

PSYCHIC NEWS

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A CASEBOOK OF CURIOSITIES

FROM INNOCENCE TO INNER SENSE

FORMS SEEN AT SÉANCE

MEDIUM GIVES POLICEMAN ARRESTING EVIDENCE

THE SCIENCE OF AWARENESS

PORTRAITS OF THE LIVING 'DEAD'

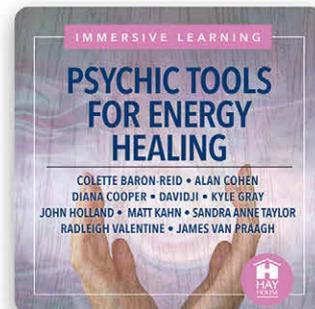
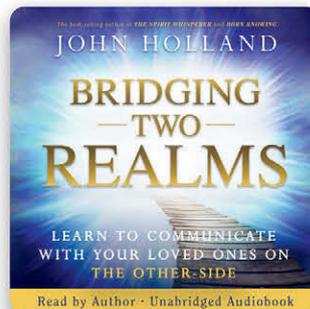
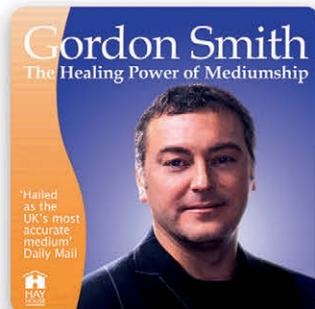
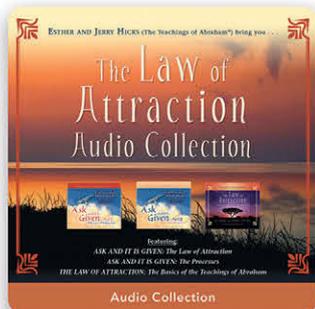


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TWO WORLDS ARE ONE

NEWS AND VIEWS FROM
THE EDITOR'S DESK

BY TONY ORTZEN

Psychic helps police

JUST when we all thought that COVID-19 might have been brought under control, both the UK and parts of mainland Europe are experiencing a second and worrying spike.

This afternoon, the Government announced that in England, groups of only six people can meet together for social purposes; above that number is banned. COVID-secure weddings, funerals and worship can continue within strict provisions.

Since writing the above, all four countries in the UK have added further measures, such as all pubs, bars and restaurants in England closing their doors at 10.00 pm.

Here's our current coronavirus ongoing problem. Whilst so many churches, centres and sanctuaries remain closed, it is still not financially feasible to produce printed copies of *Psychic News*, hence our online versions.

These contain a pick and mix selection of new features and current events along with some of the best features which have appeared in both *Psychic News* and *Two Worlds* over the years.

Another problem is that footfall in many towns and cities remains low, which hits newsagents who usually stock *Psychic News*. In the City of London, for instance, footfall is down 80 per cent, with the West End clocking in at initially almost 70 per cent down.

As we are anxious to produce a physical magazine as soon as possible, here's where you can help.

If your church has already reopened or has a date in mind to do so, please e-mail my colleague Paul Brett, so we can monitor the situation. You can reach Paul at pnadverts@gmail.com

Meanwhile, here's an account from my previous column in *Two Worlds*, which combined with *Psychic News* in July 2018.

These days, it's hard to pick up a paper or magazine and not find a psychic story. Take, for instance, the *Daily Mirror*, which ran a headline proclaiming, "Psychic detective speaks to murder victims from beyond the grave to help track down their killers."

Journalist Victoria Burt began her account: "A psychic investigator is helping police lock up murderers by speaking to their victims – and getting them to name their killers from beyond the grave."

"Scott Hamilton has been working with police for two years and recently helped jail a man for murder.

"He explained how, together with a relative of the victim, he visits the place where they were killed or the cemetery where they're buried and takes photos, film footage and audio recordings."

Scott said one case he worked on "involved a woman who was thought to

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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'Hell-Home' On Wheels Heads South



Residents in Lichfield, Staffordshire, formed a sigh of relief last week when a mobile home containing the spirit of Satan worshipper Mrs Yvonne Bennett finally left town, after finding a surprise buyer in the East of England.

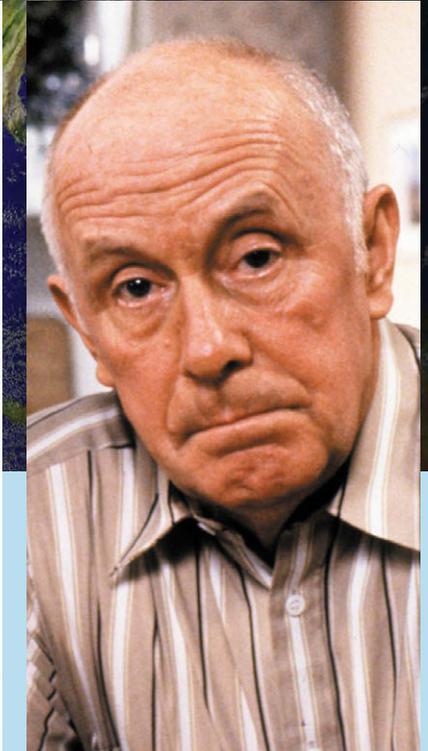
The mobile, which had been dubbed 'The most haunted caravan in Britain', has been auctioned with a personal history, and there have been reports of a curse between Gillian Bennett and her late husband, Jim Bennett.

The offering mobile home at its new site in the South of England...

"My Daughter Lives!"

Spiritualism Spotted in Birmingham

INSIDE: NEWS FROM HERE & THERE • ASTROLOGY • PSYCHIC SCIENCE • SPIRITUALIST CONTROVERSY



have been strangled to death. She was a mother-of-two who had recently filed for divorce.

"No-one had been arrested in the ten years since her death. I visited her grave and recorded her saying, 'I'm in the generator room or the compressor'."

"She told how she had been put in a storage room in one of her friend's houses. The police said they would look through the evidence I had got. So far the evidence points to the woman's boyfriend as the culprit."

The paper reported that previously, Scott's evidence "has helped police jail a man for ten years for arson and murder in a case where two men entered a woman's house and set fire to it ten years ago."

"The woman had died of smoke inhalation. A second man is due to be tried."

Scott, from Connecticut, USA, said: "I've seen civil war soldiers, people who've been hanged and more. I've also heard their voices."

"Some of the recordings I make are mixed up with background noise, but others are as clear as day. I can hear their moans, and knocks and voices. Sometimes they'll say a name."

"The police have said my evidence has helped them. I like that the families involved in a case get closure."

Scott started working with police to help them solve old murder cases several years ago.

"The police in Connecticut seemed open to working with us and anyone who can help them get closure for the families involved," Scott added.

His wife Jillian is also involved in investigating murders and can tell what happened in a property by simply touching a wall or window.

Scott explained that Jillian "can touch a wall or a window and just see in her mind's eye what happened in that place."

"I can do it too by holding on to a rail or knocking on the door of a house. I can see what happened in it. I can replay it."

A SPECIAL copy of "Psychic News" was produced when it featured in "One Foot in the Grave," which starred Richard Wilson as grumpy character Victor Meldrew, who appears on the right. (Photo: BBC)

Annoyances are grave

THE older I get, the more I become like Victor Meldrew, the fictional grumpy character played by Richard Wilson in BBC1 TV's sitcom *One Foot in the Grave*.

In fact, one episode featured *Psychic News* when Victor purchased a haunted caravan. His neighbour was a *Psychic News* reader. We produced a special front cover for the show when the neighbour showed it to Victor.

Like Victor, all sorts of things annoy me – those who drop litter, people sneezing in public without a tissue or spitting in the street, loud music thudding out of car windows and passengers ignoring queues at bus stops.

And don't get me going on about people who wear face masks beneath their nose or around their neck, and pick over ten cucumbers with their possibly virus-covered hands before deciding which one to buy.

It also seems to me that children can be particularly foul-mouthed and badly behaved these days.

Anyway, one would have thought that youngsters who attend church would be a cut above the rest.

Apparently not, according to a poll, which came up with the astonishing finding that children from religious families are less kind and more punitive than those from non-religious households.

Academics from seven universities across the world studied Christian, Muslim and non-religious youngsters to test the

relationship between religion and morality. Surprisingly, they found that religious belief has a negative influence on children's altruism.

"Overall, our findings... contradict the commonsense and popular assumption that children from religious households are more altruistic and kind towards others," said the authors of *The Negative Association between Religiousness and Children's Altruism Across the World*.

"More generally, they call into question whether religion is vital for moral development, supporting the idea that secularisation of moral discourse will not reduce human kindness – in fact, it will do just the opposite."

Nearly 1,200 children aged between five and twelve in the US, Canada, China, Jordan, Turkey and South Africa participated in the study. Almost 24 per cent were Christian, 43 per cent Muslim and 27.6 per cent non-religious.

The numbers of Jewish, Buddhist, Hindu, agnostic and other youngsters were too small to be statistically valid.

The children were asked to choose stickers and then told there were not enough to go round for all the pupils in their school to see if they would share them.

They were also shown film of children pushing and bumping one another to gauge their responses.

The findings "robustly demonstrate that children from households identifying as either of the two major world religions (Christianity and Islam) were less

altruistic than children from non-religious households.”

Older children, who were usually those with a longer exposure to religion, “exhibited the greatest negative relations.”

Well, what a surprise! The answer’s simple – pack ‘em off to a branch of the Spiritualists’ Lyceum Union where they can learn all about Spiritualism and how to be good, kind, caring, spiritual citizens.

In the soup...

MANY of us have witnessed demonstrations of flower clairsentience. Then there’s the language of flowers, which was much loved by the Victorians.

Stating the obvious, roses symbolise love whilst crocus denotes cheerfulness, camellia admiration, calla lily beauty and violet modesty.

For centuries, sweethearts have traditionally used flowers to express their feelings. However, it seems that they are now increasingly employing fruit and vegetables.

According to a report, some brides are shunning bouquets for arrangements comprising citrus fruits, berries, cabbages or leeks.

Journalist Sonia Elks reported: “While classic favourites for wedding posies include the white lily, symbolising purity, and the red rose for romantic love, it is not clear what a bunch of carrots may represent.

“They are among the more unconventional produce now being adopted for arrangements by couples keen to use sustainable and local produce.”

According to a report in *Waitrose Weekend* magazine, some couples “plan to reduce waste by cooking their edible bouquet after the big day.

“Options range from the increasingly popular ornamental cabbage, or holly berries for the more cautious, through to more outré posies including leeks, carrots and cauliflower.”

For her wedding, Louise Thomas, of Penzance, Cornwall, carried a bouquet of kale, globe artichokes and broccoli after getting the idea from a vegetable box scheme she runs.

“I began looking at all the colours and shapes in my basket and how well they blended together,” she explained.

Lynda Waterhouse had wanted



THEY know their onions! These days, some brides are shunning traditional bouquets for those made out of various fruit and vegetables.

a vegetable wedding bouquet from childhood and ultimately opted for a posy containing cauliflower and broccoli.

“It was a bit heavy to carry,” she said, “but apart from that I loved it. When we returned from our honeymoon, there was wedding soup waiting for us in the freezer.”

All very well, but let’s just hope that with time their partners don’t turn out to be total turnips or couch potatoes! Anyone want to psychometrize a carrot?

House is ‘unlucky’

ANYONE who is in the least psychic or sensitive can easily detect feelings about both people and properties, but can buildings really be unlucky?

It’s a moot point, but one of Britain’s richest families has decided not to move full-time into their massive renovated palatial property amid fears that it may bring them bad luck.

The Hinduja brothers’ £300 million mansion is near to Buckingham Palace. In an interview with *The Times*, Gopichand Hinduja said that the family did not spend more than one in five nights at their

25-bedroom home on Carlton House Terrace.

The 67,000 sq ft house, which comprises four interconnected six-storey Georgian properties designed by architect John Nash, is instead used for occasional business meetings and to accommodate members of the family visiting from India.

“Indians are very sentimental and emotional, and believe in omens and good luck,” said Mr Hinduja.

“Although this has been built for the whole family, my wife and the family don’t want to move here because they say that our old house has good luck.”

Mr Hinduja added that he and his family, whose fortune is estimated at many billions, continue to reside at their more modest 25,000 sq ft house directly opposite, where they have lived for over 35 years.

The Hinduja brothers have interests in oil, banking, car making, property and the media.

The Times reported that Mr Hinduja “dismissed the suggestion that they had not moved into the house because of poor ‘vastu shastra’ – an ancient set of architectural disciplines that dictate



ACTOR William Roache, MBE, says that Anne Kirkbride, who played one of his screen wives in "Coronation Street," used "to love talking about angels and heavenly things and spiritual matters." (Photo: ITV)

temple design according to elemental forces.

"Practising Hindus also often observe strict rules about sleeping and eating arrangements based on astrological advice.

"This includes shunning metal beds and placing furniture, toilets and workspaces in 'auspicious' places."

Well, all I can say is that although my house is the size of a shoebox, I've always felt lucky here. Perhaps I could swap homes with the Hinduja...

Ken's up our street!

ACTOR William Roache, MBE, has played Ken Barlow in ITV's evergreen *Coronation Street* for decades. It is the world's longest-running soap opera.

Over the years, Bill has spoken at various Spiritualist churches, told his psychic story and made no secret of his belief in survival after death.

Some years ago, it was an absolute delight for me to chair a packed-to-the-rafters meeting which Bill addressed at the Spiritualist Association of Great Britain.

Bill was the lead story in the *Daily Mirror* just days before the first anniversary of the passing of actress Anne Kirkbride, 60, who played Deirdre in the soap.

When the pair first married in *Coronation Street* in 1981, a staggering 24 million viewers watched the ceremony.

"My secret last words to dying Deirdre" ran the paper's massive headline in capital letters. In a major feature inside, Bill told journalist Vikki White that he held Anne's hand as she lay dying of cancer.

"She looked really peaceful and really, really beautiful," Bill recalled. "I said: 'Goodbye Annie. You know you're going to a beautiful place.'

"I was always talking to her about angels. Everyone has a guardian angel and she had two, of course, being Annie.

"I said: 'Go on. You'll be in a lovely place now. Everything will be much happier. Lots and lots of love.'"

Bill said that after he read a book on angels by Irish author and peace ambassador Lorna Byrne, he took her on set. It was Lorna who said that Anne had two angels.

The actor explained that Anne "used to love talking about angels and heavenly things and spiritual matters which I enjoy talking about."

The paper said that Bill, who is now in his 80s, "does not believe in grieving for people." His second wife, Sara, passed on in 2009 aged just 58.

"She was the closest I came to having a Deirdre," he said. "I remember the shock and the grief, but after death we go to a very beautiful place, so you should never grieve for anyone. You can grieve that you're missing them, but not for them."

Adding that he met Cilla Black a few days before she passed on, Bill said: "They've gone to a happy place.

"Love will always connect. If I think to myself, 'Love you Annie, hope all is well,' that will be received."

A colourful account

ANOTHER lovely person I've met several times is bubbly astrologer Russell Grant, who used to serve Spiritualist churches many moons ago as a medium.

Russell was interviewed after writing an astrology-themed colouring book. Explaining that he did not draw the pictures, he added:

"The most important thing was the section about colour. As someone who has used colour all his life – my father was a set designer at Pinewood – I wanted to include information about colours and what they mean."

Asked what the point is about adult colouring books, Russell responded: "It's about mindfulness. It concentrates the mind.

"You can forget your anxieties and worries because you are fully focused on what you're doing in that moment."

Questioned about being plagued by

depression in the past, Russell said that he had a "very dark time" from 2003-2009. His weight ballooned to 27 stone and he suffered from all sorts of health problems.

"With depression," he added, "you build things up out of all proportion and become paranoid and neurotic.

"I live in Snowdonia and remember walking through the woods, concentrating fully on the walk and I gradually began to see the light. That's a form of mindfulness."

Russell revealed that he regarded astrology as a hobby at a time when he was an actor. After buying a book called *Teach Yourself Astrology*, at first he considered it "a load of rubbish.

"I thought, 'Surely humanity isn't divided into twelve signs,' but when you study it, you realise it's not about predictions.

"You don't tell the future. It's about self-potential and the ability to unlock the creative energy within you."

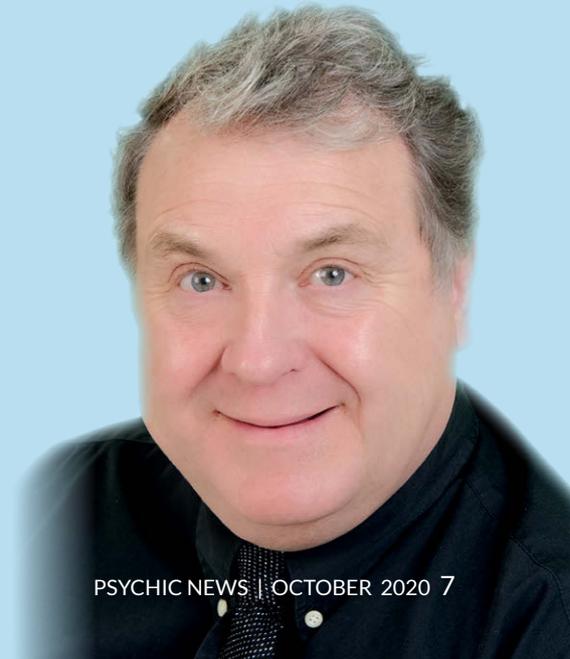
Russell shot to fame in 1978 after giving a presentation about astrology at the Ideal Home Exhibition. He met the Queen Mother, "who was supposed to talk to me for three minutes, but the conversation lasted 33.

"The next day, there was a big picture in the paper calling me 'astrologer royal.'

"I never described myself in that way – it was a newspaper headline. That's how it took over my life. It was never meant to."

Russell Grant's *Art of Astrology: Discover Your Inner Self Through Colour* is still available from various websites. ■

RUSSELL GRANT: Paper termed him "astrologer royal" after the Queen Mother chatted to him for over 30 minutes.



Union plans to hold its first ever virtual AGM

DUE to the ongoing coronavirus crisis, for the first time in its 118-year history, the Spiritualists' National Union (SNU) is to hold a virtual annual general meeting (AGM).

Originally, this year's conference was due to be held at the Holiday Inn in Norwich, Norfolk. The usual attendance is around 250 people from around the UK.

Asked how many would attend the virtual AGM, SNU President Minister David R. Bruton told *Psychic News*:

"We have sent out booking forms. At the time of writing, with six weeks to go we have received 100 firm bookings.

"It is our hope that many people who normally would not attend conference due to cost or family commitments will be able to join our virtual meeting at least for a part of the day and thus experience the AGM and learn a little more about the work of the union."

Answering the question, "Usually delegates arrive on a Friday afternoon and leave on Sunday: how long will this year's AGM last?" David said:

"This year's AGM will take place on one day, Saturday, October 17. Sadly, we simply will not be able to include all of the facets of the normal AGM experience, but we hope to feature some factors beyond the requirements of the business meeting.

"After all, we are a religious charity that teaches spirituality and we feel it important that this is reflected strongly during the day.

"On Sunday, October 18 members of the SNU ministry will meet for the Annual Ministers' congress."

Further points put to David were: "Motions are placed before conference. Will the same apply this year? Have you had to e-mail them to delegates?"

In January this year, we put out a call to our members for motions in the hope of engaging with our membership and help them to see how they can shape the work of the union.

"We are still finalising the agenda, but envisage that there will be at least six motions this year for members to debate.

"Information including Trustee's reports, the Minutes and Agenda will be sent by hard copy to every delegate registering their attendance. These publications will

also be available via our main website at www.snu.org

If delegates vote on motions, what will be the procedure?

This was one of the major obstacles to holding a virtual AGM. How would our membership vote and how would we reflect the different weightings of voting strength held by different delegates, as every individual member gets one vote and each church delegate gets five votes?

After doing some research, we contracted a specialist company to handle all of the voting this year including proxy votes for people who are unable to attend.

Delegates present at the meeting will vote online on the day and the results of the various motions will be available instantly.

This company provides similar services to many other organisations nationally both within the charity sector and beyond, so we are confident we are in safe hands.

Who will chair the conference?

Each year, the national executive

committee (NEC) chooses a member to chair the meeting to relieve the President of this duty and let him take an active part in the debate, which he would be unable to do whilst holding the chair.

John Blackwood, OSNU, from Scotland has ably chaired the AGM for the last nineteen years and been invited to do so again this year.

John has a great skill as a chairman and a wonderfully dry sense of humour, which serves to oil the wheels of business and enhance the experience for everyone present in a very positive manner.

Suppose someone wants to take part in a debate. How will this operate, as usually they just stick up their hand?

We will use the Zoom platform for the meeting. This system has a function for delegates to raise their hand. The chair will then call them to speak very much as he would at a physical meeting.

Will delegates who want to speak be limited to, say, five minutes per person?

Our standing orders provide time limits for speaking on motions and these will be applied.

Our skilled chairman will also ensure that everyone gets an opportunity to make



REDWOODS, the union's administrative headquarters, lies within the grounds of the Arthur Findlay College at Stansted in Essex. (Photo: Magnus Smith)



PC, mouse, mat or trackpad will be necessary to attend the SNU's virtual AGM this year. Other devices like a tablet can also be used.

their point whilst not taking advantage or testing the patience of delegates by speaking for too long. Spiritualists do love to talk... and I include myself in this!

Where will you be for the AGM?

I expect I will be in the same position that I have been for the last five months of endless Zoom meetings and services – sitting at home at my desk with fingers crossed that all the technology works correctly and the AGM proves to be a success for everyone involved.

Members of the NEC usually sit on the platform. Where will NEC members be for conference?

Each member of the NEC will connect from home. Using the spotlight facility on Zoom, when a person is called to speak they will be highlighted for the audience.

There is no provision for a top table on Zoom, so NEC members will have to join the membership as a whole on the virtual floor of the meeting.

There's generally an expectant feeling in the air at the AGM. Can a virtual meeting have the same atmosphere?

When many people within the union took their first tentative steps onto Zoom, we seriously doubted it would be possible to create any kind of atmosphere, as would be experienced in a physical meeting.

How wrong we were! The spirit world is certainly able to make their presence felt and it is quite amazing what can be created with a little trust on our part.

It is without doubt that this year's proceedings will be very different from a physical meeting.

Again speaking personally, the AGM is one of the high points of the year, allowing us to meet with people we literally only see at the AGM.

However, due to situation the union and the country find themselves in, I believe we have a duty and a responsibility to do something to bring the membership together.

We have been talking about the possibility of streaming the AGM via the internet for several years. Well, now we have no choice.

I hope the experience serves to inform our thinking when we approach future AGMs. Sometimes even Spiritualists can get stuck in a rut and we need to embrace change to move things forward.

Do you think that the current pandemic has caused Spiritualism to make more use of modern technology?

Yes, most certainly. Many of our churches have started to hold services and other events online, which have served to maintain the community for people unable to meet physically.

The SNU has been teaching online for eleven years through SNUi. In the first month after lockdown, membership of SNUi grew by 320 per cent and we have often held events with over 600 people in attendance from around the world.

It has also become clear to many of our churches that through the internet, they have created a virtual congregation way beyond the reach of their physical church building.

I am pleased to say that from some of the soundings I have taken, many churches are considering continuing a form of online presence even after they reopen their church to normal services.

As President, would you say that Spiritualists have adapted well to this?

Overall, I am incredibly proud at the way the movement has adapted and embraced the new challenges provided by the

pandemic.

I strongly sense a change in the movement. Looking to the future, I think with the direction and inspiration of Spirit, Spiritualism will become stronger as a result of the experiences of the last five months.

Many people I speak to have used the lockdown to allow themselves a little more time for their own wellbeing.

My travel is now greatly restricted, so I have been able to reorder my life to some extent and I am sure this is true for many people.

Normally, I drive nearly 30,000 miles every year. Not being able to do that has certainly freed up some time for other things.

How is Redwoods, the union's administrative HQ, coping with the pandemic?

Redwoods have coped admirably. We have remained open throughout the lockdown, with the General Manager attending the office every day and the staff working from home to support her and the membership.

At the beginning of April, members of the NEC took the time to personally call every one of our churches throughout the country just to make contact and reassure them that the union was still working hard on their behalf.

On reflection, I think we have worked harder than ever. Our General Purposes Committee has completed the new edition of *Rules for Churches 2021*, which we hope to issue towards the end of the year following Charity Commission approval.

The Education and Exponents Committee has totally updated and rewritten two major courses and developed a new style of learning bringing the other distance learning courses in line with the new Healing Course that was launched last year.

Course enrolment has grown strongly. National Boards in all disciplines have been held via Zoom to avoid any damaging backlog when we return to physical assessments.

We have also been very focused upon the churches and provided grants of working capital to keep them going. This, of course, is in addition to all the work we have done around COVID-19 and helping churches to prepare to reopen their doors safely.

2020 has proved to be quite a year for everyone, but I am pleased to report that the union has risen to the multiple challenges we faced.

By drawing closer and working together, I believe we have been able to take some significant steps forward on many fronts. ■

Judge awards medium over £50,000 after tripping on sunbed

A MEDIUM who fell after tripping on a sunbed during a luxury holiday has been awarded over £50,000 compensation by a judge.

Lynn Morgan, 62, tripped over a lounge beside the pool of a four-star hotel while on a £4,000 all-inclusive package holiday to Mauritius. Since the accident, she has developed a fear of falling.

The court heard that Mrs Morgan and her husband were staying at the adults-only Riu Le Morne Hotel in the resort of Bel Ombre. It offers a freshwater swimming pool, a chill-out area, five bars and four restaurants.

One press report said that Mrs Morgan, of Llantarnam, Cwmbran, works as a medium using "tarot, angels and various scrying techniques to help people."

After tripping over, Mrs Morgan fell and smashed her teeth and nose on a concrete floor.

The judge said her accident happened because the unlit sun terrace where she fell was too dark and the sunbed had been left protruding where she might trip.

While walking back to her room from a restaurant on her second night at the hotel, Mrs Morgan tripped and fell over the heavy wooden lounge.

She told the court that she was knocked unconscious. After she came round, Mrs Morgan was bleeding heavily and had severe pain in her nose and teeth.

The medium said it so dark she did not see the sunbed and that a member of staff had to use a torch to help her afterwards.

Mrs Morgan told the court that she had walked past the area on her way to a restaurant when it was still light and all of the loungers had then been stacked up neatly.

Giving evidence, Mrs Morgan said the accident had ruined her enjoyment of the holiday and of her daughter's wedding the following month.

She had also been left suffering from



MEDIUM Lynn Morgan smashed her teeth and nose on a concrete floor. (Photo: Facebook)

tinnitus and hearing loss, and would need therapy to overcome her newfound "phobia of falling."

For TUI UK Ltd, barrister Navjot Atwal claimed that the accident probably happened because Mrs Morgan was disorientated or not properly watching her feet. The sunbed was not invisible, he said, and probably had a light coloured cushion on it at the time.

The hotel's then manager claimed that lighting which was subsequently added to the area was for ambience and not to improve safety.

Giving judgment, Judge Jarman found that although it did not own or operate the hotel, TUI was liable for Mrs Morgan's accident.

He added it was caused by the "poor lighting" where she fell, although Mrs Morgan contributed to it by not turning back when she realised how dark it was.

Judge Jarman stated: "In my judgment, the preponderance of the evidence on how dark the accident spot was at the time shows that whilst it was not pitch dark, it was dark enough to make it very difficult to see the dark wooden sunbed, especially when someone was walking from the lit pathway onto the unlit sun terrace.

"In my judgment, no criticism can be made of her in choosing initially the route she did. She was not expecting a sunbed to be in the way, having come that way without obstruction some two hours earlier.

"Moreover, I am satisfied that she had only walked a few paces onto the sun terrace when the accident happened. She would only have had moments to realise that the way ahead was dark and to decide to turn back.

