



# PSYCHIC NEWS

*Incorporating Two Worlds*

## ANCESTRAL HEALING IS A RELATIVE MATTER

**REIKI'S RIGHT  
FOR ANIMALS AT  
RESCUE CENTRES**

**PSYCHICS JOINED  
HUNT FOR AL-QAEDA  
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**JUDGE SENDS  
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**JOURNALIST TELLS  
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**RESEARCHERS AT  
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**LISTEN TO THE  
VOICE WITHIN**

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BLOOMING LOVELY  
WITH DRUIDRY**

**GET IN TUNE WITH  
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**BRITAIN'S  
HAUNTED SKULLS**

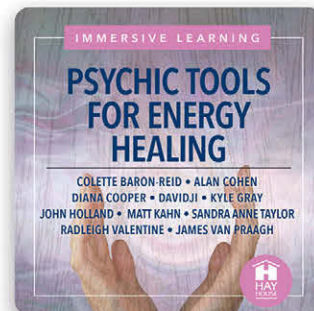
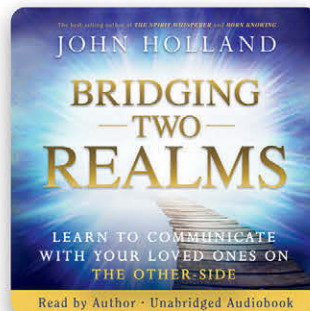
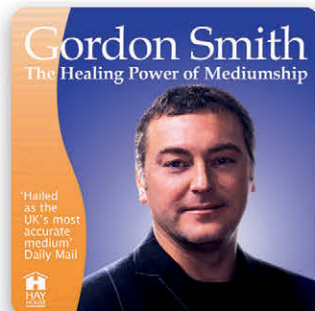
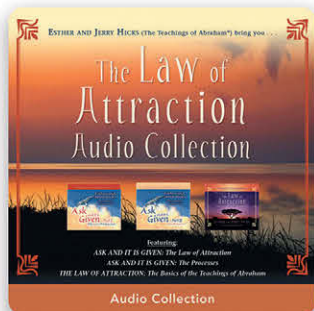
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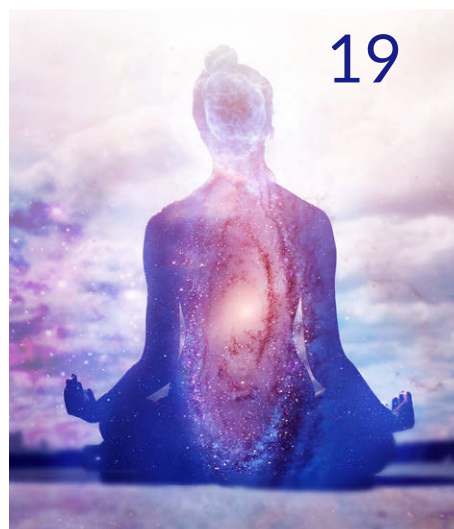
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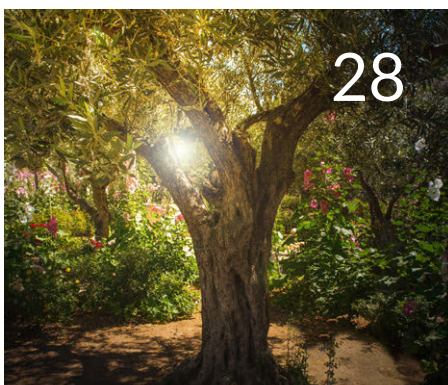
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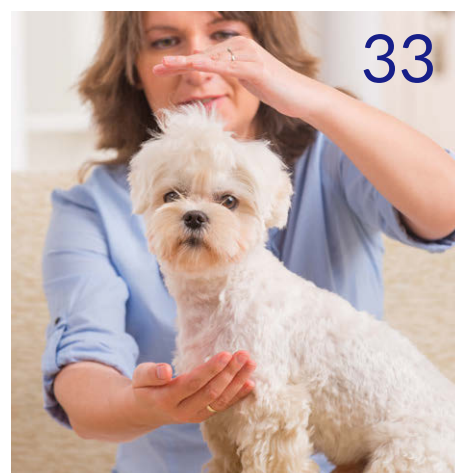
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# TWO WORLDS ARE ONE

NEWS AND VIEWS FROM  
THE EDITOR'S DESK

BY TONY ORTZEN

## Meditational moments

BECAUSE I live close to a college which caters for those aged eleven upwards, I often think how judging from the way some pupils behave it must be truly trying being a teacher.

