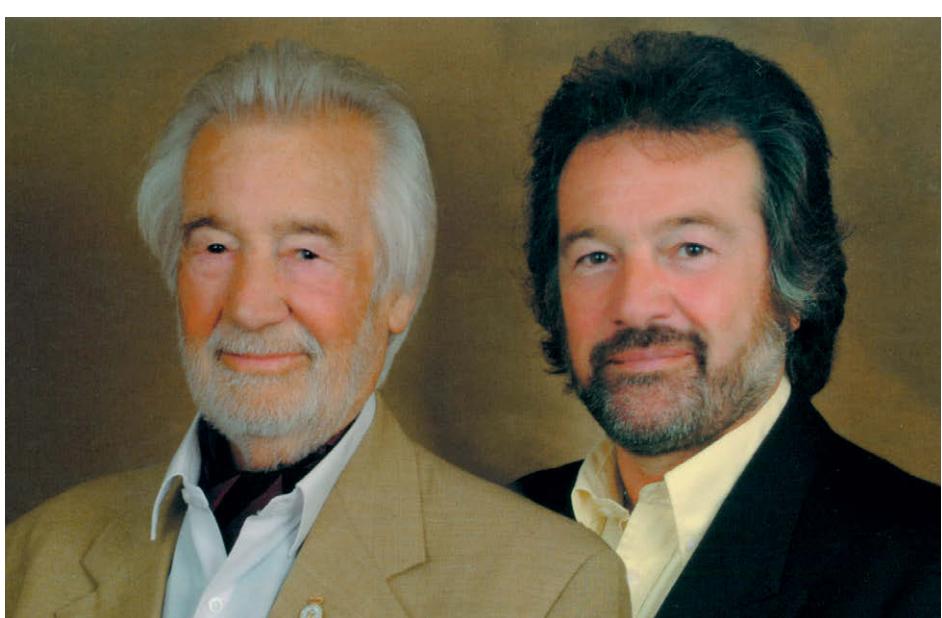
People come to see me or ask for distant healing for all sorts of conditions of the mind and body.

Of course, the number one would be conditions of the eyes, as William and Basil were well known for their skills and knowledge in this area. Both wrote important papers which were published in the *British Medical Journal*. They also developed surgical instruments, which I think are still used to this day.

**What can patients do to assist their recovery?**

Keep a determination to be well again. In other words, do not give in. Do all you can to be happy and content.

See the best in the people you meet;



**GEORGE CHAPMAN** was entranced by William Lang. His son Michael (right) is helped in his spiritual healing by Mr Lang's son Basil.

discover God in the things you observe around you and remember that God dwells in each and every one of us.

For distant healing, make a practice of quietly sitting in a comfortable chair, and relaxed in mind and body. Loosen any tight clothing, close your eyes lightly and let your thoughts be elevated.

For a time, leave all the worries of the world behind you and offer a prayer to God and the spirit doctors for help. In this way you can come very close to the spirit world and its influences for good.

#### **Do you have any idea what your success rate is?**

It is rather hard to say what our success rate is. However, I can say that everyone is helped in some way, even if the desired cure is not brought about.

#### **Can absent healing be as effective as contact healing?**

Contact healing is undoubtedly more effective than distant healing. Being able to talk with a patient is important. If it is possible to create a positive vibration between the healer and the patient, this is almost certainly going to achieve better results.

However, distant healing is still very important, firstly as a form of follow-up treatment. Secondly, it is suitable in the case of those unable to travel to see me through, for example, a disability.

#### **Has your dad been in touch since he passed on?**

Yes, my father has made himself known to me on many occasions not just mentally as he suggested I did before his passing, but has also shown himself on many occasions when not expected – no doubt to keep me on my toes!

When there are tough decisions to be made, Father really makes himself known. I have also had very evidential messages from him from quite unexpected sources.

After Father's passing, many mediums tried to comfort me by giving me messages. However, they were nothing that could not be found in books or on the internet.

The best messages which gave me complete confidence that it was Father came from total strangers. Most were coming to see me for healing for the first time at one of my clinics in the UK or abroad.

They would normally start by saying: "When we were relaxing last night or travelling to see you today, we felt your father's presence. He asked us to tell you..."

Believe me, the things that they told me could only have come from my father. It was real father-and-son personal stuff that

only the two of us knew about.

These people were not professional mediums, just sensitives whom my father used to get his messages through to me. That was Father's way.

#### **Can you list some of the items which Dr Lang's family gave to your father?**

It's really far too much to list. When my father visited Mr Lang's daughter in Kensington, he would often arrive home in Aylesbury with various items belonging to the family.

Upon Miss Lang's death in 1977, she bequeathed all her possessions to my father. Of course, they have now passed to me. They include furniture, letters and books, including the Lang family bible. It's quite a collection!

#### **I hear that your son Tom recently received a Duke of Edinburgh award. What was this for?**

Tom received a Gold Award for voluntary services. He became proficient at table tennis (like his granddad George, who was Bucks County Champion in the late 40s) and learned how to navigate and maintain a narrow boat as well as carrying out service projects.

For his Gold Expedition, Tom was required to carry out a four-day and three-night expedition in unfamiliar country.

They trained in Ceredigion in Mid-Wales, but the qualifying venture took place in Galloway Forest Park in Scotland. Again, this is much like his granddad, who loved the outdoor life and excitement.

#### **Does Tom have any healing abilities?**

I am sure Tom has healing abilities. He is a very sensitive and caring being, as are his sisters.

I once asked Mr Lang, "Which one of my



**MICHAEL CHAPMAN** (right) is seen with his son Tom (left) outside Buckingham Palace. They are joined by chef Dave Myers, one half of the Hairy Bikers TV team.

children will follow me?" He told me they all had the ability, but would not go any further than that.

Mr Lang added that when I was born and he asked to see me, his comment about the partnership which would follow between Basil and myself was rather hasty. After this became public knowledge, as I grew up it was a really heavy responsibility.

Mr Lang said that my children have free will as to who or when one will follow me with no pressure. However, I am certain that the partnership between the Langs and Chapmans will continue.

#### **What's your latest healing venture?**

I have just returned from my new healing clinic at Blackpool's World Healing Centre. This was founded in 1953 by Mandus Nyquist, who was better known as Brother Mandus.

At one time, a million copies a year were sent out of the centre's free monthly magazine. Today its doors are still open to all who would like to find time for prayer, reflection, replenishment and meditation.

The new clinic came about after I was invited to work in the North West by Sheelagh Donnelly, a qualified spiritual healer and GP. Some years ago, the *British Medical Journal* published an article by her on "Working as a General Practitioner and a Healing Practitioner."

I think I am right in saying that at the start of her interest in healing, Dr Donnelly had many meetings with Mr Lang, who guided her and gave her advice.

Apart from various clinics in the UK and Europe, I recently returned from Düsseldorf in Germany, where I worked at a medical centre. Some patients travelled from various neighbouring countries such as Switzerland and Belgium to attend.

After returning home, I received a letter from the centre saying that the healing had "positive results," with patients reporting "fast" and "significant" improvements.

I have now been invited to work in Munich, again at a medical clinic.

■ For further information, please see [www.michael-chapman.co.uk](http://www.michael-chapman.co.uk) You can also contact Michael on 01970 832696 or e-mail [chapmanhealing@gmail.com](mailto:chapmanhealing@gmail.com)

A revised and updated edition of "Surgeon from Another World," by George Chapman and Roy Stemmer, is now available. It contains new material about a confidential medical contract that supported George's work and an additional chapter on the continuing healing mission through Michael. Please call the above number to order or visit website.

## GHOSTS &amp; HAUNTINGS

# Did ghost terrify famous TV presenter's dogs?



BECAUSE former BBC TV breakfast-time presenter Selina Scott believed her two dogs were terrified by ghosts in her kitchen, she sought appropriate help. She also based a three-part series of radio programmes on the experience.

Selina is not a timid woman. She fought and famously beat the BBC in a battle against ageism. Today, she runs a successful internet business, selling cashmere and mohair goods and is an active campaigner for causes such as animal welfare and wildlife conservation, spearheading a campaign to ban the live transportation of animals in Europe post Brexit.

Although she had been aware of "fleeting apparitions" in her kitchen, she admitted to being "in total shock" at the reaction of her two dogs, left overnight in the kitchen of her North Yorkshire farmhouse.

Cross-collie Nip was "covered in blood" and Alsatian Kiki hid in the large fireplace and was "cowering and shivering in terror." The door had been chewed.

Interviewed about her ghostly experience by the *Mirror* and the *Mail*, plus the *Good Morning* breakfast show, Selina

said she had always been perfectly happy in the house, without any ghost problems until recently.

"I live in an area of great religious antiquity, on a ley line," she said. "This house, being more than 500 years old, has a remarkable history in which there may well have been dark passages."

To find out more about ghosts and the afterlife, Selina conducted a series of interviews on Radio 4's *One to One* programme. The first was with Canon Paul Greenwell, Precentor of Ripon Cathedral. She had earlier asked him to visit her house and advise her.

Having trained as a biologist before entering the Church he believes he takes an analytical and considered approach to the subject.

"The more we know, the more we need to know," he said. "This sort of stuff is quite



Selina Scott with her dogs Nip and Dougie

(Photo: selina scott)

common."

He explained that every Church of England diocese has a "Deliverance Team", to deal with situations similar to Selina's, where unexplained "ghostly" activities disturb the peace of the house. "My job is to advise the clergy how to deal with it," he said. It would appear that he also has psychic sensitivities.

"Your kitchen has a wonderful atmosphere," he told Selina. "There is nothing evil. This is the oldest part of the house. Children and animals are very psychic. Your dogs are very clever at picking up place memories."

"I believe in life after death," commented Selina.

"Sometimes people get lost between this world and the next," Canon Greenwell responded. He told the story of a man who committed suicide because of an unhappy love affair. The woman involved, who was psychic herself, sought help for the man's restless spirit from Canon Greenwell, who at that time was a vicar. He asked for the man's name, and conducted a Requiem Mass for him, without telling the woman.

Next time he saw her she said, "I have a message for you, vicar." It was from the man who had died. He said, "Tell that vicar I'm grateful to him, because I didn't know I was dead."

"I told the woman I had offered a Requiem Mass for him."

"I know you did," she said. "He told me."

Canon Greenwell went on to tell the story of a family whose very young daughter refused to go into the bathroom because she said there was "a man in the loo." What she didn't know was that a previous occupant had died there. Paul Greenwell had conducted his funeral.

"We hold a house blessing in these cases, not an exorcism," he said.

On the matter of poltergeists, the canon said, "Poltergeists have nothing to do with ghosts. A poltergeist is not a person. It is an energy coming out, a sign of deep discord and stress in the house, triggered by some person there in a state of great tension."

"How do we know what is a ghost?" asked Selina.

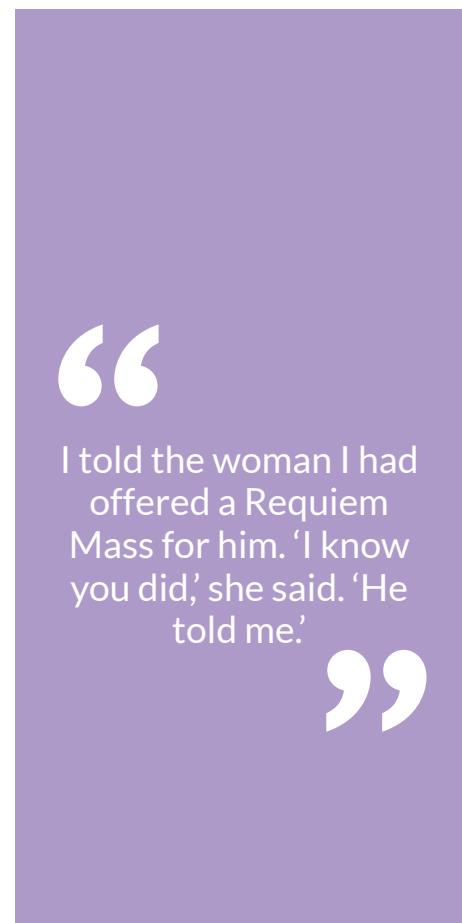
"It is unfinished business," was Canon Greenwell's reply.

"I have seen and smelled ghosts. I went to one house where the family was troubled by a smell of mothballs. I could smell them too. The family never used mothballs, 'But Mum always did', they said.

"Memory and smell go together. We said prayers, gave a house blessing and the mothballs disappeared."

Selina and her dogs await results of their blessing. ■

I told the woman I had offered a Requiem Mass for him. 'I know you did,' she said. 'He told me.'





# MAKE YOUR HOME FENG SHUI FRIENDLY!

BY DAVINA MACKAIL

Davina MacKail discovered feng shui when working in Hong Kong and China in the early 1990s and holds a professional diploma in the Practice and Spirit of Feng Shui.

Besides running a busy practice for private and business clients, Davina (pictured above) teaches workshops and for many years ran the Advanced Feng Shui course for Channel 5's "House Doctor" Ann Maurice.

Additionally, Davina is the "healthy home" expert for a number of independent companies, and has featured in "Harper's Bazaar," "Eve" magazine, "Good Housekeeping" and on ITV's "This Morning."

Based on her highly recommended book "Feng Shui Made Easy," here Davina gives an overview of feng shui and offers some top tips on how to transform your home into a calm, content and clutter-free environment.

Published by Hay House UK at £10.99, "Feng Shui Made Easy" features lots of easy instructions and exercises to put this ancient practice into action.

FENG SHUI evolved from the basic realisation that we are affected by our surroundings and have an innate understanding of how our environments affect us.

We immediately get a good feeling when we enter some houses and a bad feeling when we enter others. We know instinctively if an argument has taken place.

Our language supports our

understanding, hence the common expressions, "You could cut the atmosphere with a knife" or "That place had really bad vibes."

The ancient Chinese had a whole area of study devoted to this subject known as feng shui. Pronounced, "fung shway" or, as I prefer, "fun and play" because this is the best approach – to have fun and play with it. It's good to put a bit of feng shui in your

life, but don't put your life in feng shui!

I often get asked, "How do I know if my home has bad feng shui?" You know something is wrong if you suffer a run of "bad luck" shortly after moving into a new home or after having lived happily in a space for a number of years, life suddenly starts going wrong.

Sometimes this run of bad luck can be related to your personal astrology, but if all the family seems to be suffering simultaneously it's definitely worth checking your feng shui.

In our fast-changing technological world, feng shui reminds us to slow down and reconnect with our living spaces and our lives.

Feng shui is a system for creating balance and harmony in our lives through the cultivation of the chi or energy flow around our homes. It is also about connecting us to the Spirit of Place we call home.

It allows us to move with the tides of life rather than against them. It teaches us how to transform and harmonise our environments to achieve more of



What perhaps is more difficult to grasp immediately is the notion that invisible energy flows around us all the time and anything that affects that flow will also affect our lives.

We cannot see or understand electricity, yet we don't question its effectiveness in providing light and power when we need it. This is a good attitude to adopt with feng shui.

You may not be able to see the chi energy, but you will certainly feel the effects of it. Similarly, we cannot see the wind, but we become aware of its presence when we hear the leaves rustling.

When the winds are benevolent they can help us navigate from shore to shore and when the winds are angry we're left in no doubt of their destructive power.

Chi has certain properties that you'll come to recognise and understand with practice but are best summarised as follows:

- It is in permanent motion from one form to another.
- It accumulates, condenses, expands and disperses.
- It can be strong and weak, beneficial and harmful.
- It tends to move forwards – never leaving a space by the same route it entered – so will stagnate in cupboards or rooms with only one door and no windows, i.e. cellars.
- It can move slowly or quickly.
- It can stagnate or spiral.
- It moves up and down and in and out.
- It can rush and also meander.
- It permeates all things.
- It is the lifeblood of the universe.

## BALANCING SHENG CHI AND SHA CHI

There are two primary conditions of chi that we can seek to balance by practising feng shui.

1. Sheng chi: Beneficial, healthy chi that spirals freely around a clear, clean space and is able to nourish and feed the occupants as it saunters through.
2. Sha chi: Harmful chi that stagnates in damp, dark corners; accumulates in blocked passageways; attacks us from overpowering furniture, buildings, other land forms, etc; pollutes our senses through toxic smells, noise, clutter, etc.