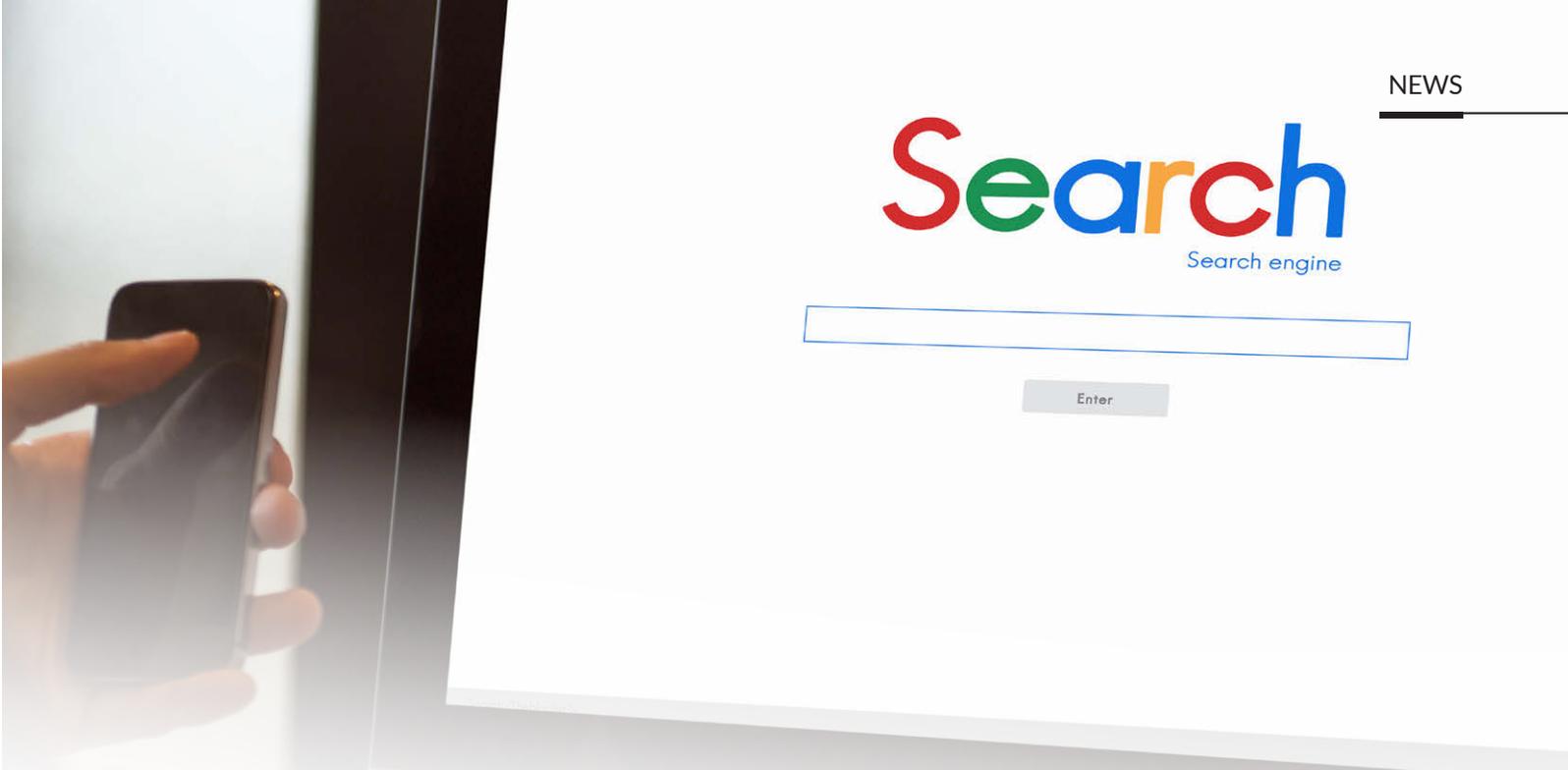
"Nevertheless, in my judgment, by not doing so she failed to take reasonable care for her own safety, although this failure is proportionately small compared to that of the defendant and I assess contributory negligence at 20 per cent."

Mrs Morgan was awarded a total of £53,186 for her injuries, dental work, a ruined holiday and clothes, and reduced enjoyment of her daughter's wedding.

On the internet, Mrs Morgan says: "I am a reiki master and also crystal therapist. I am able to offer a mobile service and am about to begin a series of workshops beginning with an introduction to tarot.

"I am a qualified English teacher and still work on a supply basis in primary and secondary schools. I also offer private tuition..."

"After working full-time as a teacher for many years, I am now working only two days a week in school, as I want to devote more time to developing my tarot therapy and holistic therapy business, as this gives me a deep sense of fulfillment." ■



Search
Search engine

Birmingham comes top of survey seeking psychic services

ACCORDING to a new survey, online searches for psychics and their services are on the rise with almost 80 per cent of Britons seeking advice during the coronavirus lockdown in the UK.

PsychicWorld.com added that 74 per cent wanted help on matters to do with love and 67 per cent concerning jobs.

"With this in mind," said the website, "the team at PsychicWorld.com sought to discover which cities in the UK are most open to psychic advice.

"To do this, we scraped Google data to find out how many times Brits are asking psychic-related queries in 30 of the biggest UK cities to identify which city is the most 'spiritual'.

"We can reveal that Birmingham is the most spiritual city in the UK, with around 1,440 searches a month from Brummie residents searching for online psychics, fortune tellers and more!

"Brummies are followed by Glaswegians in second place, with 1,030 searches per month asking Google queries relating to psychics and their services.

"Maybe it's the abundance of Scottish ghost stories or the mystery of the famous Loch Ness monster that means so many Glasgow residents trust in psychics and believe in the supernatural."

Bristol emerged third, where 260 of a total of 850 searches were spent trying to find a clairvoyant.

In fourth, fifth and sixth places came Liverpool, Manchester and Leeds with 840, 790 and 770 monthly psychic-related searches.

"According to a recent study," said the site, "Leeds came in as the thirteenth spookiest city. Manchester recorded a whopping 67 haunted houses, which might explain their burgeoning interest in psychics."

To make up the UK's top twenty spiritual cities, the seventh, eighth, ninth and tenth were Edinburgh, with 710 monthly searches, Sheffield (530), Belfast (430) and Newcastle (410).

The Welsh city of Swansea came bottom of the list with just 80 searches per month for psychic-related queries, which is "a staggering eighteen times less than Birmingham."

According to the website's analysis, Britons searched for those offering astrological advice, and aura readings and tarot readings.

"Aura readings," it said, "involve the observation of the energy/electromagnetic field surrounding a person's body.

"Methods generally include the interpretation of auras as layers and 'colours' of your personality."

Next came palmistry and then lithomancy, which was defined as "immersing gems or stones in water and then reading them by mutual proximity.

"A mainstream version includes using crystal balls to tap into and interpret visions seen through them."

Last came numerology. Practitioners "will read the person based on numbers such as their date of birth, number of letters in their name, and more!"

Explaining how it conducted the poll, the site said:

"To find out which UK cities are the most spiritual, PsychicWorld.com analysed Google data to find out which cities are searching for psychic-related queries the most, on average.

"To do this, PsychicWorld.com inputted the following terms into Google Adwords for each city: psychic, online psychic, fortune teller, tarot reading, spiritual healer, clairvoyant, aura reading and crystal ball reading/gazing.

"The number of times each of these queries were searched for on Google in each of the 30 biggest cities in the UK were then added together to achieve a combined total of 'spiritual' searches per city.

"PsychicWorld.com then used this to determine which city is the most spiritual and the least."

Other locations in the site's survey were Nottingham with 390 monthly searches, Leicester (350), Aberdeen and Wolverhampton (300) and Plymouth (290).

Bradford, Derby, Hull, Peterborough and Stoke each notched up 280 searches a month. Brighton scored 250, York 190, Chelmsford 120 and Wakefield 110. ■

America reports surge in sittings

IN the midst of the coronavirus pandemic, clairvoyants, astrologers and other seers across the United States have reported an increase for their services.

After the *New York Post* reported that the city's psychics are seeing a significant rise in demand, *New York Magazine* asked 100 practitioners through the country "how their businesses have fared this year and what their clients want to know."

Fifty per cent said demand for their help had increased. Thirty-five per cent explained it was about the same with only fifteen per cent answering "Worse."

"Summers are usually slow," said medium Amy Utsman. "This year I am overbooked."

Fellow medium Stephanie Miller commented: "From New York, Georgia, Florida and California. Between Los Angeles and Boca Raton. It's phone call after phone call."

Those the magazine contacted said the last time they saw so much interest was following the Boston Marathon bombing, after 9/11, about the 2016 election and during the recession of 2009.

Going further, the magazine asked if they were seeing clients face-to-face. Seventy-five per cent responded "No."

"I'm only doing telephone readings for now," said medium Valerie Morrison. "I've reduced my rate, so I can help more people."

Intuitive counsellor Elana Kilkenny is undertaking "more IGTV videos on Instagram" whilst a tarot reader named only as Maisy is offering readings on Zoom.

Fifty-eight per cent of those the magazine questioned felt their gifts had grown, with astrologer, tarot reader and medium Suzie Kerr Wright commenting:

"I'm not a super-woo-woo person, but there has never been a time when we have needed more healing and love on this planet than right now."

Sixty-one per cent of clients "tried to connect with a loved one they can't see in person" with 41 per cent saying

sitters likewise hoped to contact someone who passed of COVID-19.

Thirty-four per cent of sitters sought information about themselves. Other subjects were relationships (33 per cent), career (twenty per cent), money (six per cent), health (five per cent) and politics (two per cent).

The majority of clients were most worried about their families (57 per cent), the economy (27 per cent), COVID-19 (eight per cent) and the 2020 election (seven per cent).

"The calls tend to be frantic," said clairvoyant tarot reader Mary Miller. "People are absolutely tearing their hair out being with their loved ones 24/7."

"They're asking questions about how to deal with their kids. We're not therapists, but we fill that role."

Other subjects people wanted advice about concerned changing jobs, moving and having children.

Asked if they could tell if a client had COVID-19, 40 per cent of the practitioners replied "Yes" and 60 per cent "No."

Another question was, "What else do you expect to happen in the next six months?" The magazine received these replies:

"With Mars in retrograde and a variety of other transits coming up, the next six months are going to be just as turbulent as the last" – Maisy, tarot reader.

"China is more in the news (not good news: threats)" – Cheryl Murphy, psychic and evidential medium.

"We are having a Pluto Return as a country, and the upheaval is deep and painful. Pluto is ruthless in its quest for the truth and authenticity."

"The more we resist, the more difficult things will get and the more delayed positive change will be. We need to lay low for the next five months"

– Suzie Kerr Wright. ■

Bookings nearly double at shop

A NEW AGE shop in far-off Honolulu which offers psychic readings says business has nearly doubled due to COVID-19.

"There's an industry that thrives on uncertainty: psychics," reported Diane Ako.

"Many people want answers and stability because of the pandemic. That's why some Honolulu psychics say they're seeing more customers than ever before."

Psychic astrologer Sundae Merrick saw what was in the cards for one Honolulu woman asking about her daughter's distance learning.

To adhere to social distancing, over video conferencing, Sundae told the client, "She needs to hear not only from you as the mom, but also her father."

Sundae was speaking at Sedona Hawaii, an award-winning shop offering spiritual gifts, jewellery, metaphysical classes and psychic readings for personal and spiritual growth.

"There's so many people who need to know things at this time, whether it's when the pandemic will end or it's, 'My husband and I are at home together and having issues,'" said Sundae.

"When things are happening in the world, whether pandemic or riots, people want to be safe."

Sundae is one of six readers at Sedona Hawaii, whose owner, Malia Johnson, said bookings for fortune-tellers have gone up nearly 50 per cent.

"It really increased as soon as the lockdown was open," Malia explained. "Then the floodgates."

"People were cooped up and wondering what is happening to their lives, families, livelihood and health."

Behavioural therapist Jamie Fujimoto commented: "Right now there's a lot of fear, anxiety and depression."

"A lot of people are worried. There's a lot of uncertainty. They're looking for a light at the end of the tunnel."

Sundae Merrick added: "All astrologers knew we were going to have a big challenge with a pandemic and other big issues."

"In February of next year, things should lighten up. That's from looking at the planetary cycles." ■

Horse 'finds' woman new partner

A LONELY woman who spent several years looking for love has met a new partner after her horse "told" her where to find him.

Single for four years, Caroline Mckain, 56, thought she would never find love after a series of unsuitable dates.

Caroline consulted animal whisperer Beth Lee-Crowther to treat her horse Fred. Beth said he had "spoken" to her and told Caroline where she would finally meet her man.

The horse said that Caroline would settle down with someone from Devon with a scar on his leg.

An antiques dealer, Caroline forgot about the prediction until Charley Horton got in touch with her on a dating site. After meeting him near his home in Devon, just as Fred had said, she later discovered that Charley has a scar on his leg.

Having fallen in love, Caroline and Fred now plan to leave their home in Worcestershire to move in with 63-year-old Charley.

"I can't thank Fred enough," said Caroline. "I thought I might never find love again, but Fred knew better than I did. I'm finally happy after four years of searching."

Caroline sought help from Beth Lee-Crowther after she thought Fred had a sore back and a friend advised her to get Beth to speak to Fred to find out what was wrong.

As well as revealing the cause of his back problems, Fred told Beth various details about Caroline's life.

"He didn't just tell me about Caroline's new love interest," said Beth. "Fred could also tell the difference between which of Caroline's two daughters rode him by stating an injury that one of her daughters had."

"He also spoke about seeing the ghost of a black pony that sometimes visited the field."

Caroline met Charley online some months later. They are now buying a house together.

"Fred told Beth that I would meet my soulmate soon and I would know it was him because of a scar on his leg," said Caroline. "Fred also said he would be tall, have dark hair and live in Devon."

"Fast forward a couple of months and I was on a dating website where I met a guy called Charley who lived in Devon."

Charley commented: "I was so surprised when Caroline told me about Fred. I had no idea that she was looking for a man with a scar on his leg."

"I'm not much of a horsey person, but Fred is a real character. I like him a lot."

Lifting the veil on the Lottery's Mystic Meg

HAVE you ever wondered about the true identity of "Mystic Meg" who spent six years on the National Lottery?

Wonder no more, for Rachel Howarth, a senior reporter for *LancsLive* recently wrote a fascinating feature about her.

"While the county's legend has carved a small fortune from her all-seeing abilities," said Rachel, "very little is known about the woman who goes by the name 'Mystic Meg.'"

"Born Margaret Anne Lake, the now 77-year-old of Romany descent, was raised in a terraced house in Accrington where her grandmother taught her astrology."

"After going off to study English at the University of Leeds, she joined the *News of the World* as a sub-editor and worked her way up to deputy editor of its weekend colour supplement, *Sunday*."

By the mid-eighties, Margaret changed her name to Meg Markova and was the paper's regular astrologer. Freelance photographer David Porter recalled her personality as being as other-worldly as her appearance.

"She hardly ever spoke," said Mr Porter. "When she did, it was in a strange whispered monotone."

"She had the whitest skin I'd ever seen, and seemed to glide silently around the office without touching the floor."

Meg chose him to take the pictures for her brand new column, which involved a crystal ball, a black cat and a landline telephone covered in stickers of stars and moons.

"I thought it was a bit naff," said Mr Porter, "but the picture editor told me the telephone was very important. This was the early days of premium telephone lines, and there were fortunes to be made."

Meg's predictions brought her to the attention of National Lottery organisers. After starting each morning with a cup of hot water and the *Racing Post*, Meg would then draw a rune for the day ahead.

"Just before the Lottery started, I got the big money rune," she once told the *New Statesman*.

"On that same day, I got a call from National Lottery Live asking me to make a prediction on the first show."

"So the runes were right, though the big money was for other people! The prediction I made came true, so I was asked back."

Away from the crystal ball, "the clean-living vegan harboured worries about

her wrinkles and her weight," said Rachel.

"Refusing to touch alcohol or tobacco, Meg once opened up to the *Lancashire Telegraph* about her neurosis, revealing she pops a catalogue of supplements each day." She told the paper:

"I take a multi-vitamin, vitamin E, wild yam capsules and Coenzyme Q10. I also take herbal drops, Echinacea to boost the immune system and Gingko biloba to protect the memory."

"For the last ten years, my weight has been eight stone. I am glad my weight is in the normal healthy range for my height... like many people, I always intend to start going to the gym again."

"I try to stay with a vegan style of eating and... try to avoid all animal products. I think about nutrition. I've noticed that when I visit vegetarian shops, none of the customers is overweight."

Rachel said that as well as the seven cats she lived with in the upmarket London suburb of Notting Hill, "Meg also owns several racehorses with celestial names such as Astrodonna, Astroangel and Astronova."

"She puts her abilities to good use when it comes to picking a stud for her mares."

"I use my astrological skills to love-match the mares with the right stallions," Meg previously explained.

"Meanwhile, since parting ways with the Lottery in 2000, she has launched her own website offering daily predictions alongside astrology-themed jewellery and racy short stories about lusty liaisons."



MYSTIC MEG "seemed to glide silently around the office."
(Photo: Facebook)



Native American wisdom

Because some of Spiritualism's most eloquent spirit guides were Native American Indians, we have always enjoyed a special relationship with them.

Below is a wonderful selection of quotes from Native American Indians which mirror teachings from the spirit world and will nourish the soul.

IN early days we were close to nature. We judged time, weather conditions and many things by the elements – the good earth, the blue sky, the flying of geese and the changing winds. We looked to these for guidance and answers.

Our prayers and thanksgiving were said to the four winds – to the East, whence the new day was born; to the South, which sent the warm breeze which gave a feeling of comfort; to the West, which ended the day and brought rest; and to the North, the mother of winter whose sharp air awakened a time of preparation for the long weeks ahead.

We lived by God's hand through nature and evaluated the changing winds to tell us or warn us of what was ahead. Today we are again evaluating the changing winds.

May we be strong in spirit and equal to our fathers of another day in reading the signs accurately and interpreting them wisely. May the Great Spirit look down upon us, guide us, inspire us, and give us courage and wisdom.

Above all, may He look down upon us and be pleased – *Speaker at the National Congress of American Indians in the mid-1960s.*

- Don't be afraid to cry. It will free your mind of sorrowful thoughts – *Hopi.*
- Day and night cannot dwell together – *Duwamish.*
- It is better to have less thunder in the mouth and more lightning in the hand – *Apache.*
- They are not dead who live in the hearts they leave behind – *Tuscarora.*
- When we show our respect for other living things, they respond with respect for us – *Arapaho.*
- We will be known forever by the tracks we leave – *Dakota.*
- Do not judge your neighbour until you walk two moons in his moccasins – *Cheyenne.*
- Everyone who is successful must have dreamed of something – *Maricopa.*
- You can't wake a person who is pretending to be asleep – *Navajo.*
- If a man is as wise as a serpent, he can afford to be as harmless as a dove – *Cheyenne.*
- A brave man dies but once, a coward many times – *Iowa.*
- All plants are our brothers and sisters. They talk to us and if we listen, we can hear them – *Arapaho.*
- When a man moves away from nature his heart becomes hard – *Lakota.*
- The Great Spirit is in all things. He is in the air we breathe. The Great Spirit is our Father, but the Earth is our Mother. She nourishes us. That which we put into the ground she returns to us – *Big Thunder Wabanaki Algonquin.*
- When you are in doubt, be still and wait. When doubt no longer exists for you, then go forward with courage. So long as mists envelop you, be still until the sunlight pours through and dispels the mists, as it surely will, then act with courage – *Ponca Chief White Eagle.*
- Oh Great Spirit, help me always to

to hear your words and your voice. Let me learn the lessons that you have hidden under every rock and leaf.

- Kinship with all creatures of the earth, sky and water was a real and active principle.

In the animal and bird world there existed a brotherly feeling that kept us safe among them.

The animals had rights – the right of man's protection, the right to live, the right to multiply, the right to freedom and the right to man's indebtedness.

This concept of life and its relations filled us with the joy and mystery of living.

It gave us reverence for all life; it made a place for all things in the scheme of existence with equal importance to all – *Chief Luther Standing Bear*.

- If we wonder often, the gift of knowledge will come – *Arapaho*.
- Those who lie down with dogs get up with fleas – *Blackfoot*.
- Remember that your children are not your own, but are lent to you by the Creator – *Mohawk*.
- One rain does not make a crop – *Creole*.
- Man's law changes with his understanding of man. Only the laws of the spirit remain always the same – *Crow*.
- There is no death, only a change of worlds – *Duwamish*.
- To touch the earth is to have harmony with nature – *Oglala Sioux*.

- When a fox walks lame, the old rabbit jumps – *Oklahoma*.
- It is easy to be brave from a distance – *Omaha*.
- Each person is his own judge – *Shawnee*.
- Listen or your tongue will make you deaf – *Unknown*.
- The rain falls on the just and the unjust – *Hopi*.
- When you die, you will be spoken of as those in the sky like the stars – *Yurok*.
- By listening to the inner self and following one's instincts and intuitions, a person may be guided to safety – *Unknown*.
- Out of the Indian approach to life there came a great freedom, an intense and absorbing respect for life, enriching faith in a Supreme Power and principles of truth, honesty, generosity, equity and brotherhood as a guide to mundane relations – *Luther Standing Bear Oglala Sioux*.
- Be gentle as the spring rain. Be kind to everything that lives. Be known by the tracks you leave – *Unknown*.
- Great Spirit, whose voice I hear in the winds and whose breath gives life to all in the world, hear me.
I am small and weak, and need your strength and your wisdom. Let me walk in beauty and let my eyes ever behold the red and purple sunsets that you have created.
Make my hands respect the things that you have made and my ears sharp

to hear your words and your voice. Let me learn the lessons that you have hidden under every rock and leaf.

I seek strength not to be greater than my brother, but to fight my greatest enemy – myself.

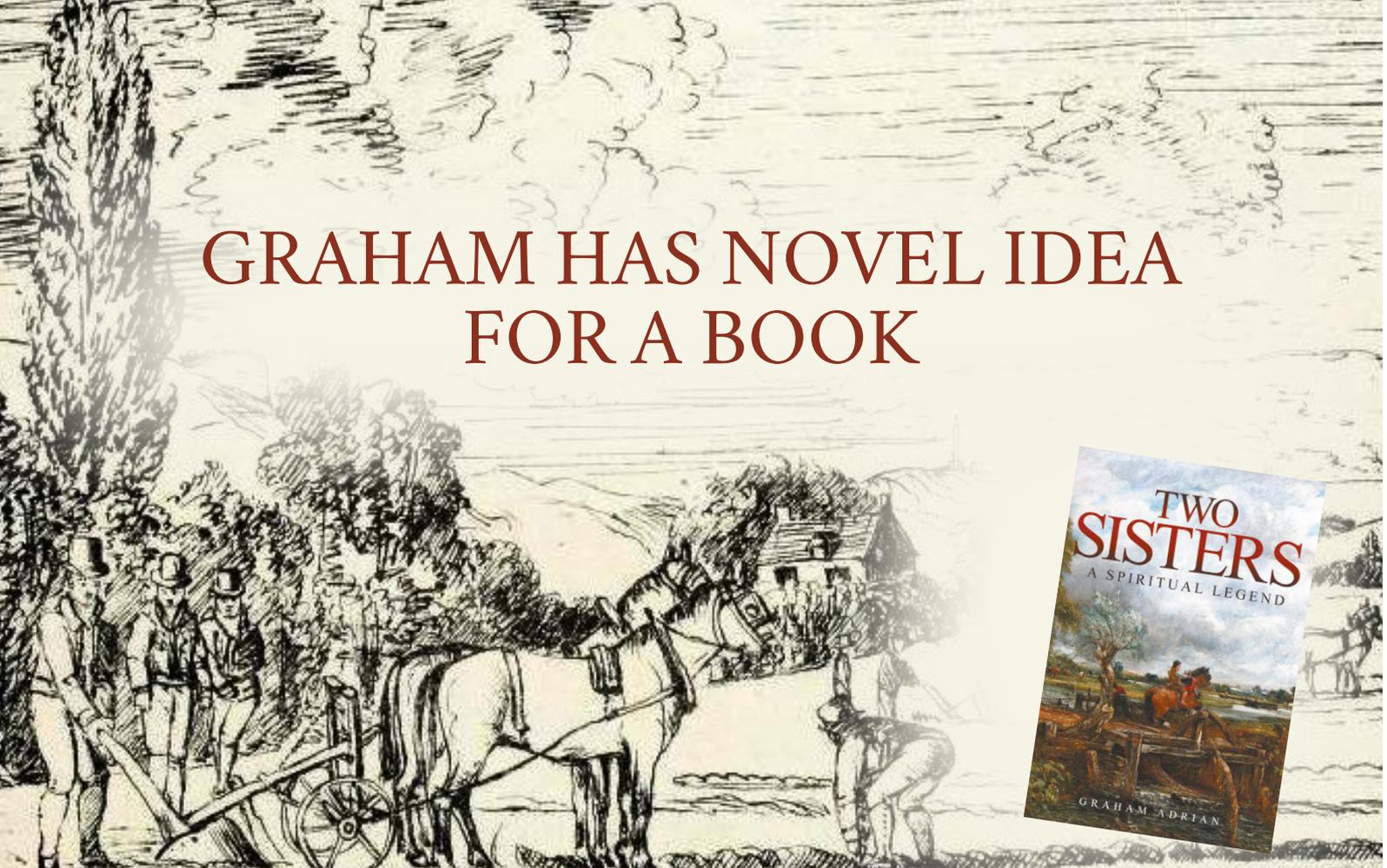
Make me always ready to come to you with clean hands and straight eyes, so that when my life fades as the fading sunset my spirit can come to you without shame – *Unknown*.

- Our first teacher is our own heart – *Cheyenne*.
- Listen to the wind. It talks. Listen to the silence. It speaks. Listen to your heart. It knows.
Looking behind, I am filled with gratitude. Looking forward, I am filled with vision.
Looking upwards, I am filled with strength. Looking within, I discover peace – *Unknown*.
- Keep the warmth of the sun in your heart – *Unknown*.
- When a man does a piece of work which is admired by all we say that it is wonderful.

But when we see the changes of day and night, the sun, the moon and the stars in the sky, and the changing seasons upon the earth, with their ripening fruits, anyone must realise that it is the work of someone much more powerful than man – *Chased-by-Bears, Santee-Yanktonai Sioux*.



GRAHAM HAS NOVEL IDEA FOR A BOOK



THIS engraving shows a head ploughman, who is the main character's father. (Courtesy of "Valentine Verses" by Richard Cobbold)

Normally, "Psychic News" columnist Graham Jennings answers a variety of questions from readers about Spiritualism and the supernatural. This month the situation is reversed, for he replies to questions about himself.

The reason is that writing under the nom de plume of Graham Adrian, he has just released his first novel. Graham's story is set in 18th century Suffolk with a great deal of brilliant period detail alongside the exciting story.

There are scenes in London, too, and battles on the high seas. Finally, Graham takes readers to the new territories of Australia.

Graham starts by answering two questions: "Where did you grow up? Were your family Spiritualists?"

I HAVE lived in south London since childhood. My family were Church of England. Although several of them had seen or sensed a spirit presence, they were not curious enough to enquire further and didn't really want to know.

However, after their transitions they made many spirit returns, including my father who told me through a medium, "What you were trying to tell me was the truth."

What have been your most important experiences of spirit contact? Do you visit Spiritualist churches or meetings regularly?

I have enjoyed over 40 years of spirit communication from family, friends and work colleagues as well as from my sweetheart, who passed 30 years ago.

Recently, an old school friend whom I hadn't seen for 60 years came through and gave his full name. It was good to know that he hadn't forgotten me!



GRAHAM JENNINGS: "The age of belief and faith is receding and being replaced by one of insight and reality."

I've attended Spiritualist churches since the 1970s, and have been a church officer and president.

Can you give one or two examples of especially important or evidential experiences?

My friend Jan Dower is an outstanding mental and physical medium. We have been sitting together in physical development circles for nineteen years.

We used to hold a weekly circle for the direct voice. In complete darkness, a man's voice was often heard, although no séance trumpet or any other physical equipment was used.

The guides told us they had constructed and attached an etheric voice box to a circle member, and the voice was certainly different from his.

We also saw spirit lights, were touched by invisible hands and heard partially materialised animals scratching the carpet and scampering about.

At a demonstration of psychic art, Andy Mulligan drew my great-grandmother, who was born in 1860 and passed in 1954. I had only known her as an old lady when I was very young.

In the drawing, she showed herself as a woman aged about 30, but comparing her features with a photograph showed that this was indeed the same person.

This is surely the best possible evidence. How could Andy possibly have known what she looked like around 1890?

Was there a particular turning point in your spiritual path?

I started out in the printing trade before

ending up in the Marketing Department of Safeway supermarkets, but was made redundant in my fifties, so decided to study for a writing career at the City Literary Institute where I learned how to research history.

I had been active in the Spiritualist movement and was already thinking about writing spiritual stories when my long-time friend Owen Doyle, the book reviewer for *Two Worlds*, recommended me to Tony Ortzen, the magazine's editor.

I took over Owen's monthly book reviews and later wrote a series about our pioneers until the magazine's amalgamation with *Psychic News*.