Kicking local residents' front doors, dropping litter and using barrack-room language are just three of their irritating antics.

In the UK, the year 2019-2020 saw 154,500 pupils being handed more than one suspension. A couple of years earlier, almost 8,000 were permanently excluded.

They are depressing figures. But here is a scheme which new Education Secretary Nadhim Zahawi should consider from the other side of the so-called pond.

In the USA, a school has won widespread praise after sending children to mandatory meditation instead of detention.

CNN recently reported that Robert W. Coleman Elementary School in Baltimore, Maryland, established its "Mindful Moment" programme in 2016. It involves children being sent to a mindful moment room when they misbehave.

With the aim of encouraging them to wind down and relax in the face of stressful situations, they are then given the opportunity to stretch and undertake yoga and meditation.

The scheme was devised through the

school's partnership with a non-profit organisation called The Holistic Life Foundation, which provides a staff member in the room to help children work through whatever caused them to misbehave.

One pupil was sent to the mindful room after getting into a fight with another student.

"I did some deep breathing, had a little snack and got myself together," he explained. "Then I apologised to my class."

Many children in the area come from deprived backgrounds, with 25 per cent of Baltimore residents living below the poverty line.

School principal Carlillian Thompson said some pupils are homeless, which is why it is of the utmost importance that the school is a safe, relaxing environment for them.

Since the mindful moment scheme was introduced, Ms Thompson said that she now rarely has to speak to students over disciplinary issues.

Andrew Gonzalez of The Holistic Life Foundation commented, "I've had a kid come in, look at me straight in the face with no emotions and say, 'My grandfather got shot yesterday' so you can imagine what these kids have to face."

*Education Week* reported that it's not just schools in Baltimore which are helping their pupils with meditation. Horace Mann School in Beverly Hills, California, is also offering

## 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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A SCHOOL has won widespread praise after sending pupils to mandatory meditation instead of detention.

mindfulness, self-awareness and breathing as alternatives to detention.

Special education teacher Joshua Reitzenstein said: "We are trying to give a more positive feedback.

"Instead of 'I'm going to yell at you because you're in trouble and we want you to change your behaviour, we are going to say 'Let me give you some skills that you can use on your own, so that you can make your own choices to change your behaviour'."

Speaking as one who once got detention for wearing a then fashionable black PVC coat to school, meditation for unruly pupils seems an excellent alternative.

## A colourful account

WE'LL stick with fashion for a little longer, but first let's consider the enormous effect colour has on our lives.

According to one source, red represents energy, passion and danger whereas orange denotes youth, creativity and enthusiasm.

Not surprisingly, green is associated with nature, growth and harmony, and brown warmth, honesty and wholesomeness.

In one's aura, yellow denotes sunshine, stimulates the left side of the brain, boosts moods and increases energy.

Blue stands for loyalty, peace and honesty. Purple, which is the colour of royalty and spirituality, is associated with compassion.

Not surprisingly, white represents purity, simplicity, innocence and perfection.

Now let's turn to lavender. According to another source, this colour "possesses all of the spiritual energy of purple, but without the flashiness.

"Lavender flowers come in shades of pale purple and blue, two colours that embody spiritual enlightenment."

Back to fashion and it was reported

last month that a well-known designer presented her latest costumes by showcasing a menswear and womenswear collection in 50 different shades of purple.

The clothes were designed by Atlanta-based boutique owner Tiffany Brown, who has a PhD and is known by many as Dr Tiffany Brown.

A report stated: "Simply named Lavender, the collection was Tiffany Brown Designs' debut in New York.

"The collection features colours ranging from lilac to eggplant, and was named and designed in response to the traumas many have experienced over the past year-and-a-half due to the pandemic."

Dr Brown said that lavender "symbolises and represents spiritual healing, tranquillity, easing of tension and purification. With this collection, we are celebrating the human spirit."

During the show, some models appeared in masks made of lavender netting as a reference to the ongoing Covid pandemic.