By practising feng shui we can cultivate sheng chi with:

- Clutter-free, clean environments
- Blooming, vibrant gardens
- Fresh flowers and healthy plants
- Pleasing artwork and décor
- Beautiful music
- Dancing
- Birdsong
- Incense
- Scented candles
- Soft textures
- Clean water
- Positive vibes, good feelings, etc.

We can also redirect or harmonise sha chi that accumulates and stagnates in:

- Damp, rotting food
- Chronic clutter
- Overflowing rubbish bins
- Dead or dying things
- Weeds
- Mildew, mould or damp
- Broken items
- Toxic fumes and pollution
- Negative earth energies: black streams, geopathic stress, etc
- Sewage
- Landfill sites
- Violence, screaming, fights
- Busy roads and intersections
- Power stations, pylons, etc
- Railway cuttings and crossings
- Loud noises
- Flight paths
- Bad vibes, toxic thought patterns, sick feelings, etc

Balancing your home is not a static practice; it is about relationships. Your home is alive, as are you, and it is how you interact with your space on a daily basis that bears fruit.

Our homes mirror and reflect our life experiences. These are constantly changing and evolving, and feng shui likewise is a continuous process.

Feng shui is always changing – a vase of flowers here, a particular picture or ornament there – that's the approach that keeps us in harmony with the in-breath and out-breath of daily life.

In terms of our yin/yang, feng shui is about restoring and maintaining balance. If something's too sharp, add softness. Too cold, warm it up with soft furnishings, colour or textiles.

Too dark, add light. Too bright, add

what we want in life by harnessing the beneficial energies and, at the same time, reducing what we don't want by limiting or transmuting the harmful or stagnant energies.

It is relatively easy to see how colour in a room or natural light, the style of furniture, type of art, ornaments, living plants and so on can affect our experience of a place, and determine whether or not we feel comfortable.



SOME people use a feng shui calculator if they decide to adopt this practice. (Photo: Dave Fayram)

some shade or curtains. Too stuffy, open the windows and clear the clutter.

Walk around your home reviewing your choice of artwork, ornaments, paintings and photos. What metaphors can you see around your home?

Are they vibrant and alive or dark and dank? Do they make you feel good? Or are they confusing abstracts without focus that might be making it difficult for you to complete things?

Are there scenes of natural beauty or industrial decay? Think about what was happening in your life at the time you bought the item – is that still in alignment with where you are now or where you're heading?

Look for recurring themes and symbols that repeat. If they represent your current life and you're happy with that – great; if they don't, consider changing them for something that supports your vision of the future.

Clearing clutter produces magic fast, as it shakes off the cobwebs of stagnant sha chi. Understand this underlying principle of feng shui and you'll be grabbing for those bin liners with enthusiasm.

Good feng shui starts with clutter clearing. Stagnant clutter chi can have a detrimental affect on our lives.

We need to shift this first, encouraging the beneficial chi to flow, before making adjustments, enhancements and improvements.

Often, getting rid of things is enough to create positive miracles of transformation. Remember, nothing ever goes one way – our homes reflect us.

Tidy home, tidy mind. Cluttered home, cluttered mind. It's that simple. Yet not so easy to deal with because clutter is E-Motional – old emotions get stuck and produce clutter.

Our emotions flow through the waterways of our bodies. If we observe a free-flowing, healthy river we can see its progressive, nourishing chi keeping things changing and in motion.

Yet if this same river gets blocked, we see how quickly the rubbish starts to accumulate in those stagnant pools and river recesses, which then cause a bigger issue as time goes on.

When we understand the hold clutter has on us, we are able to let it go. Be gentle with yourself during this process.

Letting go can be like peeling layers off an onion: we begin with the easy outside layers and then revisit areas over time as eventually we begin to let go more and more. We hold on to things when we don't feel safe at some primal level.

Although seemingly counterintuitive, it is a form of control – control through chaos, and it stems from insecurity. While clearing clutter, it is helpful to remind yourself constantly that it is safe to let go.

Metaphysically speaking, clutter is simply "stuck energy" with far-reaching effects – physically, emotionally, mentally

and spiritually. Your life will feel stuck or chaotic at some level if you live surrounded by physical clutter.

The nourishing chi that enters through the front door will struggle to move smoothly through your home if it encounters piles of junk stored in the hall, hidden behind doors or sofas, or crowding surfaces in children's bedrooms, the kitchen or bathroom.

The slow, sluggish energy this creates has a correspondingly negative effect on us. It can make us feel confused, blocked, lethargic, depressed and reluctant to progress or move on in any area of our lives.

Clutter also attracts clutter. You see this in the street. Most people wouldn't dream of throwing litter on the floor, but they will add it to an existing pile – even if this pile is not in a designated bin.

The same can happen in our homes: those piles of clutter don't appear by magic – someone put them there. De-cluttering can be scary and simultaneously very refreshing.

If you weed a garden and leave the beds empty then the weeds return stronger than before. But if you weed a garden and plant it with gorgeous plants and flowers, the weeds have no room to return.

Exactly the same approach should be taken with clutter. Nature abhors a vacuum and will find something to fill it.

Make sure you know how you want to fill your newly created space, be it with

more joy, more love, more energy or more prosperity. This way you stop the old clutter returning.

Remember everything you own is connected to you energetically; it has a chi charge. Does the chi lift when you pick up that T-shirt or does the chi drop? If it drops, it's clutter.

Our inner wisdom knows instinctively what we love and what we don't. There's an added bonus to this form of clutter clearing – going through everything at once really hones your decision-making abilities. You get good at knowing what's good for you and what isn't.

### THE TEN FENG SHUI COMMANDMENTS FOR A CLUTTER-FREE LIFE

1. Throw away, throw away, throw away – know it is safe to let go.
2. Pick things up. Does it make your heart sing? Do you love it?
3. Keep things you love in accordance with the size of your space.
4. Everything in its place and a place for everything.
5. Store things close to where you use them.
6. Store like with like.
7. Don't hide things in endless storage units.
8. Don't overstock items; buy as you need something.
9. Become habitual at putting things away. Don't accept from yourself that you'll put something "here, just for now."
10. Don't let it accumulate; throw away, throw away, throw away.

### USING FENG SHUI TO REDUCE ENVIRONMENTAL POLLUTION

Invest in house plants. Use peace lilies and spider plants in rooms with electrical equipment, computers, etc.

Plants effectively remove formaldehyde, acetone, benzene and a variety of other noxious office emissions. The areca palm removes every single tested toxin including cigarette smoke.

Boston ferns regulate humidity and remove formaldehyde. Use orchids in the bedroom, as they release oxygen at night rather than during the day.

NASA has done the most extensive research into how the earth produces and sustains fresh air, and discovered that houseplants can purify and revitalise the air in sealed chambers.

Place unpolished, clear quartz crystals on fuse boxes, electricity meters and near your computer. These soak up all the pollutants.

Be aware they do get "full" and will need cleansing regularly by rinsing under the tap in clean running water or burying in dry sea-salt for 24 hours.

Your home is alive and listening to you. If you love and nurture your home it will love and nurture you in return. Nothing ever goes one way: the act of loving your home is effectively an act of self-love.

If you come home and create a pleasant environment, do the five-minute tidy up, light some candles, add some ambient lighting and listen to some good music, you will enjoy the benefits of nourishing

chi far more than if you come home and flop in front of the TV with a takeaway, surrounded by all the stuff you left on the floor that morning because you were in a hurry and there's nowhere for it to go anyway.

Feng shui works best in the utter simplicity of these small daily actions. A gorgeous vase of flowers makes the room look more attractive.

A lush pot plant or a bowl of vibrant juicy, fresh fruit will immediately enliven the chi of a space whereas a bowl of last night's stale washing-up will activate the detrimental chi.

I encourage you to use your home to engage all your senses, and explore symbolism, textures, colours and scents.

### THE TEN COMMANDMENTS OF FENG SHUI

1. Clear the clutter.
2. Keep the front entrance of your home well maintained.
3. Allow chi to flow freely.
4. Contain the chi energy i.e. don't let it rush by too quickly.
5. Make sure everything works.
6. Check out your home for negative earth energies.
7. Be aware of the images and symbols in your home.
8. Create a quiet sanctuary in your bedroom.
9. Make the kitchen a centre of calm.
10. Love your home and it will love you. ■



IT has been found that plants effectively remove formaldehyde, acetone, benzene and a variety of other noxious office emissions.

POWER OF PEACE

# TRANSPORT YOUR MIND TO ANOTHER PLACE

*BILLY ROBERTS shows you how to meditate, using simple visualisation techniques*

ALTHOUGH in the past meditation was perceived as being for a select few, today it is so popular that it is even being prescribed by general practitioners as a means of helping with stress and anxiety in place of tranquillisers.

My introduction to meditation came when I went to a talk given by the Maharishi Mahesh Yogi, the innovator of Transcendental Meditation (TM), at a leading London hotel. The Maharishi, an Indian physicist, based his meditation techniques on Eastern methods whose main feature was chanting.

His techniques became even more popular when the Beatles and other celebrities became devotees and even spent time at his ashram in India. As the advantages of TM became increasingly apparent, centres opened all over the UK and the United States, and it soon became extremely fashionable to be a follower.

TM employed the repetitious use of a mantra that, in effect, produced a calming effect on the mind. It did not appeal to everyone, but at least it caught the imagination of the masses and thus helped to eradicate some of the stigma attached to meditation.

The 1960s and 1970s experienced a meditation boom as people worldwide began to see its holistic benefits and appreciate exactly how it would bring freedom from stress, anxiety and many other psychological problems.

You could say anything which encourages the mind to focus on one thing only, to the exclusion of all else, can be defined as meditation.

A soldier wounded in battle does not feel the pain inflicted on him until the enemy has withdrawn, at which point he

then becomes conscious of the agony and might lose consciousness. His mind was totally focused on the approaching enemy, and was completely in another zone, so to speak.

Meditation in fact takes many forms, from the repetitious chanting of an abstract word to mentally taking a walk through a picturesque landscape.

Anyone who suffers from panic

attacks will know only too well just how much they consume the whole of one's attention. The psychological and physiological effects of a panic attack are horrendous, and once a person has experienced one, he or she constantly watches for the next one to occur. In other words, panic attacks become habitual, and because the person expects another one to strike, it most certainly does, almost on demand!

In psychology, habitual panic is referred to as the *adrenaline fear cycle* – a sequence that must be interrupted to allow the sufferer to move on with his or her life.

In the first part of this article [PN June 2017] I explored the concept of relaxation and looked at how the body retains tension by allowing it to build up throughout the day. So, let's take a look at what I call "diversionary tactics", using meditation as a means of encouraging the mind to be more focused.

## *Creating a sacred place*

It is important to say that meditation and relaxation must be practised even when you feel you no longer need them. In fact, they must be integrated into your daily programme, even if only for five to 10 minutes each sitting.

First of all, find yourself a suitable place in which to meditate, and make this your sacred place. Meditating in the same place each time helps to create the correct ambience, and will then always be a place to which you can retreat when you are feeling stressed. Needless to say, it must be a quiet place and one that is out of bounds to boisterous children.



Here's what to do. Sit quietly for a few moments with your eyes closed, preferably on a straight backed chair. If you are a yoga practitioner and prefer to sit in the traditional lotus or cross-legged posture, then do so.

- Check your normal pulse rate to ascertain its rhythm. Now proceed with your meditation by breathing rhythmically, ensuring that the inhalations and exhalations are evenly spaced. Breathe in to the count of six pulse units, hold it for three, exhale for six, and hold it for three, and so on. This makes the mind quiet in preparation for meditation.
- Now, imagine you are sitting in front of a giant television screen that is just about to light up. A picture gradually appears on the screen revealing a beautiful lake with picturesque hills in the background, silhouetted against a clear blue sky.
- Feel yourself being projected slowly into the landscape and find yourself standing alone on the banks of the lake.
- It is important that you feel the gentle breeze against your skin and smell the freshness of the air. Imagine you are there. Be there in every way possible.
- Maintain this imagery and try not to allow your mind to drift away from it, even for a moment.
- See the sun reflected across the surface of the lake, and listen to the many different sounds around you. Allow yourself to be totally absorbed by the whole process, just as though you were actually there standing on the bank of the lake.
- Notice a dragonfly fluttering its iridescent wings as it settles on the surface of the water just in front of you. Watch it for a few moments and see its whole body quivering under the cascading sunlight.
- Still focusing your attention on the dragonfly, watch as it moves slowly off on the gentle breeze, its flight taking it across the water to the far side of the lake.
- Allow your imagination to transport you into the picture, so that you become a part of the whole experience, perhaps using a past memory of a visit you once had to a similar place.
- Become totally involved with the visualisation process, and when you feel it has reached its conclusion, mentally turn the whole thing off and relax. Conclude the visualisation with some rhythmic breathing.
- Breathe slowly in and out, making sure as always that the inhalations and exhalations are evenly spaced. Then, when you feel ready, open your eyes, remaining relaxed and calm for a few moments longer.

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Notice a dragonfly fluttering its iridescent wings

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This exercise in visualisation is only one example. You may want to fondly recreate a nostalgic memory of a place you have once visited, or simply want to process your own imagery. Do whatever you feel transports your mind to another place, away from all the stresses, strains and anxieties of your life!

The one thing I would emphasise is that this process of visualisation needs to be practised on a regular basis, time permitting. Always process the same visualisation from beginning to end, and never interrupt it without reaching its conclusion.

Although meditation is very often productive of symbols, it is not a means of communicating with disembodied souls. In saying this, meditation does encourage heightened states of sensory perception and awareness, and may be used as a psychological tool to encourage the development of the senses, especially for those who are mediumistically or psychically inclined. ■





SPIRITUAL PIONEER

# FIRST FEMALE NOMINATED FOR USA PRESIDENCY WAS A SPIRITUALIST MEDIUM

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BY JOAN STANTON

Victoria Woodhull

IN NOVEMBER 2016 when the United States of America had the chance to elect a woman as its president for the first time in its history, I felt it appropriate to recall the life of a colourful female who nursed similar ambitions 147 years ago.

Her name was Victoria Woodhull and she was rightly famous in the 19th-century for a variety of reasons – not all of them virtuous.

What is beyond doubt is her extraordinary gift for oratory. It first caught the public imagination in 1871 when she spoke before the House Judiciary Committee on women's rights.

A year later, dressed in black silk, she took to the stage at the Apollo Hall in New York City, having been introduced by a speaker who had denounced the corruption of both Republicans and Democrats, and received a rapturous reception.

Her rousing address demanding change soon had her audience on its feet and one delegate yelled above the rest that he nominated her for president – a suggestion that received a five-minute standing ovation from the gathering.

It was far from an empty gesture. A month later the spontaneous reaction to her speech resulted in her selection as a

presidential nominee by the Equal Rights Party, making history. She became the first woman to be honoured in this way, almost half a century before women's suffrage was accepted nationally in the United States.

But that's where the Victoria Woodhull story takes an unexpected turn. She never envisaged she would gain high office in male-dominated Washington, but any political ambitions she may have had were quickly destroyed when she and her sister, Tennessee, were thrown into jail.

That was just the latest twist in an astonishing life that began in poverty and cruelty, progressed through a period when Victoria and her sister made a living as healers and mediums, holding séances and telling fortunes, and saw her marry three times – the first at the age of 15 to Canning Woodhull. It culminated with the sisters encountering – or targeting – Cornelius Vanderbilt, one of America's richest men.

It has been suggested that they used "their otherworldly connections" to advise

him on stock tips. But perhaps they were just astute businesswomen. Whatever the source of their predictions, association with Vanderbilt enabled them to play the stock market and cash in on the financial panic of 1869's Black Friday.

They claimed to have amassed a fortune of US\$700,000, worth many millions in today's currency, enabling them to start an investment company, Woodhull Claflin & Co, becoming Wall Street's first female stockbrokers.

Victoria used the power and influence that came with her new wealth to proclaim her belief in women's rights and reinforce her candidacy for president. She did this effectively – too effectively, perhaps – by launching a radical publication, the *Woodhull and Claflin's Weekly*, as a vehicle for her views on a variety of activist topics.