How did your interest in history, and especially Suffolk, develop?

I studied philosophy as a young man. When I was introduced to Spiritualist philosophy, later I realised it was the key to everything: it was what Plato had written about in *The Republic*, albeit in a roundabout way.

I started to read *Psychic News* and *Two Worlds*, and to collect mostly historical Spiritualist books. Of course, the internet now makes access to more Spiritualist classics much easier.

I appreciated the importance of history even more when I discovered that the early Christians also practised healing and trance mediumship until both were banned by the Church in the fourth century.

As for Suffolk, I love 18th century poetry – George Crabbe and Robert Bloomfield give vivid descriptions of rural life in Suffolk – and the paintings of Gainsborough and Constable.

Their work, along with that of other writers and painters, provided the historical detail and inspiration for me to write a novel both unique to that period and relevant to our own.

Why did you decide to write your book "Two Sisters"? Please describe the story. Has the writing and publication been easy?

The 18th century mirrors our modern times in many ways, especially with frequent wars and violent crime.

The smugglers and highwaymen were like the drug dealers and thieves of today whilst the exceptional wealth from a growing empire at that time sowed the seeds of modern materialism.

Just like today, religion became a business and the gospel of possessions and status superseded the spiritual.

I got to wondering how after death materialists cope with finding themselves in a non-physical, mental world and wanted to write a story about such characters, their lives here and the difficulties they would face in spirit life.

Then I remembered reading about a passionate and headstrong Suffolk woman who was a model servant and



MUCH of the action in the book occurs near the River Orwell at Ipswich. (Courtesy of "Valentine Verses" by Richard Cobbold)

helped several people, but was led astray by a worthless lover causing her to be sentenced to death before being transported to Botany Bay.

Now, she'd had a sister who passed on early in life. How would she have felt if she could see her sister, from the spirit world, making bad choices and wanting desperately to save her from herself? That was the inspiration for *Two Sisters*.

As for the writing, bringing the various strands together, shaping them and tying up loose ends was the most difficult thing I've ever done.

The first few chapters didn't quite engage the reader, but the publisher came to the rescue with a good edit. However, it's left me I'm in a much better position to write my second novel.

How old are you? If you are you married, do you have children? Where do you live now?

I'm a 74-year-old bachelor still living in south London. Jan and I have what I would call a "blending of souls." We have known each other for twenty years and our interests are similar.

Our spirit guides say that we belong to an organisation on the other side of life, so it seems natural that we should do spiritual work together here.

Do you think that your personal experiences or difficulties in life have had a spiritual purpose?

I had a lot of disappointments in early life that left me feeling a bit like William Ernest Henley in his poem *Invictus*, "bloody but unbowed."

Eventually, I learned to treat adversity as a possible opportunity, which is why, when I was suddenly made redundant, I decided to develop my interests in writing and history.

If you could spend some time or have a dinner party with anybody, "dead" or alive, who would you choose and why?

As I've said, I have heard from family members, but I'd love to know from one or two of them what their lives are really like now.

Also, I would want to hear from the Swedish theologian, scientist, philosopher

and mystic Emanuel Swedenborg about the opportunities on his side of life for further education.

Then there is Montanus, the second century so-called heretic who tried to restore the Church to its charismatic origins. He could describe the incredible trance mediumship of his protégés, Prisca and Maximilla, known throughout Asia Minor.

Do you have any hobbies or interests away from the psychic scene? What would be your perfect day?

I love jogging, swimming and cycling. There are several commons and parks nearby and Tooting Bec Lido, which is the largest freshwater pool in Europe.

A perfect day for me is cycling up the Thames path and picnicking on the riverbank or visiting with Jan somewhere we haven't been before.

How do you think Spiritualism could make its message better known?

What has happened to Spiritualist philosophy? We are already a generation into the Aquarian Age and, with orthodox religious beliefs and political ideologies becoming increasingly irrelevant, surely now is the time for a practical spiritual philosophy – one that takes account of our true spiritual nature and teaches personal responsibility.

If more people knew that life is continuous, the universal outlook on life would change forever.

For instance, there are still plenty of old-style dictators around. How would things be different if they knew that one day they would be held accountable for their every action?

The age of belief and faith is receding and being replaced by one of insight and reality. People, and especially the young, want knowledge, evidence and reasonable arguments about the meaning and purpose of life. Only Spiritualists are in a position to provide an all-embracing philosophy.

■ **"Two Sisters" is published by Local Legend at £12.00. Running to 328 pages, including black and white images, it is available from www.local-legend.co.uk**

CORAL POLGE: Of her gift for mediumship, Coral commented, "We are purely telephone lines, nothing more."



BARBARA WHITE: "Babies and young children are well looked after in Spirit when they arrive there prematurely."
(Photo: Trinley Paris Photo)



PORTRAITS OF THE LIVING 'DEAD'

By Barbara White

Below, Barbara White homes in on psychic art and tells how her young son Russ returned through famous psychic artist Coral Polge (pictured above).

Of her gift, Coral once commented: "We are purely telephone lines, nothing more. As long as there is somebody's picture waiting to be drawn, I will continue to be used as a channel for such communication between this world and the next.

"This was the path mapped out for me. It is a path I tread with love and a great sense of privilege that I was chosen to do so."

Over the years, Coral's superb mediumship produced many thousands of psychic portraits of the living dead.

MY first article for *Two Worlds* was about coming to terms with the loss of a dear husband. This time the narrative concerns a baby.

I am sure you will understand me

delving deep into the archives of my mind not as a self-indulgent gesture, but to share with you my experience of meeting Coral Polge, and through her, the just mentioned baby.

At the time she was considered to be the best-known psychic artist in the world. The year was 1984 and Coral was at the height of her gift.

Born in 1924, she passed to the next life in 2001, having devoted 54 years of service to Spiritualism, reuniting people on the two sides of the "veil" through her work.

The following events happened in my early years of attending the local Spiritualist church.

The president suggested that a small group might like to gather at one of the members' homes to meet Coral and have individual sittings with her.

The group would be limited to four to ensure that everyone had the chance

to take a portrait home. This was a most exciting prospect and I quickly volunteered.

It would be wonderful to meet someone I had heard so much about. The portrait would be a bonus, but it did not even cross my mind who might appear.

Four proved to be the ideal number, as undoubtedly Coral had already discovered from previous experience. She sat facing us all and we took it in turn to leave our seats and join her at the front, where she had her easel.

Coral explained she would not be “calling up” anyone; it was up to Spirit to decide who, from among various family members, friends and acquaintances on the Other Side, which person would be lucky or maybe deserving enough to be drawn.

One immediately has a mental image of a queue of “possibles” standing next to the artist, each pointing towards their chest and imploring to be drawn! No doubt everyone is far more organised and self-controlled than that and presumably without arguing.

Coral seemed very calm about the whole procedure, content to be bringing joy from the next world and happy to have been chosen by Spirit to utilise her special gift.

It was an astonishing turn of events when my son Russ, who at that time must have just about reached adulthood in Spirit, came to have his portrait drawn that evening.

As I had never previously had a sign from Russ since losing him at a mere three days old, this was a momentous occasion.

It had not even been possible to hold Russ when he was born. The doctor came to my home, took a quick look, pronounced him to be a “blue baby” and immediately arranged for him to be taken to hospital.

The blue colour of the skin usually indicates insufficient oxygen and is often connected with a serious heart defect. And so it proved – Russ did not survive on earth.

As for the spirit time-scale – referring to my statement that Russ must just have reached adulthood – although we think of Spirit as being an Eternal Now, without any day, night or seasons, there is a certain amount of measurement of time.

We saw this, for example, with Spirit planning in the upper spheres of momentous events such as the start of Modern Spiritualism in 1848 through the Fox sisters at Hydesville. No doubt this is to give us time-driven earthlings some points of reference.

With regard to young lives being cut short – which is how we view it from our



HERE is Barbara White's baby Russ as drawn by Coral Polge.

limited perspective – Spirit seem to keep to the same rate of development as if the child had grown up on Earth.

Until that moment, I had pictured Russ as a permanently tiny baby, whose promise of a life with his family had been lost.

At the time I did not realise that these events were undoubtedly part of my son's life plan, established with his own agreement before he incarnated.

As I became more acquainted with Spiritualism, I realised that babies and young children are well looked after in Spirit when they arrive there prematurely.

They are lovingly brought up by a caring group who have chosen as their spirit work to look after infants and small children arriving without their parents.

This does not signify that their parents mean less to them than if they were living together. Usually, the children follow with interest the life and fortunes of the parents and are eager to make contact as soon as they reach the spirit world.

That evening, at a stroke I not only had Russ back, but a grown-up son I could be proud of! Coral was able to chat at the same time as drawing and relay verbal evidence.

For instance, Russ told her he was one of three brothers. This is quite true, as I have two sons on the earth plane. Coral added that one of them has blond hair with brown eyes – less common than blond hair with light-coloured eyes. It was good to have this evidence.

I no longer miss Russ because I know he will be there for me in the spirit world when I arrive.

An important point which should be borne in mind by anyone sitting with a psychic artist is that if a deceased family member or friend appears, there is usually instant recognition by the recipient of the portrait. On the other hand, it could well be your guide who appears.

Now let's look at some additional general points about psychic art and Coral Polge:

- If your guide communicates via a portrait, utilising the opportunity to be acquainted with you, it is both an honour and a comfort.
- Although you are very familiar to your guide, he or she has probably hitherto been unknown to you. It will be good that you know him or her.
- It is more likely to be a relative or friend who returns. There is great satisfaction when you recognise the communicator, but even more so when it is happening around you to others too.
- When Coral was born, the midwife exclaimed, "This child has been here before!"
- On an unusual note, Coral sometimes drew spirit beings who were going to reincarnate as much as ten years before they were born.
- Coral was doing us a favour taking us as a small group. At a public demonstration, she often worked in tandem with another medium.

Coral sometimes worked with Stephen O'Brien, as it was easier for her to concentrate on drawing while another medium gave accompanying evidence.

- Although Coral was a trained commercial artist, she never took any lessons in drawing. She was artistically guided in her work by French artist Maurice Quentin de La Tour (1704-1788).

So how does psychic art work? Here John Brett, another psychic artist, explains the process:

"Psychic art is an unusual type of mediumship in that it offers us the opportunity for visual contact with Spirit, as we actually get to see a visual manifestation of the communicating personality.

"This is a type of mediumship which has been practised since Spiritualism began, but is quite rare in comparison to the usual mental mediumship – clairaudience, clairvoyance and clairsentience.

“

Even though we are producing sketches at speed, there is still a need to include as much detail as possible

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"The communication of these faces is a puzzler. The guides who work with the artist seem to somehow guide the artist's hand because the drawing appears to come into being almost automatically.

"If the artist does not interfere with the process then it really does become automatic because the lines are established so quickly."

John added: "In this situation, the artist can sense the presence of the spirit being and start working clairsentiently.

"It's like being in an altered state, a very light trance, but it doesn't last for long, so when the basics have been completed, the details are left for the artist to finish.

"Psychic artists switch between two frequencies to make the contact work, receiving the picture on one frequency and switching to another for their spoken communication.

"This is why, when giving public demonstrations, an artist will often work with a medium so that verbal communication can be passed on more rapidly through the medium, making the whole thing go more smoothly."

This certainly tallies with the way Coral worked if she was demonstrating to a large audience. It must be so much easier for the artist if another medium relays messages while the artist concentrates on drawing.

John continued: "The images and the verbal communication are transmitted at different frequencies. Much like a radio, mediums attune themselves to a frequency where contact becomes possible.

"Even though we are producing sketches at speed, there is still a need to include as much detail as possible, and this is often dependent on the response from the person on the receiving end.

"There is no doubt that when the recipient is found quickly and responds enthusiastically in the correct manner, the contact becomes stronger and little details can be obtained more easily making for a better likeness."

That makes sense. Coral certainly



JOHN BRETT: "Much like a radio, mediums attune themselves to a frequency where contact becomes possible."

generated enthusiasm and eager responses from all her sitters. It was a privilege to meet her and my son's portrait is a wonderful way to be able to remember her.

Coral's husband was the well-known Tom Johanson, a former secretary of the Spiritualist Association of Great Britain.

I found this quote on a site set up for her after she passed to Spirit: "Coral's life was dedicated to the vivid demonstration of the many ways the spiritual work is interacting with the material world on multiple levels.

"Her humour, critical and self-critical brilliance and her kindness and care made her friends everywhere in the world." What a magnificent tribute!

Meanwhile, five years after she passed on, Coral returned to a group of young psychic artists whom she had been helping to develop their gift. Her advice was, "Always do what I did – work from the heart and you will succeed..." ■

Medium gives policeman arresting evidence

PN Reporter

Please settle back to meet medium and Spiritualists' National Union minister Val Williams, who demonstrates not only in the UK, but also in many countries abroad.

A union award-holder and tutor for the Arthur Findlay College, Essex, the first point put to Val was: "The college website says, 'Val has, on occasion, lectured to members of the police service in order to determine if assistance from the spirit world is able to assist them with ongoing investigations.' What's the story behind this?"

MANY years ago, I was asked to give a lecture to high-ranking police officers in the West Midlands. Apparently, I had done a sitting for the wife of a chief inspector.

He listened to the tape and knew I was genuine, so when they needed a medium to talk to them he invited me.

The subject was "Can mediums help in cases such as when paedophiles assault and then kill children?" There is, of course, no simple answer to this.

Ultimately, I suggested that there would be no point in a police officer going to a

medium, but if they took along a loved one of the deceased child there may be relevant communication.

During the course of the talk, Spirit slipped in and I gave evidence to one of the policemen, who was very shocked.

He told everyone there was no way I could have known any of the information nor did anyone else in the room because it related to experiences with his father when he was a child.

As I said at the time, I had proved my credibility to the police. Later the chief inspector told me that my talk and the evidence made a huge impact on the policemen.

The full story is in my book *Two Worlds as One*, which has now been translated into Danish. My second book will be out before Christmas, so I'm getting excited about that.

Both your grandmother and great-grandmother were mediums. Can you tell me something about them?

My mother told me my grandmother was a medium and that her grandmother was known as the "witch of the village." They were Cornish. My great-grandmother made herbal remedies for villagers.

When did you first come into contact with Spiritualism?

I was 33 when I first went into a Spiritualist church after being directed there by a psychic, who told me that my murdered cousin was "wandering around lost in the spirit world." Until this point I had never heard of Spiritualism or Spiritualist churches.

However, from as early as I can remember I had voices in my head. In particular, when I was nine there was the voice of a little girl, which was different from mine.

When I came into Spiritualism, I connected with her through a meditation. Only then did my mother and I discuss anything to do with psychic awareness.

However, she did tell me that as a child I used to talk to my "imaginary friend" and that once when on a bus, I screamed very loudly when someone sat next to me, saying they had sat on my friend.

Growing up with these strange thoughts and voices was very difficult, and I was often chastised for the things that literally popped out of my mouth. By the age of nine, I finally learned to keep this under control, so no one would know.

Do you think there's a psychic gene in the family?

There has always been a psychic faculty with the females of my mother's side, but not the males, so my mother knew what was happening to me.

Were you raised as a Spiritualist?

I was raised as a Congregationalist and up to the age of around twelve attended church every Sunday.

My disillusionment came when I talked to our vicar one Friday and his last words were, "See you in church on Sunday." When I went to church on the Sunday there was another vicar.

When I asked my friends, they said our vicar was dead and that he had died in his car at the exact time I was talking to him on Friday afternoon.

At that point, I lost my faith in God and only recovered it through Spiritualism, which felt to me as though I had come home.

Where were you born and when?

In Fleetwood, Lancs, at the end of the 1940s, which is steeped in Spiritualist history. Materialisation medium Helen Duncan used to go to Fleetwood once a month.

Where do you live now?

In Blackburn. It's a multi-cultural busy town, which makes it quite fascinating. However, in any direction I am within a five-minute drive of the most beautiful countryside.



VAL WILLIAMS: "I think it is vital to portray the personality and emotion of a spirit personality and not just give pieces of information about them."

I moved to Blackburn over twenty years ago because the people at the Spiritualist church were just like family to each other.

Who's in the rest of the family? How do they regard your mediumship?

I have very little contact with family members, none of whom is interested in mediumship. Sometimes it's lonely, but once on this path of discovery I could not turn back from it.

What psychic gifts do you have? Where did you develop them?

In my younger years, apparently I had the uncanny knack of saying to people, especially those who visited the house, what my mother was thinking and whom she did not really like.

I received many smacks for saying what she was thinking, which was a very good reason to keep quiet.

My most memorable experiences are, for example, of seeing on TV people who were crying because a loved one had disappeared.

On more than one occasion, I pointed at the screen and said "He has done it" or "She has done it" and was always right.

I see, hear and sense Spirit and now understand the mechanics of my mediumship.

In 1984, medium Gordon Higginson told me that I had a very unusual gift because I actually "become the Spirit person." I think it is vital to portray the personality and emotion of a spirit personality and not just give pieces of information about them.

I went to the Arthur Findlay College a couple of times, but in those days there were no workshops, only lectures, so I had to turn to Spirit to teach me.

Friends and I formed our own circle. My trance work developed and we also had many physical mediumship experiences. After I left Fleetwood in 1989, I didn't sit regularly in a circle.

How many Spiritualist churches do you serve a month and in which parts of the country?

I serve churches in England whenever I am in the country, but until the coronavirus pandemic, I was abroad for almost half of each year.

This month I can celebrate being a Spiritualist medium for 40 years. I love to work in our churches and often give demonstrations for no fee to help churches in need.

I really enjoy giving demonstrations to bring new people into Spiritualism. There has been a decline in the number attending most of our churches, so I think it is very important to reach outside them in the hope of bringing our religion to the

attention of people who don't know about us.

Can you list the countries abroad where you've demonstrated?

For over 35 years, I have worked in Canada, the USA, Denmark, Germany, Sweden, Switzerland, Norway, Australia, France and Belgium to name just a few countries.

I still work in many of them today organising workshops and seminars for small groups as well as larger ones. Sadly, I've had to temporarily curtail going abroad due to COVID-19.

Is it difficult working via a translator?

In countries where there is need for translation there is no barrier to spirit communication at all. Sometimes I find it easier.

However, in my early days in the 1990s I found it difficult to stop mid-communication to wait for the translator. Of course, for our six words there always seems to be three times as many words in the translation!

The secret is to stay in the power with Spirit, never to panic and to feel when the translator will stop, then simply continue.

In a similar way, I find it fascinating using modern technology. For example, with Skype readings I feel the presence of Spirit as closely as I do when sitting in a room with the recipient.

What can those who receive a spirit message do to assist a medium?

I believe we need to train sitters and audiences because many times they are new to receiving communication and we cannot blame them if they do not know how to respond.

I always ask people to simply say, "Yes," "No" or "I don't know." During training sessions for mediums, we sometimes role-play so a developing medium knows how to prepare a sitter or an audience.

Public presentation may come easily to some people, but not everyone understands how to interact spontaneously with an audience.

What advice would you give to fledgling mediums?

Never allow yourself to be booked for public work before you are ready. One inexperienced demonstration will be remembered forever as "bad," even if it was simply that the medium was nervous.

I would ask other mediums to be willing to take fledglings out with them to help them get over their nerves.

I would also suggest that fledglings have someone close to them they can trust

who will help them analyse their work afterwards. I found this invaluable when I was first demonstrating publicly.

Additionally, I would also advise fledgling mediums to give private sittings as often as possible to build up their confidence, help them to understand what they are doing wrong, etc.

What's the most satisfying aspect about being a medium?

When someone comes close, gives very personal information and the recipient knows they have not "lost" their loved one, there is nothing in the world to compare with the feeling I get when they say: "Now I am at peace knowing they are safe. I must continue with my life."

What was the best day in your life... and the worst?

The best day was leaving a dysfunctional man and marriage, and daring to put my trust in Spirit to take care of me.

I promised them that if they helped me, I would not let them down and never have.

I try not to dwell on the worst days because up to the age of 42, there were so many. Now I am grateful and thank Spirit every day for my freedom.

If you were Prime Minister for a day and could do so, can you think of three laws you would pass immediately?

I cannot imagine anything worse than being Prime Minister! I have never wanted to have power over anyone else. Nor do I ever again want anyone having power over me.

If I were in that terrible position, any laws I would make would be about personal and religious freedom.

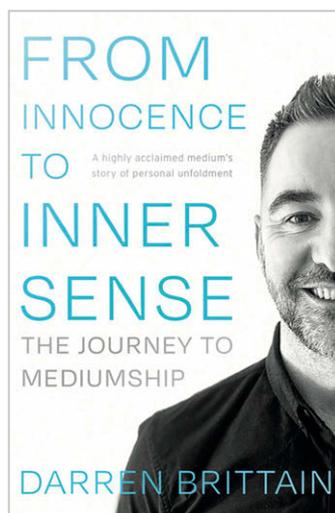
Lastly, what's your philosophy of life?

My philosophy of life has changed dramatically due to personal experiences. I have met so many wonderful people through Spiritualism. Some of them have lost so much and shown me a different way of thinking.

My philosophy is simply to live each day feeling grateful for who I am now, to remind the lonely they are not forgotten and to walk my talk as much as humanly possible!

■ To purchase Val's book and a variety of CDs, please visit www.internationalmedium.co.uk Val also offers sittings by Skype and Zoom.

You can contact Val by e-mail at val_williams57@hotmail.com



ORANGE IS FRUITFUL PROOF IN LIFE AFTER DEATH CODE

Below, Graham Jennings reviews medium Darren Brittain's new book "From Innocence to Inner Sense: The Journey to Mediumship."

EVERYONE who wishes to develop mediumship should read Darren Brittain's book.

True mediumship, as he continually stresses, is about more than giving messages – it is living proof that we are all spirit beings not only in the hereafter, but here and now.

It is important therefore that the medium makes the strongest possible connection with a spirit person who wishes to communicate. The stronger the connection is, the more evidential will be the communication.

A teacher as well as a medium, Darren devotes much of the book to showing us how to strengthen and improve that connection.

Although Darren experienced nothing psychic in childhood, events in adolescence soon mapped out the path he was destined to take. They began with migraine attacks that temporarily impaired his vision.

Medical treatment was successful, but he was left with a new ability to see lights around people.

"If I stared enough at the lights for long enough," he writes, "they would somehow tell me things."

Darren could, for instance, tell whether people were depressed or anxious "and I could sometimes feel in my own body what they were experiencing too."

Curious and wanting to know more, he

found library books that called the lights "auras." His doctor had too, but intriguingly the books also used the term "psychic." That only made Darren more curious.

He grew up in a village surrounded by acres green of rolling Yorkshire countryside. In Stainforth, the next village, there was "a dark, run-down old building," which locals called "The spooky hut."

One foggy night in 1991 he decided to visit, despite gossip of demons and floating ghosts! Wednesday was Open Circle.

The circle leader confirmed that Darren was seeing spirit lights and added, "Within a year, you will be standing here doing what I'm doing."

Soon after this he experienced the power of the mind in strange ways. Darren

began to think, "What if this or that happened?"

At another church, Darren started to wonder how he could possibly cope if he were asked to give a message from the platform.

A friend pointed him out to the two visiting mediums when they arrived... and they asked him to join them! Reluctantly, Darren did so and managed to give a message successfully.

He didn't realise at the time that "all thoughts are heard by the Universe and taken literally; even the 'I wonder how...' thoughts are seen by the Universe as an invitation to accommodate my desire for more understanding."

When a friend's husband passed with a heart attack, he wondered how the man had felt. Darren promptly experienced symptoms of a heart problem himself and

“ The blessing of mediumship is that it reminds us we already are spirit ”

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underwent tests.

Fortunately, they proved negative. Nevertheless, he experienced the anxiety of what might have occurred.

Then he watched a television programme about a man with a gunshot wound in the kneecap. His "What if I were shot?" thoughts resulted in his being similarly shot from a passing car. Mercifully, it was with an airgun pellet, not a bullet.

When Darren indentified with his dad's appendicitis, events took a more serious turn. He needed an operation himself and his appendix "literally burst just as the surgeon started to remove it."

These events helped him come to an understanding of the principle of cause and effect. Meanwhile, his spiritual development continued.

Just as the Stainforth medium predicted, within a year Darren was on the platform and taking services. This was in addition to being an apprenticed electrician and attending college.

His family were skilled tradesmen and he decided to become similarly qualified. Although Darren soon realised this was not his life's calling, he completed the apprenticeship and worked for a while as an electrician.

He applied this practical, no-nonsense approach to his mediumship as well. As he writes:

"From my first visit to a Spiritualist church... I always felt clear about which information was vague or wishy-washy, and what was clear and precise. I think this was helped by my various occupations, some of which were detail-oriented.

"You can't be wishy-washy whilst wiring a house with a 240-volt power supply, or be ambiguous in the recording of patients' information in the optometrists where I had also worked.

"It was this mentality of having to 'get it right,' combined with a clear idea on what is evidence of life after death which ultimately moved my mediumship into communicating more precise information."

Darren is known for the accuracy of his messages and the amount of detail they contain. However, instead of asking for specific information as some students are taught to do, he is content to leave everything to Spirit.

"You're only really a medium if the information you deliver can be validated as proof and accepted by the recipient that their loved ones are indeed communicating from the spirit world," he says.

"It's therefore vital that we strive to receive more clear, precise and accurate information from them, but why don't we just let them get on with it and do all we can as the medium not to interfere in that process?"

"The mother in Spirit knows what she can say to her son to free him from his grief. A daughter knows the 'code word' her mother told her to use to prove an afterlife.

"The intelligence of the spirit world goes far beyond our own, so why then do we put so much faith and trust in our methods rather than trusting theirs?"

Speaking of "codes," a communication from a mother to her daughter consisted solely of her showing Darren an orange.

He was hesitant to tell the daughter, but she wept with joy. That was the prearranged code each had agreed upon to demonstrate survival.

Spirit communication, of course, is not confined to Spiritualism. Darren points out that the internet is abuzz with the experiences of ordinary people.

"Many of the bereaved of all faiths and cultures around the world regularly witness and have conversations with their deceased loved ones," he writes.

"So why does this happen outside the arena of religion, and what does it tell us about our own spiritual selves and our unfoldment?"

A ringing endorsement of Darren's mediumship comes from Tricia J. Robertson, a university lecturer, broadcaster and past President of the Scottish Society for Psychical Research.

The author of *Things You Can Do When You're Dead*, in her Foreword to Darren's book she writes:

"The evidential content of his readings is invariably striking and his standards are high.

"He also delivers the information from a loved one with empathy and compassion, which results in his work bringing great hope and comfort to many."

Darren has also been interviewed by American host Sandra Champlain on her *We Don't Die Radio Show*. You can hear the interview in full at wedontdie.com on YouTube

Darren ends his wonderful and very readable book by writing: "The blessing of mediumship is that it reminds us that we already are spirit and as such, when we move on to the Other World, we continue to be and evolve to be more.

"Mediumship, on this level, offers us the opportunity to have that reunion with our loved ones before we get to the spirit world ourselves.

"When we know from experience that is true, we can never forget it, and so we are for ever a conduit between the tangible and intangible.

"Beyond all of that, we also know that our very presence in the world is also a demonstration of our soul's need to evolve and to assist others in doing so."

■ **"From Innocence to Inner Sense: The Journey to Mediumship" runs to 172 pages and costs £11.99. It is published by Matador, an imprint of Troubador Publishing Ltd.**



DARREN BRITTAIN: "You're only really a medium if the information you deliver can be validated as proof and accepted by the recipient that their loved ones are indeed communicating."

Use your Chinese medicine personality type to solve life's problems!

BY JEAN HANER

Author Jean Haner has studied the spiritual principles of Chinese medicine for over 30 years and is known for translating this ancient wisdom into practical solutions for modern problems.

Her new book is "The Five-Element Solution: Discover the Spiritual Side of Chinese Medicine to Release Stress, Clear Anxiety, and Reclaim Your Life."

Jean teaches and consults internationally on how to use the Five-Element map to coach and counsel people. To learn more, please visit <https://www.jeanhaner.com>

Meanwhile, in this specially commissioned article, Jean gives some valuable tips on how to deal with some of life's difficulties.

WE know that just by placing a few tiny needles in your body, an acupuncturist can restore your health when you're ill. But what if I told you that you could apply the same concept to your life overall?

In other words, what if you could use the equivalent of acupuncture needles – applying a few tiny changes to your daily activities – that would heal your life when it's not working for you?

Over thousands of years, the ancient Chinese not only developed a deep understanding of how your body functions, but in the process they came to see that this same knowledge applies to how your whole life is meant to work as well.