**TIFFANY BROWN:** Lavender "symbolises spiritual healing, tranquillity, easing of tension and purification." (Photo: Facebook)

## Research is dogged

WOULDN'T the world be a bleak place without animals in their many shapes and sizes?

As anyone who is privileged to share their home with a pet knows, they show many wonderful attributes, such as love and loyalty, as well as giving companionship and a huge amount of joy.

That said, one of my very good neighbours who was a nurse for many years was appalled when I said that my cat sometimes sleeps on the bed and occasionally crawls under the duvet if he's cold.

Anyway, according to a new study, letting youngsters sleep next to their pets can help them get a better night's rest.

Researchers from Concordia University in Montreal analysed 188 people aged eleven to seventeen about their sleeping habits and whether they have pets at home.

About half of children with a pet "regularly share their bed with a pet," said the researchers, who wanted to find out what impact this has on sleep quality.

They discovered that those who "frequently" shared a bed with their dog, cat or rabbit enjoyed a better quality of rest than others who did not sleep alongside a four-legged friend.

The researchers suggested this might be because children see their pet as a "close friend" and having it with them could help calm nighttime fears.

As part of the research, the brain waves, blood oxygen levels, heart rate, breathing, and eye and leg movements of youngsters were monitored. They also had a wrist tracker to record their rest-activity cycles and had to keep a sleep diary for a fortnight.

Compared to children who either sometimes or never slept with a pet, those who shared a bed with an animal had "the highest overall subjective sleep quality."

Overall, youngsters who slept with an animal generally had a better sleep profile than those who did not.

“Altogether,” said the researchers, “preliminary results suggest bed-sharing with pets may not adversely affect sleep of children and adolescents.”

A spokesperson for the RSPB commented: “It comes as no surprise that pets can also provide a great deal of comfort and support to their little humans at bedtime.

“However, pets and younger children can find it hard to understand one another, so it is vital that all interactions are supervised and that pets are given the opportunity to move away to somewhere quiet to be by themselves if they want to.

“Sleeping together can make this supervision difficult. We don’t advise pets share a bed with babies, toddlers or young children, but as children become older and better able to understand and recognise our pet’s behaviour it may be suitable.

“It’s also important to consider each individual pet’s preferences and provide them with suitable alternatives.”

## Pills and ills

IF there were a safe pill for every ill, we’d all be on it for this, that and the other. The problem is that sometimes the pill is worse than the ill when side effects are taken into consideration.

Over the last few years, various enlightened GPs seem to have accepted that humanity is a mixture of mind, body and spirit, and prescribed such activities as gardening and exercise.

Here’s a case in point. An Edinburgh widower who was struggling with mental health issues due to the isolation of lockdown walked over 2,000 miles in a year after his doctor prescribed that he join the Ramblers.

Jim Snodgrass, 84, from South Queensferry, said he was expecting to receive medication for his anxiety. Instead, all he was given was the Ramblers’ phone number.

Dr Victor Jack said he recognised that Jim needed “social connection” not pills.

Jim, whose wife Sheila passed on several years ago, said he broke down during the first Covid lockdown in March 2020.

The grandfather of two added: “I was not feeling good as I was bothered with my nerves, so I called the doctor.

“That’s when I burst into tears on the phone to the receptionist. She was so nice to me and got the doctor to call me.

“I was surprised when he didn’t give me



**RESEARCHERS** in Canada found that youngsters who share their beds with a pet enjoy a better quality of sleep than those who do not.

any pills and instead gave me the number for the Ramblers.

“They saved me during the last year of lockdowns. I don’t know where I would be without them with my nerves. Within two miles of walking I’m a different person.”

Dr Jack, of South Queensferry Medical Practice, told BBC Scotland he used his own experience of stress to decide the best course of action to tackle Jim’s symptoms.

“When Jim told me he liked walking but had been walking on his own, I was aware that he was actually quite socially isolated, as his wife had died,” said the GP.

“He was benefitting from the physical part of walking, but not the social side. A few years ago I joined a running club and found it very helpful for stress.

“This has made me recognise that any sports club has a benefit particularly through the social connection it provides.”

Two points spring to mind. Firstly, it’s a shame that the enlightened GP did not recommend spiritual healing for Jim’s anxiety. Doctors are allowed to do so provided they retain overall control of a case.