It published, for example, the first English translation of Karl Marx's *The Communist Manifesto*. The free thinking sisters also expressed their opinions on social reforms, sexuality, birth control and free love. They were ahead of their time, and it was soon to be their undoing.

Five days before Election Day in 1872, Victoria and Tennessee published a story about a prominent preacher, Henry



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A third attempt resulted in her securing a nomination by the National Women Suffragists' Nominating Convention in 1892

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Beecher, who they alleged was engaged in an adulterous affair with one of his parishioners. They explained that they were revealing the story because of the sexual double standards held against women.

Beecher's sisters, it transpired, had previously attacked the publication for its views on free love. One subsequently described Victoria as "a vile jailbird" and an "impudent witch".

Even worse, Tennessee wrote a piece naming a Wall Street banker, Luther Challis, and a friend who she accused of seducing two schoolgirls. Her graphic description of how he took her virginity caused a storm of protest.

Victoria and her sister were accused of obscenity and libel and thrown into jail, where they languished while the rest of the country celebrated the re-election of Ulysses S. Grant, leader of the Radical Republicans, as US President.

Although they were acquitted six months later, it took its toll. Beecher's trial for adultery lasted two years, ending with a hung jury, by which time Victoria and her sister were poor once more.

In 1876 their publication folded and Victoria went to London to give lectures,

meeting and marrying a banker, John Biddulph Martin, in the process. She then presided over his London estate and a Portuguese castle. But she still entertained presidential ambitions.

Her second attempt at nomination, in 1884, failed but a third, eight years later, resulted in her securing a nomination by the National Women Suffragists' Nominating Convention. Once again, she had the White House in her sights, even giving herself the title "Future Presidentess".

But it was not to be. The British *Daily Mail* declared she was not fit to be America's president and dished the dirt on Victoria, her sister and the rest of her crazy family. Its allegations included their one-eyed father, a conman, and the fact that Tennessee had been involved in his "cancer centre" scam. There was even talk of blackmail and prostitution.

Victoria had no option but to drop her candidacy and spend the rest of her life quietly in England. She focused her energy



Barbara Goldsmith wrote an impressive biography of Victoria

on writing, editing and publishing a magazine, *The Humanitarian*, with her daughter for nine years. Her books included *Human Body: The Temple of God*.

Victoria died on 9 June, 1927, and is buried in Bredon's Norton, a small Cotswold village.

The best book on her is undoubtedly *Other Powers: The Age of Suffrage, Spiritualism and the Scandalous Victoria Woodhull* (1998) by celebrated author Barbara Goldsmith, who died in June 2016 at the age of 85. *The New York Times'* reviewer wrote: "You finish it nearly out of breath astonished at the tragic heroism of the flawed character who tried to challenge the American Establishment."

Had Woodhull made it to the White House, I suspect her presidency would have been even more colourful than the nominees in the last American election. ■

# 'CORONATION STREET' STAR TELLS OF HER SPIRIT HEALING

ACTOR Siân Reeves, who has appeared in a host of top programmes on TV, told *Psychic News* that she is receiving absent healing from Carol Everett. She also revealed her belief in life after death.

Born in West Bromwich in the West Midlands, Siân is an original cast member of the 1985 Royal Shakespeare Company's production of *Les Misérables*.

Before finding fame on TV, Siân had a highly successful career in repertory

theatre, playing, for instance, lead roles as Maria in *West Side Story* and Sheila in *Hair*.

Siân's break into TV came when she was picked to play Zoe in BBC2's *In a Land of Plenty*. Since then, her many other roles include taking on the part of stalker

Sally Spode in *Emmerdale*, and portraying characters in *EastEnders*, *The Bill*, *Holby City* and *Cutting It*.

That's not to mention Hannah Temple in the BBC drama series *Hope Springs* and as office manager Gloria in the BBC3 sitcom *Lunch Monkeys*.

Other TV parts include appearing in *Northern Lights*, *City Lights*, *Where the Heart Is*, *The Dumping Ground* and many more.

Siân also narrated the autobiographical documentary *Elton John: Me, Myself & I*.

Whilst rehearsing the play *Vernon God Little* at London's Young Vic, Siân suffered a horrific backstage accident.

A stage trapdoor had been left open. Siân fell through it onto a steel ladder, suffering a punctured lung and crushed ribcage, leaving her unable to move for ten months.

A guest panellist on *Loose Women* in October 2012 to celebrate 40 years of *Emmerdale*, Siân also portrayed Merle in *Still Open All Hours* and took part in a celebrity edition of *The Weakest Link*, where she was the sixth one voted off.

Turning to films, amongst those Siân has appeared in include *The Time of Their Lives*, *What Happened To Evie* and *This Little Life*.

Further films in which Siân took roles are *Intimacy*, *Five Seconds to Spare*, *Urban Gothic*, *Hello Darlin'*, and *Alexa and Me*. In the last title, which is about a mother in crisis and her daughter leaving home, Siân and her daughter played themselves.

Currently, Siân has the part of Charlie



ABOVE Siân Reeves, who plays Charlie Wood in "Coronation Street," is seen with her screen husband Tim Metcalfe, played by Joe Duttine. (Photo: ITV)



**SIÂN REEVES:** "I would certainly accept that relatives who have passed over are definitely looking out for me." (Photo: Clare Park)

Wood in long-running ITV soap opera *Coronation Street*, where she is married to a character called Tim Metcalfe, who is a bigamist.

In between learning her lines and rehearsals, Siân found time to take part in an interview with *Psychic News*. Questions put to her appear in bold italics.

**How did you first hear about Carol Everett?**

Through my massage and Chinese medicine therapist Kim Mendez, who I have been seeing since I was eighteen.

Kim is amazing. I do ballet classes with her at Pineapple at Covent Garden in London.

**Why did you seek Carol's healing help?**

I started healing for several reasons. I finally accepted that I was going through the menopause, was sad about my daughter leaving home and then our lovely dog passed away after seventeen years.

It felt like everything was ending. My mother said, "Get some HRT." My aunt has been on it forever, but I reached out for more than tablets.

I believe in the stars, angel cards and spiritual healing, and being good and kind to people.

Carol's done some amazing healing for people with really serious illnesses, which made me believe in her.

**Did it have a positive result?**

Yes, it did. Perhaps just knowing that

someone is guiding you is tremendously inspiring.

**How did you feel when receiving healing?**

Possibly some people feel more than others, but I found it calming. Carol asks you to concentrate on her image, which I do for about twenty minutes.

If you think that perhaps you're not poorly enough to get any help, it can be hard to concentrate. Having engaged with Carol's image, I find it is best to receive healing in the morning and then go back to sleep.

This is the first time I have received spiritual healing. I would certainly recommend it to other people.

**Do you believe in life after death?**

Yes. Although I have never been to see a medium or visited a Spiritualist church, I would certainly accept that relatives who have passed over are definitely looking out for me. I also believe that spirit beings are around us.

**Do you have any psychic gifts yourself?**

Probably not as such, but I am good at helping and listening to people, and especially children who are a bit underconfident or if something unpleasant has happened to them.

Strangers sometimes talk to me about loss. Only yesterday I met a lady in the park whose son had passed away and she shared her grief with me. I know that this

helps people.

**Are there times in life when you feel guided by an outside source?**

I have always felt supported by some kind of other outside source.

**A fair few actors are superstitious. Would you consider yourself superstitious?**

Yes, I am a little superstitious, but mostly a believer in fate.

**When attending an audition or a very special event, do you take along a lucky charm or wear a colour you consider lucky?**

No, I don't have a lucky charm, although perhaps I should have one.

**Are you very susceptible to atmospheres in someone's home or in a theatre?**

I am susceptible to people's feelings.

**Do you ever get gut feelings about someone or a specific situation?**

I definitely get gut feelings and have decided to listen to them much more now that I am older because they are usually right.

**William Roache, who plays Ken Barlow in "Coronation Street," has been interested in spiritual matters for decades. Have you ever discussed the paranormal with him or any other members of the cast?**

I haven't discussed paranormal subjects with other actors from "Corrie," as I'm too

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**Anybody who is troubled, unhappy or unsettled should definitely try getting some spiritual help, which can be wonderful**

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busy getting my lines right!

#### ***Do you enjoy your latest role in “Coronation Street”?***

I love playing Charlie Wood, as she is such a gullible but nice girl. Let's see what happens to her! It's a great part.

#### ***When acting, do you have a preference for theatre, television or films?***

I also love working and am just about to embark on a tour with a play called *By the Waters of Liverpool*.

Based on the best-selling book by Helen Forrester, it features the powerful story of her childhood and adolescence in poverty-stricken Liverpool during the 1930s.

It will be really hard work, as there are eight shows a week. I'll be away from home, but am taking my puppy, Ronnie the Rocket, with me.

My parents will be visiting a lot, which is fabulous. I'm appearing at Blackpool's Grand Theatre, which is wonderful, as we used to holiday in Blackpool all the time when the family was together.

TV is great. I love that medium. I have just directed my second short film. Called *Permission*, it was written by a young man with Asperger's syndrome and is about a teenager going through therapy.

#### ***Do you have a favourite role you've played?***

My favourite role has to be Sydney in

*Cutting It*. A BBC television drama series set in Manchester, it focused on the lives and loves of a team running a hairdressing salon. However, Charlie Wood comes a close second to that.

#### ***Who are your favourite actors?***

Bette Davis is my favourite actor, although James Stewart, Meryl Streep, Maggie Gyllenhaal and Joaquin Phoenix are also brilliant.

#### ***Likewise, what are your favourite TV shows or films?***

*Fawlty Towers*, *The Good Life*, *Suits*, which is an American legal drama television series, and *Peaky Blinders*.

The last programme is about a criminal gang based in Birmingham in 1919. As I'm a Brummie, I really enjoy it.

Secretly, I love America's Hallmark Channel. If I had to choose a film, it would be *Hachi: A Dog's Tale*.

Featuring Richard Gere, it's about a professor who finds an abandoned dog and takes him home. Over a period of time, he forms an unbreakable bond with the dog.

#### ***Lastly, what would you say to someone who has never visited a spiritual healer and may be slightly nervous about doing so?***

Anybody who is troubled, unhappy or unsettled should definitely try getting some spiritual help, which can be wonderful.

We live in a very busy world. I believe it's important to find peace, caring and time for yourself, which makes you slow down and realise that you can do almost anything you believe in if you really want to.

Carol Everett, who lives between the UK and Spain, told *Psychic News* that the Spanish are "open to healing," though she has treated only expats when abroad.

She added: "I don't see patients on a weekly basis, as I have been extremely busy with research."

"After I was tested in Japan in 1994, researchers saw a tumour shrink on camera. This brought in requests from a lot of cancer patients, although I must stress that it is illegal for spiritual healers to claim to cure cancer."

"I send absent healing for all sorts of conditions, such as eye problems, comas, brain damage, depression and fertility, and also treat babies and children."

Asked how patients can complement spiritual healing, Carol added: "People can help their recovery by being open-minded, relaxed and not analysing it too much."

"I always tell those with cancer to keep their feet in both camps by receiving healing as well as seeing specialists for

tests and scans, which are essential."

"I have patients all over the world in countries like Dubai, Saudi Arabia, Monaco, New Zealand, Australia, France, Minorca, various parts of America, Japan, South Korea, Thailand and Switzerland."

"It's impossible to remember how many people I have treated over the years, but it is certainly thousands."

Of her success rate, Carol commented: "It all depends on where the starting point is and what you call a success. However, I would put my success rate at eight out of ten."

"I've helped a lot of people who were in the last weeks or days of their lives and once directed healing energies from Spain to the USA."

"Two days after I started sending her healing, a lady in America who had been in a coma for years woke up asking for water."

"I have also helped many animals with healing. They have no barriers and are so open to work with."

"With humans, people have to take responsibility for themselves and their bodies. Healing is a three-way process – higher energies, me and a patient's way of life. All play their part."

■ Carol Everett's website is at <https://caroleverett.com>



**CAROL EVERETT:** "Healing is a three-way process – higher energies, me and a patient's way of life." (Photo: Kano Baker/Kano Design)



Creator and scriptwriter Tony Warren, on the *Coronation Street* set (Photo: ITV)



Actress Pat Phoenix (Photo: ITV)

## Tony Warren, Corrie's creator, saw actress' ghost on TV set

HIS REMARKABLE creative skills made British television history by giving birth to *Coronation Street* – known to its legions of fans as “Corrie” – so Tony Warren’s passing on 1 March 2016 at the age of 79, deservedly grabbed the headlines in a fashion normally reserved for the soap opera’s stars.

He was, after all, just 24 when he came up with the idea for a serialised play and wrote all 13 episodes of the show when it was commissioned by Granada Television. The first episode went out on 9 December, 1960, and he continued writing scripts until 1968 when he moved into other fields. Corrie, of course, continues to this day: the world’s longest-running TV soap opera.

What is not so widely known is that Warren – real name Anthony McVay “Tony” Simpson – had an interest in Spiritualism and it was probably his influence as a consultant that led to the inclusion of a controversial séance scene in the 1970s.

Having battled with addictions to drugs and alcohol, and experienced a chaotic private life, Warren focused his creative on writing again, producing critically acclaimed novels including *Foot of the Rainbow* with its references to Spiritualism.

In it, one of the characters has a sitting with a medium named Arnold Tetley at the Spiritualist Association of Great Britain and, whilst waiting, drops a coin into a collecting box for the Harry Edwards Sanctuary.

But as well as touching on the subject of

survival after death in that novel, Warren is on record as expressing a firm belief that we continue to exist after death.

It came after there were reports in 2009 that a number of the Corrie actors had claimed to see ghostly figures on the Granada Studios set. There have been several sightings of a ghostly figure with “long dark hair that wears a long coat”.

Some believe it to be the spirit of Pat Phoenix, who played Elsie Tanner before she died in 1986 from lung cancer.

Asked his opinion by *The Sun* newspaper, Tony Warren said he was utterly convinced that the set was haunted.

“He’s among those who reckon they’ve seen the ghost of Pat Phoenix wandering the set,” the newspaper reported. “Others claim to have seen her during the 1990 celebrations for the show’s 30th anniversary.

“Tony Warren said of his ‘sighting’ of Pat Phoenix: ‘I would smell this great gale of perfume and one of my dogs, who would always go bananas when Pat came to the house, suddenly started to behave as if she was there again. It was really very odd, but I was not afraid. Pat is welcome at my place anytime, dead or alive.’ ■

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I would smell this great gale of perfume and one of my dogs, who would always go bananas when Pat Phoenix came to the house, suddenly started to behave as if she was there again

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# Irene's buzzing with royal jelly joy

THE creator of a "unique" product based on royal jelly, which has been taken by the Queen, Princess Diana and Sarah, Duchess of York, told *Psychic News* last week that she has been guided by intuition "for many years."

Irene Stein, who has homes in London and Israel, has also supplied show business personalities and athletes with her Irene brand.

A self-described "golden oldie," Irene was "born to a mother ahead of her time and brought up on black molasses, cider vinegar and told about the importance of breathing.

"These early introductions worked for me and became my own belief. When I discovered royal jelly in 1974 through a Greek beekeeper, my mother knew all about it, even though it wasn't readily available.

"Royal jelly was being sold in Harrods, and Fortnum and Mason. Suitable for kings, queens and popes, it was as costly as a king's ransom and not for the average person."

Suffering from a hormonal imbalance, Irene refused diuretic drugs, took royal jelly and recovered.

"I also suffered very badly with extreme migraines that were with me from puberty to early menopause," said Irene. "These symptoms disappeared completely after I took royal jelly.

"Lisa, my younger daughter, caught



**IRENE STEIN:** "I have regularly felt spirit-guided and inspired in my business life."

every cold, cough and ear infection going, and had a tendency towards eczema.

"After taking royal jelly, it wasn't too long before she managed to get rid of the eczema. Her whole immune system became stronger and Lisa was able to avoid the round of coughs, colds, and flu.

"In her more mature life, she became a teacher and was surrounded by coughs, colds and flu. She avoided these beautifully since her immunity was considerable."

Approaching her 40<sup>th</sup> year, Irene "was

very bothered by a retroverted uterus, which was pressing on a fibroid. The pain was considerable.