Just like an acupuncturist can change the energy in your body, you can use the same principles to change the energy in your life, to create solutions for problems like difficulties in finding love or a fulfilling career, or struggles with anxiety or depression, for example.

Chinese medicine is personalised care; it's not a "one pill fits all" kind of medicine. This is because it discovered that people can develop exactly the same illness, but for entirely different reasons, so need different kinds of remedies.

In this same way, one personality type can develop a problem in life

and natural talents for a career.

When it comes solving to any life problem, each personality type requires a treatment that matches their nature.

For example, let's take a problem many people struggle with – trying to find a job that makes them happy to leap out of bed in the morning and get to work!

While the problem may look the same for each person, the cure for it will be specific to their personality type. Let's look at some examples – and see if you can find one you relate to most.

Water Element personality

This kind of person is highly creative and intuitive. Their right brain is more active than their left, which means they don't think in linear ways, but instead rely on an inner knowing, a gut instinct, for the choices they make.

Water people are the ones who come up with an amazingly innovative idea, but when asked how they figured it out, their reply is, "I don't know; it just came to me."

While each personality type has many innate strengths, there are also challenges built into their design too. Here, a Water type tends to feel very different from other people, like they're on the outside looking in, or even believes they are being ostracised by others.

One way this can sabotage them is to make them fearful of pursuing a job because they feel sure they would not be accepted, that there's no chance of getting hired.

Instead, they can tread water for years while everyone who knows them scratches their head, wondering why such a naturally talented person can't find success.

The spiritual side of Chinese medicine offers remedies for issues like these! In my



JEAN HANNER: "You can learn ways to give yourself the equivalent of a spiritual acupuncture treatment."

for a completely different reason than another personality type.

There are five personality types in Chinese medicine based on the Chinese Five Elements of Water, Wood, Fire, Earth and Metal. Each has unique strengths and challenges, specific needs in relationships



WATER types are advised to spend 30 minutes exercising, preferably around trees.

new book, *The Five-Element Solution*, you discover which personality type you are, find solutions for your problems and can even try a five-week “reboot” to get your life moving in the right direction again.

Even in this article, you can learn ways to give yourself the equivalent of a spiritual acupuncture treatment that can rebalance the energy of your situation.

When people see a Water type just floating along and not taking the action they should, their usual advice is to “Just do it!” But that doesn’t work for a Water person at all.

Instead, here are three examples of remedies you could use if you’re Water that would act like acupuncture needles to help shift your energy to the point where you *can* “do it.”

However, to the rational mind, the recommendations given here may seem illogical and inconsequential, that these small actions couldn’t possibly have any meaningful effect.

Here’s where you’d need to remind yourself that this is based on science. If you think about it, the reason you swallow a tiny pill your doctor prescribes is because you long ago accepted the concept that it’ll affect how your body functions, even though you don’t understand how it works.

You can apply that same understanding here, so you can accept that a small action will affect how your life functions even

though you don’t understand the science behind it.

Water Element Remedies. Do for one month:

1. Spend at least 30 minutes exercising out in nature each day, preferably around trees.
If there aren’t many trees where you live, that’s not a problem. Just being active outdoors is the most important part of this remedy.
2. Unless you work on a night shift, be in bed no later than 11.00 pm each night.
Chinese medicine discovered long ago that our bodies move through certain energy cycles in each 24-hour period that relate to different aspects of our lives.
In this phase, if you’re in bed by 11.00 pm, it stimulates your energy in the ways you need right now.
3. Create a vision board with images that represent things you desire.
The pictures can be of material objects you would love to have, like a new car, or they can be images of activities you’d like to do, such as travel, or scenes that represent ways you’d like to feel, like cuddling with a romantic partner.

Wood Element Personality

This is an action-oriented, hard-working and driven type of person. Lifelong students, they’re always challenging themselves to learn new skills they can use in practical ways.

They focus on the results they want and don’t let anything stand in the way of reaching their goal.

Wood people are often entrepreneurs or involved in growing a business; their eyes are always on the prize.

But every personality has a downside. Here, it’s that with their single-minded focus on achieving results, they can be sometimes be perceived by others as pushy, argumentative or too competitive, and this can have a negative effect on professional relationships.

They may not come across well in interviews, or their boss doesn’t give them the promotion because they think the Wood person would be too hard to deal with.

In cases like this, they may end up feeling quite frustrated, which can lead to impulsive behaviour that only makes things worse.

Wood Element Remedies. Do for one month:

1. Add variety to meals and make them more fun. Eat dessert first and soup last, or make an entire meal out of hors d’oeuvres.
Experiment with exotic ingredients, try new cuisines you’ve never had before or arrange the food on your plate to make a work of art!
2. Take more time for what you’re passionate about. It can be anything which makes you feel excited just thinking about, whether that’s photography or computer games, for example, and yes, romance definitely also qualifies as a way to be passionate!
3. Find excuses to laugh. Watch funny videos, read humorous books or phone the friend who makes you laugh so hard you’re on the floor.
Hang out with people who have a good sense of humour as often as possible, or let yourself get silly romping with kids or pets.

Fire Element Personality

The Fire person is lively and fun, with a great sense of humour. They drop little jokes into every conversation, and are great at lifting others’ spirits and creating a light-hearted mood in the workplace.

They tend to think fast, learn fast and talk fast, so it can be hard to keep up with all the new ideas their active brains are constantly coming up with!

But one unhelpful aspect of the Fire personality is that they can take everything personally and too easily get their feelings hurt, or have emotional flare-ups in the office which make everyone uncomfortable.

Many Fire people have a deep fear of rejection. This can keep them from going after the job they want because if they didn't get it, the rejection would be far more devastating for them than for another type of person. Instead, they stay with what feels safe and sadly don't pursue their dreams.

Fire Element Remedies. **Do for one month:**

1. Colours that match the energy we're looking to support here are yellow, beige, brown or soft pink.

Wear more of these colours or add them to the décor throughout your home, such as placing a brown pillow on the sofa or a yellow duvet cover on the bed.

2. Exercise with friends. Change your workout so that it always includes at least one other person.

For example, ask a friend to join an exercise class or take a hike with you. Togetherness is the most important part of the treatment here, not how intense the workout is.

3. Eat breakfast between the hours of 7.00-9.00 am because food eaten during that time has a direct healing effect here. You don't have to eat a full English breakfast, but get something in your stomach.

Avoid cold drinks, however, because Chinese medicine has found that pouring cold liquid into your stomach interferes with the digestive process.

Earth Element Personality

This type is the giver, someone highly responsible and devoted to supporting others. Relationships are all-important to them, and they form lifelong bonds, personally and professionally.

Kind and caring, their first thought is always some version of "How can I help you?" This is the person you can trust to be a true-blue friend, who'll always step up when you need them.

The downside here is that in their focus on supporting others, they can

let people take advantage of them.

Because they tend to lack confidence and are naturally humble, they may never rise in the ranks to the position they truly deserve or go after a job they're qualified for.

In fact, Earth people often learn so much while supporting others they become incredibly knowledgeable and qualified for greater things.

Earth Element Remedies. **Do for one month:**

1. Keep a new kind of to-do list: First, write down everything; don't keep any of your to-dos in your head. Second, each time you complete a task, be sure to cross it off the list.

Third, break down any long-term task into smaller steps. In other words, don't write, "Start a vegetable garden." Break that down into, "Ask Amanda what she planted last year," "Check what garden tools I have," "Buy fertiliser," etc.

2. Add the colour green to your life – any shade of green is fine. You might wear more touches of green and add it in your home with houseplants, or artwork of that colour, or buy a green towel for the bath.
3. Clean up your diet. Eliminate fast food and eat lots of green vegetables or salads.

Citrus fruit, fermented vegetables or vinegary foods like pickles are also good to add unless your doctor has advised against this.

Metal Element Personality

The Metal type is conscientious and detail-oriented, so every project they work on is always beautifully done.

They have high principles and do the right thing in any situation, whether it benefits them or not.

Highly sensitive to other people's energy, they are gracious and charming communicators because they can sense how another person is feeling and so adjust their words and behaviour to put them at ease.

The challenge this type of person often has is a high degree of perfectionism and self-criticism. This makes them anxious, with a tendency to never believe they're good enough, so they may not apply for a job they're well qualified for.

When a Metal type is considering a career change, they often incorrectly assume they'd first have to obtain advanced degrees before they would have any chance of getting hired.

Metal Element Remedies. **Do for one month:**

1. Eat more soup. In Chinese medicine, the natural salts and minerals in soup support the energy you need to strengthen right now.

Any kind of soup is fine, though bone broth or soup with fish, seafood or seaweed is ideal.

2. Aim for one hour of "downtime" every day. However, downtime is not spacing out with TV or social media, or pottering around catching up with housework.

It's anything that makes every cell in your body relax and go, "Ahhhh!" such as a luxurious soak in the bath, meditation, a nap or a massage.

3. Let your creative juices flow. Paint, sketch, write, dance, play a musical instrument or even just doodle while you're on the phone.

Don't worry about the results. The medicine here is the activity of being creative, not the outcome.

The spiritual side of Chinese medicine reveals the elegant plan for who you're designed to be and a map for the territory you are meant to journey through in life.

When you know how to follow that map, you'll find what you need to be happy, personally and professionally.

No matter what your problem or how long you've struggled with it, it can offer solutions that can get you back on track!

■ **Jean Hanner's book is published by Hay House UK and retails at £13.99.**

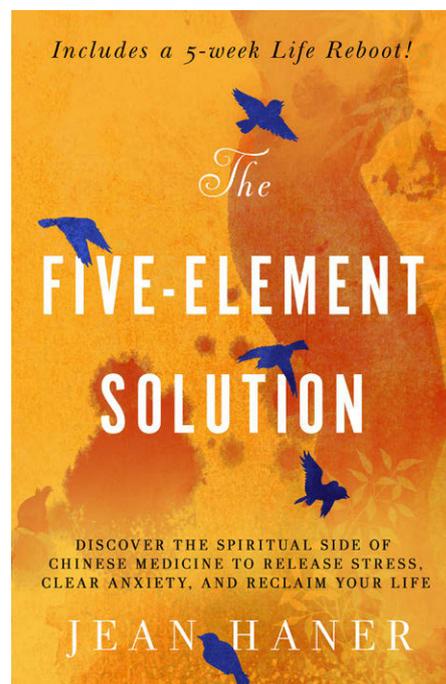


Photo confirms identity of woman seen in dream

By Alison Wynne-Ryder

WHEN I think of my childhood, the person who made it magical was my grandma. In my eyes, she literally shone and never had a bad word to say about anyone.

She had been a cook at a large private residence near our home in Runcorn, Cheshire, and loved nothing more than treating me, my sister Carol and my cousin Jill.

When we went to see Grandma, she would lay on her “posh buffet” of egg and cress sandwiches with the crusts cut off and shaped like triangles, followed by homemade fairy cakes and the best Victoria sandwich cake we had ever tasted.

Back then, she lived with Granddad Sam in the home where she raised her five children, of whom my dad was the youngest.

As a child, the house, which was built around 1800, seemed enormous to me, with endless rooms, many of which seemed dark and foreboding.

I was sure the house was haunted because I often heard the sound of someone walking upstairs even though no one was there.

Grandma could hear the footsteps too and would glance over at me and smile. She knew I had “the gift,” even though I did not understand it at that time.

Grandma always looked like a proper granny – small and round, with a grey perm, walking about in her tartan slippers with pompoms on the front and dressed in her pinny, which she was never without unless she was going to church in her best outfit, hat and gloves.

Eventually, Grandma really did start to get old. She still looked the same to us and never lost that wonderful smile and her love for us, but we realised something was wrong when she struggled to remember who we were, got our names mixed up and couldn't remember what we had been talking about.

My dad would have to drive around the town looking for her when she went “walkabout.” The dementia took hold and Grandma eventually passed on in her sleep.

I was devastated and couldn't imagine life without her. But then, not long after she had passed, it became very apparent



CHEERS! Alison Wynne-Ryder and her husband John are seen enjoying an evening out. (Photo: Facebook)

that Grandma was sending me messages.

Some of these were in dreams, where she would appear to me as I remembered her as a child. Other times she popped up as I was meditating.

She told me clearly to develop my gift. I began to see her as my guiding angel without wings.

When I was comparing myself with others in my psychic development class, Grandma told me off in the nicest possible way, saying that I had to carry on with this work, as it would lead to unexpected

opportunities.

She supported me from Spirit throughout my tuition, as well as comforting me when I hit rock bottom after relationship breakdowns.

When I finally met my present husband, John, I knew it was Grandma who had instigated the match. I had made a “cosmic order” for him and she knew he was – and still is – Mr Right!

When I auditioned for the role of co-host on the TV show *Rescue Mediums*, it was Grandma right at the forefront of my



THIS picture, which ended up in Australia, shows medium's grandmother with Letty and granddad.

dreams telling me to go for it.

During this work, she would often protect me from unpleasant spirit beings and guide my dad forward to help with sending lost souls to the light.

Eventually, I wrote my first book, *The Quirky Medium*, again with Grandma's instructions – the words just flowed under the watchful eye of my spirit helper.

I am not naturally self-confident, but whenever I resisted something or thought I wasn't good enough, Grandma would give me a metaphorical kick up the rear. From teaching to public platform work, she has guided me forward.

When people ask me who taught me to do my work with Spirit, I reply, "Ah, it's a combined effort between my guides and my wonderful spirit helper, Grandma."

There has been some amazing evidence of Grandma's continuing presence. My cousin Jill, who has lived in Australia for the past 30 years, came to stay with John and me for a holiday in Spain.

I hadn't seen Jill for over ten years and we reminisced about our childhood and the antics we got up to, especially at Grandma's.

I told Jill about a dream I'd had recently of a lovely elderly lady who opened the door of an old house and welcomed me

inside.

"Come in, dear," she said. "I am a good friend of your grandma's. My name is Letty."

When I rang my mum to ask whether Grandma had a friend by this name, she confirmed it; the lady was called Letty by her friends, but her real name was Lettuce.

When I told Jill about this, she laughed at the unusual name, but said she remembered her dad talking about Letty and thought she had seen an old photo of her somewhere.

I showed Jill around our home and she particularly loved my sanctuary where I meditate, do one-to-one readings, teach and give healing to clients.

Jill stared at a wonderful spirit art portrait that my good friend Gillian Berridge had painted for me of a beautiful lady with the Tree of Life rising within her.

I treasure this painting, as I am a member of a physical mediumship group called *The Tree of Life* and had always felt that the painting must have been a member of our spirit team.

But then Jill turned to me and said, "Why have you got Grandma on your wall?" I had no idea what she was talking about, so Jill explained that the portrait was of Grandma as a young woman.

I asked how she knew because to me, Grandma had always looked like the little elderly lady in glasses with a grey perm, wearing a pinny and tartan slippers.

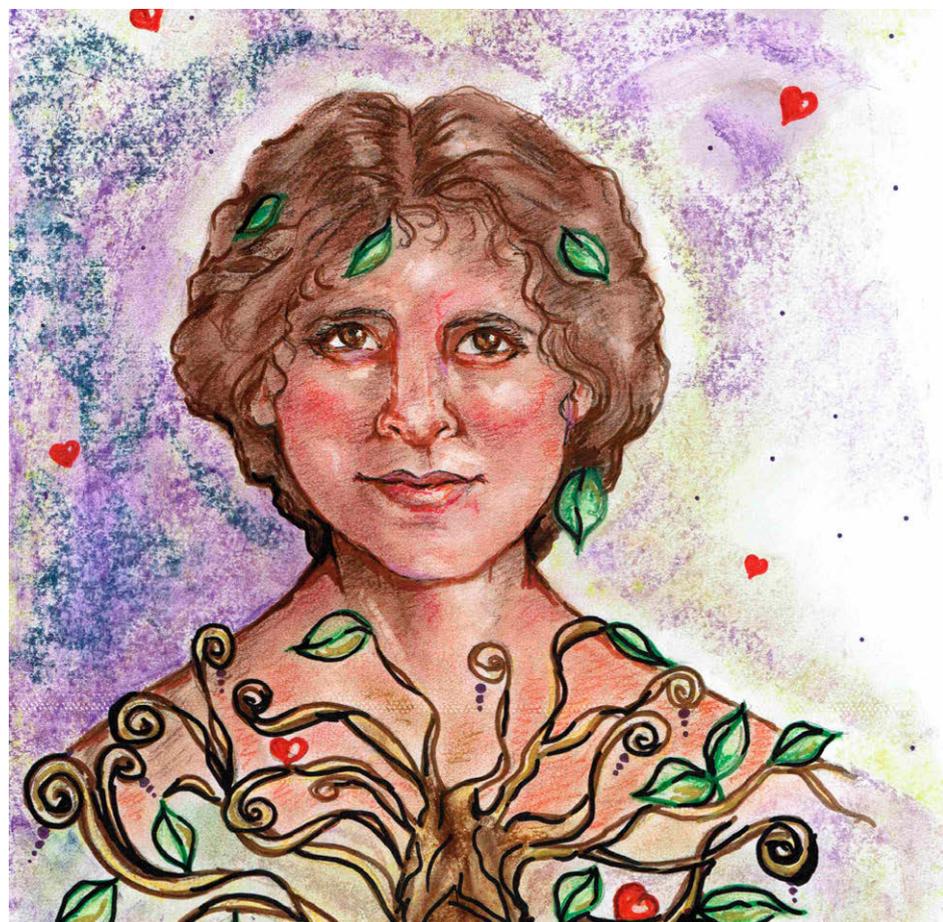
Jill told me that her father, my Uncle Arthur, had the family photograph album, which had now been passed to her and she had taken it with her to Australia.

Arthur was the eldest child of the family and ended up with all the photographs, but I didn't know this album existed and had never seen old photos of Grandma.

After Jill went back to Australia, she sent me some photos of Grandma in her younger days and I gasped with amazement: yes, there she was, a beautiful lady exactly as in the portrait on my wall.

Another photo was of her sitting with a book on her lap. But then there was the one of Grandma with my grandfather – and Lettuce! Grandma remains my guiding light from Spirit, a precious gift who keeps on giving.

■ **An international clairvoyant medium, Alison Wynne-Ryder's frank and funny autobiography "The Quirky Medium" is available from www.local-legend.co.uk**



THE photo on the left shows how accurately medium Gillian Berridge captured a grandmother's likeness in a spirit portrait.

FORMS SEEN AT SÉANCE

As founding editor of “Psychic News” and editor of “Two Worlds” for many years, Maurice Barbanell was lucky enough to occupy a ringside seat on the psychic scene for over 60 years.

Here, he describes a dramatic materialisation séance at which the “dead” temporarily took physical form. Although all those mentioned in this account have passed on, it still makes riveting reading, as it forms part of Spiritualism’s history.

I CAN always appreciate the outlook of the honest sceptic because I was one myself.

I began my investigation in my teens at a time when I was an agnostic after having been an atheist. I was not impressed at my first séance, but at the second one something happened which shattered my scepticism.

I discovered, what I had never before known: that I was a potential medium. This is a necessary preamble to what I am about to relate.

So far as the sceptic is concerned, especially one who is materialistic in outlook, the most convincing form of psychic phenomena is materialisation.

At séances where this occurs, the “dead” who return appear as seemingly solid figures endowed with temporary existence and in bodies, which, to all intents and purposes, duplicate the outward physical appearance they had on earth.

They are, when they materialise, “flesh-and-blood” human beings. I want to stress they are not ghosts, apparitions, phantoms or spectres. They speak, move and have heart and pulse beats.

Nerve, sinew, muscle and cell are all there. The hand is solid when you grasp it; the fingernails are complete. The features can be identified, as also can the voice.

They are swathed and garbed in dazzling white raiment composed of the mysterious substance known as ectoplasm, which mainly extrudes from the medium.

He or she usually sits on a chair behind a cabinet that is a curtained-off enclosure in the room. Even when the materialisation moves many feet or yards away from the medium, there is an invisible lifeline, the equivalent to an umbilical cord, which is attached to the materialisation.



MAURICE BARBANELL: “When the conditions are good, the barrier between the two worlds is completely removed.” (File photo)

When the power is weak – another way of saying that the psychic conditions are not at their best – the materialised face is veiled by the ectoplasm and the figure does not move very far away from the medium.

When the conditions are good, the barrier between the two worlds is completely removed. Then, as has often been the case with me, I have had the remarkable experience of witnessing spirit return in its most physical form.

What has happened is that something akin to the process of birth has been accelerated from the normal nine months to a few seconds.

One of the finest materialisation mediums is Alec Harris, whose séances I first attended in Cardiff a score of years ago.

On these occasions there is always

a good red light. White light is always detrimental to this type of séance. The spirit forms were clearly visible and I had sustained conversations with several of them.

As it was my first experience of Alec Harris’ mediumship, I approached it with my typical critical outlook. Though I was then, as I am now, a convinced Spiritualist, I do not possess the will to believe or incidentally the will to disbelieve.

I still regard myself as an investigator with an exacting standard to be fulfilled before I will accept the results.

The difficulty with some investigators is that they inhibit the results by the wrong approach. They make it clear that the medium is fraudulent in their view unless he or she can prove genuineness.

This atmosphere of suspicion towards mediums, who are by their very nature sensitive, is always a deterrent towards the production of worthwhile phenomena.

I was glad to co-operate when Alec asked me beforehand to make a thorough examination of the séance room and the cabinet, which was merely a recess with some curtains across one corner.

He invited me to search him, which I did. All he wore were a thin pair of trousers made of black material and a black vest.

The choice of black was deliberate because the materialisations always appeared in dazzlingly white ectoplasm.

I noticed that night, as I have often done, that the ectoplasm did not reflect the red light.

The reason for my invitation to be present had its origin ten years earlier at a séance with a famous trance medium and clairvoyant Helen Hughes. The sitter was Alec’s wife.

At that time she was told by Helen that if she and her husband would start a home circle with regular sessions they would one day obtain full-form materialisations. The prediction had been fulfilled.

Because Helen and I were appearing at a public meeting in Cardiff we were asked to be present at an Alec Harris séance later

that night.

It lasted two-and-a-half hours. We did not start until 10.30 pm. I counted 27 sitters and saw 30 spirit forms materialise.

To this I must add that as most of the sitters had come by coach from the Welsh valleys about 25 miles away, few of us got to bed before 4.00 am.

Helen and I were given "places of honour" immediately in front of the cabinet. Indeed, I was so close that several of the forms which emerged from the cabinet had to walk over my feet.

At this stage I should explain that I spent some years in the textile industry and as a result became familiar with the feel of most materials. That night, and more than once, I handled the flowing ectoplasmic robing.

These, though soft and silky to the touch, were unlike the texture of any material I have before and since examined. I also shook hands with two figures and report that their fists were firm and normal.

For Helen Hughes it was an outstanding occasion. One of the first to materialise was a young man, Douglas Hogg, a Battle of Britain pilot who had died on active service.

He had since proved his survival to his parents through her mediumship. Douglas showed his features distinctly and asked her to stand up so that he could talk to her face to face.

It was touching when, after gripping her by the hands, he thanked Helen for making it possible for him to convince his parents of his continued existence.

I was moved to observe that almost with reverence he kissed her on the forehead. She had no difficulty in identifying him because clairvoyantly she had seen him on many occasions.

Another spirit form to greet Helen was a Native American Indian guide to whom I have often spoken when he entranced his medium. He appeared as a magnificent figure, far taller than the medium, complete with headdress.

The guide spoke his name in a voice that was far different from that which normally issued through Helen's lips. The cast of his features was characteristic of his people.

The highlight of the séance was the materialisation of a man known to several people present because he was one of their colleagues. For many years, they told me later, he had laboured for Spiritualism in South Wales.

He came right out of the cabinet and walked about ten feet to where two friends of mine were sitting. At first he did not give his name because he said he could be easily identified by his face and voice. He was



AT one Alec Harris séance, the forms which appeared ranged from a man six feet in height to babies in arms. (File photo)

speedily proved right.

This feat of walking away from the cabinet was demonstrated by other materialised figures, some of which would even sit in a chair and carry on a long discussion.

Occasionally, one of them would say that he must return to the cabinet for "more rations." We watched the figure walk back.

A few minutes later he came out, moved across to his former chair, sat down and continued where he had left off.

I must mention that several materialisations turned round to display their backs and prove that they were indeed solid figures. One form stooped to straighten a rug, which had been rucked by another materialisation.

When the curtains slowly opened to reveal one form I laughed at what I saw. "What is the joke?" Helen asked me. "Look and see," I replied.

She did and joined my laughter. To dispose of any suggestion that the séance was fraudulent, Alec's guides had arranged to materialise a girl. She stood there, dropped her ectoplasmic veiling down to her waist and revealed her feminine form.

On another occasion, a materialisation parted the curtains so that we could see his figure and the medium at the same time.

Frequently throughout the séance I heard the medium conversing with communicators who were not then visible to us. This indicated that at intervals Alec was almost conscious.

Towards the end there was an impressive demonstration. One of his guides materialised and gave healing treatment to a sufferer.

I should explain that in addition to his gift of materialisation, Alec for many years has also given proof of successful psychic healing, which incidentally attracts him

more than anything else.

Jokingly he has always said that as he is unconscious he does not know what happens at materialisation séances. When he gives healing at least he is aware of what transpires.

A few years ago, Alec and his wife went to live in South Africa. I still get excellent accounts of his materialisation séances.

One of his most frequent sitters is my friend Vidie Carleton Jones, who became interested in Spiritualism after the passing of her husband, one of the leading figures in the gold-mining industry.

For Vidie it is quite usual not only to see her husband materialise and to converse with him, but even to be embraced by him.

Perhaps the best testimony to this medium's materialisations comes from a medical man well known to me, Dr Douglas Baker.

He was allowed to examine the materialisations, which he told me "had weight, could be embraced, had pulse beats, breathed, had intelligence of their own and personalities."

In three hours at one séance he watched 30 different forms materialise and disappear. Some stayed as long as twenty minutes, answered questions and submitted to examination.

Dr Baker felt their bones. He volunteered they appeared normal in most ways except that some lacked colouring. Occasionally bare feet were visible.

Not one materialisation objected to his examination. Dr Baker felt the pulse of several. Their hearts beat at 72 to the minute.

He noticed that some figures had hair on the backs of their hands. One old woman who appeared had hardened veins clearly visible on the back of her hands. He even applied his stethoscope.

Dr Baker volunteered that the materialisations he saw at one séance ranged from a man six feet in height to babies in arms. ■



MEDIUM Helen Hughes was thanked by one spirit visitor for proving survival to his parents. (File photo)

THE SCIENCE OF AWARENESS

BY BILLY ROBERTS

I HAVE never subscribed to the belief that everyone possesses mediumistic skills. In my opinion, mediums are born and not made.

Therefore, no matter how many workshops you attend or courses you take, should mediumistic potential not be present, its development will not and cannot occur.

However, I do believe that everyone is psychically inclined, an ability that can quite easily be developed and refined with the help of various exercises.

As the body can be put through a strenuous exercise regime in the gym, primarily to increase its overall power

and strength, so, too, can a specifically formatted exercise programme be used to improve the mind's awareness and efficiency.

Some intuitively gifted individuals may well possess a rudimentary form of psychic ability and might occasionally experience mediumistic flashes of one kind or another.

However, this does not necessarily mean that he or she is mediumistically inclined. This is one of the primary reasons why intuition is sometimes regarded as an umbrella term for a variety of metaphysical skills.

Although everyone uses intuition at some time during the day, certain people rely on it more than others, such as a policeman or policewoman who uses his or her intuitive skills when trying to ascertain the perpetrator of a crime.

It makes sense then that the more intuition is used, the stronger and more reliable it becomes. There is some correlation between the way intuition works and the image-making faculty of the brain.

This powerful neurological component is a prerequisite for creative people, such as artists, writers and actors, but is greatly underestimated by people who freely admit that they possess absolutely no particular skills at all.

It would be extremely difficult for a creative person to believe that there are people who find it almost impossible to use their imagination and have great difficulty visualising anything at all.

In fact, visualisation is also a prerequisite for the development of clairvoyance, so an inability to visualise inhibits its full development.

Therefore, before genuine clairvoyance

can be developed, one must first encourage the image-making faculty of the brain to effectively function by trying out various visualisation techniques.

However, it must be said that not all mediums are clairvoyant and not all clairvoyants are mediums.

Clairvoyance is simply the term to describe the process of seeing clearly, usually into a person's future. However, when clairvoyance is accompanied by a mediumistic ability, one is able to actually "see" a disembodied form, very often in great detail.