Secondly, so much grief could be alleviated if more of the bereaved visited a medium and hopefully received good evidence that their “dead” loved ones have survived and now provide love, guidance and support from the Higher Life.

## Food for thought...

AS the world hurtles headlong into catastrophic and possibly irreversible climate change, I find it really disheartening that the overwhelming majority of people I know are making absolutely no attempt whatsoever to change their lifestyle.

This year in particular, flame and flood have devastated huge parts of the globe. It’s a fact and not an opinion that farm

animals cause immense damage to the environment, but I see little evidence that many individuals are changing to more of a plant-based diet.

Anyway, a very vague glimmer of hope in this direction appeared in *The Guardian*, which stated:

“Feeding seaweed to cows is a viable long-term method to reduce the emission of planet-heating gases from their burps and flatulence, scientists have found.

“Researchers who put a small amount of seaweed into the feed of cattle over the course of five months found that the new diet caused the bovines to belch out 82 per cent less methane, a potent greenhouse gas, into the atmosphere.”

Ermias Kebreab, director of the World Food Center and an agricultural scientist at the University of California, Davis, said, “We now have sound evidence that seaweed in cattle diet is effective at reducing greenhouse gases and that the efficacy does not diminish over time.”

Mr Kebreab conducted the research, published in *PLOS ONE*, with Breanna Roque, a PhD graduate student.

*The Guardian* said that cows “produce methane via microbes in their stomachs as



**A NEW** study reports that feeding cattle a type of seaweed reduces greenhouse gases.



WHEN actor Kristen Stewart played Princess Diana in a new film, she felt “some spooky, spiritual feelings.” (Photo: Neon)

they digest their fibrous food in a process a little like fermentation.

“Methane is shorter-lived in the atmosphere than carbon dioxide, but is more than 30 times as effective in trapping heat, making it a major greenhouse gas.

“A type of seaweed called *Asparagopsis taxiformis* can partially counteract these emissions from cows.”

Agriculture makes up about ten per cent of emissions in the USA, much of it from cows that belch and to a lesser extent emit methane from the other end, to put it politely.

The paper added that this “has led to some climate campaigners to urge people to eat less meat, but the UC Davis researchers said that existing meat production could be made better for the climate by putting seaweed on the menu for cattle.”

Two years ago, separate research by the pair “found that the seaweed supplements reduced methane in dairy cows, with a blind taste test of milk finding that it didn’t affect the milk output of the ruminants.

“The latest research, this time on beef cattle, similarly found no difference in the taste of the meat from seaweed-consuming animals.”

The next challenge, according to the researchers, “will be finding ranchers enough supply of *Asparagopsis taxiformis*, a crimson marine grass that drifts on waves and tides, given there isn’t a bountiful supply of it available to farms.”

Breanna Roque commented: “There is more work to be done, but we are very encouraged by these results.

“We now have a clear answer to the question of whether seaweed supplements can sustainably reduce livestock methane emissions and its long-term effectiveness.”

## Newsy nuggets

NOW to two newsy nuggets. First, here’s how a box left behind by a ghost hunter caused a bomb scare.

Staff at True’s Yard Fisherfolk Museum in King’s Lynn, Norfolk, were alarmed after finding an odd wooden box containing electronic components.

The box was inside one of the museum’s restored cottages. The lights in the property had been switched off and a dehumidifier unplugged.

“It was a bit nerve-racking as it was on the anniversary of 9/11 and someone had left a random box with what looked like home-made wiring,” said museum curator Lindsey Bavin.

It transpired that the box, which was labelled “Paranormal Technology: Finding the Truth,” contained a motion-activated device meant to alert someone when a poltergeist is supposedly present.

The museum posted a Tweet inviting the owner to retrieve the box and promised it would “not take further action,” even though “leaving untested electronics in a Grade II listed building is irresponsible.”

Apparently, the museum is rumoured to be haunted and a local ghost hunter had left the box behind during an investigation. The individual later collected the device and apologised.

To films, and next month sees the UK release of *Spencer*, which portrays three days in the unhappy life of Princess Diana. Actor Kristen Stewart portrays the princess.

In the film, Diana communes with the ghost of Anne Boleyn, which led one publication to ask Ms Stewart if she had experienced a paranormal encounter.