"I would automatically avoid anything that sounded like surgery. At the time, there was no known treatment for fibroids.

"Within a certain period of time, the pain was so considerable that I had to consider a hysterectomy.

"I would have to take hormone replacement tablets since I'd go into early menopause with the automatic hot flushes, night sweats and other hormonal imbalance symptoms.

"I was also told I would be out of action for three months and approached this with all the depression that accompanied the thought."

After taking royal jelly, Irene "didn't know what a hot flush, night sweat or other hormonal imbalances were. I did not go into early menopause. In fact, I was back at my desk a week later."

Determined to help others, Irene developed her "unique formulation." In 1980, she established links with Dr Emile Coufalik, a talented bio-organic chemist.

"Dr Coufalik combined a number of plant extracts, whereby each substance works in synergy with another to produce a total effect that is far greater than the effect of each plant taken in isolation," Irene explained.

"Through Dr Coufalik's extensive



laboratory research, it was discovered that royal jelly and ginseng share many of the same properties, and that by combining them the effect of each could be doubled.

"When Damiana, Capsicum minimum and Saw Palmetto were added, it was further found that this new combined formulation stimulated the thymus T cells, as well as the pituitary and lymphatic glands.

"The effects of these different herbs have been potentised by the addition of a homeopathic dose of Echinacea, which dramatically enhances their potency and effectiveness."

This inclusion came about after Irene met Dr Ravi Ponniah, a master in complex homeopathy, who developed a method to potentise the formulation still further by adding Echinacea.

"Subsequent laboratory tests proved that this addition boosted the effects of the formulation ten-fold, creating one of the most powerful of all natural immuno-stimulants on the market today," Irene added.

"Dr Ponniah was also able to convert the formula to make it suitable for daily use.

"The end result was a formula that mobilised the immunological responses of the body before homing in on areas of weakness stemming from immune deficiencies.

"In fact, a powerful elixir was created that had multiple applications in health treatment."

Now involved with royal jelly for 45 years, Irene said her product helps dozens of conditions such as acne, arthritis, cystitis, depression, hay fever, osteoporosis, stress and many more.

After joining the International Bee Research Association, Irene discovered "everything there was to know about royal jelly and later wrote my best-selling books on the subject."

The honey used in Irene's product comes from the UK whilst other ingredients are imported from China.

Former chairman of a public company, Irene now employs four people in the UK and "many others who work for me from afar.

"The reason I do not supply health food shops is because I don't want a product sitting on the shelf with nobody being able to explain in detail how it would work for the individual concerned.

"I used to supply retail shops then decided against it for that very reason. Nobody else goes to the lengths that I do both to produce it and also to make sure that I deal with everyone's particular needs and questions personally.

"Many royal jellies on the market today are freeze dried, which kills off the amino acids, etc. My formulation really is unique.

"I have supplied as many as 40 different countries in the past and still supply at least ten, including Israel, the UK, USA, France, Republic of Ireland, Germany, South Africa and Canada.

"Over the years, one way and another, I have supplied hundreds of thousands of customers."

Turning to bees, Irene said: "In order to produce just one pound of honey, two million flowers must be visited. A hive of bees flies 55,000 miles to produce a pound of honey.

"One bee colony can produce 60 to 100 pounds of honey per year. On average, a worker bee makes only about one-and-a-half teaspoons of honey in its lifetime.

"A worker bee lives for between 122 and 152 days whereas a queen bee lives for around five years."

Asked, "Is it true that a bee indicates to other bees where to go if they find a garden, for instance, full of pollen-producing plants?" Irene explained: "Waggle dance is a term used in bee-keeping for a particular figure of eight dance by the honey bee.

"By performing this dance, successful foragers can share information with other members of the colony about the direction and distance to patches of flowers yielding nectar and pollen, to water sources or to new nest-site locations.

"The average hive will have from 20,000 to 50,000 bees. At its peak, a hive may have approximately 60,000 bees.

"Though most bees and wasps hibernate during the winter, honey bees can survive cold winters.

"In the insect world, there are multiple strategies that insects like bees can use to survive winter, which include



AN average hive is home to between 20,000 to 50,000 bees.

hibernation and diapause.

"The latter is a period of suspended development in an insect, other invertebrate, or mammal embryo, especially during unfavourable environmental conditions.

"In some bee species, only the queen survives, re-emerging in the spring from a protected area to establish and develop a new colony for the summer.

"Honey bees remain active throughout the winter, despite freezing temperatures and the lack of flowers on which to forage. These honey bee species ride out the winter by creating their own heat source.

"To help bees, readers could plant lavender, hawthorn, bluebells, Mahonia, crocuses, rosemary, star flower, crab apple trees and ox-eye daisy in their gardens."

Terming herself "80 years young," Irene "still works a six-day week, and don't look my age, brain, body or hair-wise!"

"I never had any formal business training, although I had a good education before selling royal jelly."

Irene added that she decided to advertise in *Psychic News* "because I believe your readers are more in tune with alternative remedies and natural health than many other publications.

"I have regularly felt spirit-guided and inspired in my business life otherwise I couldn't be doing what I do. It's been a big plus. I also know a number of dowseres and psychics.

"I think it is true to say that I don't resemble my age. Things like my memory, retention, absorption, clarity, focus and agility 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 70s.

"I've always had a number of practitioners sharing my vision and recommending the product to their patients, although the biggest growth has been the recommendation from one person to another.

"Another happy experience is that I don't need reading glasses in the same way that I used to and now use them only for very fine print if in dark areas.

"I don't go down with coughs, colds and flu, and do not remember the last time I did.

"From this amazing learning experience, I 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 people's lives and have no intention of retiring. Why would I give up my magnificent obsession?"

■ You can contact Irene on 07831 641199 or e-mail [ireneroyaljelly@gmail.com](mailto:ireneroyaljelly@gmail.com) Her website is at [www.irenesteinrj.com](http://www.irenesteinrj.com)



# Tyler Henry's heart-to-heart readings for the stars continue to impress

*Health warning for Alan Thicke proves uncannily accurate*

A PERSONABLE young man who has made a name for himself as the "Hollywood Medium" is fast becoming more famous than some of the celebrities to whom he gives televised readings.

That's because Tyler Henry, now aged 24 and a professional medium since the age of 16, appears to have the mediumistic ability to tune in very effectively to the stars' loved ones and convey messages of love that are meaningful and, apparently, not widely known.

Among his high-profile successes was a reading for Canadian-born actor Alan Thicke, who played Jason Seaver, a psychiatrist and father, in the family sitcom *Growing Pains*. They recorded the session at the Thicke family ranch on 31 August 2015 for Tyler's E! reality show, *Hollywood Medium*.

Thicke, father of singer and composer Robin and actor Brennan, confessed he was sceptical by nature. But the recording showed Tyler apparently making contact with Thicke's late grandmother, Isadora, who expressed her approval of his third

marriage.

The medium, who is also sometimes described as a "medical intuitive", then warned Thicke about heart and blood pressure concerns. These were coming from someone who had passed on from similar conditions.

"His message is, 'Don't be stubborn like I was,'" Tyler told Thicke. "He says, 'Don't let you be me; be proactive in your health and do what I didn't'."

Thicke appeared unsure about the warning. "There's no history of heart disease in my family with the exception of my sister who had open heart surgery," he said to camera, adding, "There's just not a genetic line that we know."

Tyler urged Thicke to take any heart concerns seriously, and the actor responded: "Thank you doctor Henry. I will take that to heart."



Tyler Henry advises actor Alan Thicke to take heart concerns seriously (Photo: E! Entertainment)

Tyler Henry



**Alan Thicke listens intently to the young medium's advice (Photo: E! Entertainment )**

Three months later, Thicke, 69, suffered a heart attack while playing hockey with his son Carter on 13 December 2016. He was taken to hospital in Burbank, California, but pronounced dead soon afterwards. The cause of death was a type-A aortic dissection, a tear inside the heart most common in those with high blood pressure.

Thicke's widow, Tanya, invited Tyler and a film crew back to the ranch two months after Alan's death for a sequel. Using a laptop, Tyler played the segment he had filmed with her husband, so that she could experience it before it was broadcast.

"That is unbelievable – you said the heart!" Tanya exclaimed while watching the recording.

The star's grieving widow then reflected emotionally on his death and revealed that after the reading she and Alan had discussed Tyler's warning. It

prompted Thicke to get a full physical check-up, as the couple was planning on having a baby together.

"He had the cleanest health bill," she told the medium.

In the same month that Tyler first met Thicke, he also dropped by the *Today* TV studio and gave a reading to Matt Lauer, the programme's longest-serving presenter.

The messages he received from his dead father were meaningful and emotional, and one of his colleagues remarked, after the sequence was screened, that she was amazed that he had not broken down during the reading.

It was because cameras were around, he explained, adding: "But I did plenty of crying when I got home."

There were tears, too, from Bobby Brown when Tyler – apparently not knowing who he was – gave him a reading at which communications were received

from his former wife, Whitney Houston, and their daughter Bobbi, both of whom died tragically in similar circumstances, being found unconscious in baths.

The couple divorced in 2007 after a rollercoaster marriage.

Bobby wept when Tyler told him that his wife, who died in 2012, had returned three years later to "hold Bobbi Kristina Brown's hand" as she passed away.

Tyler Henry insists that he is not told and does not wish to know who he is reading for before he is introduced to the celebrities he visits. Sceptics are not convinced, however, and argue that he should be able to recognise most and much of the information he conveys is in the public domain.

But so far, the sceptics have been silent on Alan Thicke's "eerie health warning", as one newspaper described it, which proved so tragically correct just three months later. ■



**Bobbi Kristina Brown with her mother Whitney Houston performing for "Good Morning America" in Central Park, NYC, 1 September, 2009 (Photo: Asterio Tecson)**



**Tyler gives Bobby Brown messages from Whitney Houston and their daughter Bobbi (Photo: E! Entertainment)**



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# SPIRITUAL ART

This month's talented artist is Paul Beevers from Essex, UK. Paul specialises in healing and spiritual art. Commissions are welcome. You can follow his detailed and colourful work on Facebook at: Paul Beevers Spiritual Art Shop



**SPIRIT GUIDES:** A commissioned piece, this represents a friend's spirit animals and guide, with the full majesty of landscape and sky.

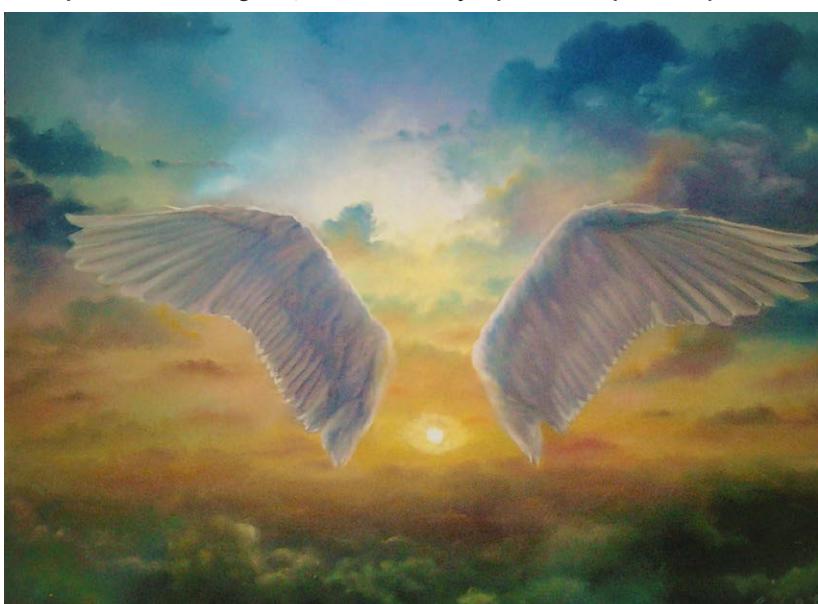
MY NAME is Paul Beevers and I am an artist specialising in healing and spiritual art.

My artistic and spiritual gifts were revealed at a very young age, and I painted murals at school which raised the spirits of both staff and pupils.

As my work has evolved, I have developed a style which not only builds in both healing and spiritual peace to each painting, but can also deliver spiritual messages and inspiration.

With the use of colour and the capturing of light, each painting evokes a sense of wellbeing for the viewer to discover.

The techniques I employ, which I have developed over decades, deliver a quality to my work which enables the emphasis to change throughout the day as the natural light changes. This ensures a both timeless and evolving nature is captured within each piece of work.



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

**FREE**  
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**INTO THE LIGHT**  
(right)

This is a very personal piece. It was invoked by the tragic passing of my parents some years ago. This is the actual scene I saw of them walking into the light and the next life together.



**TRANQUIL WORLD**  
(right)

This commissioned piece evokes a sense of unity between the human and animal worlds, with the tree of life underpinning the harmony and peace that can be achieved by spiritual unity with nature and animals.



**ANGEL WINGS**  
(left, page 62)

This painting was for a close relative. It represents freedom and the presence of the angelic realm.



# Your paranormals and s

BY GRAHAM JENNINGS

## MEDIUM HELPS POLICE AFTER THEFT OF FAMOUS PAINTING

**A friend told me that a medium once worked with the police to find a famous missing painting, but she could not remember its name or that of the medium. Can you provide some clues?**

*Paul Bannister, by e-mail.*

The case your friend remembers concerned Nella Jones, a psychic and clairvoyant – and she did indeed help the police recover a missing painting valued at a cool £2,000,000.

On the evening of February 23, 1974, a security guard at Kenwood House, a stately home with a priceless art collection, overlooking Hampstead Heath in NW London, heard a shattering of glass. It was a break-in and one of the paintings, *The Guitar Player* by the famous Dutch artist Jan Vermeer (1632–1675), was stolen.

The following day, Nella Jones, then aged 42 and working as a cleaner, watched a television report of the robbery while ironing. She slipped into a light trance and saw clairvoyantly the white mansion she had just seen on TV, but from above.

"I picked up a piece of charcoal and drew a plan of the back of the house," she said. "I put two crosses. The first, I knew, was where the picture frame was."

Nella told a friend, who suggested she phone Scotland Yard, which she did, although she thought they would think her crackers.

The medium was put through to the investigating team and told a detective. He phoned back fifteen minutes later to say that the frame had been found where she said it would be.



*AFTER it was stolen from a stately home, "The Guitar Player" by Vermeer was eventually found wrapped in paper, tied with string and slightly damp, but undamaged.*

Next, Nella said that if the police walked away from the back of the house a little to the left and went the other side of a mesh fence and along a lane, they would find something else of importance near a little pond.

Hampstead CID phoned minutes later and Nella agreed to accompany two detective constables in a police car to Kenwood House. Although the ground was wet with mud and snow, they clambered over the mesh fence and searched the area she had described.

Buried in the mud, they found the remains of the limpet alarm system that

had been attached to the back of the painting. It was so well concealed that even police sniffer dogs missed it.

Nella also predicted that ransom notes would be received – and they were.

One, accompanied by a small strip of the painting, demanded that the IRA prisoners, Marion and Dolours Price, sentenced for bombing the Old Bailey the previous year, be allowed to serve their sentences in Northern Ireland.

As I recall, the Irish sisters were later – and controversially – transferred. Given that the police were eventually tipped off about the painting, was assurance given that they would be?

Meanwhile, the police naturally wondered how Nella knew so much about the robbery. They put her under surveillance and tapped her phone, but soon ruled her out as a suspect.

Moreover, she gave clues as to where the painting was hidden. Clairvoyantly, Nella had "seen" black gates and catacombs beneath an overgrown graveyard.

Her description seemed to tally with a derelict part of nearby Highgate Cemetery, North London, and she accompanied two officers there. They searched all day, but found nothing.

Eventually, the police received a tip-off and recovered the painting on May 7 in the graveyard of St Bartholomew-the-Great in West Smithfield. Wrapped in paper and tied with string, it was slightly damp, but

# spiritual questions answered



**NELLA JONES** knew so much about the robbery that police put her under surveillance and tapped her phone.

undamaged.

This was the beginning of a working relationship with the police that lasted twenty years, almost until Nella's passing, providing clues that solved many crimes including murder.