Mediumistic clairvoyance is usually accompanied by either clairsentience (the gift of sensing) or clairaudience (the gift of hearing.)

Real clairaudience is perhaps the rarest of the three metaphysical skills and, at its best, allows a medium to engage in a two-way conversation and to give detailed information about a spirit communicator.

Even at its very best, the process of mediumship is not consistent and must always be regarded as experimental. In other words, mediumistic communication does not always work and results cannot be guaranteed.

This is why we should never make a negative judgement about a medium the first time we see him or her. Sadly, many people do.

Although not strictly for the development of metaphysical skills, the Stroop Effect is a psychological experiment I use in my workshops to assess an individual's cognitive response mechanism and to see how quickly he or she is able to discriminate between words and colour.

During the process of mediumistic delivery, the brain functions on two different levels allowing the medium to focus on the communication as well as on the recipient of the information that is being given.



The Stroop Effect helps in this development and encourages a more focused attention. It was originally developed by American psychologist John Ridley Stroop to psychologically assess the reaction time of a response and to investigate a person's psychological capacities.

Try this and see how well you do

In the first part of the exercise, read the words as fast as you can backwards and forwards a couple of times. This part of the exercise should present no real problem, as it is something your brain is accustomed to doing.

RED. BLUE. YELLOW. GREEN.
BLACK. PURPLE.

Now, in the second part of the exercise, don't read the word, but the colour it is written in as quickly as you can.

RED. BLUE. YELLOW. WHITE.
BLACK. PINK.

You should be surprised just how difficult the second part of the exercise is to process. We are accustomed to perceive things in a certain way, so when required to think outside of what we are used to we encounter problems.

Mediumistic development tends to quicken our responses and encourages an ability to think laterally so we can process data with greater ease. As with anything, the more you practise the Stroop Effect, the quicker your responses will be.

Imagination

Another extremely effective way of developing the imagination and your ability to visualise is to exercise your mind with a guessing game.

For this you will need to enlist the help of a friend or family member, who should

randomly sketch ten different images, such as a bird, tree, car – anything, in fact – and then place them in separate envelopes.

Your friend should number the envelopes from one to ten before making a list of what is contained in them.

The list is for their benefit only, so that you don't have to open the envelopes to check your results. This will allow you to have more than one go at guessing what's in the envelopes.

Scientific research

With many different sophisticated methods of testing mediums and psychics, today some schools of scientific thought have come to regard mediumship as a science as much as it is a metaphysical process.

This would suggest that there is an overwhelming need to modernise the way mediums work, bringing the entire process of mediumship up to twenty-first century standards.

This means that there will soon be sophisticated methods of testing mediums primarily to discriminate between genuine mediumship and the not so genuine.

There has already been a great deal of research carried out at California University into the mechanics of mediumship and its psychological implications. Researchers concluded that the pineal gland deep within the brain was responsible.

After autopsies were carried out on mediumistically-inclined individuals, it was concluded that there were some abnormalities in their brains. For one thing, crystalline deposits were apparent around the pineal glands, which were slightly larger than normal.

It was further concluded that not only is the pineal gland a sort of neurological radar device, but it was thought to be larger in a child than in an adult, and

marginally more developed in a female than a male.

These findings concurred with those of Theosophist C. W. Leadbeater, who was saying the same thing in the early part of the twentieth century.

Also, in 1903, Ivan Tutinsky, a neuroscientist at Moscow University, compromised his professional integrity by carrying out a seven-year research programme on people with unusual metaphysical skills.

Despite being initially ridiculed by his peers, Tutinsky's findings were a revelation and eventually won him the respect of others who carried on the research where the notable scientist left off.

Although many scholars still regard mediums with disdain and cynicism, thankfully there are those who continue to carry out research in the field of metaphysical abilities. ■

SPIRITUAL ART

This month best-selling author, TV host, and columnist for *Chat*, *It's Fate* and *Soul & Spirit* magazines, Jenny Smedley shares her digital paintings with us. Based in Norfolk, UK, Jenny tells us how this work started and reveals that, "Yes, angels have gone technical!"



My angels come in all sorts of types. It all started several years ago when I got a simple art program for my computer and started to do abstract digital paintings. Little did I know that in my case my angelic communication tool wasn't going to be a crystal ball or cards: it was going to be my computer! Yes, angels have gone technical!

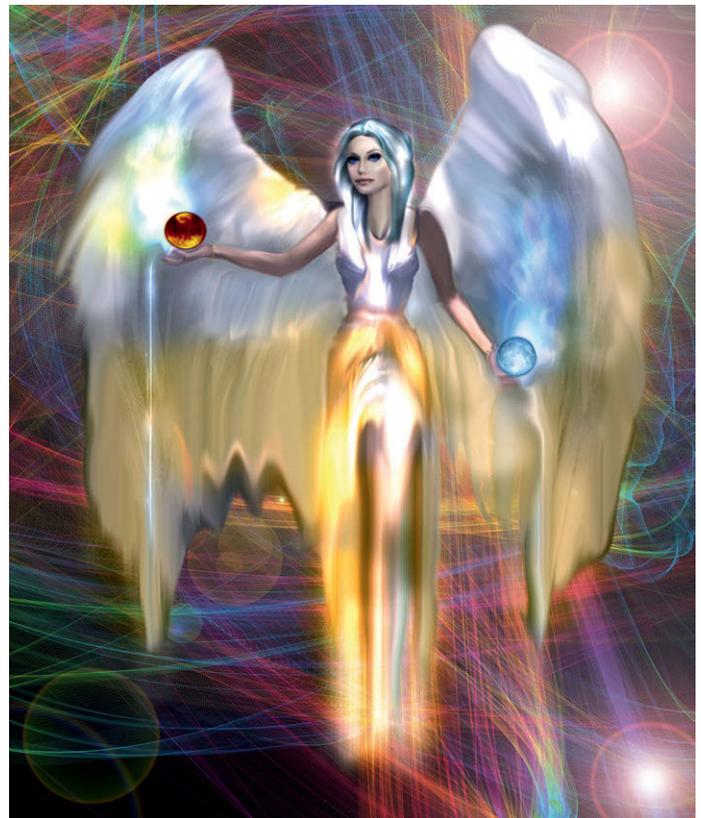
Anyway, it wasn't long before people (who loved the colours and patterns) started saying to me: "There's an angel in there. Look!" Now I'm not any kind of artist, although I'm quite good at putting colours together, but I started to see the shapes, and as my angels helped me to learn, their paintings got clearer and better until they became like these you see today.

How does it work if I can't paint? Well, basically I'm just a tool. I sit at the computer, connect to the angel realm and my hands move where directed. Sometimes I go wrong, not listening well enough I suppose, and after I've struggled for a while, I'll get the message to delete, which can be frustrating.

It works like this though. These are not actual depictions of what an angel looks like. Angels are made of energy and don't look human at all, unless they want to. Most of these paintings are depictions of how your angel sees you, rather than how you see them.

In this way it means that the angels can be "read," pretty much by anyone who tries. The messages for the person are carefully wrought into a pretty picture by the angels. They never fail to amaze me how accurate they are.

Recently I started doing the angel-inspired meditation images as well. The angels have understood that some people cannot "switch off" in order to connect or meditate, so they design each one of these carefully, using me as a tool, to create



an image specifically aimed at the person it's for, to reach their subconscious and allow it to be switched off.

Doing these paintings is so good for me too - they relax me. I am meditating while I'm painting, totally oblivious to what's going on around me. I don't do readings on the angels, but I have so many fabulous people on my Facebook page who do, I don't need to. People can use a recommended reader, their own reader, or they can just have them posted on my Facebook page, where they will get incredible clever and insightful comments from my wonderful, amazing Facebook family.

TYPES OF ANGELS AND WORK

Mirror Angels - show the energy state of the person's soul. In this way messages and information about the person can be "read."

Flower Angels - bring flowers and the person can find their own reading by looking up the spiritual meaning of the flowers and their colours.

Angels of the Mist - are used as a vehicle to bring an important message the person needs right now.

Past Life Angels - bring the person clues as to their past lives, and explain some of the problems they have that might be rooted in past lives.

Future Life Angels - tell the person what might happen next, either in this life or in future ones.

Spirit Angels - bring the person messages from passed over loved ones.

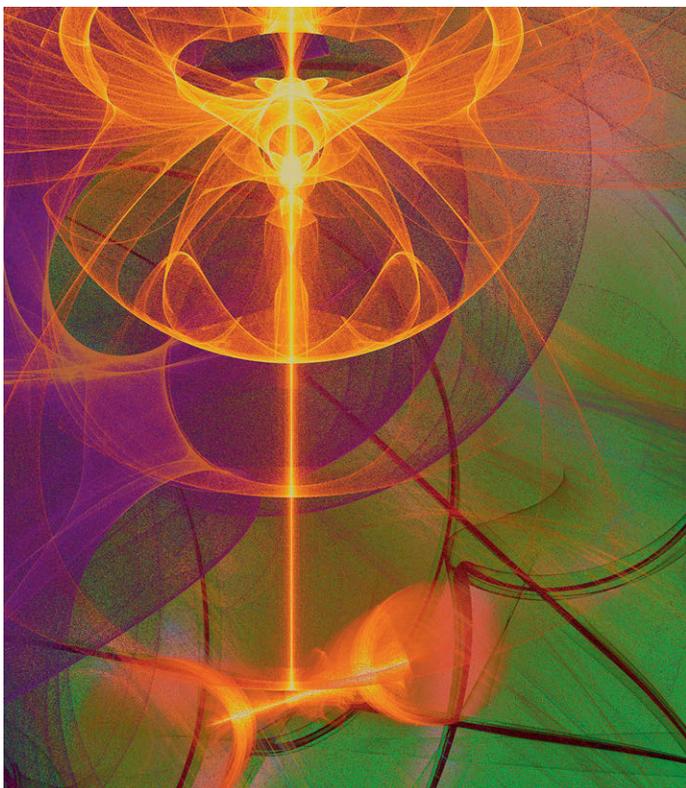
Meditation Images - sent by the person's angel as a tool to help them connect with Spirit. If the person finds it hard to "switch off," gazing at these can help!



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For more information on Jenny's work you can visit her website: www.jennysmedley.co.uk
Or you can follow on Facebook at: www.facebook.com/JennySmedleyAngelWhisperer



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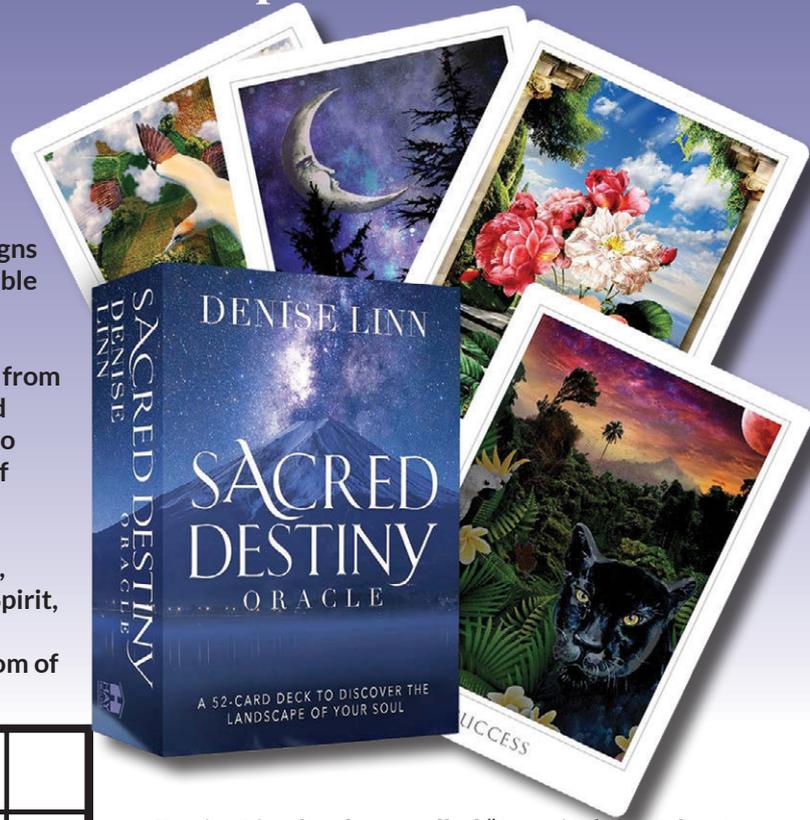
This month we have ten copies of Hay House's *Sacred Destiny Oracle* by Denise Linn as prizes.

The publisher writes: "From the earliest history of mankind, there are records of native people using the signs in nature to determine their destiny. Wise elders were able to move through mystic gateways into inner realms and bring back wisdom and guidance to their tribes.

"In this powerful oracle card deck, Denise Linn draws from her Native American heritage and experience as a gifted healer and teacher. With each card, you receive access to a different gateway, from our earthly realm to the one of Spirit.

"From forests to floodplains, meadows to caves, shimmering sunshine to the dark mysteries of the moon, these vibrant cards will fill your days with messages of Spirit, from the landscapes within and around us.

"May your inner guidance awaken, and may the wisdom of the native spirit unfold within your life!"



	2	4					3	
5			6					9
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Denise Linn has been called "America's best-kept secret." For the last three-and-a-half decades she has travelled to the far corners of the world speaking to standing-room only audiences of thousands.

Her spiritual journey began as a teenager when she had a near-death experience after being shot by an unknown gunman. The revelations she received on the Other Side and the subsequent amazing healing of her wounds led Denise to eventually become an internationally respected healer, writer and teacher.

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

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The closing date for entries is 8th December, 2020

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

Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS



GET A TOEHOLD ON REFLEXOLOGY



What is reflexology or foot massage? Is it really possible to stimulate the internal organs, relax the entire body and restore its functions to normal merely by massaging the feet? – Susan Wilkins, by e-mail.

Reflexology is a complementary therapy, which works on the principle that the feet mirror all the organs of the body.

Each of them is connected by a network of nerves to a specific point on the foot where the energy terminates.

The Association of Reflexologists, which is based at Taunton in Somerset, has an interactive chart on its website at www.aor.org.uk showing which parts of the feet correspond to various organs.

Good circulation in the feet is all-important for the channels of energy coursing through the body to flow freely. Illness, a sedentary lifestyle, thick-soled

shoes or high heels can slow down the circulation and allow crystalline deposits to form in the feet.

A reflexologist is able to feel these deposits and break them up by massaging with the fingers and thumb. This clears any blockages in the energy channels and allows the energies to flow freely once more. The aim is to relax the body, relieve tension, enhance sleep and restore general wellbeing.

It is primarily a foot massage, but there are nerve endings in other parts of the body including the hands.

Reflexology is painless. If bunions or corns prevent massaging a certain part of the foot because it would be painful, the hands or other parts of the body are massaged instead.

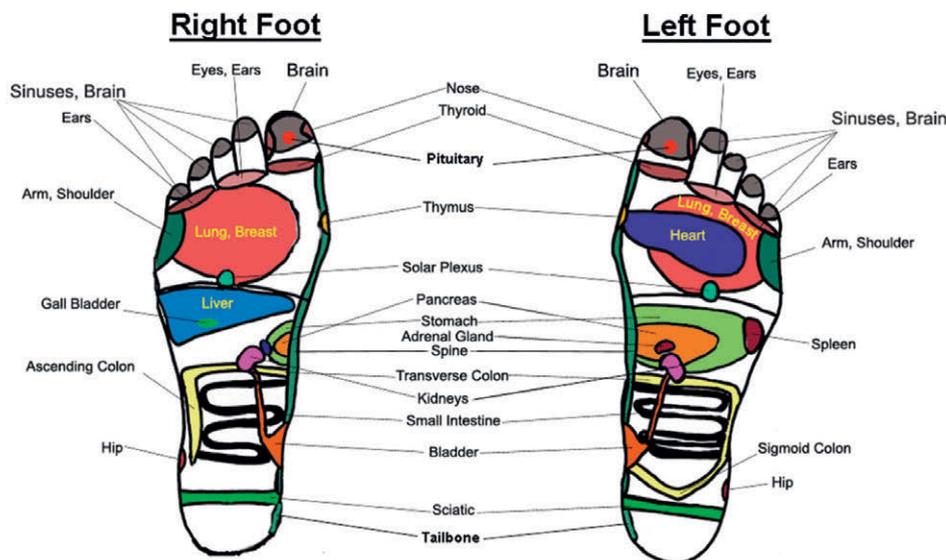
Some reflexologists trace its history back to ancient China and India, although there is no specific descriptive or illustrative evidence. A papyrus from Ancient Egypt appears to show a foot massage, as do reliefs from the tomb of Ankhmahor at Saqqara, known as the "Physician's Tomb."

The father of modern reflexology was an American doctor, William FitzGerald (1872-1942), who worked in Vienna from around 1899.

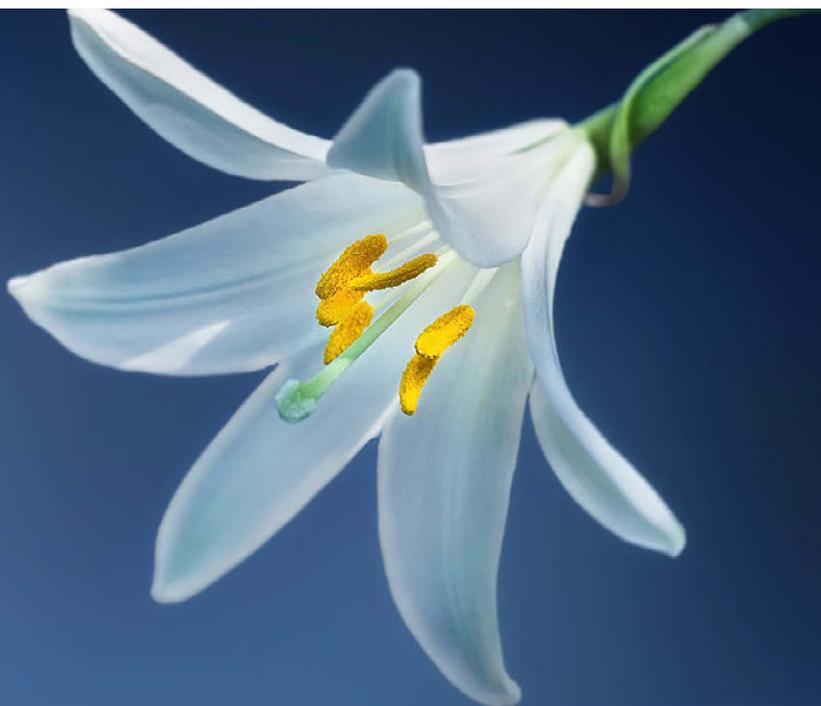
It was either there, or after his return to the USA, that he became acquainted with the theory of "zone therapy" and "reflex massage," which had been developed by German physicians.

In 1917, Dr FitzGerald co-wrote the illustrated *Zone Therapy or Relieving Pain at Home* with Dr Edwin F. Bowers (see archive.org)

Reflexology was developed by later American physicians and has been practised there since the 1930s.



THIS reflexology chart shows how various parts of the feet correspond to the rest of the body. (Image: Stacy Simone)



My mother is 80 next month and still a very keen and active gardener. Can you tell me something about the meaning of flowers, as I know this would interest her and I would like a florist to arrange a very special bouquet for her – Sylvia Connor, by e-mail.

As your mother is a dedicated gardener, I assume she would prefer homegrown varieties.

When it comes to their meanings, centuries of superstition have contributed to a sort of floral etiquette, whereby an innocent faux pas can convey an entirely different meaning from the one intended.

For instance, the time-honoured rose is symbolic of love, but red roses are for passionate rather than filial love. Whilst yellow roses can signify joy, they are more usually associated with infidelity – hardly suitable for one's mother!

Also avoid dark crimson because that is for mourning. Choose white for purity, pink for joy and gentleness, and coral for modesty.

It is similar with carnations. They are very long-lasting and representative of love and happiness. However, again avoid yellow – that is for disdain and disappointment – as well as red, which signifies a longing for one's sweetheart, not a mother.

I think the ideal carnation for your mother would be pink, which signifies "I will never forget you." White for good luck and being "sweet and lovely" would be appropriate too.

However, it would be best not

to choose purple, which can convey unpredictability, or two-toned versions. The latter can mean cryptically, "I cannot be with you."

Finally, just to be safe, be aware of any ethnic considerations. In some Asian countries, carnations are associated with lamentation and death. Giving them in Italy means that you wish the recipient was no longer alive!

Freesias are popular and highly scented, especially the pink and red varieties. They symbolise innocence and friendship.

Lilies are perennial, but only certain colours are available at particular times. Dating as far back as the Minoan period, their name is derived from the Greek.

The calla lily blooms in December and represents beauty. White lilies generally symbolise chastity and virtue. Among Roman Catholics, they are symbolic of the Virgin Mary.

However, there is a question mark over white lilies inasmuch as they are associated with funerals. Does your mother love them or is there a chance she might misunderstand?

Tulips are one of the most popular flowers and most people would give them for a birthday. Whilst they tend to be associated with romantic rather than filial love, yellow is for cheerful thoughts and having "sunshine in your eyes." Variegated versions symbolise beautiful eyes.

One last thought. As it will be near the Christmas season, do ask the florist to add a sprig or two of holly. As well as being seasonal, it is symbolic of hope and domestic happiness.

I've read that Lord Dowding was a Spiritualist and that at an Estelle Roberts direct voice séance he heard again the voices of some of his young pilots, the famous "Few" of the Battle of Britain. Is this true? – Mark McDonald, by e-mail.

Lord Dowding was indeed a convinced Spiritualist and wrote several books on the subject.

The former Commander-in-Chief of Fighter Command did indeed sit with famous medium Estelle Roberts at her wartime direct voice circles and conversed with some of The Few.

His first sitting was in October 1943 at the invitation of four former servicemen who organised the circle from the Other Side. They were Clive Wilson and Bill Castello from the RAF, and Arthur Heath and David White from the Royal Navy.

Those present included their parents, relatives and friends of fallen servicemen, Dowding and Hannen Swaffer.

Known as the "Pope of Fleet Street," Swaffer was a pioneering editor, journalist, drama critic and tireless campaigner for the Spiritualist cause. It was at his home circle that Silver Birch communicated through PN's founding editor Maurice Barbanell.

Estelle's circle was under the control of her lifelong spirit guide Red Cloud. During the 1930s, it provided much evidential material for PN.

An ordinary tin séance trumpet was used to amplify spirit voices. It moved independently and stopped in front of the sitter to be addressed. The voices were rendered audible by the construction of a replica human larynx.

"The larynx," Estelle wrote, "was formed of ectoplasm (drawn partly from the sitters, but mostly from the medium)..."

"The communicator's vibrations impinge on the larynx and are translated into audible speech which is clearly heard through the trumpet."

The accounts of this particular séance can be found in her autobiography, *Fifty Years a Medium* (see archive.org), and *My Greatest Story* by Hannen Swaffer (1945).

The proceedings began in darkness with Red Cloud giving his usual blessing. Then the letter V for victory was tapped out in Morse code by the trumpet on the floor.

Clive Wilson was the first to speak. The luminous trumpet moved to where his parents were sitting and he spoke to them.

Then he requested, "Please introduce me to the Chief." The trumpet moved to Dowding.

"I was on reconnaissance when I bought it," said Clive. "I went down in the drink and my body was washed ashore later. But as you see, I am very much alive."

Pilot Officer Frank Clive George Wilson was flying his Spitfire over the Channel on

November 7, 1941. At 3.30 pm, he crashed into the sea 3,500 yards off Eastbourne, East Sussex. His grave is in Esher (Cobham) Cemetery.

Dowding replied: "I understand you had a strange nickname in the RAF. Tell me what you were called."

"Big Feet," said Clive. "You can check on that. Look sir, the boys and I want to thank you for passing on spirit messages where they will do the most good. It's wonderful to feel that we are able to help those we have left behind."

"It's wonderful to be able to help," replied Dowding.

David White was the next to speak. He was Leading Seaman on the submarine *Olympus*, which sank in the early hours of May 8, 1942, after hitting a mine seven miles off Malta.

"I never regret going down on the submarine," David told his mother. "I can do a better job here. Daddy is with me. We all feel over here that we have done our bit."

David asked his mother to pass on messages of comfort for the family and added: "Oh, it's nice to talk. Can you all hear me?" - "Yes!" came the chorus.

"That's grand," David replied. "I hear we've got Lord Dowding with us tonight and another Chief who has done no less for us, Hannen Swaffer."

"I've met a pal of yours here, Mr Swaffer. He's a journalist who has not been over very long."

Red Cloud interposed, saying: "A. B. Austin. He was killed in Italy." (He had been war correspondent for the *Daily Herald* and reported for the combined British Press. After landing on the Salerno beaches, Austin was killed at Scafati on September 28, 1943.)

Dowding asked to be remembered to him, saying, "He was on my staff at Fighter Command and was a very fine officer."

"He is a very fine officer," corrected Red Cloud gently. "Hold on! Here is someone else."

"My name is Jenkins. Are you there Dad?" - "Yes, I'm here."

"Well, stop fretting about me, and don't keep bothering the Air Ministry for details. They've told you all they know."

"It was nobody's fault that our old crate fell to pieces in midair. When you have to use every plane that will fly, there are bound to be times when someone has to go round gathering up the pieces."

"I've got one of the pieces at home."

"Yes, I know. A bit of the tail. Father, don't look back. Look forward! Try to make Mother understand that I'm not dead."

"Tell her there are thousands of us here and we're all mothers' sons. But we are all alive. I'm fine as long as she does not grieve for me."

The next voice announced: "This is



JOURNALIST Hannen Swaffer, known as "The Pope of Fleet Street," is seen enjoying a chat with medium Estelle Roberts. Mr Swaffer wrote the first lead story for "Psychic News" in 1932.

Arthur Heath. I went down in a destroyer off Crete." (Arthur R. Heath was Leading Stoker on *HMS Juno*, which was dive-bombed on May 21, 1941, and sank in minutes.)

He assured his mother: "I'm fine. I'm doing a great job. I never died. I'm a good expression of a 'dead' man."

"You haven't changed," said his mother. "You're just as you were. You looked so well in your uniform."

"I still do look well in my uniform," Arthur replied indignantly.

The next speaker, communicating for the first time, was hesitant, asking, "Am I down to Earth yet?" With Red Cloud's assistance he continued, saying: "Dick Stevens here. I want to speak to my wife. You are sitting next to my Chief."

Flight Lieutenant Richard Playne "Cat's Eye" Stevens, DSO, DFC, (Distinguished Service Order and Distinguished Flying Cross) was a barrister and a national hero.

He fought in the Battle of Britain, was the subject of *Portrait of a Night Fighter* by war artist Eric Kennington and scored fourteen victories.

His Hurricane came down at night in Holland on December 15, 1941. Stevens' grave is in Bergen-op-Zoom War Cemetery.

Stevens chatted with his wife, Olive Mabel, about their young son John. Then he said: "I'd like a word with the Air Chief Marshal. Do you remember me, sir?"

"Of course I do," replied Dowding. They discussed service matters for a few moments.

Bill Castello came with a message for Dowding. (Flight Lieutenant William H. Castello, DFC, had taken part in bombing raids on occupied France, Libya, Albania, Iraq and Greece. He was posted missing after a raid on Hamburg.)

"Tell them of your experience," he urged Dowding. "Thank you, sir, for all you are doing... Keep the flag flying."

Castello then reminisced with his parents, Colonel and Mrs Castello, about a sports car he had been building before the war. When his father asked what he should do with it, he replied simply, "Give it away."

The last communicator gave the name of Lindsay, a DFC whose plane had been shot up over Hamburg. He spoke to an RAF officer in uniform, who afterwards confirmed everything he had said.

"Remember how we used to sit up until the early hours arguing about the philosophy of that gloomy pair Nietzsche and Schopenhauer?" asked Lindsay.

"What a lot of nonsense we talked! I've given up Marx. *This* is the real philosophy of life - the truth of survival."

"After I crashed, I realised what a fallacy the other was. Death is not the end. It makes a man of you."

The trumpet moved to Dowding. Lindsay told him: "You know, sir, I was one of the fools who thought that death was the end."

"Why weren't we taught this? That's what caused most of us to become Communists."

"I was a Communist, a follower of Marx if you please! It wasn't until I ditched in the drink that I realised how blind I had been."

Lindsay also had a message for Hannen Swaffer, saying: "Thank you, Mr Swaffer. The boys are grateful for what you have done. From many platforms you tried to open their eyes. Go on with your crusading!"