“No,” she replied, “but I felt some spooky, spiritual feelings making this



LINDSEY BAVIN: “Someone left a random box with what looked like home-made wiring.” (Photo: Facebook)

movie.”

Diana “felt so alive to me when I was making this movie... but it was still a fight to keep her alive every day, and so remembering that she was dead was just absolutely lacerating.

“It just destroyed me constantly. And that itself felt spiritual. There were times where I was like, ‘Oh, God,’ almost like she was, you know, trying to break through.

“It was weird. And amazing. I’ve never felt anything like it in my life.”

## To dance in the rain

I ALWAYS try to end on a positive, mood-lifting mode, so let’s bid each other goodbye with some thoughts from the good and the great starting with hope.

- We have always held to the hope, the belief and the conviction that there is a better life, a better world, beyond the horizon – Franklin D. Roosevelt.
- Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning – Albert Einstein.
- Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence – Helen Keller.
- You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement.  
You are here to enrich the world and impoverish yourself if you forget the errand – Woodrow Wilson.
- Hope is being able to see that there is light despite all of the darkness – Desmond Tutu.
- Life is not about waiting for the storm to pass: it’s about learning to dance in the rain – Unknown.
- Sometimes when things are falling apart, they may actually be falling into place – Unknown.
- The only time that you should ever look back is to see how far you have come – Unknown.
- The best love is the kind that awakens the soul, that makes us reach for more, that plants fire in our hearts and brings peace to our minds – Unknown. ■

# Spirituality 'is critical for entrepreneurs'

PEOPLE running businesses have been advised by a leading magazine in America to incorporate spirituality into their companies.

Tips appeared in an article by Elizabeth Pearson on entrepreneur.com which is the website for *Entrepreneur* magazine. She began:

"Steve Jobs, Apple co-founder and long-time CEO, is best known for being an inventor, innovator and one of the most successful entrepreneurs of our time, but he also had a strong and deep spiritual life.

"After taking a break from corporate life in 1974 to backpack across India and search for spiritual enlightenment, Jobs adopted a life-long Buddhist practice and a strict vegetarian diet.

"So, if spirituality played such a massive role in one of the most successful entrepreneur's life, why aren't more business leaders touting the benefits of a daily spiritual practice openly and loudly?

"It's possible many hesitate to talk about the connection because they believe that spirituality and entrepreneurship are mutually exclusive."

Ms Pearson explored five ways of being "super spiritual" to help a business grow.

First came setting intention because when someone is "crystal clear" on the intention of their business, "the universe will show off its infinite power to organise and line things up to support the achievement of your goals."

The website quoted Indian-American author and complementary medicine advocate Deepak Chopra.

He advised listing desires, then releasing the list to "surrender it to the womb of creation, trusting that when things don't seem to go my way, there is a reason and that the cosmic plan has designs for me much grander than even those I have conceived."

Being spiritual, said Ms Pearson, "brings



APPLE co-founder Steve Jobs "had a strong and deep spiritual life." (Photo: Matthew Yohe)

to the forefront that true success comes from adding value to the lives of those we work with and the customers our business provides for.

"As long as that is at the root of your intention for your business, there's nothing that will stop success from flowing to you."

The second suggestion was to mind your thoughts, "vibe high" and radiate gratitude towards your business, then "gifts of equal or greater value will flow to you."

"Think of your feelings and thoughts as boomerangs that build speed and energy on their path back your way."

The next tip was to ask for signs. Ms Pearson wrote: "Chances are that if you're on an entrepreneurial journey, there were 'signs' (AKA little nudges from the universe) pushing you to explore and make your ideas manifest.

"Now that you've started your business, it's even more imperative to listen to the messages and nudges coming from your soul – let that be your GPS. Consult your soul and the universe by asking for unavoidable signs."

Then came: "Another key teaching in spirituality is that of self-awareness. Being an exceptional leader requires you to be fully present and aware of yourself – your motives, your goals and your expectations."

Weekly meditation "will help create a deep spiritual connection with yourself, which will increase your level of self-awareness and help you hone an inspirational leadership style.

"Spirituality supports being humble and

constantly staying open to the countless learning opportunities that go with entrepreneurship."