Who, then, was this remarkable woman who, unknown for the first 42 years of her life, then quickly became a well-known psychic and healer?

Nella was born on May 4, 1932, in a caravan on Belvedere Marshes in Kent to a Romany family. Naturally psychic from the age of seven, she foresaw events, such as when people were going to have an accident or die, and said so.

Other children thought she willed these things to happen, called her a "witch" and refused to play with her. Nella learned to keep such thoughts to herself.

After helping police find the missing Vermeer, she gave up her cleaning work for a career as a psychic and clairvoyant, for which she eventually charged £35.00 per session.

However, all her work with the police was without charge, as were healing sessions in her front room. Although

Nella's clairvoyance was purely psychic, she was aware of spirit guides in her healing work, including a tall Egyptian.

As for her police work, she had a hands-on approach, on one occasion wading into a lake in her stockings to recover evidence she sensed had been dumped.

In 1992, retired Detective Constable Neil Pratt told PN how Nella helped police solve a murder in London's Telegraph Hill Park.

"Without giving her any details except that a woman had been killed in the park, we walked along a pathway in the area," said Det Con Pratt. "Nella suddenly stopped and said, 'This is where the woman was murdered.'

"She was exactly right. This took place in a park 400 yards long by 150 wide, which is criss-crossed by other pathways."

Continuing her walk, Nella stopped again at a low railing overlooking a pond. She described how the murderer had jumped over the barrier to wash off blood, inadvertently dropping a piece of paper.

Det Con Pratt explained that documentary evidence relating to the case was found at this exact spot. Other helpful information Nella gave concerned the victim's confused emotional state.

In 1979, the medium travelled to Japan and helped police locate the body of a victim of a double murder. She also appeared on a Japanese phone-in TV show.

Nella co-wrote her autobiography, *Nella: A Psychic Eye – How to See into the Mind, the Future and the Beyond* (1992). Two years later, she appeared in the *Strange but True? TV series*, an excerpt from which can be viewed on YouTube.

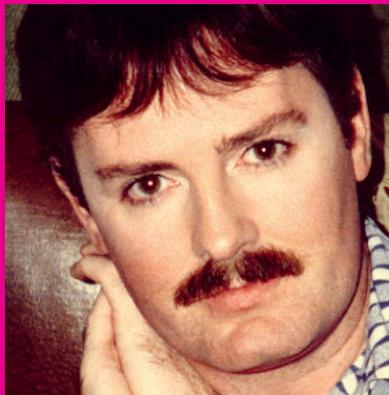
Nella lived at Charlton, SE London and later Bexleyheath, Kent, but also owned a wooden hut at Shellbeach on the Isle of Sheppey.

After the Metropolitan Police honoured Nella, whom they called "Witchie-poo," with a dinner in recognition of her services, she received a threat to burn down the hut with her inside... and never stayed there again. ■



**EVENTUALLY**, the police received a tip-off and recovered the missing painting in the graveyard of St Bartholomew-the-Great in West Smithfield, EC London. (Photo: Sandpiper)

# Raising the standards of mediumship



STEPHEN O'BRIEN: "Psychics direct their own work, but mediums are directed by their spirit-world inspirers."

*Here, Stephen O'Brien champions the development of accurate mediumship. This article highlights the psychic problems that all demonstrators face when working with members of the public.*

*A medium for over 40 years, Stephen is founder and principal 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](http://www.stephenobrien.co.uk) for further details or to order Stephen's highly recommended books and a range of audio cassettes.*

“

Psychics often make connections with sitters because certain people catch their eye

”

THERE is a big difference between psychic and mediumistic messages. On public platforms today, there are a great many psychics masquerading as mediums simply because they don't understand how their psychic apparatus works or how they can direct it proficiently.

Responsible mediums need to know from which source their mental impressions and factual information originate.

Trained sensitives know that it's easy to register facts psychically from the minds of sitters telepathically, the psychic atmosphere in the séance room or even from the depths of their own subconscious thoughts.

Proficient and progressive mediums need to differentiate between the sensations these three thought vibration sources generate in their minds.

Those who have not yet mastered this skill are in danger of deluding themselves into thinking they are mediums when they are probably psychics – people who work as telepaths, linking only to earthly minds and lower vibrations.

Even worse, they could be people who delight in using the public platform simply for self-expression and not for spiritual service.

In the early days of development, if mediums persist in selecting the recipients of their messages, it is possible for them to become caught in a psychic trap because whenever they choose recipients, the spirit world must stand beside them in silence, as it has been disempowered.

Here's a truism: psychics direct their own work, but mediums are directed by their spirit-world inspirers.

Psychics often make connections with sitters because certain people catch their eye: someone in a crowd might look friendly or be wearing bright and cheerful clothing, and sensitives simply feel drawn to him or her.

There could be several hidden reasons causing this psychic or soul attraction. The person could be telepathically willing the medium to speak to them or – desperate to receive guidance – can unknowingly generate and direct towards the medium an invisible beam



of energy that draws or catches the demonstrator's attention.

If the person's soul is vibrating on roughly the same frequency as the medium, the exponent finds it easy to connect with their energy frequency.

Alternatively, the medium might sense that the person's in pain, either suffering or grieving, and a compassionate link is forged.

When making these kinds of telepathic or auric connections, the medium's psychic senses will automatically scan the psychic atmosphere radiated by the recipient.

This explains why some sensitives can "see" activity in the energy fields of someone sitting next to the person – and maybe in the mind of the individual sitting alongside them – *ad infinitum*.

None of these skills makes the demonstrator a medium because when using them, the exponent is personally directing the service, thereby disempowering the spirit world.

To avoid working psychically, mediums need to disregard the feelings or thoughts they receive from sitters and focus their attention on discarnate communicators.

Psychics pay attention to the people on Earth, but mediums need to pay greater attention to those in the spirit world.

In their early years of development, mediums might be wise not to select recipients of messages, but to link only with their spirit communicators, who must provide them with precise information to identify themselves. It is communicators who are supposed to direct mediums to the correct recipients.

Successful mediumship relies upon the ability to attune to discarnate intelligences. It can take many months – or usually years – of disciplined and diligent practice to strengthen mediumistic skills to the point where they become reliable.

Until then, how can mediums know whether or not their messages are coming from discarnate sources?

■ These teachings are from Stephen O'Brien's bestselling mediums' manual, "The Power of your Spirit – Develop your Natural Psychic Abilities" (Voices Books, 384 pages). Author-signed copies can be ordered online from [www.stephenobrien.co.uk](http://www.stephenobrien.co.uk) at £9.99.

# WOMAN DREAMS OF WHERE MURDERED STEPDAUGHTER'S BODY IS BURIED

**Below, Graham Jennings reviews "Britain's Haunted Heritage," a new book by "Psychic News" columnist John West.**

AFTER a lifetime of investigating haunted places, author and broadcaster John West presents twenty of his most incredible and best-documented cases. They are introduced by Uri Geller with a Foreword by film director Jason Figgis.

Uri comments that "the world of the paranormal is holding more fascination than perhaps at any other period in human history.



MARIA MARTEN'S sister, Ann, who was said to be very similar to her, was the model for this sketch.

"Ghost hunters abound, mediums are emerging from every stratum of society and more and more manifestations of this 'other world' that runs parallel to our own material world are filling up the column inches, both in the printed word and digital domains..."

"Excellent books by excellent writers and inquisitive minds like John West's will continue to appear on the shelves of bookshops, both physical and digital."

Collected from different parts of the UK, the cases presented by John range from haunted churches and Roman soldiers to an Egyptian curse, hooded monks and a werewolf.

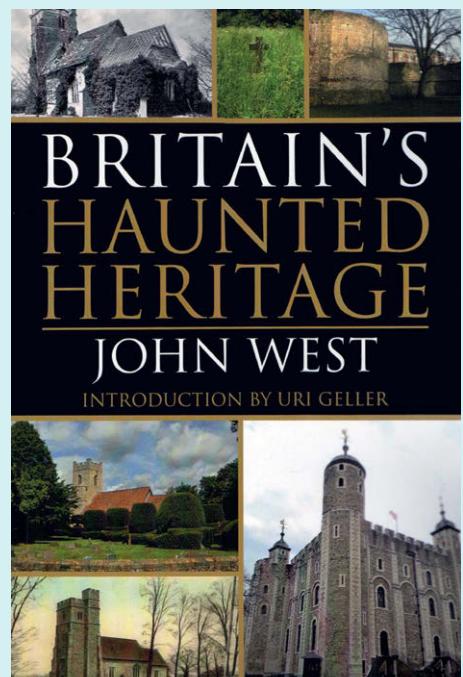
First of all, he poses the question, "What is a ghost?" John states: "Some may be recordings generated by intense emotions that have imprinted themselves into the fabric of a building or even the ground.

"These images are then played back under certain atmospheric conditions or are activated by those who possess psychic abilities."

Such a place is surely the Tower of London. For centuries, men and women were imprisoned there, tortured, executed and even murdered. If John's theory is correct, its very stones must be saturated with such recordings.

They include spectral executions, especially of a terrified woman being chased and hacked to pieces.

The Tower used to be an armoury and so was always well guarded. Over the

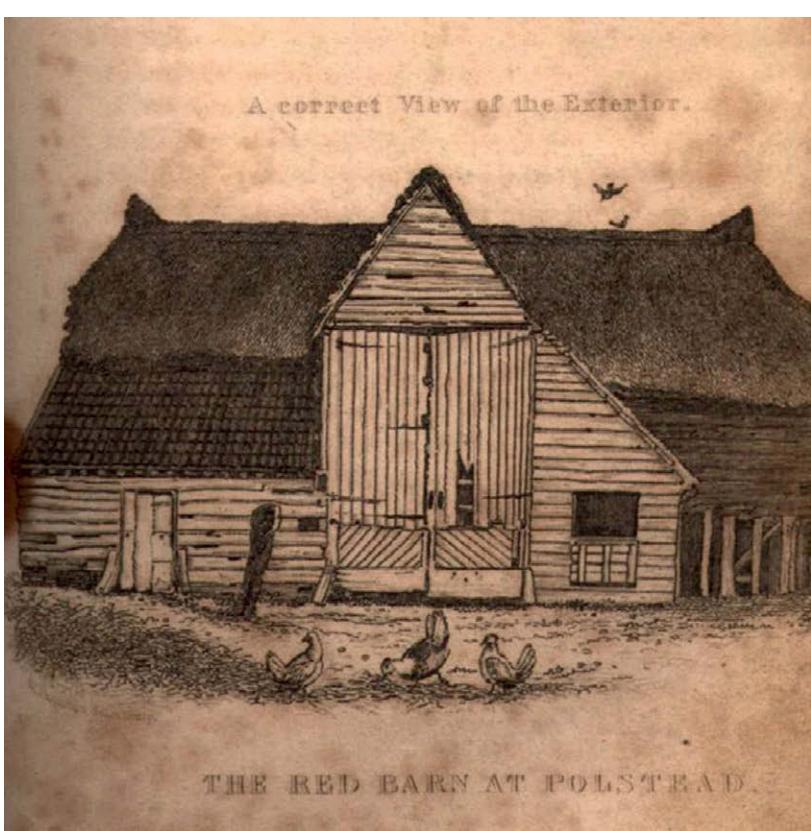


centuries, there are tales of supposed intruders being challenged, chased and even bayoneted only to vanish into thin air.

The book's first chapter concerns the haunted church of St Mary the Virgin at Langenhoe, Essex. Badly damaged in the "Great English Earthquake" of 1884, it was structurally never sound again and eventually demolished.

Over several decades, successive rectors recorded dozens of strange occurrences. They include apparitions, and the organ being played and the church bells rung when no one was in the building.

The weirdest case happened in a



WILLIAM CORDER arranged to meet Maria Marten in the Red Barn in Polstead, Suffolk, where he shot her. His confession, which sold over one million copies, appears on the right.

neighbouring hall. It was recorded by the Rev Ernest A. Merryweather in a letter to the rector of neighbouring Borley – yes, the more famous haunted church, which is also featured.

The Rev Merryweather was being shown around the eighteenth century hall in 1947. As he turned to leave a room, he “felt distinctly a woman’s body against mine. One embrace and the dear lady was off.” He afterwards admitted she was naked.

Another curious haunting concerned a skull. It was that of William Corder, whose murder of Maria Marten in Polstead, Suffolk, in 1827 shocked the nation.

He and Maria were lovers and she wanted him to marry her. Corder arranged to meet Maria in the Red Barn owned by his father. There they quarrelled – and he shot Maria and buried the body.

It was the stuff of melodrama: a fallen woman, a wealthy farmer’s son and a grieving stepmother who dreamt of the murder and the exact spot where the body was buried. Her husband dug down and discovered it.

Corder was arrested, tried, found guilty and sentenced to hang. He then made a full confession, which is reproduced in the book.

Afterwards, Corder’s body was given to the medical profession for dissection

and ended up in the West Suffolk Hospital Museum. In the 1870s a doctor, John Kilner, wanted the skull for a macabre exhibition of his own, so he simply stole it and replaced it with an identical skull.

Kilner had Corder’s skull polished, mounted and placed in an ebony box in the drawing room of his home. A few evenings later, his maid answered the door to a stranger who, she said, was “proper old-fashioned looking, wearing a furry top hat and a blue overcoat with silver buttons.”

She showed him into the surgery and informed Kilner. He entered the surgery, but found it empty.

A few evenings later, Kilner looked out of the window and saw a man similarly dressed, apparently hiding in the garden. He rushed outside, but the figure had disappeared.

Kilner was frequently disturbed by the sound of footsteps and once saw a white disembodied hand on a door handle. Finally, the sound of a blunderbuss being fired shook the house. Kilner found the ebony box smashed to pieces and the skull intact on a shelf!

Turning to a different topic, is there such a thing as a werewolf? In Hexham, Northumberland, in 1971 two stone heads were unearthed and identified as Romano-British. It was thought that they were from a shrine in use about 1,800 years ago.

## CONFESION AND EXECUTION OF WILLIAM CORDER, THE MURDERER OF MARIA MARTEN.

Since the tragical affair between Thurtell and Weston, no event has occurred connected with the criminal annals of our country which has excited so much interest as the trial of Corder, who was justly convicted of the murder of Maria Marten on Friday last.

### THE CONFESSION.

“*Bury Gaol, August 10th, 1824.—Condemned cell.*

“*Sunday evening, half past Eleven.*

“*I acknowledge being guilty of the death of poor Maria Marten, by shooting her with a pistol. The particulars are as follows:—When we left her father’s house, we began quarrelling about the burial of the child, and apprehended the place wherein it was deposited would be found.*

“*The quarrel continued about three quarters of an hour upon this subject and about other subjects.*

“*A scuffle ensued, and during the scuffle, and at the time I think that she had hold of me, I took the pistol from the side pocket of my velvet jacket and fired.*

“*She fell, and died in an instant. I never saw her even struggle.*

“*I was overwhelmed with anguish and dismay;—the body fell near the front door on the floor, and the hand a vast quantity of blood issued from the wound, and ran down the floor and through the crevices.*

“*Having determined to bury the body in the barn (about two hours after she was dead), I went and borrowed a spade of Mrs Stow, but before I went there I dragged the body from the barn into the chaff-house, and locked the barn. I returned again to the barn, and began to dig a hole, but the ground was very hard, and I was obliged to go home for another spade, with which I dug the hole, and then buried the body.*

“*I think I dragged the body by the handkerchief that was tied round her neck.*

“*It was dark when I finished covering up the body. I went the next day, and washed the blood from the barn floor. I declare that I did not feel so sharp an instrument about me, and an other wound had been caused by the pistol was inflicted by me.*

“*I have been guilty of many offences, and at times led a dissolute life, but I hope through the mercy of God to forgive.*

“*WILLIAM CORDER.*

“*Witness to the signing by the said William Corder,*

*John Oxenham.*

“*Condemned cell, Eleven o’clock, Monday morning.*

“*August 11th, 1828.*

“*The above confession was read over carefully to the prisoner in his presence, who stated most solemnly it was true, and that he had nothing to add or retract from it.*—W. Stockevo, chaplain; T. Holme, Under-Sheriff.