His was the last communication. After a silence, Red Cloud quoted the words of Jesus - "Greater love hath no man than this; that a man lay down his life for his friends." ■

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ROBERT BROWN

ANSWERS YOUR QUESTIONS

World renowned Spiritualist medium, minister and healer
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Do all mediums meditate? Can meditation help everyone?

I BELIEVE all mediums meditate, though I know saying this will be contentious, for I have friends and colleagues who tell me they never do so and one whose personal mantra is "If you meditate, you vegetate"!

I have never understood this saying, but I think the sentiment is that there is no point in meditating.

Let's look at what is meant by meditation. Put simply, I believe it to be "consciously or subconsciously changing one's vibration."

This is something I believe every medium does when they work. For that reason I say that they do meditate.

What is generally accepted as meditation is an inner reflection, which is calming, and seeking understanding and peace.

I think that where some confusion

occurs is what one needs to do to meditate. Some people seem to have the opinion that sitting crossed-legged naked in a cave burning incense and uttering a chant is a must... and I can well see how this would deter many!

It may be what some choose to do, but such postures or poses are not necessary for effective meditation.

We live in very stressful busy times. Mental and emotional upsets are acknowledged as the causes and contributory factors of several major illnesses.

Add to this the almost complete disregard of spiritual well-being and it is not difficult to see that we often need something to bring us into balance.

For many, the thought of sitting and trying to let one's mind go blank is an almost impossible task. It's often the case that people who attempt to meditate

give up because their minds soon turn to everyday concerns.

They intend to clear their minds, but soon thoughts of work, bills and the attendant concerns of living readily manifest.

I find that by replacing the concept of having a "blank mind" with focusing on an object such as a stone, flower or other item often allows the brain to be occupied enough that it helps prevent thoughts of everyday concerns. This also helps those who find it hard to visualise things mentally.

If you would like to attempt a simple meditation, try following these guidelines. First, choose a time and quiet place where there will be no distraction or disruption.

Have a clear reason for reflection – an issue, problem or something you are having trouble resolving.

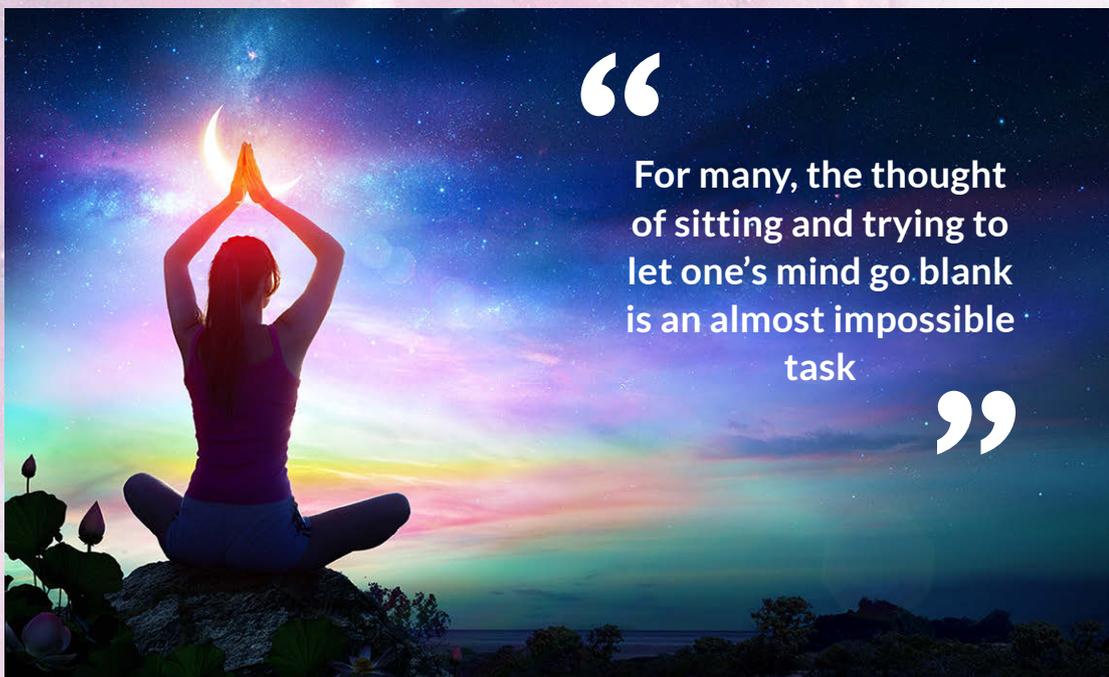
Before you, place a flower in a vase, a crystal or some other natural object that you can focus on. Sit quietly and look physically at what is before you.

If it's a flower, for example, take a good look at the stem from the base to the flower head. Study the petals. Spend a little time getting a clear look, as best you can, then think of your issue.

Slowly close your eyes and hold the image of the flower in your mind.

In your mind's eye, go over in as much detail as you can the flower's construction, taking in the colours.

While doing this, send out a thought that you are seeking a clear



“

For many, the thought of sitting and trying to let one's mind go blank is an almost impossible task

”

and different way to understand what your reason for meditating is truly about.

It may well be that you will see an issue from a different angle or in a way that you had not perceived before. This is because you decluttered your mind from your standard way of seeing things.

It does not mean you will immediately have all the answers, but you may well see more options to solving something.

Sometimes we need a distraction from constantly battling or staring at something to give us a fresh look at what was in front of us all the time.

Our true spiritual sight is often clouded by fear, prejudice and angst. Taking time to "change gear" and see things from a different angle is what meditation is about.

Buddha was once asked, "What have you gained from meditation?" He replied, "Nothing!"

However, Buddha added, "Let me tell you what I lost: anger, anxiety, depression, insecurity, fear of old age and death."

Can meditation help everyone? Try it for yourself and find out!



Why does spiritual healing sometimes fail?

DOES it? Spiritual healing may not always cure everything, but does it fail?

When something is done with the correct intent and for the right reasons, does it fail?

If someone is in pain, be it physical, emotional or mental, it may be that his or her condition cannot be erased. However, if their suffering is eased on any level is that failure?

What of a person who is sick with cancer, and is alone, feeling frightened and abandoned?

Through the ministrations of a healer, he or she realises that someone cares enough to give their time and energy, which alleviates fear or the sense of being in a hopeless situation. Is that not healing on some level?

Eradicating something is not the sum total of healing, for there are numerous levels of healing.

I wish more mediums today realised that they, too, are but instruments through which healing flows.

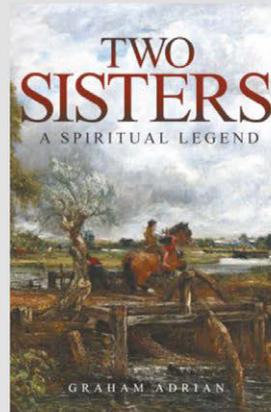
Maybe then we would get back to doing what mediums are meant to do – focus on proving the continuity of life instead of straying into the arena of being "spiritual advisers."

Mediums who show that life continues and assist in removing the fear of death provide the greatest healing of all.

■ *If you have a question on any aspect of mediumship or spiritual healing, please let Robert know at pneditorials@gmail.com*

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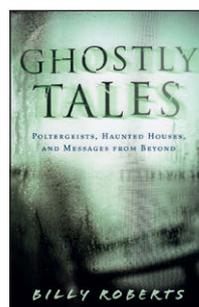
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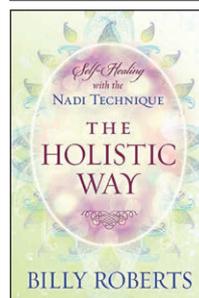


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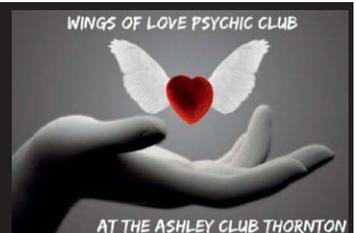
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A casebook of curiosities

JOHN WEST shares some very unusual paranormal stories from his files

The walking dead?

AUTHOR AND ghost hunter Thurston Hopkins had an interesting encounter in late Victorian London. He and his friend, the poet Ernest Dowson, often found themselves indulging in a game known as “blind chivvys,” where they sought out short cuts in order to experience a London of forgotten alleys, lanes and courtyards.

It was the last blazing hot day in August and the two were turning into an alley when Hopkins caught sight of an indistinct figure that seemed to be following them. It hugged the walls and appeared to be in some haste, almost as if it desired to catch up with them but couldn't.

Hopkins made Dowson aware of the figure and they both decided to shake off their unwanted companion by dodging down alleys and zigzagging across the narrow courts. In spite of this, the figure

still managed to stay with them and Hopkins and Bowden began to become alarmed as to its intentions.

Dowson commented to Hopkins on how “There's something about the motion of that thing which gives me the creeps. It's so dummy-like and yet so full of some fiendish and vital force. We will do well to see that he does not approach too close to us.”

They both decided to run and soon found themselves in Tottenham Court Road where the figure was apparently lost in the crowds that now surrounded them.

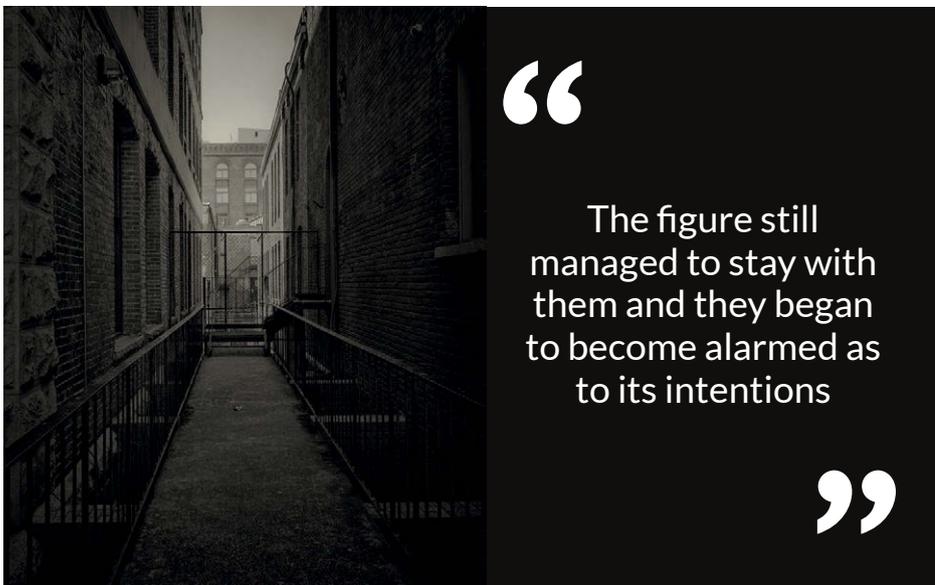
A few days later, Hopkins and Dowson were in a restaurant by Charing Cross Station when they were horrified to see the same man who had followed them suddenly appear at the door. He was tall, thin and wore an old overcoat with a mackintosh thrown over it. His face was covered by an old, dirty silk scarf that was

bound round his jaw. And in his hand was an old Gladstone bag.

Dowson had been looking for his cigarette case at the time the figure appeared and was quite shaken when the man approached him and said, “Try your hip pocket.”

The poet reluctantly did so and to his amazement found the missing case. The man then looked at the pair and both were immediately filled with a sense of fear and revulsion at his almost mummified appearance.

It was the man's face that appalled them more than anything. Hopkins was struck by his unearthly appearance, finding it difficult to even regard him as a living being. Dowson later remarked how the man's face reminded him of “a wizened bladder of lard.” It was hardly surprising that they quickly finished their drinks and fled.



English poet Ernest Dowson (1867-1900)

This encounter with the mummy-like figure was largely forgotten until one evening when the two were walking towards a house in Euston Road where Dowson lodged. They were about 100 yards from the building when they again saw the sinister figure with the Gladstone bag. Both were suddenly filled with a sense of evil and to make matters worse the man was actually walking up the steps to Dowson's lodgings!

Upon seeing this, Dowson quite understandably declined to spend the night there and stayed with a friend instead.

It was to be several days before Dowson could be persuaded to return home. Upon entering the building he noticed that his landlady was very agitated. He asked her what had happened and she explained that a man who had given his name as Lazarus had rented one of the rooms for a week. He had been found dead the next day.

The police were called and a search of his body found that his only possession was an old, battered Gladstone bag. It was opened and was found to contain nothing but earth! Further enquiries proved fruitless and the man's exact identity or origins remained a mystery.

Dowson later told Hopkins that he was convinced that the man was not of flesh and blood. "Let me tell you something, Hopkins. That mould in his bag was graveyard mould.... And was it not Lazarus 'that had been dead that did come forth from his grave bound in a winding sheet and his face bound with a napkin'?"

Hopkins often wondered about that strange figure with the Gladstone bag. Had he and Dowson been too quick to judge the man? Had he just been a harmless and eccentric vagrant? But as time went on, Hopkins became convinced that the man had literally been dying on his feet and had been seeking out someone to take pity on him.

Had the pathetic figure actually been



"His only possession was an old, battered Gladstone bag"

dead at the time of their first encounter? Hopkins came to believe that by some strange power the man's soul had been able to stay in control of his dead body until that day in the lodging house when it was forced or decided to leave the corpse and embark on that final journey that all of us must ultimately make.

The death vault of Brundon Hall

This interesting account of a haunting comes from *The Haunted Homes and Family Traditions of Great Britain* by John Ingham (1897). It was based on extracts taken from the diary of Richard Harris Barham, author of *The Ingoldsby Legends*.

Barham states that the story is current in the Carter family, of which his first wife was a member, and that it was told to him by a Dr Roberts:

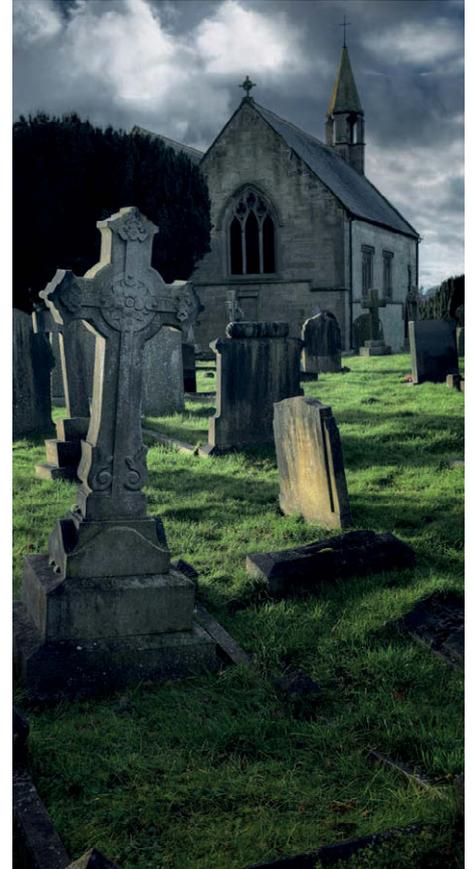
"One day, about the year 1785, two lads, one of whom was the uncle of the lady in question, were playing in the large hall of Brundon Hall, a mansion situated on the borders of Suffolk, and at that time the property of the Carters, but which afterwards passed into the possession of the Hurrells.

"The attention of the boys was suddenly caught by the opening of a door, usually kept locked, which led to the more ancient part of the landing; and they were more astonished still by the appearance of a strange lady dressed in blue satin, who slowly walked towards the great staircase, stamped three times on a large slab of blue stone which lay at the foot, and then, continuing her walk across the hall, disappeared through a door opposite the one by which she had entered.

"The boys, more puzzled than frightened, left off playing, and ran and told Mrs Carter, the mistress of the house, and the mother of the narrator's (Dr Roberts') uncle. She immediately fainted. Subsequently, she told her son that the apparition had been frequently seen by other members of the family, and that there was a very dreadful story connected with it which, however, she declined to communicate.

"Some years afterwards, the house having, I believe, changed hands in the interval, certain repairs were undertaken, in the course of which the entrance to a large vault was discovered, concealed by the stone upon which the lady in blue satin had stamped. On examination, two skeletons were found below; a gold bracelet was on the arm of one, and gold spurs were lying near the feet of the other.

"In addition, a goblet having some



dark-coloured sediment at the bottom, supposed to be blood, was found in a recess in the wall, and a considerable quantity of infants' skulls and bones were heaped up in one corner. Lastly, a considerable sum in gold coin was brought to light."

Further research failed to cast any light on the history of the sinister vault or the reason behind its horrifying contents.

The hole in the ground

The year was 1947 and the Rev Alfred Byles was vicar of St Bartholomew's in Yealmpton, South Devon. It was a Saturday afternoon when he spotted a hole in the churchyard.

He wrote of the incident: "In the middle of the path I saw a hole, of irregular shape, about a yard in width. I thought it was subsidence, and went into the church and told my wife about it. Coming out shortly afterwards, I found that the hole was very much larger, and asked my wife to come out and see it.

"We both looked into it, and I suggested lowering myself into it. However, it was of uncertain depth, and when I threw in a stone it bumped against stonework, which we could see and which looked like part of a wall.

"My main concern was to prevent an accident to anyone using the path. I



“

The eye at first appeared to be frightened and then watchful as it stared back at them unblinking

”

therefore went away to get some planks to cover the hole, which measured about three yards across.

“In the village street I met Mr Knight, the local builder and undertaker, and asked him to come and see the hole. On arrival there was no sign of a hole. The path and the grass verges were exactly as before, with no sign of disturbance. Mr Knight seemed rather less puzzled than I expected, and said, ‘That’s all right, Sir’ or words to the effect. He never mentioned the incident again.”

So what was it? A time-slip of a past or future event? And one shudders to think as to what would have happened if the Reverend Byles had actually lowered himself into that dark and forbidding hole?

The eye of the beholder

Mrs Violet Nicholls lived in a semi-detached house in Pattingham, South Staffordshire. The house dated from the 1930s and there was no record of any haunting connected with the building or the land upon which it had been built before she took up residence there with her husband.

One night in 1952, Mrs Nicholls woke up to see a young woman in her 20s with long blonde hair, a fresh complexion, and a full-length yellow dress “marked at the waist like a half moon.”

She quickly woke her husband who searched the house for the now vanished

stranger. The search failed to find the mysterious lady in yellow and the husband, somewhat angry at being disturbed, returned to bed and was soon asleep again.

Mrs Nicholls, still shocked by the appearance of the lady, remained awake in the darkness, tense and restless. You can imagine her terror upon seeing the bedroom door suddenly open. The head of the ghostly lady emerged from behind the door, looked around the room briefly and then vanished again!

It was a week later before the phantom lady returned. At midday Mrs Nicholls was alone in the house when she glanced out of the kitchen window only to see the same lady in the yellow dress coming up the garden path. The figure passed the kitchen and disappeared.

The figure never appeared again. Or did she?

Six years later, Mrs Nicholls was living on her own with her five-year-old son. One evening, she sent him to bed and followed him up a few minutes later to tuck him in for the night. She found him staring transfixed at the floor.

“Look mum,” he said, as he pointed to a knothole in one of the floorboards. Her eyes were drawn to the hole and to her horror and amazement she saw a pale blue human eye looking back at them!

The eye at first appeared to be frightened and then watchful as it stared back at them unblinking. It sometimes

moved from side to side and then up and down, almost as if trying to escape from the hole. It remained like that for some five to ten minutes before fading away. It was never seen again.

It would be interesting to speculate what would have been found if Mrs Nicholls had decided to take up the floorboards in her son’s room. But perhaps she was wise not to be too curious.

Sometimes, I’ve found it’s best to leave things well alone. ■



John West is a writer, broadcaster and film producer. In 2018, he teamed up with director Jason Figgis to produce feature films and TV documentaries.

The first of these was the documentary *Simon Marsden: A Life in Pictures* and the film, *Winifred Meeks*, a ghost story set on the Suffolk coast.

John also has his own golden oldies show on Smart Radio, which is broadcast every Tuesday at 2.00 pm on <https://smartmediagy.com>



A Good Read

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FROM INNOCENCE TO INNER SENSE: THE JOURNEY TO MEDIUMSHIP

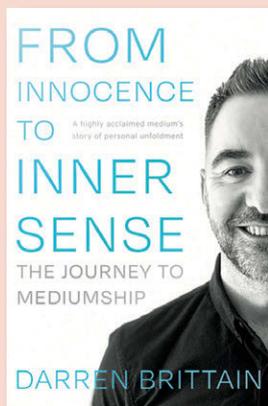
by Darren Brittain
RRP UK £11.99 USA \$15.99
216 pages

The publisher writes: “*From Innocence to Inner Sense*, is a highly acclaimed medium’s story of mediumistic and personal unfoldment. From his early roots in a northern UK mining town, he charts his journey from being a shy and anxious teenager to now one of the most sought-after evidential mediums and teachers working today.

“This book begins autobiographically but evolves into a vital handbook for those studying mediumship. Over almost 30 years of demonstrating and teaching mediumship, Darren offers the reader his experience and understanding of what helps and what harms mediumistic unfoldment.

“He offers his own definition of psychic and mediumship connections as well as instructing the reader on how they can achieve accuracy and consistency in their own work.”

Also available from: <https://www.darrenbrittain.co.uk/book>



SPIRITUAL PRACTICE FOR CRAZY TIMES

Powerful Tools to Cultivate Calm, Clarity and Courage
By Philip Goldberg
RRP UK £11.99 USA \$14.99
257 pages

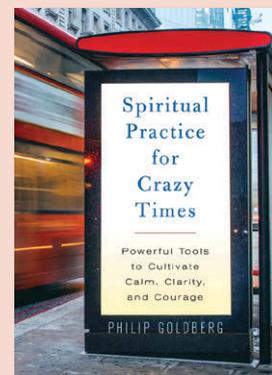
The publisher writes: “In these challenging times, having a spiritual practice isn’t a luxury – it’s an absolute necessity.

“Expert teacher Philip Goldberg has studied Eastern traditions for nearly 50 years and has distilled the essence of these ancient wisdoms into this hands-on guide.

“He includes a range of accessible tools – from meditation to cognitive reframing and ‘spiritual space management’ – to help relieve the mind and refresh the soul. These tools form an essential survival kit to cope with the daily stresses and anxieties of our ‘crazy’ world.

“Philip draws from authoritative texts and teachers from every spiritual tradition – particularly yoga – blending them with his own experience, psychological insights and scientific research.

“The result is a thorough, nuanced and substantive guide that’s also concise, breezy and easy to digest; as effective for the spiritually curious, just dipping their toes into the field, as it is for seasoned spiritual seekers looking to strengthen their practice.”



THE FUTURE CAN BE SEEN: Premonitions and Fortune Telling

By Robert Mason
RRP UK £7.64 US \$9.99
126 pages

The publisher writes: “This groundbreaking new book, written during the onset of the global pandemic in 2020, describes how we truly see some of our future. Amazingly, the book describes how we can change our future for the better.

“Fears caused by the COVID-19 pandemic and climate change are covered in this book, which describes how our personal futures can be seen and, amazingly, changed for the better.

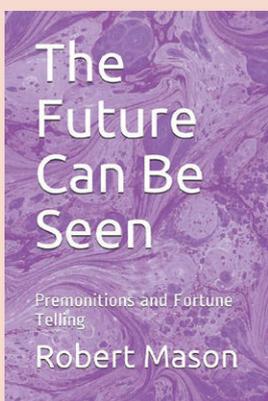
“Robert (Rob) Mason has been a spiritual researcher for over forty years. He is a locally acclaimed clairvoyant and fortune teller. He has helped over 6,000 people with his gifts of clairvoyance and seeing the future.

“Rob has invented and pioneered a new technique for seeing our personal futures called ‘Life Plan Analysis.’ He has helped many people change their future to one of greater happiness and life fulfilment by giving them a ‘Life Plan Reading.’

“Rob also describes how premonitions of future events can be received and used to help avoid personal tragedy.

“Rob is grounded in the real world in his lifetime career as an accountant. He is serious in his research, logically thinking and he sincerely believes that his research discoveries will be of help to those who are interested.

“This book will be of interest to many people who want to see a happier, safer and more fulfilling future for themselves and planet Earth.”



THE SEVEN TYPES OF SPIRIT GUIDES

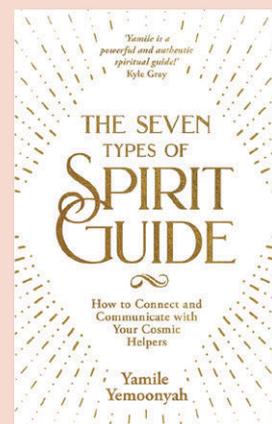
How to Connect and Communicate with Your Cosmic Helpers
By Yamile Yemoonyah
RRP UK £12.99 USA \$16.99
272 pages

The publisher writes: “This book explores seven different kinds of spirit guide and explains how to communicate and work with them to achieve personal goals, overcome obstacles and find spiritual balance.

“Starting with a quiz to discover their type of spirit guide, readers will then learn how to communicate with their cosmic helpers to work through any challenges – from healing ancestral trauma, to growing their business soulfully, to living life with purpose.

“Yamile provides a wealth of information on the specific characteristics, gifts and challenges that each spirit guide brings and explains how they can offer help, support and guidance with any issue.

“This refreshing book is unique in that it discusses how to work respectfully with spirit guides without appropriating other cultures and teaches that it’s not necessary to have any special abilities to connect with cosmic helpers – all that’s needed is an open mind.”



ORACLE DECKS

IN SEARCH OF SERENITY

A collection of poems, prayers and other spirit teachings

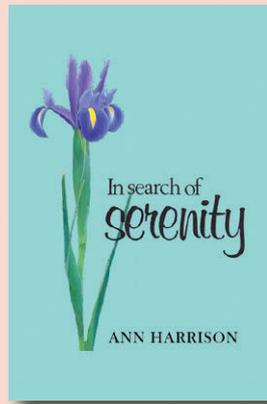
By Ann Ellis-Harrison
RRP UK £6.00 US \$7.50

66 pages

The publisher writes: "This slim volume, illustrated with the author's own drawings of flowers, contains over 50 inspired and inspirational poems, prayers and teachings given from a Higher World for those grieving or trying to find their way to a better understanding of life.

"These writings, received over 25 years of confronting of life, meditation and contemplation, are here to console, challenge and contribute to your wellbeing and your soul's growth."

The author writes: "Some come from my own soul; others are voices, I know not, but heard clearly within my head. They speak sense and beg to us to listen and make a better way. Enjoy, think and share as you will."



THE SUNSHINE OF MY LIFE

by Denzil Fairbairn
RRP UK £6.50 US \$9.00

78 pages

The publisher writes: "The Sunshine of my Life is an extended reprint of the popular book of Spirit Teachings by Sunshine, a guide and teacher of deep-trance medium George Fairbairn.

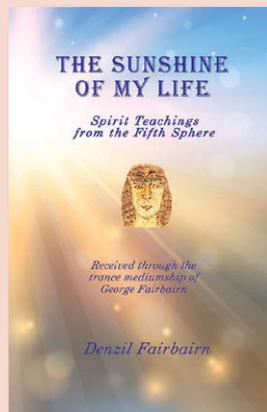
"These describe what he knows of the world beyond death, the life there and the pattern for our life here.

"The medium could recall nothing of what was said when in trance so many of the sessions were recorded.

Now, after 40-50 years, only a few of the tapes exist and his son has painstakingly transcribed Sunshine's teachings and recently been able to also add pieces from the healing guide, Mahanka, on healing in great detail followed by questions from the sitters and a second short talk on UFOs and time travel as discussed in the spirit world.

"Poems written by the medium, with inspiration from his spirit team, are also included along with clairvoyantly observed drawings of four of his spirit team.

"Here is much food for thought and wise teachings wherever you are on the spiritual journey."



THE SCIENCE BEHIND TAPPING

A Proven Stress Management Technique for the Mind and Body (Hardback edition)

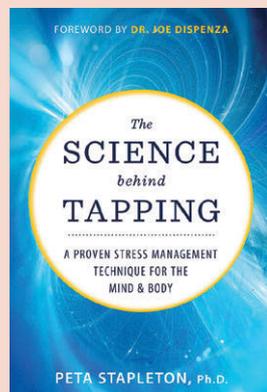
By Peta Stapleton, PhD
RRP UK £20.99 USA \$21.38

320 pages

The publisher writes: "Emotional Freedom Technique (EFT), or tapping, is a powerful way to deal with unresolved issues, transform beliefs and create happiness and success.

"In this beginner's guide to EFT, Peta Stapleton shares tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the upper body.

"Peta then explores the history and cutting-edge research of this healing modality and explains how it can help to combat anxiety, weight issues, depression, trauma and more."