The last point was to detach. Although it could feel "incredibly scary" for an entrepreneur to hand over authority and responsibility to someone else, "it's critical for growth.

"Letting go can be extremely difficult because you may fear losing control of your business or its trajectory..."

"If you incrementally turn over portions of responsibility to competent team members, you'll invite collaborative success that can be rewarded to the individual and the entire team, which will earn loyalty and performance.

"On a spiritual level, when you let go you surrender and trust that the universe is always working to serve your highest interest.

"If you can surround yourself with talented team members, you can lean back into the deep soulful knowing that everything will unfold as it's divinely meant to."

Ms Pearson ended by saying that spiritual values had remained the same for centuries "and it's time for entrepreneurs to use them to their advantage.

"They are expressions of love, devotion, service, compassion and kindness, and by tapping into them you allow your business, and yourself, to reach their highest potential."

Founded in 1977, *Entrepreneur* magazine is based in Irvine, California, and has a monthly circulation of over 500,000 copies. ■



DEEPAK CHOPRA: "The cosmic plan has designs." (Photo: Mitchell Aidelbaum)



# Researchers at Russian university explore benefits of meditation

AN investigation into mindfulness meditation has discovered that it can improve emotional wellbeing, concentration, motivation and self-reflection.

The research was conducted by experts at the Moscow-based HSE University, which is officially known as The National Research University Higher School of Economics.

Founded in 1992, although its main campus is situated in the capital, it maintains three other regional campuses, including one in Saint Petersburg.

Its motto in English is "Not for the school, but for life we study." The university is widely regarded as one of the most prestigious in Russia.

University researchers Evgeny Osin and Irina Turilina investigated the effectiveness of a short-term online mindfulness meditation course.

The results appeared in [medicalxpress.com](http://medicalxpress.com) which is a web-based medical and health news service.

The research involved Russian-speaking volunteers recruited through social media. All told, 175 people aged between eighteen and 67 took part of whom around 80 per cent were women.

Over 75 per cent of participants had a university-level education. Twenty per cent were university students.

For three weeks, the volunteers received an e-mail with a link to a daily meditation session followed by a text message reminder.

Irina Turilina, a psychologist with several years' meditation experience, recorded audio meditation sessions lasting an average of nearly thirteen minutes.

The sessions involved the development of breathing concentration skills (week one), body scanning (weeks one and two) and practising concentrated awareness of one's thoughts and emotions (weeks two and three).

[medicalxpress.com](http://medicalxpress.com) said that in modern psychology, the term mindfulness is used "to refer to a psychological process typically described as 'an intentional, non-judgemental focus on the present moment directed in a specific way' or 'non-judgemental observation of the flow of internal and external stimuli as and when they appear'.

"Mindfulness meditation is popular in both religious and secular circles, and is widely used in clinical and personal



**MINDFULNESS meditation "is popular in both religious and secular circles."**

development contexts...

"The effects of long-established interventions such as mindfulness-based stress reduction and mindfulness-based cognitive therapy are well studied.

"They have positive effects on physical health (alleviating chronic pain and strengthening immunity), psychological health (preventing episodes of depression, reducing anxiety, improving control over addictions), and cognitive and emotional functioning (improving working memory and interpersonal relations)."

Volunteers were asked to complete surveys before the start and after the end of the project.

The survey investigated the influence of meditation on psychological wellbeing, and the effectiveness of the course on mindfulness and reflection, and various aspects of self-regulation.

Participants were also asked to provide brief daily reports tapping into their experiences of meditation and any difficulties they encountered.

Evgeny Osin and Irina Turilina discovered that after a three-week course of daily ten to fifteen-minute meditation sessions, participants benefitted from improved emotional wellbeing, concentration, motivation and self-

reflection.

"The practitioners were also less likely to fixate on negative thoughts," said [medicalxpress.com](http://medicalxpress.com)

"However, these effects only applied to people who already had sufficiently high levels of self-control and motivation to meditate and were thus less likely to give up on the practice...

"The research confirmed that longer practice of meditation brings about more feelings of pleasure and the value of meditation whereas the feelings of effort and emptiness decrease.

"Participants with higher levels of internal motivation – a deeper interest in meditation and greater awareness of the importance of training – showed higher levels of involvement.