### THE EXECUTION.

“*At ten minutes before twelve o’clock the prisoner was brought from his cell and pinioned by the hangman, who was brought from London for the purpose.*

“*He appeared resigned, but was so weak as to be unable to stand without support; when his cravat was removed he groaned heavily, and appeared to be labouring under great mental agony.*

“*When his wrists and arms were made fast, he was led round towards the scaffold, and*

“*as he passed the different yards in which the prisoners were seated, he shook hands with them, and speaking to two of them by name, he said, “Good bye, God bless you!” They appeared considerably affected by the wretched appearance which he presented.*

“*“God bless you!” “May God receive your soul!” were frequently uttered as he passed along.*

“*The chaplain walked before the prisoner, reading the usual Burial Service, and the Governor and Officers walking imme-*

“*diately behind him.*

“*The prisoner was supported to the steps which led to the scaffold; he looked somewhat wildly around, and a sensible effort was made to support him while the hangman was adjusting the fatal cord.*

“*There was a barrier to keep off the crowd, amounting to upwards of 7,000 persons, who at this time had stationed themselves in the adjoining fields, on the hedges, the tops of houses, and at every point from which a view of the execution could be best obtained.*

“*At half past eleven, the moment arrived for the drop-fall, ground heavily and the gallows fell.*

“*But the gallows had not a second caught hold of him, everything having been made ready, the signal was given, the fatal drop fell, and the unfortunate man was launched into eternity.*

“*Just before he was turned off, he said in a feeble tone, “I am justly sentenced, and may God forgive me.”*

### The Murder of Maria Marten.

BY W. CORDER.

“*COME all ye thoughtful young men, a warning tale by me, And that gives my unhappy fate to be hanged upon a tree;*

“*My name is William Corder, to you I do declare;*

“*I sourced Maria Marten, most beautiful and fair,*

“*I promised I would marry her upon a certain day,*

“*And that day I was compelled to take her life away,*

“*I went into her room, and there I saw her lying,*

“*Saying, my dear Maria, we will sit at the wedding-day,*

“*If you will meet me at the Red-barn, as sure as I have life,*

“*I will take you to Ipswich town, and there make you my wife;*

“*I then took her up, and put her upon my spade,*

“*I went into the Red-barn, and there I dug a grave,*

“*With heart so light, she thought no harm, to meet him she did go,*

“*He murdered her all in the barn, and laid her body low;*

“*After that he took her up, and lay waiting in her grave,*

“*Her bleeding mangled body he buried in the barn floor,*

“*Now all things being silent, her spirit could not rest,*

“*The appeared unto her mother, who snatched her at her breast;*

“*And in her grief she tore the torn, she scarcely could sleep well,*

“*After that she went to bed, and lay waiting in her grave,*

“*When her jaw-bone was brought to prove, which parred my*

“*Hair aged father standing by, likewise his living wife,*

“*And in her grief her hair she tore, she scarcely could sleep well,*

“*Adieu, adieu, my loving friends, my glass is almost runneth over,*

“*On Monday next will be my last, when I am to hang d;*

“*And my last night, who dares to pity look on me,*

“*For murdering Maria Marten, I was hang d upon the tree.*

Printed by J. Cuthbert, 2 and 3, Newgate Court, Clerkenwell, Cheapside.

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The heads were passed among several people for examination and each experienced poltergeist activity. They also sensed, saw or felt the presence of a creature, which was half-man and half-wolf. It padded about on two legs, but was furry with cloven feet.

Was it an elemental conjured up by pagan priests long ago and somehow reactivated when the heads were dug up?

Apparently, such a phenomenon is possible. Magician Dion Fortune wrote in *Psychic Self-Defence* that she once accidentally created an elemental in the shape of a wolf.

Anyway, the heads eventually disappeared. They were either destroyed or carefully hidden away.

If you enjoy ghost stories, there are plenty more here as strange as these – and they are the real thing!

I only wish I had received John’s excellent book earlier, so I could have thoroughly recommended it for Christmas stockings. The festive season may be over, but the book will still make an ideal present for yourself or someone else!

“*Britain’s Haunted Heritage* retails at £12.99. An illustrated paperback, it runs to 192 pages. It is produced by DB Publishing, which is an imprint of JMD Media Ltd.

# PRESERVING SPIRITUALISM'S INCREDIBLE HISTORY

*Exploring the amazing treasures of the Britten Museum and Library*

GUESTS at Stansted Hall, 85 years ago, would have relaxed after dinner in a spacious first-floor area at the top of the mansion's main staircase. Here, they would have smoked, enjoyed a drink and discussed issues of the day.

Since their host was psychic investigator and author Arthur Findlay, Spiritualism and mediumship would have been a recurring theme at those enjoyable soirées.

In 2016 Stansted Hall celebrated the 50th anniversary of its impressive transformation from a stately home to The Arthur Findlay College for the Advancement of Spiritualism and Psychic Sciences (PN September 2016).

Now, those who desire a drink will head to the bar and those looking for stimulating discussions are to be found in the lecture rooms. But the first floor area once used for entertaining is not redundant – far from it. It is now occupied by a museum whose exhibits, photographs, documents and paintings capture the very essence of Spiritualism since its 19th century origins.

These valuable reminders of early pioneers and the more recent records of gifted exponents, whose mediumship produced remarkable, evidential phenomena, are all kept securely in a large room that has been built specially to preserve Spiritualism's history.

It is open for just short periods under staff supervision so that visitors can inspect the exhibits from close quarters, but – thoughtfully – the room was built with glass walls so that those attending courses can peer at its tantalising contents at any time.

The best time to visit, however, is when its curator, Paul Gaunt, is in residence and that's when *Psychic News* dropped in to learn more about this invaluable resource, which is consulted not just by Spiritualists but also by academics and university students whose studies touch on particular aspects of Spiritualism or mediumship.

Gaunt knows the difficulties they would

face in finding the information they need had the Spiritualists' National Union (SNU) not established, many years ago, what is now known as the Britten Museum & Library (BML). It has brought it all together in recent years at the Arthur Findlay College (AFC).

At the time Gaunt began his own detailed study of Spiritualism, the Britten Library was housed at Redwoods, the SNU head office on the Stansted estate, "but it was virtually inaccessible unless you made a special appointment to go up to the room to view books and journals". It is now housed on the ground floor of Stansted Hall.

"I used to have to go to Oxford University to research *Medium & Daybreak*, and to another university to view *Light or Two Worlds*," Gaunt explains.

Medium Emma Hardinge Britten co-founded *Two Worlds* in 1887 with Edward W. Wallis, and her editorials partly led to the first national conference of Spiritualists three years later and out of that grew the Spiritualists' National Federation which was reconstituted as the SNU in 1901. She also gave us the foundations of the Seven Principles (see separate panel).

It is hardly surprising, then, that it is Britten, sometimes referred to as "the mother of Spiritualism" in the UK, whose name is proudly incorporated into the title of the museum and library, of which Gaunt is now both curator and librarian.

But before we delve any deeper into the rare documents and artefacts that are housed in the BML museum and research centre, it's time to uncover Gaunt's own history and how he came to have responsibility for these precious items.

It proves to be as unexpected and

unpredictable as Spiritualism's own colourful past, but with an inauspicious beginning. He and a friend knew nothing about Spiritualism when they decided to play with a ouija board on Hallowe'en in 1969. It proved to be very disturbing but it led Gaunt to Bedford Spiritualist Church, close to where he then lived, and that proved to be the start of his spiritual and academic investigation.

Soon he was attending the church twice a week and getting involved in its activities. The turning point in his life, however, came in 1973 when he saw a recruitment advertisement in *Psychic News*. It invited interested readers looking for a job to "Come to Stansted".



Curator and librarian Paul Gaunt (left) with SNU president David Bruton in front of a Sutton-in-Ashfield Church & Lyceum banner displayed on the wall outside the museum at the Arthur Findlay College. It depicts "Emma Hardinge as an Angel in the Night Sky" and the original large framed pastel drawing by Cress Woollett hangs in the College's library



*Paul Gaunt, museum curator, examines astonishing wax moulds produced through the mediumship of William Finney, one of the founders of Sutton-in-Ashfield Spiritualist Church, Nottinghamshire, and his nephew George Finney. Materialised spirit forms placed their hands in warm wax, then dematerialised them leaving a wax glove which was later filled with plaster. Sceptics have been unable to reproduce similar results, particularly of hands clasped together or holding an object. Fingerprints are also clearly visible. Gaunt has produced a booklet about the moulds (Photo: Janette Marshall)*



## PUTTING THE RECORD STRAIGHT

# HYDESVILLE AND THE FOX SISTERS

**WRONG:** The Fox Sisters communicated with a dead peddler through a code that was rapped out in their Hydesville cottage, New York. He gave his name as Splitfoot. These events, on 31 March 1848, mark the birth of Spiritualism.

Paul Gaunt's research has drawn attention to many discrepancies in more recent versions of the story, compared to the original testimonies of numerous witnesses to the events that started on that date.

These were published soon after by E.E. Lewis (now reprinted by the Britten Museum) but later references to these statements were changed or exaggerated.

Gaunt's research also shows that previous occupants had reported strange noises in the cottage over a five-year period before the Fox family moved in.

Of particular note is his discovery that the rapping sounds, communicating in a code established by a neighbour, were heard by many witnesses when the Fox sisters were not even in the house, which undermines the girls' later "confessions".



There's now plenty of room for students to study in the museum (Photo: Janette Marshall)

Gaunt had not heard of either the AFC nor of Stansted but as the 22-year-old was working in a pub at that time and the college was looking for a bar manager he arranged for an interview and got the job on the spot.

"It was a residential job and in those days; you weren't just a barman," Gaunt recalls. "You did everything – the bar, reception, taking phone calls at night, working in the kitchen, serving meals, making beds and even painting the rooms in the winter."

"When Gordon Higginson, who was then SNU president, used to arrive during the early hours after his demonstrations, I had to sit up to let him in. We'd usually have a sandwich, a cup of coffee and a chat before we went off to our beds."

It's a fascinating insight into how the AFC operated in its early days, but how on earth did all that multi-tasking lead him into the job he does now?

Gaunt wanted to learn more about Spiritualism and was also eager to do public speaking. When Higginson learned this, he agreed that Gaunt could sit in on any lectures and demonstrations that interested him, whatever the time of day, so long as it did not interfere with his work.

Eventually, Gaunt left the AFC but was encouraged to do public speaking by Gena Brealey, daughter of materialisation medium Helen Duncan's daughter. She was

the first medium with whom he teamed up, visiting various churches.

Then, in 1982, Gaunt moved completely away from Spiritualism and it was not until he remarried and moved to Devon in 1995 that his interest was rekindled. He rejoined the SNU and started its advanced "History of Spiritualism" course.

A heart attack in 1996 required a long period of recuperation so he put that time to good use by investigating the origins of Spiritualism's Seven Principles and also the history around the events at Hydesville, New York, in 1848 that heralded the birth of Spiritualism.

"What I discovered was that important elements of the stories that we taught on our courses and included in our books were incorrect. When I analysed them in depth they didn't make sense at all. That was when I started to get really interested in the history of Spiritualism."

He was now a man on a mission, realising the importance of getting back to basics and checking original sources. As a result, his skills as a researcher have opened up new opportunities. He has also enjoyed a long association with another historian, Leslie Price, working first as assistant editor on the then free monthly online newsletter, *Psypioneer* (<http://iapsop.com/psypioneer/>) which Price launched in 2004 and Gaunt later took over as editor in 2005 until its closure in

December 2016.

He also spoke to Duncan Gascoyne, SNU president (2000-2010), emphasising the importance of correcting historical errors, and this was eventually agreed by the National Executive Committee. It also led to Gascoyne inviting Gaunt to visit and stay at AFC in January, when it was closed to visitors, on an annual basis in order to conduct further research.

When David Bruton took over as SNU president he continued that arrangement and was equally supportive. "Then, several years ago, he phoned me and asked if I would like to be the museum's curator. Naturally, I said 'Yes'."

Since taking on that role, he has been slowly preparing for the time when it would change from offering only static displays for casual visitors to view, to a study centre and museum equipped to accommodate as many as 12 students. That time has come, and he is running three study weeks per year for education students.

"In this small room they will be able to study Spiritualism for 100 years from 1860 through week-by-week accounts," he says with obvious pride.

"We can trace everything that happened in those years in one continuous run. And to make things more wonderful, Two Worlds donated its whole archives to this room. So this is probably unique in England. It's the only place you can come and see as many journals and books on Spiritualism in one room."

Fortunately, students will find much of the research has already been done for them by Gaunt. Since 2013 he has been compiling and editing the now bi-monthly electronic journal, *Pioneer*, for the SNU, focused on its history and pioneers. It has 2,000 individual subscribers, in addition to SNUi and online readers.

There is also a series of booklets written



A corner of the museum is dedicated to famous medium R.J. Lees' memorabilia, including his chair and desk.  
(Photo: Janette Marshall)

by Gaunt (on which most of the panels on these pages are based) which address the most common historical questions. They can be ordered from [www.snu.org.uk/shop](http://www.snu.org.uk/shop)

Many students will be in awe of his knowledge, as well as the huge collection of Spiritualist artefacts that has been so carefully preserved over the years. But Paul Gaunt insists: "I'm not special. It's just that I read what happened, as described in original documents, and as I'm fairly observant I pick up on things that have been misrepresented in later accounts or books."

Then, most important, he campaigns successfully to correct them and set the record straight. That's a daunting task, since some Spiritualists are so resistant to change that they won't even check the facts for themselves. ■



## PUTTING THE RECORD STRAIGHT

### SEVEN PRINCIPLES

**FALSE:** The Seven Principles, which form the basis of the SNU's spiritual philosophy, were dictated in 1871 in a single communication through Emma Hardinge Britten by social reformer Robert Owen.

In fact, for quite a period up to 1887, the Principles themselves and their number would vary. They were discussed and altered on many occasions.

Emma, an inspired orator, seldom spoke of the spirits who worked with her. Robert Owen's influence, however, is claimed in her autobiography in which she describes a séance at which Owen gave "ten Spiritual Commandments and ten laws of right".

Paul Gaunt provides a wealth of detail in his booklet *The Creed of the Spirits*.

## PUTTING THE RECORD STRAIGHT

### KATIE KING PHOTOGRAPHS

**FALSE:** Many books on Spiritualism include photographs of the materialised Katie King which they claim were taken by the great Victorian scientist Sir William Crookes.

While it is true that Crookes conducted experimental séances with medium Florence Cook, through whom the spirit of Katie King materialised, over a three year period, and it is believed he took 44 photographs of what took place, he never published them. He allowed only his friends to see them.

Paul Gaunt realised that the images commonly attributed to Crookes' research with Florence, which always took place in his library at Mornington Road, London, showed a cabinet in which the medium would sit.

"But Crookes never used a cabinet, so why would one be shown in his library?" Paul Gaunt asks. His subsequent research has led him to conclude that the published images attributed to Crookes were actually taken by William Henry Harrison, editor of *The Spiritualist*, a year before Crookes made his own photographic record of his experiments with Florence Cook.

At some point, a caption describing one of these photographs, possibly the one showing a Dr Gully taking the spirit's pulse (below) wrongly claimed it to be an image captured by Crookes and that error has been repeated numerous times ever since.