THE MEDIUMSHIP TRAINING DECK

By John Holland and Lauren Rainbow
RRP UK £19.99
US \$24.99

The publisher writes:

"Bestselling author John Holland and fellow psychic medium Lauren Rainbow have combined their nearly 40 years of experience in mediumship to create a deck designed to help others attune to their own psychic abilities.

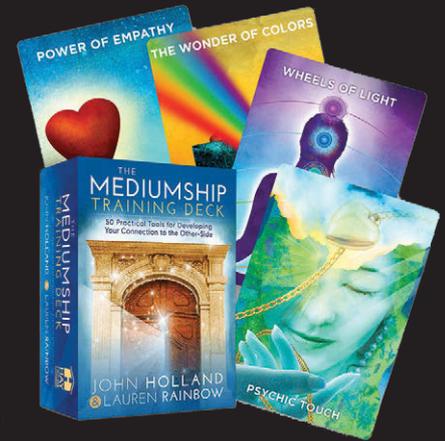
"The Mediumship Training Deck is the perfect tool to forge a stronger link between this world and the Other Side through a combination of attuned messages and practical exercises. The guidebook covers exercises such as energy scanning, learning to read others' auras, tapping into spiritual energy centres, meditation and interpreting imagery.

"John and Lauren share how to create a 'turn-on switch,' a ritual that attunes the body, mind and spirit for spiritual communication, and explain how to give accurate readings for others.

"Perfect for both professional mediums who want to expand their skills and students starting to reach out to the spirit realms, the cards are vibrant with the knowledge, wisdom and techniques imparted by the authors."

John Holland is an internationally renowned psychic medium, spiritual teacher, bestselling author and radio host. His public demonstrations provide audiences with a rare glimpse into the fascinating subject of mediumship, which he delivers in his own unique style, explaining the delicate process of raising his own vibrational energy to link with the Other Side.

Lauren Rainbow is a professional psychic medium, spiritual teacher and healer who has been working passionately for over 19 years.



ORACLE OF THE 7 ENERGIES

A 49-Card Deck and Guidebook

COLETTE BARON-REID
RRP UK £23.99
US \$29.99

The publisher writes:

"In this card deck, bestselling oracle expert Colette Baron-Reid applies a modern perspective to the traditional wisdom

of the seven-chakra system, blending mystic energy work with Western psychology to demonstrate how we as individuals create and experience our reality.

"This 49-card deck has seven cards dedicated to each chakra, with subjects related to specific elements that support its energetic theme and explain how this applies to aspects of daily life. The energy of the cards is vibrant and uplifting, creating a healing experience with each reading.

"Oracle of the 7 Energies is the perfect tool to guide us on the journey to our highest good. Its messages are infused with love and wisdom, and the cards provide specific answers to the most profound questions, helping us to co-create our most meaningful manifestations. This deck is beautifully illustrated by Jena DellaGrottaglia in Colette Baron-Reid's signature style."





TO GET CLOSER TO GOD

BY DAVID HOPKINS

HAVING been brought up in a Spiritualist family and followed one religion all my life, it is impossible for me to fully understand how someone changes faith.

I have to assume that the belief system being left is seen as lacking in some way whilst the new faith satisfies, to a sufficient degree, some of the unresolved issues.

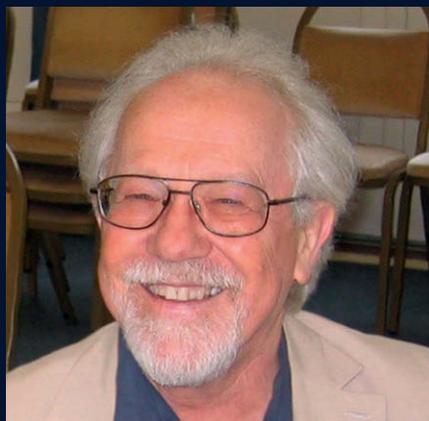
Some come to a religious belief from a non-faith background. Again, I assume it is because at least some element of clarity is seen by the “convert.”

The study of Spiritualism has occupied my life for well over 70 years. I still struggle with some issues and question many more. The times I have woken in the night with new thoughts or new perspectives on long-held views are beyond number.

Life is highly complex, be that my individual life or life generally – its purpose, meaning, source, past and future, even the very existence of life. Clearly to find insight into these matters requires a religion of equal complexity.

Because I have chosen to make it complex, to that extent Spiritualism is indeed a religion of great profundity. Yet it has always seemed to me that in essence Spiritualism is simplicity itself, being without creed or dogma, or the need of religious texts or ceremonies.

Additionally, Spiritualism has no locations or buildings that hold special meaning. It is without authoritarian leaders or any demands that must be



DAVID HOPKINS: *“We can know life in our soul without understanding the life of the universe.”*

fulfilled, and without any prerequisites of birth or belief.

I can decide just what Spiritualism means to me, how I will adopt and adapt it for my personal use, how I will pursue its meaning, and how I will embody it in and through my own life and lifestyle.

Thus this makes it a very personal religion. Equally as important, it is one in which no-one judges or is judged by the standards of others – a religion in which there is no right or wrong way.

What I have written could be seen as

meaning that Spiritualism tries to be all things to all men (and women, of course!). In other words, that it has fuzzy or even non-existent boundaries, is non-specific, and open to enormous variation and interpretation.

Perhaps that is a reasonable criticism, but is that criticism in fact a strength? Allowing every individual the right to self-determine, to make the choices which seem appropriate for that person at that particular time, just adds weight to one of our dearly-held principles: personal responsibility.

Recently, I saw a TV series about sacred wonders. This fascinating series shows natural locations and man-made creations that have special meaning to certain religious groups.

Complex rituals and activities were shown where demands, often extreme, are made on adherents. Of course, whatever people do in pursuit of their beliefs is their own choice; I respect that right, but it does not prevent me from commenting and drawing comparisons with my own religion of Spiritualism.

I wonder if God (by any name) really wants man to suffer; I doubt it. Fasting for long periods may be good for health, but going without water for fourteen or more hours is certainly not healthy but debilitating. Expecting normal life to continue in this state has no logic.

One programme showed a volunteer

ambulance crew member having no water yet working under intense pressure all day. That's not a demand from God; it is man-made doctrine.

Equally, what logic is there in praying four or five times a day, again at all hours? In my opinion, quality and sufficient sleep is of vital importance, so to break that up for a fixed regime goes against all that nature teaches us.

Deprivation and sacrifice are not the way into heaven; knowledge, wisdom and a life well lived offer a more reasonable path.

Does pain make us better people? Does suffering bring its own rewards? Does our mettle have to be tested in the fire? To all of these, my answer is a resounding "No!"

For me, God has presented us with a world of enormous beauty and the opportunity of immense happiness, the chance to learn all that we need to in pleasant surroundings, enjoyable company and in an environment which is conducive to progress through joy.

For many, life is a struggle. Often, perhaps usually – or even always – this is because of situations created by man rather than by God. The poverty in the world is not because there isn't enough for all to have sufficient share.

Rather, it is because a very small minority seizes a vast share. The greed of the few is fed by the limitations placed upon the many.

Even as we hear more and more about global problems like climate change, deforestation, loss of animal habitat and animal species, we still read of multi-national companies and wealthy individuals who control them wanting to do more to escalate the rate of destruction to make the rich richer and the poor poorer.

Remember that old song – "It's the same the whole world over: It's the poor what gets the blame. It's the rich what gets the pleasure; Ain't it all a bloomin' shame."

However achieved, money, power and control are what create injustice. Religious bigotry and tradition have held the populace in a vice-like grip for centuries and still do.

What good does it do to learn hundreds of extracts from a religious text just to be able to go through a ceremony or chant them parrot-fashion over and over? It's not the knowing that matters, but the fact of understanding.

One of the ceremonies in a TV programme involved a teenage boy and girl learning long passages of scripture in a language they neither spoke nor understood and then doing their best to remember and regurgitate them with the correct pronunciation! Try as I might to understand, the value and relevance elude me.

Look at the world around us. It is highly complex, of course, and the interweaving and interdependence of all life forms almost overwhelming.



THE "image of a butterfly on a flower, the chatter of a robin in the garden, the sound of wind in the trees or waves washing on pebbles on a beach are all such simple pleasures."

Yet the image of a butterfly on a flower, the chatter of a robin in the garden, the sound of wind in the trees or waves washing on pebbles on a beach are all such simple pleasures. It is not the complexity to which we respond, but the emanation of that complexity in a simple form.

There is no need to crawl on your knees up a thousand steps, walk a pilgrim's trail for hundreds of miles, chant endless prayers or mantras, and sing hymns or perform rituals in order to get closer to God.

We are as close as we ever want or need to be to this creative power, for it lies not at an altar or in a book of scripture or in a pronouncement by an elected or unelected leader given "divine powers."

It lies within our own heart, at the core of our being, deep in our soul; it is indeed the spirit that gives us life. It can never be lost, taken away or given away. It is the essence of all that we are. Indeed, it is what we are.

Of course, we have to take into account the placebo effect. Countless studies show how strong this effect can be, for the mind has powers that we have not even begun to tap and can produce phenomenal results.

If we believe that immersing our bodies in a river, going into a cave, being sprinkled with water, saying specific words or partaking of certain food and drink can produce a positive effect, then our belief may greatly enhance the result.

Likewise, if we believe that doing certain things will produce a negative response, then the chances of that increase. If we believe that not performing certain actions or ceremonies will have an adverse effect, then that becomes far more likely.

However, if we believe we can achieve positive and progressive results without the need to follow doctrine, dogma, custom and practice, then we can succeed.

I am back to my claim that Spiritualist

philosophy is the simplest of concepts. It teaches us that at the heart of everything is a universal power and that all life emanates and remains part of this power.

This power is eternal. Therefore, we are eternal. This power is constant and forever with us as we are with it; we cannot be where God is not.

Thus, we have the basis of our beliefs, the foundation of our philosophy and the core of all we seek to share with the world. We offer this simplicity to all without fear, favour, prejudice, precondition, demand or expectation.

Upon this simplicity we can build our understanding of the complexity of life, if that is what we wish. We can enjoy the beauty of the butterfly without knowing the details of its wing structure.

Likewise, we can enjoy the sound of music without knowing all the instruments in the orchestra and how each individual sound is made.

We can revel in a sunset without knowing the distance to the sun or its place in the Milky Way. We can know God in the nearness of our hearts without comprehending the whole of nature.

We can know life in our soul without understanding the life of the universe. There is complexity in all things, but there is simplicity too.

Never assume that we need to understand that complexity when, for the moment, the simple will suffice. In time, when we are ready, the complex will reveal itself.

Spiritualism offers the luxury of simplicity and complexity, and everything in between. Thus it has a place for everyone, is able to provide what is needed when it is needed, at the same time offering the promise of more to come and the opportunity of everlasting progress.

Lastly, remember that if we knew and understood all now, what would we do for the rest of eternity? ■

STEPHEN'S WISE WORDS

Below, Stephen O'Brien shares his words of wisdom. A medium for over 40 years, Stephen is principal and founder of the Swansea-based Academy of Psychic and Spiritual Studies.

The author of seven best-selling books, he is a registered spiritual healer and skilled counsellor, whose academy runs home study learning courses and a varied programme of events. Please visit www.stephenobrien.co.uk/ for further details or to order Stephen's highly recommended books and a range of audio cassettes. This month, Stephen looks at various topics.

EACH new day of your life is a part of your adventurous journey through the earth world.

No matter how your life is progressing – whether it seems to be moving too fast for you or too painfully slow – be assured that there is a plan operating within each successive event as a grand design outworks itself through each of your actions and thoughts, and within each seemingly haphazard occurrence.

Some spiritual people wonder “What is the point of physical existence if the soul already knows why it has incarnated on Earth?” The answer is simple: knowing about the plan and actually living it out in our daily lives are two quite different but necessary experiences.

SPIRITUAL growth occurs only within our minds. Changes of character and behaviour happen only when individuals decide to make them.

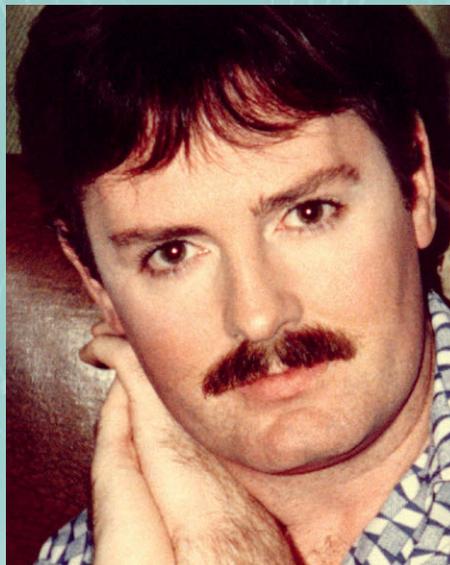
Let us resolve to be more thoughtful, more compassionate and more patient with others.

But let us also remember that we can change and realign our personality patterns successfully by correcting the way in which we behave towards ourselves.

First, we must be more patient with ourselves and more compassionately aware of our own needs, desires and shortcomings.

Then, with renewed vigour and greater resolve, we can step into tomorrow and spread a little more happiness by sharing these admirable personality traits with others.

IF we fail to exercise the faculty of reason, we will never find peace in this world, which always seems to be flooded with



STEPHEN O'BRIEN: “Fear, like love, is a powerful attracting force.”

acrimony, conflict and war.

To reason is to pit our thoughts against each another, weigh up matters carefully, to ponder and reflect upon them, then to make sensible decisions that might resolve our difficulties.

If we have no sense of reason, we are ruled by emotions that will undoubtedly make our lives miserable, which would then affect everyone else around us.

But if we apply reason to our problems, we shall surely attain a modicum of peace of mind.

WHETHER you believe it or not, there is a divine plan in operation throughout this universe; it has always exercised its influence.

Before you came to Earth, your soul created a personal soul blueprint for your life. Just like the universal plan of which it

is an integral part, it will run its course.

When you have decisions to make, try to reach them sensibly, but keep in mind that steadfastly and inexorably, the divine plan will nevertheless continue to press through all of your thoughts and through each of your subsequent actions.

WHEN something tragic or unfortunate happens to you, have you ever wondered why?

Many spiritual people claim to understand the universal law of “Like attracts like,” but do they? Take, for example, the emotion of fear.

The operation of divine law ensures that if a man truly fears becoming financially poor, he might well draw this very condition towards himself.

Fear, like love, is a powerful attracting force, and so are all of the other emotions. Each natural law has its “positive” and seemingly “negative” aspect.

When next you feel let down by God, angels or earthly people, try to keep this thought in your mind: no matter what happens, you will be well served by it.

OVER a prolonged time, high levels of stress can encourage disease to develop in your mind and body.

To combat a life full of inescapable responsibilities and duties, find a little time each day in which to relax. Sit alone somewhere, close your eyes, take some deeper breaths than normal and try to release all unnecessary worries and concerns.

Make at least one day in every week a “rest day” – a day throughout which you can take things easy, recuperate your strength and regain your mental equilibrium, thereby refreshing your mind and body.

If you can equalise your leisure time with your work time and sensibly balance out your duties with your desires, you will banish a great deal of stress and gain a priceless peace of mind. ■

Psychic 'saw' second wave of coronavirus in advance

A WOKINGHAM, Berks, medium who foresaw panic buying before the coronavirus pandemic began had visions in August of the second wave hitting the country last month.

Both Lynn Antink and her son Colin “believe they can communicate with the spiritual world and often experience sudden visions,” reported Jess Warren last month.

Colin told *Wokingham.Today*: “It’s like a memory, but of something that isn’t a memory.

“Clear pictures of something I’ve not experienced before. I could see panic inciting more panic.

“It flashes in the head as a picture and I’ll describe it. Obviously, I’m not going to see things like a newspaper title in the corner somewhere saying what it is, but I’ll just see what’s happening.”

“This was back in December,” said Jess, “before much of the world knew what was going on in Wuhan, China.

“Instead, Colin thought the panic buying was because of Brexit, which was planned for Friday, January 31.

“Now, Colin says he can see trouble on the horizon in the form of a second wave, with Thursday, September 10, flashing through his mind.”

On September 9 the Government announced plans to ban social gatherings of more than six people in England from September 14. Scotland, Wales and Northern Ireland also imposed new similar restrictions.

Colin commented: “I don’t feel good about it. People aren’t going to listen this time. There will be a lot of anger – people have had enough of being locked down.

“There will be anger from those that have followed the rules being presented with it again.”

Colin, who falls within the clinically vulnerable category, has been shielding for the last four months. His relationship with the spirit world began as a young child.

“Mum never doubted me when I was growing up if I said I’d seen something, felt something or heard something,” he said.

“She would sit me down and say, ‘Oh, they’re just saying Hi to you’ and that sort of thing.”

Colin called the spirit visitors “the

shadow people” before he learnt about the spirit world from clairvoyant Dennis McKenzie.

“I was about fourteen when I first met Dennis,” Colin recalled. “It was just confirmation really that I’m not going nuts, that there are people in the world like that.

“I started to actually learn about the spiritual side of things and that the shadows are just people that are on a different plane of existence.”

Colin uses numerology and tarot cards to start a reading, then opens up to messages from the spirit world.

“I could be doing a reading, trying to explain a card and I’ve got spirits shouting in my ear trying to get me to say what they want the person to know,” he said.

“I did a reading for a lady the other day and two ex-husbands and one relative

were all trying to get messages across. I don’t self-censor. If I get a clear message, I say it in plain English...

“People want to be told they’re going to be rich, that they’re going to win the lottery and live in a mansion. Generally, that’s not how it works.”

Colin told Jess he keeps religion out of his readings, as he doesn’t want to force his beliefs on anyone.

“I can’t go and say ‘God wants you to do something,’” he explained. “Religion and faith is an amazing thing to have, but it doesn’t mesh well with spirituality.

“If I go into a church and say, ‘Hey, I can hear the spirit’ they might think I’m possessed by something unholy. Also, it doesn’t mesh with people who are complete sceptics.

“I will never try and force my beliefs on them because I’m self-aware. If someone is sceptic, I’ll make a point never to say anything psychic or refer to spirits or anything around them.” ■



FOUR years ago, Colin Antink received a Civic Award from former mayor Philip Mirfin for his regular column in “Healthwatch,” which raises money for the Thames Hospice. (Photo: Wokingham Town Council)

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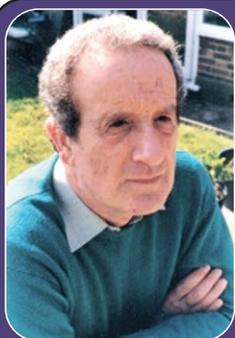
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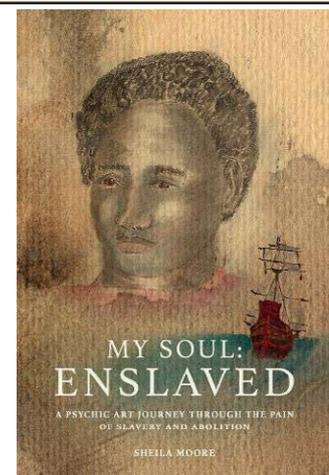
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Contact: Alec & Marilyn Nicolas

Healing and spiritual surgery

(herbal medicine and

reflexology also available)

By appointment only

(including evenings and weekends)

www.surreyhealingsanctuary.co.uk

Tel: 01883 741800

CONTACT AND ABSENT HEALING

for people and animals. No fees

Melksham, Wiltshire

Contact: MIKE FISHER

Tel: 01225 400310

E-mail: mikej.fisher@virginmedia.com

SPIRITUAL PSYCHOTHERAPIST

PGraduate

Experienced, qualified, accredited

www.talkingmedicineure.com

07817 468361

Jenny Dodson

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*Scientifically tested distance
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PN articles and Global TV.*

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worldwide testimonials.*

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just register to feel the energies
caroleveretthealingsanctuary.
co.uk*

DEVELOPMENT CIRCLES

NEW HOME CIRCLE

Like-minded, committed people
invited to join a new Home Circle
Clacton on Sea area

Contact:

jackiehopkins@john-lewis.com

SOUL MATES

THE FREE SPIRITS CLUB

For friends, romance or penpals

Extensive register

Established 20 years

Write to:

Rebecca Snell, Free Spirits Club,
3 Rhosyn Close, Newport,
Wales NP19 0BD

or email: hello@freespiritsclub.co.uk

TRAINING & WORKSHOPS

LINGERTON LODGE

Situated on Scotland's West Coast
and surrounded by ancient woodland.
Training, Treatments and Workshops
to enhance your journey of self-discovery to
re-energise, restore and reconnect you
with "self".

www.dannyandmadge.com

SPIRITUAL REIKI COURSES

Develop the healer within.

Master Teacher 30 years' experience
(inc. as NFSH tutor)

Emphasizing the Spiritual

Venues: Dorset, Surrey, Central London

Email: enquiries@the9thhalo.co.uk

Web: the9thhalo.com

Tel: 0772 090 5123

ANGELIC REIKI UK Official

Information, Practitioners,

Teachers, Courses.

www.angelicreikiuk.com

07925 127222

Spiritualist Churches & Centres, and Spiritual Shops

ENGLAND

BERKSHIRE

READING NATIONAL SPIRITUALIST CHURCH

York Lodge, 81 Baker Street,
Reading, Berkshire RG1 7XY
Tel: 0118 950 7281

Email: church@readingsc.org

**SEE WEBSITE FOR
FULL LIST OF ONLINE
DEMONSTRATIONS,
SERVICES AND WORKSHOPS**

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

CURRENTLY CLOSED

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

www.maidenheadspiritualistchurch.co.uk

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

**SEE FACEBOOK FOR DETAILS
OF ONLINE EVENTS AND
SERVICES**

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

CHESHIRE

MIND BODY SPIRIT EVENT

Nantwich Civic Hall,

Beam Street, Nantwich,

Cheshire CW5 5DG

Rosemary Douglas Events

Website:

www.rosemarydouglas.com

E: rosiembs@googlemail.com

Tel: 07828 187468

See website for details

of next event

CORNWALL

BUDE FREE SPIRITS SPIRITUALIST CHURCH

The Parkhouse Centre,
Ergue-Gaberic Way, Bude,

Cornwall EX23 8LG

CURRENTLY CLOSED

www.budedefreespirits.co.uk

Service Every Thursday

7.30pm - 9pm

BUDE HEALING CLINIC:

Every Wednesday 7pm - 9pm

Visiting mediums who would

like to serve Bude Free Spirits

please contact Carol

on 01840 770057

All Welcome

PENZANCE CHRISTIAN SPIRITUALIST CHURCH

Bread Street,

Penzance, Cornwall

Tel: 07800 812973

07800 813533

07780 661670

CURRENTLY CLOSED

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

OPEN Sundays & Wednesdays

Please wear face masks

Website: www.exeterspiritualistcentre.org

Sunday 6.30pm Service

Wednesday 1.30pm Mediumship

Saturday (as advertised only)

Private Readings

Demonstration of Mediumship

Healing:

Please check with centre

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

OPEN FOR SUNDAY DIVINE

SERVICES ONLY

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.bsnucc.co.uk

OPEN - OCTOBER EVENTS

Every Wednesday

(Except 14th October)

10.30am - 12.30pm

Distant Healing

Sunday 4th 10.45am

NIGEL WEST CSNU

Sunday 11th 10.45am

ELAINE BEVAN

Sunday 18th 10.45am

JANET EMILYMAE

Sunday 25th 10.45am

ROBERT PALLETT CSNU &

LINDA PALLETT CSNU

Special event

Wednesday 14th 7.30pm

Church AGM

All Welcome

KINSON SPIRITUALIST GROUP

Kinson Community Centre,

Pelhams Park,

Kinson,

Bournemouth BH10 7LH

Tel: 01202 715754

[www.facebook.com/](http://www.facebook.com/KinsonSpiritualistGroup)

[KinsonSpiritualistGroup](http://www.facebook.com/KinsonSpiritualistGroup)

CURRENTLY CLOSED

Every Sunday 6.30pm

Divine Service

2nd Monday in month at 8pm

Clairvoyance Demonstration

All Welcome

ESSEX

EPPING SPIRITUAL SANCTUARY

Thornwood Village Hall,

Weald Hall Lane, Thornwood,

Epping, Essex CM16 6ND

CURRENTLY CLOSED

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

AWARENESS SPIRITUAL & WELLNESS CENTRE

Nevendon Community Centre,
Off Nevendon Road, Wickford,
Essex SS12 0QH

Email: hannonef@gmail.com
Mobile: 07847353054

OPEN WEDNESDAYS
7th, 14th & 28th OCTOBER

[www.facebook.com/
AwarenessSpiritual
WellnessCentre](http://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

PLEASE CHECK FACEBOOK PAGE FOR DETAILS

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 Mobile:
07591 920603

Follow us on Facebook

HEALING HEARTS SPIRITUAL CENTRE
CURRENTLY CLOSED

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

Or see our Facebook Page
[www.facebook.com/
healinghearts.centre](http://www.facebook.com/healinghearts.centre)
Contact: 07455 227100
Bulphan Village Hall,
Church Road, Bulphan,
UPMINSTER, Essex
RM14 3RU

GLOUCESTERSHIRE

CHELTENHAM NATIONAL SPIRITUALIST CHURCH

Bennington Street,
Cheltenham,
Gloucestershire GL50 4ED
Tel: 01242 703 288

Registered for Funerals,
Weddings,
Naming Ceremonies, Blessings,
Commitment of Union

PLEASE CHECK FACEBOOK PAGE FOR DETAILS

[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

CURRENTLY CLOSED
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

CURRENTLY CLOSED
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
CURRENTLY CLOSED

Tel: 01252 625976
President &
Marion's Secretary,
Marion Chilver:
01252 624986

Website: www.fleetspiritualistchurch.co.uk
Sunday Divine Service 6.30pm
Thursday Clairvoyant Evening
at 7.30pm (£2 admission)

Healing
Every Tuesday 7.15pm - 9pm
(doors close at 8.40pm)
with leader ALISON CHAPMAN

Awareness Circle
Monday 7.30pm
Beginners/Novices
£3.50 (£3 members)

Open Circle
7.30pm - 9.30pm
Twice per month on Wednesday
with DENISE PLUMB

Open Platform
Friday 7.30pm with
SPENCER ROSE
£3.50 (£3 members)
See website for dates
All Welcome

HERTFORDSHIRE

CARPENDERS PARK CHRISTIAN SPIRITUALISTS

Bushford Scout Hall,
St Georges Drive,
Carpenders Park,
Watford, Herts WD19 5HD
(Hall cannot be seen
from road - go up drive
between numbers
37 and 39 St Georges Drive)

PLEASE CONTACT FOR FURTHER DETAILS

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

CLOSED UNTIL JANUARY 2021
Telephone: 07581 492507
[www.hitchinspiritualist
church.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
**CURRENTLY CLOSED BUT
PLEASE CHECK FACEBOOK
PAGE FOR DETAILS**

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

OPEN FOR

**SUNDAY SERVICES,
FRIDAY CLAIRVOYANT
EVENINGS**

**& SOME DEVELOPMENT
CLASSES**

**SEE WEBSITE AND
FACEBOOK FOR DETAILS**

Sundays

Evening Service at 6.30pm

Fridays

Clairvoyant Service at 7.30pm

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

**PLEASE CONTACT CENTRE
FOR FURTHER DETAILS**

Tel: 07923 518148

Email: mhsdc@outlook.com

Website: www.mhdc.org.uk

We run Psychic & Spiritual
Development Mornings,
Open Circles,
Healing and Meditation
Mornings with free student
readings, monthly evenings of
Mediumship, Workshops,
Psychic Suppers,
Psychic Fairs, Courses,
Coach Trips etc.