"They also experienced stronger feelings of pleasure and meaning during meditation than those participants who were motivated by external and superficial factors, such as the desire to improve their self-worth or win the approval of others."

The researchers reported that volunteers with "greater self-control skills found meditation easier, experienced less boredom and tended to overcome tension more quickly while meditating.

"Participants with lower levels of self-control were more inclined to give up on the classes and more likely to experience difficulties while meditating.

"For example, they were more likely to report feelings of annoyance at the instructor's voice, as well as headaches, boredom, the desire to sleep, etc.

"One unexpected finding of the research was that the participants who experienced more emptiness and boredom reported deeper immersion in meditation."

Evgeny Osin and Irina Turilina concluded that those "who are more successful at focusing their attention and avoiding distractions may experience more boredom while meditating, but they are ultimately more capable of becoming absorbed in the practice.

"It is not surprising that regular meditation requires the skills of self-regulation and self-control, much like any other self-guided activity. The good news is that meditation helps to develop these skills." ■

# TikTok medium has waiting list of 24,000 sitters

A YOUNG Australian medium now has a waiting list of 24,000 sitters with some of his TikTok videos going viral.

Owned by a Chinese company, TikTok is a video-sharing social networking service.

It's the platform used by Cael O'Donnell, 25, who, said Belinda Cleary for *Daily Mail Australia*, knew his mother would pass on two years before it occurred after being told by his spirit guides.

From Mildura in Victoria, Cael said the day his mother died he went to school for an exam knowing that when he got home she would not be there.

When Cael received a phone call from his aunts to say his mother had passed on in bed aged 44, leaving him and his young sister orphans at sixteen and fourteen, "he was already emotionally prepared for it.

"It was one of the many moments in his life that led to him quitting his job in the middle of the pandemic to work as a psychic."

Cael told *FEMAIL*: "In my (Aboriginal) culture it is a normal thing for the aunts to check in on each other.

"They thought Mum was sleeping, but then realised she wasn't breathing. She was just laying peacefully in her bed."

Nine years later, Cael has honed his psychic skills and said his parent is his biggest fan "pushing him to succeed from the spirit realm."

**CAEL O'DONNELL:** *Some of his videos "have gone viral and been seen by millions of people."*  
(Photo: Facebook)

Last year, Cael left his job as a therapist in a mental health ward to focus on giving sittings for people over the phone and on TikTok.

"It was time to be brave and take the plunge, and hope that spots filled up and they did," he said.

Cael offers free two-minute readings on the platform, where he now has over 590,000 followers in between regular sessions with clients, which cost \$405 for 40 minutes.

"I have two openings for bookings each year that show the time slots available for the next six months and they usually book out in about three minutes," he said.

"Some of his TikTok videos have gone viral and been seen by millions of people with many sceptics even 'becoming believers' after seeing the young Aussie at work," wrote Ms Cleary.

"His younger sister Shakirra is not sold on the idea and 'doesn't believe in spirits or psychics or anything she can't see,' but tells Cael to 'be himself' anyway."

Cael commented: "She is the only person who I haven't been able to convert after showing off my gifts.

"I ask people to sign up with dummy names and e-mail addresses, so that way

there is no way I can Google them before a session.

"I then like to say things early on which no-one could know. If you can't prove you are connecting and know things no-one else could then you aren't worth the money."

Sitters "want to know that you know you are speaking to a grandma who died in March 2017 from whatever disease."

Cael, said the paper, "can tune into people's energies and interact with their loved ones from anywhere in the world."

The medium never met his father on Earth, but has had encounters with him from the spirit realms.

"At first he looked a lot like a dog with its tail between its legs, then he said sheepishly that he never got to meet his son," said Cael.

"He looked a lot like me... I have a friendly relationship with him now and with everyone in Spirit, but Mum is my biggest fan.

"I don't know anyone else like me doing this. I have never met another indigenous Australian psychic."

Cael plans to move to Mexico so he can be with his scientist partner Jovanny Galdeano Nevarez, who has family there.

On his website, Cael says he "inspires everyday people to find hope in Spirit using my gift as a psychic medium."

Another site says Cael believes that reputable mediums "do not give you too many questions that lead to them getting the answers you want, but they do ask you yes or no questions instead to make sure you are on the right track."