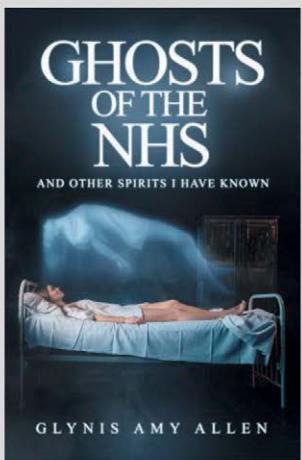


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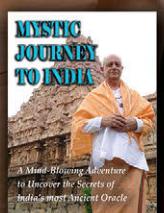
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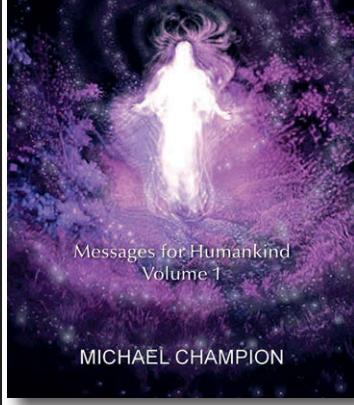
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Run by Stacey and Susan

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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

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EVENINGS START AT 7PM

28<sup>th</sup> July  
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North Park Pavilion,  
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**f Angels Whispers Events Page**

Angels Whispers is a group of ten volunteers that hold Evenings of Mediumship throughout the year to raise money for non-government-funded organisations in our local area

To date we have donated over £8,000 to nine different organisations since we began three years ago

We're open Friday evenings fortnightly 7:30pm - 9:30pm  
It's £5 on the door and we also run four Saturday Night Specials that are ticket only events to help boost our funds

We have different mediums throughout the year

**Join our Facebook Group Page:  
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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](http://www.withcomplements.co.uk)

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See contact details below for opening times  
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Contact: 07455 227100

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SSHAC

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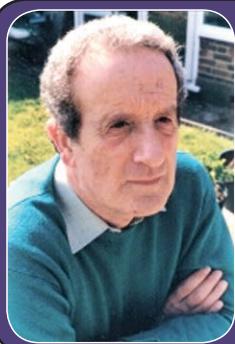
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\*T&Cs apply.



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[www.sacredsoundhealingartscentre.org.uk](http://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](http://www.ronaldhearn.com)



# Sandy Ingham

Medium  
Psychic Artist



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My name is Julie Hincks and I'm a Clairvoyant Medium working with an amazing team from the spirit world. I've had a connection since I was a child; to the point where mum had to serve dinner and kiss my spirit friend goodnight!

I started a career working in finance, where I eventually progressed to Finance Manager earning a well-paid, guaranteed salary. I was guided by spirit to set up my own spiritual shop so I took a blind leap of faith, quit my job and opened Eclectic Spirit (details above). It was quite scary but also very exciting and I trusted that spirit would lead people to me.

I've now been open over a year and have never looked back.

I offer Tarot Readings, Mediumship Readings, Reiki,  
Trance Healing and Aura Photography.

When doing a Mediumship Reading I connect people with their loved ones in spirit so they can physically feel their presence and know they still walk by their side, as they always have. I also connect people with their own spirit guides.

I was also led to start Lechlade Spiritualist Church (details above) where I source different mediums each week to hold a divine service. Please do come and join us.

[www.juliehincksmedium.com](http://www.juliehincksmedium.com)

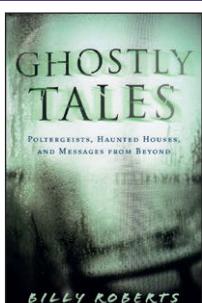
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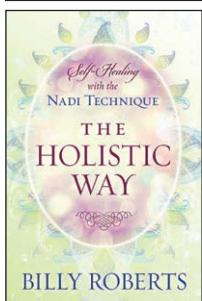
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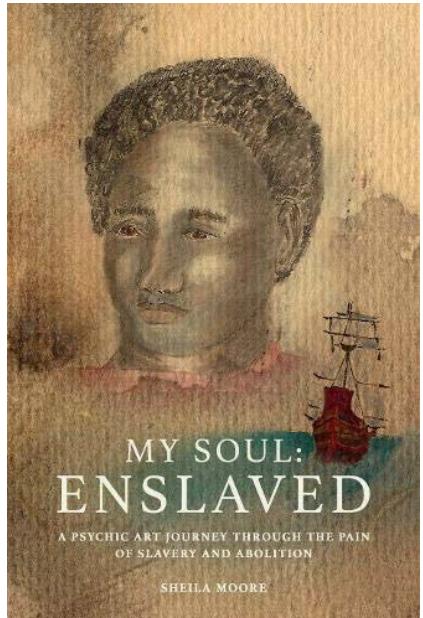
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Email: church@readingsc.org  
[www.readingsc.org](http://www.readingsc.org)

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.windsorspiritualistchurch.co.uk](http://www.windsorspiritualistchurch.co.uk)

## CHESHIRE

#### MIND BODY SPIRIT EVENT

Nantwich Civic Hall,  
Beam Street,  
Nantwich,  
Cheshire CW5 5DG

Rosemary Douglas Events  
Website:

[www.rosemarydouglas.com](http://www.rosemarydouglas.com)

E: [rosiembs@googlemail.com](mailto:rosiembs@googlemail.com)

Tel: 07828 187468

See website for details  
of next event

## CORNWALL

#### BUDE FREE SPIRITS

#### SPIRITUALIST CHURCH

The Parkhouse Centre,  
Ergue-Gaberis Way,  
Bude,

Cornwall EX23 8LG

[www.budefreespirits.co.uk](http://www.budefreespirits.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](http://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](http://www.christchurchsc.org.uk)

Sunday Service  
at 10.45am

Thursday Service at 7.30pm

Healing

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.bnscu.co.uk](http://www.bnscu.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](http://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 unless stated otherwise but please do check with their websites and Facebook pages for details of when they will re-open. A full list of churches, centres and spiritual shops that stock Psychic News can be found on our website at [www.psychicnews.org.uk](http://www.psychicnews.org.uk)**

**AWARENESS SPIRITUAL & WELLNESS CENTRE**  
Nevendon Community Centre,  
Off Nevendon Road,  
Wickford,  
Essex  
SS12 0QH  
Email: [hannonef@gmail.com](mailto:hannonef@gmail.com)  
Mobile: 07847353054  
Facebook page: [www.facebook.com/AwarenessSpiritualWellnessCentre](https://www.facebook.com/AwarenessSpiritualWellnessCentre)  
Wednesday evenings:  
Entrance £5.00  
From 6.30pm until 8.00pm  
1-2-1 Private Readings  
Spiritual Healing  
(which is a freewill donation)  
Stalls  
From 8pm until 9pm  
Demonstration of  
Platform Mediumship with  
our guest medium  
Refreshments of tea, coffee,  
cakes & biscuits throughout  
the evening  
Extended Services, Circles,  
Spiritual Workshops, Holistic  
Certificated Qualifications,  
Pamper Days and  
Mind Body Soul Events  
Qualified Therapists for  
Private Treatments including  
Hypnotherapy, Life Coaching,  
Hair & Beauty  
All Welcome

**LYNDA OLDHAM SPIRITUALIST CENTRE**  
Stanway Village Hall,  
Villa Road,  
Stanway,  
Nr Colchester,  
Essex CO3 0RH  
2nd Thursday, Monthly  
Evening of Mediumship  
Guest Medium each month  
6.15pm for a 7.30pm start for  
the Mediumship Demonstration  
We offer:  
15-Minute Readings  
(for a donation)  
Healings (for a donation)  
Gong Healing  
10 Craft Tables  
Raffle  
Cakes and a Cuppa  
£3 admission  
Please arrive early if  
you want a reading  
Lynda's Mob: 07591 920603  
Follow us on Facebook

**HEALING HEARTS SPIRITUAL CENTRE**  
A superb Platform Medium  
every week,  
Psychic Surgery, Healing,  
Stalls, 1-2-1 Readings  
and Luxury Raffle  
Doors open EVERY Tuesday  
at 6.00pm for  
1-2-1 Readings and Healing  
Platform Demonstration begins  
at 8.00pm - 9.15pm  
£4 entrance fee includes  
FREE buffet with cakes and  
all refreshments

**HEALING HEARTS PSYCHIC SURGEONS**  
Phone for opening times  
 (£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](http://www.healing-hearts-centre.co.uk)  
Or see our Facebook Page  
[www.facebook.com/healinghearts.centre](https://www.facebook.com/healinghearts.centre)  
Contact: 07455 227100  
Bulphan Village Hall,  
Church Road,  
Bulphan,  
UPMINSTER, Essex  
RM14 3RU

**GLOUCESTERSHIRE**  
**CHELTONHAM 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](http://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](http://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](http://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](http://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,  
Carpenters 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](http://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](http://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: [mhdc@outlook.com](mailto:mhdc@outlook.com)  
Website: [www.mhdc.org.uk](http://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](mailto: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](http://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](http://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

### CLEVELEY'S 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.cleveleysspiritualistchurch.co.uk](http://www.cleveleysspiritualistchurch.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](http://www.progressivespiritualistchurch.co.uk)  
Email:  
[spiritchurch@outlook.com](mailto:spiritchurch@outlook.com)  
Tel: 0116 2536098  
All Welcome

## LONDON

### ACTON

**SPIRITAL 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

**SPIRITAL 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 Sittings**

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

Website: [www.barneshealingchurch.co.uk](http://www.barneshealingchurch.co.uk)

E-mail: [barneshealingchurch@hotmail.co.uk](mailto:barneshealingchurch@hotmail.co.uk)

**Sunday Healing Service** 6.30pm

**Wednesday** at 7.30pm

Evening of Clairvoyance £3

**Special Events**

For details about our Open Platforms, Circles, Workshops, Special Evenings and more, please see our website or our Facebook page

**Healing**  
 Tuesdays 7.00pm - 8.00pm  
 Thursdays 10.30am - 1.00pm  
 A Warm Welcome Awaits Everyone  
 REGISTERED FOR  
 MARRIAGES, CEREMONIES  
 & SACRED SERVICES

**BATTERSEA  
SPIRITUALIST CHURCH**  
 46 Bennerley Road,  
 Off Northcote Road,  
 London SW11 6DS  
 President - Margaret Cutler:  
 020 7223 3156  
 Enquiries: 020 7622 4900  
 or 020 3573 3571  
 E-mail: bsc@batterseasc.co.uk  
 Web: www.batterseasc.co.uk  
 Sunday Service 6.00pm  
 Thursday Service 7.30pm  
**Bennerley Friendship Club**  
 One Wednesday per month  
 2pm £3  
**Private Readings**  
 See website  
**Healing (except Bank Holidays)**  
 Mondays 1.30pm - 2.45pm

**CLAPHAM NATIONAL  
SPIRITUALIST CHURCH**  
 11a North Street,  
 Old Town, Clapham,  
 London SW4 0HN  
 Enquiries: Tel 020 7498 5521  
 Sunday Service: 6.00pm  
 Tuesday: 6.00pm  
 Private Readings and Healing.  
 Readings end at 8.00pm  
 Saturday: 7.30pm  
 Evening of Clairvoyance  
**Open Platform**  
 Every 1st Saturday of the month  
 6pm - 7pm  
 Everyone is Very Welcome  
 at our Church!

**EALING NATIONAL  
SPIRITUALIST CHURCH**  
 66-68 Uxbridge Road,  
 West Ealing, London W13 8RA  
 (Next to Ealing Fire Station)  
 Buses 207, 83, E2, E7, E8  
 Enquiries: Alison  
 Tel: 07958 463529  
**Every Sunday except  
Bank Holidays**  
**JULY 2020 EVENTS**  
 Sunday Service at 6.30pm  
 5<sup>th</sup> SARAH JACKSON  
 12<sup>th</sup> BRENDA ELVIN  
 19<sup>th</sup> SONIA FITTON  
 26<sup>th</sup> PATRICK CARBERRY  
**Thursday** Mediumship 7.30pm  
 9<sup>th</sup> HAZEL MIDDLETON  
 16<sup>th</sup> ROSIE  
 23<sup>rd</sup> JACKIE OTHEN  
 30<sup>th</sup> WILL TURNER  
**Private Readings & Open House**  
**Saturday 11th July 10am - 1pm**  
**4 Mediums and an Angel Reader**  
 20 mins for £12 (Memb £10)  
 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.edmontonspiritualist  
 church16.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 21<sup>st</sup> century*  
**Sunday Service** at 6.30pm  
**Thursday**  
 Demonstration at 7.30pm  
**Open Circle**  
 with JOHN JEMMETT  
 See in church for dates  
 A very warm welcome awaits  
 friends old and new  
 Come and meet us at  
 our lovely church  
**WEDDINGS**  
**NAMINGS ~ FUNERALS**

**THE LONDON  
SPIRITUAL MISSION**  
 13 Pembridge Place,  
 London W2 4XB  
 secretary@spiritualmission.co.uk  
 www.spiritualmission.co.uk  
 Telephone: 020 7229 2024  
 Church Activities  
**Sunday Services**  
 11am & 6.30pm  
**Wednesdays** 7.30pm  
 for an Hour of Clairvoyance  
**Spiritual Healing** Mondays  
 11am - 1pm, 2pm - 3pm,  
 5pm - 7pm and  
 Thursdays 5pm - 7pm  
 For Special Events, Courses &  
 Workshops please see our website  
**Animal Healing**  
 Mondays 11am-1pm  
 All domestic pets welcome

**MORDEN  
SPIRITUALIST CHURCH**  
 214 Morden Road,  
 Morden,  
 London SW19 3BY  
 Enquiries Telephone:  
 020 8648 5369  
 Church Tel: 020 8544 1816  
 E-mail:  
 morden.church@hotmail.co.uk  
**Sunday** Evening 6.30pm  
 Service and Clairvoyance  
**Thursday** Evening 7.45pm  
 Clairvoyance Entrance £2.50  
**Private Readings**  
 Please see website  
**Open Circle**  
 8pm Every Monday  
 Leader: Rene Bond  
**Spiritual Healing**  
 Spiritual Healing available  
 8pm after Sunday Service  
 Free-will donation  
 All Welcome

**VIOLET MOON  
SPIRITUAL CENTRE**  
 Ruskin House,  
 Nelson Mandela Room,  
 23 Coombe Road,  
 Croydon,  
 Greater London CR0 1BD  
 Website:  
 www.violetmoonpsychic.com  
 Email: lorraine@  
 violetmoonpsychic.com  
**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.sydenhamspiritual  
 centre.co.uk

**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.woodgreen

spiritualistchurch.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 TWYCROSS  
 Open Awareness Circle with  
 LINDA TWYCROSS  
 Mediumship Practice Circle  
 with PAMELA POLLINGTON  
 Open Healing Circle with  
 SHEILA SMOOTHY  
 Open Awareness Circle with  
 SUSIE SHAW  
 Speakers & Philosophy Class  
 with MARTIN TWYCROSS  
**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](http://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](http://www.harrowsnuchurch.wixsite.com/harrow)  
Email: [lightonthehill@live.co.uk](mailto: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](http://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/SnettishamSpiritualChurchServices](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 Bridford 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](mailto:pnadverts@gmail.com)  
OR VISIT  
[psychicnews.org.uk](http://psychicnews.org.uk)

## SOMERSET

**ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH**

Grove Place, Manor Road,  
Alcombe, Minehead TA24 6EH  
Tel: 0783 110 4896  
Summer **Sunday Service**  
at 6.30pm

(March to end of October)  
**Winter Sunday Service at 3pm**  
(November to end of February)  
Healing Groups,  
a monthly Healing Day,  
Healing Evenings, Open Circles,  
Evenings of Clairvoyance  
all available on various days  
during each month.

See our website for the full  
day-by-day itinerary of what  
our church can offer you.  
[www.mineheadspiritualistchurch.co.uk](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](mailto: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:  
[alanpseymour@btinternet.com](mailto:alanpseymour@btinternet.com)

Website: [www.croydonspiritualistchurch.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: [spiritualawarenessgroup@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 currently suspending services. Contact for re-opening dates.**

**HACKBRIDGE SPIRITUALIST CHURCH**  
For information call  
Jackie on: 0781 806 1063  
for further details

## KINGSTON NATIONAL SPIRITUALIST CHURCH

**CHURCH RE-OPENING SUNDAY 26<sup>th</sup> JULY**  
Villiers Road,  
Kingston upon Thames,  
Surrey KT1 3AR  
Website: [www.kingstonsc.net](http://www.kingstonsc.net)  
Email:  
[kingston.spiritualist@yahoo.com](mailto:kingston.spiritualist@yahoo.com)  
Also on Facebook  
President: Bernadete May  
Secretary: Gerrie Chaney  
Telephone: 020 8401 6967  
Church Mobile: 07910 335 763  
**Sunday** 26<sup>th</sup> July at 11am  
Divine Service with  
**PAULINE WALSH**  
**Monday** 27<sup>th</sup> July at 7.30pm  
Evening of Mediumship with  
**PAULINE WALSH**  
**Absent Healing Sessions**  
Every Monday at 9pm - 9.20pm  
**AUGUST DATES**  
Sundays 11am & Mondays 7.30pm  
Except Monday 31<sup>st</sup> August

## 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](http://www.richmondspiritualistchurch.com)  
Email:  
[richmondchurch97@gmail.com](mailto:richmondchurch97@gmail.com)  
Enquiries: 07507 703497  
Follow us on Facebook  
**Sunday** Divine Service 6.30pm  
Free will donation  
**Wednesday** Clairvoyance 7.30pm  
£3.50 (Members £3)  
**Open Circles**  
First Monday of month  
7.30pm with DEL HODD  
Last Tuesday of month 7.30pm  
with OWEN WILLIAMS  
**Open Platform**  
Second Tuesday of month  
7.30pm with LYNN BURRIDGE  
**Meditation Circle**  
Third Monday of month at  
7.30pm with  
DEL HODD &  
ANGELA PENYCATE  
(Please note that no pets or  
children admitted to circles &  
open platform)

### Speakers and Chairperson's Class

First Tuesday of month 7.30pm  
with LYNN BURRIDGE  
**Private 1-2-1 Readings**

Once a month

See website for details

After each service, there will be  
free tea, coffee and biscuits,  
and time for a chat

We have an absent healing book  
for you to place the names of  
those in need. We send out  
prayers to them twice a week  
at the above services.