Download the full programme
from our website or ring us!
Regular Events
All Welcome

WEST WICKHAM SPIRITUALIST CHURCH

Surrey Road,
West Wickham,
Kent BR4 0LU

President & Mediums' Secretary:

Alan Mitchell-Sleight

Tel: 01959 573049

E-mail: mitchellsleight@btinternet.com

**CLOSED BUT SEE WEBSITE
FOR ONLINE MEETINGS**

Sunday Services 6.30pm

(doors open 5.50pm)

Wednesday Evening

Demonstrations 8.00pm

Open Circle Thursdays

11.30am - 1pm, 5pm - 6.30pm

& 7pm - 8.30pm

Private Readings

Thursdays ~ Please book in

advance with

Alan Mitchell-Sleight on

01959 573049

Spiritual Healing

After the service on a Sunday

at approximately 8pm

(providing healers are available)

and Wednesdays

12noon - 1.45pm

Workshops

Please see website or in church

for details

Please visit our website

www.westwickhamspiritualistchurch.co.uk

for other upcoming events

All Welcome

LANCASHIRE

BURY SPIRITUALIST CENTRE

3 Russell Street, Bury,

Lancashire BL9 5AX

Tel: 0161 654 9282

PLEASE CHECK WEBSITE

Website: burysnu.weebly.com

Follow us on Facebook:

Bury Spiritual Centre

Tuesday 6pm Healing

(last registration 6.30pm)

Healing is also available on

request after the service

Tuesday 7.30pm - 8.45pm

Evening of Mediumship

Friday (fortnightly)

7.15pm for 7.30pm start

Awareness Class

Saturday 7.30pm - 8.45pm

Divine Service

All Welcome

CLEVELEYS SPIRITUALIST CHURCH

93 Beach Road,
Cleveleys,

Lancashire FY5 1EW

(Opposite the Travellers Rest

Public House)

**PARTIALLY OPEN
PLEASE SEE WEBSITE**

Every *Sunday* 2pm - 3pm for

Private Prayer

Each person will be allocated 10

mins to sit in prayer

Every *Monday* 1pm - 4pm

Private Readings with

HELEN TAYLOR OSNU

Please book in advance by

phone

Weekly Absent Healing

Wednesdays 12.15 - 1.15pm

Fridays 7pm - 8pm

Our healers can send healing

specifically to loved ones when

you message or call us and

request it to be added to the

healing book.

Awareness Classes

Every Wednesday 6.15-7.15pm

8 week course £2 per week

(paid in full where possible)

We are on Facebook and on the

web at: www.cleveleysspiritualistchurch.co.uk

Call us on: 07756 967803

WHITE FEATHER SPIRITUALIST CENTRE

Claremont Community Centre,

Claremont Road, Blackpool,

Lancashire FY1 2QJ

PLEASE CALL FOR DETAILS

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

NOW OPEN

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

E: spiritchurch@outlook.com

Tel: 0116 2536098

All Welcome

LONDON

ACTON SPIRITUAL CENTRE

The Cottage, Woodhurst Road,

Acton, London W3 6SL

President: Elaine Jordan

CURRENTLY CLOSED

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 extended to all

BALHAM SPIRITUALIST CHURCH

Hamilton Hall,

211 Balham High Road,

London SW17 7BQ

Tel: 07933 332187

CURRENTLY CLOSED

Sunday Divine Service 11am

Wednesday Service 7.30pm

Spiritual Healing

12.15pm after Sunday Services

Private Sitzings

See Facebook for details

Open Circle

Mondays 7.30pm - 9pm

(except Bank Hols)

Development Circle

Tuesdays 7.30pm with

PAUL GRANT

Come along and meet us

See our Facebook Ad at:

Balham Spiritualist Church

All Welcome

BARNES HEALING CHURCH

Between 77-79 White Hart Lane,

London SW13 0PW

Five-minute walk from

Barnes Bridge railway station

General Enquiries:

07581 534028

Facebook: [BarnesHealingChurch](https://www.facebook.com/BarnesHealingChurch)

PARTIALLY OPEN - PLEASE

SEE WEBSITE FOR DETAILS

Website: www.barneshealingchurch.co.uk

E-mail: barneshealingchurch@hotmail.co.uk

Sunday Healing Service 6.30pm

Wednesday at 7.30pm

Evening of Clairvoyance £3

Special Events

For details about our Open

Platforms, Circles, Workshops,

Special Evenings and more,

please see our website or our Facebook page

Healing

Tuesdays 7.00pm - 8.00pm
Thursdays 10.30am - 1.00pm
A Warm Welcome Awaits Everyone
REGISTERED FOR
MARRIAGES, CEREMONIES
& SACRED SERVICES

BATTERSEA SPIRITUALIST CHURCH

46 Bennerley Road,
Off Northcote Road,
London SW11 6DS

President - Margaret Cutler:
020 7223 3156

Enquiries: 020 7622 4900
or 020 3573 3571

E-mail: bsc@batterseasc.co.uk

Web: www.batterseasc.co.uk

**OPEN 1ST & 3RD SUNDAY OF
MONTH**

Sundays 6th and 20th September
Service 6.00pm

CLAPHAM NATIONAL SPIRITUALIST CHURCH

11a North Street,
Old Town, Clapham,
London SW4 0HN

Enquiries

Tel: 020 7498 5521

CURRENTLY CLOSED

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

OPEN: PLEASE WEAR A MASK

OCTOBER 2020 EVENTS

Sunday Service at 6.30pm

4th HAZEL MIDDLETON

11th ROSIE AND GILL

18th DAVID COLE

25th ROSIE

Thursday Mediumship 7.30pm

1st LINDSLEY CASH

8th JOHN JENKINS

15th BRENDA ELVIN

22nd SID PRIVETT

29th SARAH JACKSON

Monday 5th October

7.30pm - 9.30pm

£5 (£3 membs)

Open Circle with
OWEN WILLIAMS

Please note that Thursday
demonstrations are charged at
£3.00 (£2.00 members) - unless
stated otherwise - and Sunday
services remain as a
voluntary donation

Private Readings From 10am
Saturday 24th October

20 minutes £12 (members £10)

Payable in advance by card

Ring Jeannine 07956 312753

Mediums: ROSIE, THERESA,

LESLEY TURTON,

JACKIE OTHEN &

SARAH JACKSON

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

CLOSED UNTIL JANUARY 2021

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

OPEN AGAIN FOR

THURSDAY SERVICES AND

PRIVATE SITTING DAYS

(very limited spaces available

according to Government

guidelines)

Acting President: Derek Delves

Working for Spirit

into the 21st century

Private Sittings

Saturdays 3rd & 31st October

Five Mediums giving 30 minute

private sittings for £15

11am to 3pm

Booking available via our

Facebook Page or our email

address:

fulhamspiritualist

church@yahoo.co.uk

Thursday Service in church

at 7.30pm

1st ROY SUNLEY

8th LES & DENISE PILGRIM

15th NEIL PAYNE

22nd ANGELA WATKINS

29th ESI CAKMAKCIOGLU (Art)

Our 6.30pm Sunday Divine

Services will be held online via

ZOOM

4th JANET GLASGOW

11th MARC IMPEY

18th JOHN JEMMETT

25th SUSAN ROBERTS

(Mediums booked open to change)

Same I.D. and Password applies

to all ZOOM services

Meeting I.D: 689 400 7125

Passcode: FULHAM

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

PARTIALLY OPEN - PLEASE

SEE WEBSITE FOR DETAILS

Church Activities

Fortnightly Sunday Service

at 6.30pm

All other events are via Zoom

For Special Events, Courses &

Workshops please see our website

MORDEN SPIRITUALIST CHURCH

214 Morden Road, Morden,
London SW19 3BY

Enquiries: 020 8648 5369

Church Tel: 020 8544 1816

E-mail:

morden.church@hotmail.co.uk

OPEN FOR THE FOLLOWING

SERVICES - LIMITED NUMBERS

Sunday Evening 6.30pm

Service and Clairvoyance

Thursday Evening 7.45pm

Clairvoyance Entrance £2.50

All Welcome

VIOLET MOON SPIRITUAL CENTRE

Ruskin House,
Nelson Mandela Room,
23 Coombe Road, Croydon,
Greater London CR0 1BD

PARTIALLY OPEN - PLEASE

SEE WEBSITE FOR DETAILS

Website:

www.violetmoonpsychic.com

Email: [lorraine@](mailto:lorraine@violetmoonpsychic.com)

violetmoonpsychic.com

Fridays: 7pm - 8.30pm

Demonstrations of Mediumship

Clairvoyance Events

SYDENHAM SPIRITUAL & HEALING CENTRE

Venner Community Hall,
1, Venner Road, Sydenham,
London SE26 5EQ

(Venner Road is opposite

Sydenham Railway Station

The hall is adjacent to

Sydenham High Street)

Bus: 176, 312, 75, 194, 202, 450

Enquiries: Caroline Hackett

on 07891 067478

CURRENTLY CLOSED

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

CURRENTLY CLOSED

Minister in Spirit:

Mrs Ida Stenning

Enquiries: 020 8888 1992

Website: www.woodgreen

spiritualistchurch.co.uk

WOODFORD SPIRITUALIST CHURCH

9 Grove Crescent,
South Woodford,
London E18 2JR

http://woodfordchurch.com

CLOSED UNTIL JANUARY 2021

MIDDLESEX

HAMPTON HILL SPIRITUALIST CHURCH

Angel Close,
Windmill Road,
Hampton Hill TW12 1RG

Enquiries: 020 8941 5177

CURRENTLY ONLINE

MEETINGS ONLY. SEE

WEBSITE FOR DETAILS

www.hamptonhillspiritualists.

webeden.co.uk

Sunday 6.30pm Service

Thurs 7.30pm Demonstration

Evening Open Circles & Classes

See website for days & dates

Open Platform with

MARTIN TWYACROSS

Open Awareness Circle with

LINDA TWYACROSS

Mediumship Practice Circle

with PAMELA POLLINGTON

Open Healing Circle with

SHEILA SMOOTHY

Open Awareness Circle with

SUSIE SHAW

Speakers & Philosophy Class

with MARTIN TWYACROSS

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
CURRENTLY CLOSED
 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)
CURRENTLY CLOSED
 Sunday Service 6.30pm
 Thursday Clairvoyance 7.45pm
 Visit: www.kentonspiritualistchurch.co.uk for further details
 Special events
 throughout the year
 A Warm Welcome Awaits YOU!

THE LIGHT ON THE HILL HARROW SPIRITUALIST CHURCH
 1 Vaughan Road, Harrow,
 Middlesex, London HA1 1DP
CURRENTLY ONLINE MEETINGS ONLY. SEE WEBSITE FOR DETAILS
 Website:
www.harrowsnuchurch.wixsite.com/harrow
 Email: lightonthehill@live.co.uk
 Telephone: 07528 348 432
 Service Times:
 Sunday 7.30pm - 9pm
 Wednesday 7.45pm - 9pm
 Healing Services:
 Monday 10am - 12pm
 Wednesday 9.15pm - 9.45pm
 Sunday 7.30pm at start
 of Service
 All Welcome

THE SANCTUARY OF THE SILVER CROSS
 Friends Meeting House,
 Belmont Road, Uxbridge,
 Middlesex UB8 1QW
 President: Linda Chant
CLOSED UNTIL 2021
 Tel: 07792 900194
 Website: www.sanctuaryofthesilvercross.com

Sunday Divine Service 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
CURRENTLY CLOSED — PLEASE CHECK FACEBOOK PAGE FOR DETAILS
 Follow us at:
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
OPEN — PLEASE BOOK SPACES BEFORE ATTENDING SEE FACEBOOK FOR DETAILS
 Tuesdays 7.30pm Service £4
 including Raffle (optional)
 Fridays 1.30pm Divine Service
 freewill donation £1 Raffle
 Saturdays 7.30pm Service
 £4 including Raffle (optional)
 Follow us on Facebook:
 West Bridgford Spiritualist
 Church
 All Welcome

SHROPSHIRE

DAWLEY GUIDING LIGHT SPIRITUALIST CHURCH
 Dawley House,
 22 Burton Street, Telford,
 Shropshire TF4 2ES
 Contact us: 01952 507188
CURRENTLY CLOSED
 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

SOMERSET

ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH
 Grove Place, Manor Road,
 Alcombe, Minehead TA24 6EH
 Tel: 0783 110 4896
CURRENTLY CLOSED
 Summer Sunday Service at 6.30pm
 (March to end of October)
 Winter Sunday Service at 3pm
 (November to end of February)
 Healing Groups,
 a monthly Healing Day,
 Healing Evenings, Open Circles,
 Evenings of Clairvoyance
 all available on various days
 during each month.
 See our website for the full
 day-by-day itinerary of what
 our church can offer you.
www.mineheadspiritualistchurch.co.uk

STAFFORDSHIRE

ANGEL ATTIC
 Staffordshire's Principal
 Independent Psychic Centre,
 St Patricks Place, Stafford,
 Staffordshire ST16 2PN
 TEL: 07504 126336
 E: rachel.angelattic@gmail.com

SURREY

CROYDON SPIRITUALIST CHURCH
 Chatsworth Road, Croydon,
 Surrey CR0 1HE
 President:
 Mr Alan Seymour CSNU, LSSNU
 Contact Tel: 020 8688 1827
 Email:
alanseymour@btinternet.com
CURRENTLY ONLINE MEETINGS AND ABSENT HEALING ONLY. SEE WEBSITE FOR DETAILS
 Website: www.croydonspiritualistchurch.org.uk
 Sunday 11am Service
 Sunday 6.30pm Service
 Wednesday 7.45pm Service
 Healing Every Thursday at

1.30 - 3.30pm & 6.00 - 8.00pm
Open Platform
 Third Monday of the month
 at 7.30pm Fledglings, training
 speakers, demonstrators &
 congregation required ~ Free
 All Welcome

FARNHAM INDEPENDENT CHRISTIAN SPIRITUALIST CHURCH
 Hale Village Hall, 1 Wings Rd,
 Farnham GU9 0HN
 President: Jean Harris
 Tel: 07936 708882
CURRENTLY ONLINE MEETINGS ONLY. SEE FACEBOOK FOR DETAILS
 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
 All Welcome

SPIRITUAL AWARENESS GROUP
 Bringing Spirit to the people
 Glyn Hall, Cheam Road,
 Ewell Village,
 Surrey KT17 1SP
 Enquiries: Betty Masters
 Tel: 07786 741509
 Email: spiritualawarenessgroup@gmail.com
 Sunday Services with
 Clairvoyance
 Entrance fee £4.50
 Doors 6.15pm for 6.45pm start
With regret, due to the current coronavirus situation we are currently suspending services. Contact for re-opening dates.

HACKBRIDGE SPIRITUALIST CHURCH
CURRENTLY CLOSED
 For information call
 Jackie on: 0781 806 1063
 for further details

KINGSTON NATIONAL SPIRITUALIST CHURCH
OPEN: OCTOBER 2020 EVENTS
 Villiers Road,
 Kingston upon Thames,
 Surrey KT1 3AR
 Website:
www.kingstonsnc.net
 Email:
kingston.spiritualist@yahoo.com
 Also on Facebook
 President: Bernadete May
 Secretary: Gerrie Chaney
 Telephone: 020 8401 6967
 Church Mobile: 07910 335 763
 Sunday 11am Divine Service
 4th ANGELA WATKINS

11th JEFF HEWITT
Animal Sunday Service
Readings and Prayers by
MARTINE THOMAS
18th SHERON MARTIN
25th BARBARA WALKER
Monday 7.30pm

Evenings of Mediumship
5th TRICIA BAMSEY
12th KAREN PYLE
19th ASHLEY MILLS
26th PETER GODDARD
Open Platform
Saturday 3rd October
2pm - 4pm
with BERNADETE MAY
Open Spiritual Awareness
Evenings

Friday 2nd 7.30pm &
Friday 16th 7.30pm
Special Event
Friday 30th 7.30pm £5
Exploring Our Spirituality:
A Guided Meditation with
CHERRY SRINAGANAND
Distance Group Healing
Every Wednesday
2pm - 3.45pm by donation

SUTTON YOUNG
SPIRITUALIST
CHURCH
Thomas Wall Centre,
Benhill Avenue, Sutton,
Surrey SM1 4DP
RING FOR DETAILS
Enquiries: 020 8641 2630
Sunday Service at 6.30pm
followed by Healing
Clairvoyant Evening at 7.30pm
One Wednesday per month
We are a friendly independent
Spiritualist church
All very welcome indeed
Do come and visit us!
All Welcome

RICHMOND
SPIRITUALIST CHURCH
97 Church Road,
Richmond,
Surrey TW10 6LU
Website: www.richmondspiritualistchurch.com
Email:
richmondchurch97@gmail.com
Enquiries: 07507 703497
Follow us on Facebook
PARTIALLY OPEN - PLEASE
SEE FACEBOOK FOR DETAILS

EAST SUSSEX

SEAFORDSPIRIT
Seaford Independent
Spiritualist Church,
3 Warwick Road, Seaford,
East Sussex BN25 1RS
Tel: 01323 737407
WEEKLY DIVINE SERVICES
ARE BEING CONDUCTED
ONLINE VIA ZOOM AT
7.30PM EACH THURSDAY
PLEASE SEE WEBSITE

Email:
enquiries@seafordspirit.co.uk
Website:
www.seafordspirit.co.uk
Thursday 7.30pm
Divine Service
All Welcome

WEST SUSSEX

ANGEL IN BLUE
Storrington Village Hall,
59 West Street, Storrington,
West Sussex RH20 4DZ
CLOSED UNTIL 2021
Social, Support and
Mediumship Demonstration
Evenings
The last **Friday** of each month
Starts at 7.00pm
Entrance £6 inclusive of
Raffle and Refreshments
Enquiries: Contact Val Harber
01403 865823
angelinblue@btinternet.com

BARNHAM
SPIRITUAL CENTRE
Barnham Community Hall,
Murrell's Field,
Yapton Road,
Barnham PO22 0AY
SEE FACEBOOK FOR
ONLINE EVENTS
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
CURRENTLY CLOSED
President: Maureen Hedger
Tel: 01342 870657
Sunday Divine Service
6.30pm - 8.00pm
Wednesday 7.30pm 9.00pm
Clairvoyant Evening
£4.00 (Members £3.00)
Spiritual Healing
Thursdays 7.30pm - 9.00pm
E-mail:
crawleyspiritual@gmail.com
Website: www.crawleyspiritualistchurch.co.uk
All Welcome

TYNE & WEAR

NEWCASTLE
UPON TYNE,
HEATON AND BYKER
SPIRITUALIST CHURCH
16 - 18 Tosson Terrace, Heaton,
Newcastle upon Tyne,
Tyne and Wear NE6 5LX
OPEN: SEE FACEBOOK FOR
FURTHER DETAILS
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
CURRENTLY CLOSED
Follow us on Facebook at:
Wilton Spiritualist Church
Sunday 6.30pm Divine Service
Includes a Demonstration
of Mediumship
Open Circle
2nd and 4th Tuesday of each
month at 7.30pm
Everyone Welcome

WEST MIDLANDS

SUTTON COLDFIELD
SPIRITUALIST CHURCH
Kenelm Road, Off Manor Hill,
Sutton Coldfield B73 6HD
CLOSED UNTIL 2021
Website: www.scsconline.co.uk
Telephone: 0121 354 3266
Follow us on Facebook at:
Spiritualist Church,
Sutton Coldfield
Sunday 6.30pm Service
Monday 1.30pm Service
Tuesday 7.30pm
Mediumship Classes
Thursday 8.00pm Healing
Friday 7.30pm Open Circle
Saturday 11.00am Healing
For Monthly Specials &
Workshops please see our
Website/Facebook pages
All Welcome

THE ADVERTISING
DEADLINE IS THE
8TH DAY OF THE
MONTH PRIOR TO
THE PUBLICATION
MONTH



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Wollaston Village Hall
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(unless specified in listing)
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Enquiries to: 07809 464165
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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
CURRENTLY ONLINE
MEETINGS ONLY - SEE
FACEBOOK FOR DETAILS
www.whithamroad.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

TO ADVERTISE
IN
PSYCHIC NEWS
EMAIL:
pnadverts@gmail.com
OR VISIT
psychicnews.org.uk

WALES

THE GATEWAY CHRISTIAN SPIRITUALIST CHURCH
2A Northcote St (off City Road)
CARDIFF CF24 3BH
CURRENTLY CLOSED
Telephone: 029 20470461
Saturday 7.00pm
Demonstration of Mediumship
Sunday 6.30pm
Divine Service
Tuesday 7.00pm
Demonstration of Mediumship
Wednesday 7.15pm
Spiritual Healing
Registered for the
Solemnisation of Marriage,
Naming & Funeral Services
Website:
gatewaychurch.co.uk
All are welcome

SCOTLAND

ARTHUR CONAN DOYLE CENTRE
Home of THE EDINBURGH ASSOCIATION OF SPIRITUALISTS
25 Palmerston Place,
Edinburgh, Scotland EH12 5AP
SEE WEBSITE: www.arthurconandoylecentre.com
Phone: 0131 625 0700
Sundays 11am DIVINE SERVICE
Wednesdays 7.30pm
OPEN CIRCLE (Except August)
Full programme of Special Events,
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See website for details
Also available: Holistic Therapies • Healing • Private Sitzings • Aura Camera Readings • Victorian Tearoom • Room Hire • Psychical Research and Investigation Unit • Follow us on Facebook & Twitter

GUERNSEY

THE GREETING PLACE FOUNDATION
SPIRITUALIST CENTRE
Douzaine Room, St Peters,
Guernsey, Channel Islands
Enquiries to: Ann Jennings
Telephone: 01481 247185
Mobile: 07781 413218
OPEN: SEE FACEBOOK
Email:
greetingplace@cwgsy.net
Website: www.healingandspiritualcentre.co.uk
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



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www.broniawestclairvoyantmedium.co.uk	www.tomjohnstonspiritualistmedium.com
www.angelicreikiuk.com	www.healingangels.co.uk



IRENE - 'BEAUTY FROM WITHIN'

When it comes to Royal Jelly – Nothing else compares

Irene Stein is not your average 80 year old. She is fit, healthy, energetic and, when not working on her business, she is out playing a game of tennis or two and enjoying life to the fullest. Not only this, her flawless complexion has many second guessing her age and not an inch of grey can be found in her full head of hair. Even more interesting is the photo of her mother at 82 years who also managed to get rid of her Arthritis and improved her heart condition by taking the Formula. **Is this not impressive!**



This miraculous formulation, created by Irene herself in conjunction with a Master in Complex Homeopathy and another Master in plant/herbal knowledge, is an excellent blend of Royal Jelly which is naturally preserved in honey with Ginseng, Echinacea and herbs and has been used in the treatment of at least 75 different health conditions. From allergies, digestive problems, diabetes, menopause and migraines right through to heart conditions, blood pressure, cancer, chemotherapy and prostate problems, Royal Jelly can significantly reduce symptoms and in many cases eliminate the condition completely.

Irene's first encounter with Royal Jelly was when she was around 40 years of age. After suffering from a retroverted uterus which was causing her a great deal of pain, Irene went through a hysterectomy.

She was advised that she would need to take hormone replacement tablets and would go into early menopause. As well as the inevitable hot flushes, night sweats and other hormonal imbalance symptoms she was also advised she would be out of action for at least 6 months.

Strong willed and determined to avoid medication; Irene refused to take the tablets and instead took Royal Jelly. Astonishingly, she did not go into early menopause and instead made a full recovery and was back at her desk just one week later!

Not only did this incredible formula relieve Irene of her symptoms, it completely removed her migraines – from which she had suffered from at an early age – and dramatically improved her immune system, meaning she never suffers from coughs, colds or flu.

"I was born to a mother ahead of her time and brought up on black molasses, cider vinegar, and told about the importance of breathing" Irene comments, "These early introductions worked for me and became my own belief, and when I discovered Royal Jelly in 1974 through a Greek Bee Keeper, my mother knew all about it, even though it wasn't readily available."

"I think it is true to say that I don't actually resemble my 80 years. Things like memory, retention, absorption, clarity, focus, agility, and I still seem to be firing on all cylinders. During the early part of my experiences with Royal Jelly, I was fascinated by the way in which my mother's arthritis disappeared completely in her late 70's and I watched her greying hair turned back to its natural colour.

"Incidentally my tennis is getting better and better. I am amazed how I am able to outplay players that I believe are much stronger than



myself. I am also amazed that many younger tennis partners are puffing and blowing by the time that we finish and I've still got energy to go on!"

Around 30,000 people worldwide have incorporated Royal Jelly into their daily diet including professional athletes, showbiz celebrities and members of the British Royal Family with famous faces including Queen Elizabeth, Prince Phillip, Princess Diana and Cliff Richard.

Irene's formula is 10 times more potent than Royal Jelly in other forms, thanks to the homeopathic potentiation of Echinacea and other herbs. Ingredients such as amino acids and glutamic acid are known to delay aging, while the pantothenic acid helps to prevent premature grey. In addition, elements such as inositol, lysine, phosphorus, silicon and sulphur are responsible for maintaining the skin, nails and hair, leaving them in peak condition and the ginseng, iron, thiamine (B1) and cyanocobalamin (Vit B12) provide an abundant source of natural energy.

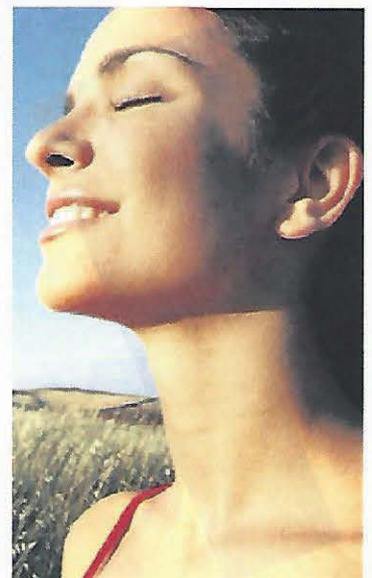
"In the 45+ years, I have been involved with this remarkable substance and my unique formulation," explained Irene, "there have never been harmful side-effects or contra-indications in any way, shape or form, including diabetics who are actually able to lower their units of insulin they take. Many people who believe they are allergic to Ginseng or any other ingredient, find that does not apply to this formulation. I also give it to babies before birth.

"I have as many people making this a-way-of-life as taking it just for a specific condition, since it is cumulative and there are many on-going benefits. I have always had a number of Practitioners sharing my vision and recommending the product to their patients as well as the biggest growth being the recommendation from one person to another."

"From this amazing learning experience," she concluded, "I still continue to astonish myself with the results that I see and hear about. I am still passionate and thrilled to bits with the way in which my unique formulation changes peoples' lives, and have no intention of retiring. Why would I give up my magnificent obsession!"

Irene believes Royal Jelly is something that needs to be discussed before use, and therefore does not feel it should be sitting on the shelves of supermarkets. She is more than happy to provide more information to those who are interested and discuss their conditions and needs to provide the best plan to suit them.

**Contact Irene now on:
+44 (0)7831 641 199
email: ireneroyaljelly@gmail.com
or visit the website at:
www.irenesteinrj.com**



Silver Spiral
Holistic Health



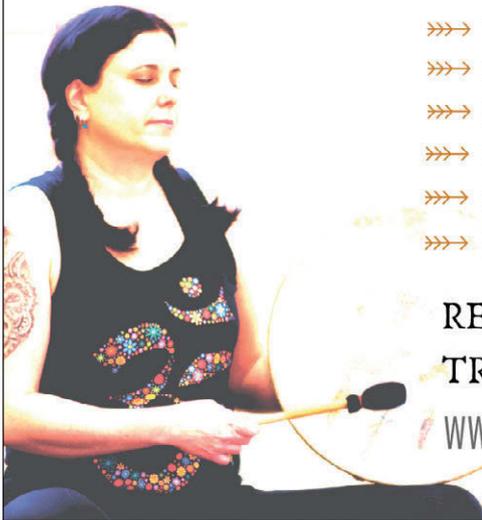
Zoe Smith
Colchester, Essex

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Sparkle of Light Spiritual Church



A congregation of Love, Healing and Support, where two worlds shall meet as one. With evidential proof of life after life, the existence of our spiritual soul. There is no death.

EVERY TUESDAY

DOORS OPEN 7pm for 7.30pm START

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HALL ROAD, RHU, SCOTLAND G84 8RR
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Testament to a New Dawn



This collection of transcribed communications through 'mind transference' from Spirit Guides, Teachers and Beings of Light offers profound guidance and sometimes warnings to the whole of humankind.

The author's connection with these beings came as a complete surprise: while meditating one of these beings appeared to him.

Since then they have been constant companions, bringing him their profound messages.

Their appearance is tall and slim, dressed in a long white coat with a high collar. As the name suggests, they radiate light – you might know them as Angels or beings from higher dimensions or other worlds.

Messages for Humankind
Volume 1

MICHAEL CHAMPION

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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.juliehincksmmedium.com

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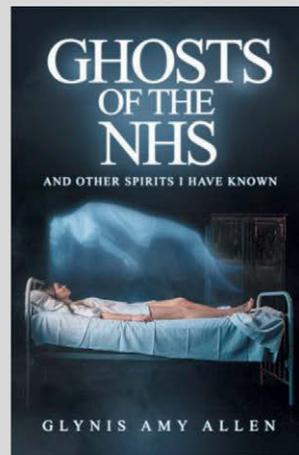
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