## EAST SUSSEX

### SEAFORDSPIRIT

Seaford Independent  
Spiritualist Church,  
3 Warwick Road,  
Seaford,  
East Sussex BN25 1RS  
Tel: 01323 737407  
Email:  
[enquiries@seafordspirit.co.uk](mailto:enquiries@seafordspirit.co.uk)  
Website:

[www.seafordspirit.co.uk](http://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](mailto: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](mailto:crawleyspiritual@gmail.com)

Website: [www.crawleyspiritualchurch.co.uk](http://www.crawleyspiritualchurch.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**  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each  
month at 7.30pm  
Everyone Welcome

## WEST MIDLANDS

### SUTTON COLDFIELD SPIRITUALIST CHURCH

Kenelm Road,  
Off Manor Hill,  
Sutton Coldfield B73 6HD  
Website:  
[www.scsconline.co.uk](http://www.scsconline.co.uk)

Telephone:

0121 354 3266

Follow us on Facebook at:  
Spiritualist Church,  
Sutton Coldfield

**Sunday** 6.30pm

Service

**Monday** 1.30pm

Service

**Tuesday** 7.30pm

Mediumship Classes

**Thursday** 8.00pm

Healing

**Friday** 7.30pm

Open Circle

**Saturday** 11.00am

Healing

For Monthly Specials

& Workshops

please see our

Website/Facebook pages  
All Welcome



## THE BUTTERFLY FELLOWSHIP 2012

Wollaston Village Hall  
Community Centre,  
Bridgnorth Road, Stourbridge,  
West Midlands DY8 3QA  
(unless specified in listing)

Evening of Mediumship,  
Special Events and  
Afternoon Clubs

Complimentary refreshments  
served after each event

Enquiries to: 07809 464165  
See our excellent website at  
[www.butterfly2012.com](http://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](http://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 8<sup>TH</sup> 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:  
[gatewayschurch.co.uk](http://gatewayschurch.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](http://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 Sittings • 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](mailto:greetingplace@cwgsy.net)  
 Website: [www.healingandspiritualcentre.com](http://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](http://www.divinelight.org.gr)

E-mail: [info@divinelight.org.gr](mailto:info@divinelight.org.gr)

Address:

12 Niovis Str.,  
 Athens, Greece,  
 11252



# WEBSITE LISTINGS

**Advertise your website here  
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 or email: [pnadverts@gmail.com](mailto:pnadverts@gmail.com)**

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| <a href="http://www.thepleiadianchild.com">www.thepleiadianchild.com</a>                         | <a href="http://www.hpai.co.uk">www.hpai.co.uk</a>   |
| <a href="http://www.psychicfields.com">www.psychicfields.com</a>                                 | <a href="http://www.earthangelcrystals.co.uk">www.earthangelcrystals.co.uk</a>                   |
| <a href="http://www.michael-chapman.co.uk">www.michael-chapman.co.uk</a>                         | <a href="http://www.spiritualtruthfoundation.org">www.spiritualtruthfoundation.org</a>           |
| <a href="http://www.healing-hearts-centre.co.uk">www.healing-hearts-centre.co.uk</a>             | <a href="http://www.magicalenchantedart.com">www.magicalenchantedart.com</a>                     |
| <a href="http://www.newspiritsongs.co.uk">www.newspiritsongs.co.uk</a>                           | <a href="http://www.petrene.com">www.petrene.com</a>   |
| <a href="http://www.spiritartgallery.net">www.spiritartgallery.net</a>                           | <a href="http://www.arthurconandoylecentre.com">www.arthurconandoylecentre.com</a>               |
| <a href="http://www.dawnsholisticshop.co.uk">www.dawnsholisticshop.co.uk</a>                     | <a href="http://www.mysticmoonsong.com">www.mysticmoonsong.com</a>                               |
| <a href="http://www.victoriashealing.co.uk">www.victoriashealing.co.uk</a>                       | <a href="http://www.andrewwoodley.co.uk">www.andrewwoodley.co.uk</a>                             |
| <a href="http://www.daviddrew.co.uk">www.daviddrew.co.uk</a>                                     | <a href="http://www.psychicnews.org.uk">www.psychicnews.org.uk</a>                               |
| <a href="http://www.edmontonspiritualistchurch16.com">www.edmontonspiritualistchurch16.com</a>   | <a href="http://www.atlantiswisdom.org">www.atlantiswisdom.org</a>                               |
| <a href="http://www.southandwest.webs.com">www.southandwest.webs.com</a>                         | <a href="http://www.artofspirit.co.uk">www.artofspirit.co.uk</a>                                 |
| <a href="http://www.lightworkenergy.com">www.lightworkenergy.com</a>                             | <a href="http://www.sandymingham.co.uk">www.sandymingham.co.uk</a>                               |
| <a href="http://www.garypsychicportraits.co.uk">www.garypsychicportraits.co.uk</a>               | <a href="http://www.lotushealing.co.uk">www.lotushealing.co.uk</a>                               |
| <a href="http://www.broniawestclairvoyantmedium.co.uk">www.broniawestclairvoyantmedium.co.uk</a> | <a href="http://www.tomjohnstonspiritualistmedium.com">www.tomjohnstonspiritualistmedium.com</a> |
| <a href="http://www.angelicreikiuk.com">www.angelicreikiuk.com</a>                               | <a href="http://www.healingangels.co.uk">www.healingangels.co.uk</a>                             |

# *Spiritualist Churches and*



# *Centers in the USA*



**UCM = Universal Church of the Master** [www.u-c-m.org](http://www.u-c-m.org)

**NSAC = National Spiritualist Association of Churches** [www.nsac.org](http://www.nsac.org)

## ARIZONA

**HEALING ARTS CONNECTION, LLC**  
1715 W. Northern Avenue,  
Ste 100, Phoenix,  
AZ 85021  
(623) 215-7988  
[www.how2heal.com](http://www.how2heal.com)

**BLUE ROSE MINISTRY, UCM**  
755 Sheephead Crossing Road,  
Cornville, AZ 86325  
928-634-6269  
[blurose@wildapache.net](mailto:blurose@wildapache.net)

**RISING PHOENIX SPIRITUALIST CHURCH**  
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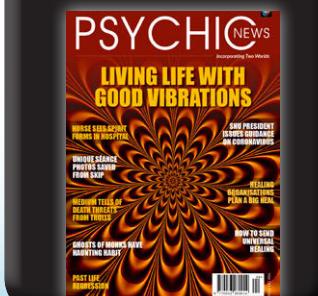
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40 West Street,  
Quincy, MA 02169  
(617) 770-2246  
quincyspiritualists@gmail.com  
www.quincyspiritualists.org

**THE GREATER BOSTON  
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MA 02476  
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www.greaterbostonchurchof  
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**HEALING HANDS  
OF LIGHT  
SPIRITUALIST CHURCH**  
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healinghandsoflightspch.com

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SPIRITUAL ALLIANCE**  
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P.O. Box 88,  
Lake Pleasant,  
MA 01347  
(413) 367-0138  
http://spiritualallianceusa.org

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Plymouth, MA  
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[www.plymouthspiritualistchurch.net](http://www.plymouthspiritualistchurch.net)

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OF SPIRITUALISM**  
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(781) 595-6972  
<https://swampscottchurchofspiritualism.wordpress.com>

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**FIRST SPIRITUAL  
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(1/2 Blocks South of 13 Mile)  
Royal Oak,  
MI 48073-6534  
(248) 288-4026  
[www.firstspiritualtempleofroyaloak.com](http://www.firstspiritualtempleofroyaloak.com)

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Lansing,  
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[firstrspiritualist@gmail.com](mailto:firstrspiritualist@gmail.com)  
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MI 48220  
(248) 545-5680

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430 West Bellevue Street,  
Leslie,  
MI 49251  
(517) 917-6792  
[Flowermemorialspiritualistchurch.com](http://Flowermemorialspiritualistchurch.com)

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2110 N. Milford, Highland,  
Michigan 48357  
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Church Business/Information:  
(248) 820-5645  
[goldenlightspirit.weebly.com](http://goldenlightspirit.weebly.com)

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SPIRITUALIST CHURCH**  
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(231) 881 7916  
[www.nlmsc.org](http://www.nlmsc.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  
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Grand Rapids, MI 49503  
(616) 363-9678  
[claudialgl@comcast.net](mailto:claudialgl@comcast.net)

**SPIRITUALIST CHURCH  
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SAMARITAN**  
5401 Oak Park, off Maybee Rd,  
Box 62, Clarkston, MI  
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(810) 397 4430  
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**SPIRITUALIST CHURCH  
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MI 49090  
(616) 637 - 4462

**SPIRITUALIST FIRST  
CHURCH OF TRUTH**  
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MI 49057  
(616) 241-3387

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PO Box 530, Flint, MI 48501  
[pastor.rick@flintspiritual.com](mailto:pastor.rick@flintspiritual.com)

**UNIVERSAL TEMPLE OF  
DIVINE POWER**  
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(313) 945-5967

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Duluth, MN  
(218) 724-6554  
[www.flintspiritual.com](http://www.flintspiritual.com)

**THIRD SPIRIT OF LIFE  
SPIRITUALIST CHURCH**  
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Suite 112, Rochester,  
MN 55901  
(501) 288-7239

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CHURCH**  
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St. Paul, MN 55102  
(651) 225-4609

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MO 63109-3558  
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Saint Louis, MO 63108  
(314) 367-3022  
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Omaha, NE 68108-2121  
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Children's Lyceum as announced  
Thursday 6.30pm Healing &  
Meditation Service with  
Development Circle following.  
(702) 876-8783  
[spiritualistdesertchurchlv.org](http://spiritualistdesertchurchlv.org)

**SPIRITUALIST  
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Sparks, NV 89431  
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(603) 355-8078  
[cyclesofspirit@live.com](mailto:cyclesofspirit@live.com)  
[cyclesofspiritinc.webs.com](http://cyclesofspiritinc.webs.com)

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Westville, NJ  
(856) 456-2196  
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(201) 943-6103  
[info@spirituallifefellowship.org](mailto:info@spirituallifefellowship.org)  
[www.spirituallifefellowship.org](http://www.spirituallifefellowship.org)

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Newark, NY 14513  
(315) 331-2009

[angelheartchapel@yahoo.com](mailto:angelheartchapel@yahoo.com)

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Carriage House Building  
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Pulaski, NY 13142  
AND Kripalu Yoga Center  
14029 Rte 11, Adams Center, NY  
(315) 298 3734  
[Centerforspiritualawarenesschurch.com](http://Centerforspiritualawarenesschurch.com)

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Lakeside Assembly Hall  
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[livingspiritlilydale.org](http://livingspiritlilydale.org)

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15 Buffalo Street, Lily Dale  
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Lily Dale, NY 14752  
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**LILY DALE ASSEMBLY**

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Lily Dale, NY 14752  
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**GENERAL ASSEMBLY OF SPIRITUALISTS**

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<https://generalassemblyofspiritualists.com>

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[codiinfo@churchofdivineinspiration.com](mailto:codiinfo@churchofdivineinspiration.com)  
[churchofdivineinspiration.com](http://churchofdivineinspiration.com)

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[tms@tms-li.org](mailto:tms@tms-li.org)  
[tmsli.org](http://tmsli.org)

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[www.thechurchoftheangels.net](http://www.thechurchoftheangels.net)

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(614) 228-1112  
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[goodwill@holytoledoonline.com](mailto:goodwill@holytoledoonline.com)

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OH 45420-2544  
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[coaschurch@gmail.com](mailto:coaschurch@gmail.com)  
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**FIRST SPIRITUALIST  
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Austin, TX 78751-3719  
(512) 458-3987  
[spiritchurch@hotmail.com](mailto:spiritchurch@hotmail.com)  
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**FIRST  
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<https://firstspiritualistchurchofhouston.org>

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[www.thecse.org](http://www.thecse.org)

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(253) 833-4850

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WV 26003  
(304) 233-5065  
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**SUMMERLAND'S  
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## 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.

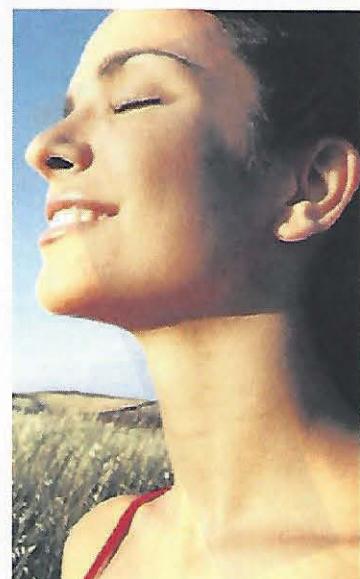
"In the 45+ years, I have been involved with this remarkable substance and my unique formulation," explained Irene, "there have never been harmful side-effects or contra-indications in any way, shape or form, including diabetics who are actually able to lower their units of insulin they take. Many people 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."

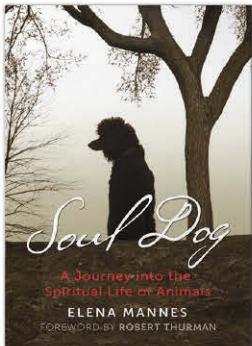
"From this amazing learning experience," she concluded, "I still continue to astonish myself with the results that I see and hear about. I am still passionate and thrilled to bits with the way in which my unique formulation changes peoples' lives, and have no intention of retiring. Why would I give up 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**  
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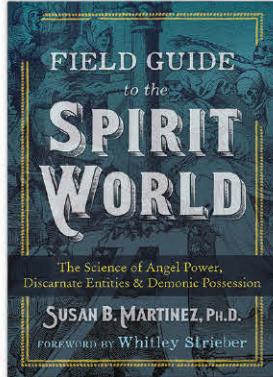
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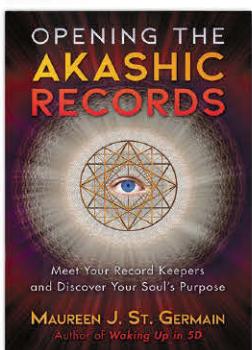
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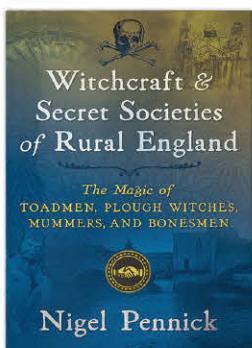
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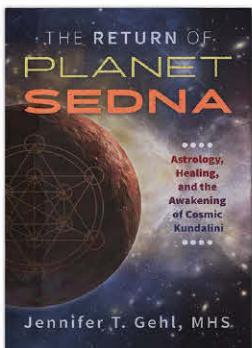
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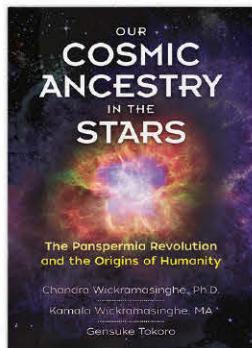
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