He also believes that a "true psychic should be talking with the intention of love and hope while sickness and death are unwritten rules that should not be picked up by a psychic."

Before a sitting, Cael raises his vibration with music and dance, then spends "a good twenty minutes in prayer contacting my spirit guides and indigenous ancestors.

"They connect me with loved ones who crossed over or provide me with information about a client. I seal the reading with a 'white light' and ask for divine guidance and protection.

"I like to light a candle and put some essential oils in a diffuser. I often spend time speaking to your loved one before you even arrive to 'break the ice'" ■

# Psychics joined hunt for al-Qaeda terrorist

A REPORT released under the Freedom of Information Act has revealed that psychics were recruited by the Ministry of Defence to try and locate the whereabouts of Osama Bin Laden.

The founder and first leader of the Islamist terrorist group al-Qaeda, Bin Laden was killed by the Americans in Abbottabad, Pakistan in May 2011.

After the raid, US forces took Bin Laden's body to Afghanistan for identification, then buried it at sea within 24 hours of his death in accordance with Islamic tradition.

The 9/11 attacks, which included planes flying into the World Trade Center in Lower Manhattan, New York City, were a series of four co-ordinated outrages undertaken by al-Qaeda.

Another target was The Pentagon, which houses the headquarters of the American military.

In the attacks, nearly 3,000 people died, including nineteen al-Qaeda terrorists, who hijacked four commercial airliners. Over 25,000 individuals suffered injuries. Others were left with long-term health consequences.

Newly declassified documents revealed that the Ministry of Defence (MOD) began an experiment in 2002 to see if volunteers could "see" objects hidden inside an envelope.

The ministry hoped positive results would allow it to use psychics to "remotely view" Bin Laden's base and find weapons of mass destruction in Iraq.

After spending £18,000 on the project, the MOD concluded there was "little value" in using psychic powers in the defence of the UK and the research ceased.

The study involved blindfolding test subjects and asking them to "see" the contents of sealed brown envelopes containing pictures of objects and public figures.

Initially, the MOD tried to recruit twelve "known" psychics who advertised on the Internet. When they all refused to take part, the ministry was forced to use "novice" volunteers.

The report shows that 28 per cent of those tested managed to name the contents of the envelopes. These included pictures of a knife, Mother Teresa and an "Asian individual."

"But most subjects, who were holed



**OSAMA BIN LADEN** became the American government's "most wanted criminal." (Photo: Hamid Mir)

up in a secret location for the study, were hopelessly off the mark," said one press report. "One even fell asleep while he tried to focus on the envelope's content.

"A former MOD employee who received a copy of the report said the timing of the study must have been related to military operations in Iraq and Afghanistan."

Nick Pope, who ran the MOD UFO research programme and worked at the ministry for 21 years, said: "It can only be speculation, but you don't employ that kind of time and effort to find money down the back of the sofa.

"You go to this trouble for high-value assets. We must be talking about Bin Laden and weapons of mass destruction.

"I don't think this was a waste of public money. Many people will say so, but I think it is marvellous that the government is prepared to think outside the box. This is as outside the box as it gets."

On [opendemocracy.net](http://opendemocracy.net) Martin Williams commented: "Britain was not alone in this mad venture; the CIA had a long tradition of not only testing psychics, but also using them in real-life military operations.

"After the atrocities of 9/11, the British government literally lifted the handbook on psychic powers from the website of one of America's top 'psi spies.'"

Later came: "The first guy walked into the MOD's Remote Viewing Room at 15.45 on 20 November. His target, hidden in an envelope, was a photo of Mother Teresa.

"After ten minutes with his head in his hands, the man started to breathe more deeply. But nothing happened. Time passed.

"His head slumped forward and the officials monitoring him thought he had fallen asleep. Eventually his left arm slipped off the table in his slumber and he abruptly sat up straight again, arms folded."

Eventually, "having still not managed to connect, he got up and went to the toilet.

"Then, 'right at the end of the session,' he finally grabbed his pen and drew some doodles on the paper in front of him. The whole thing had taken nearly two hours."

Although the doodles looked nothing like Mother Teresa, Mr Williams added: "The truly remarkable thing, however, was that this attempt was deemed a success.

"One of the government officials said the drawing of a pyramid 'may represent the white triangular section of clothing' in the photo of Mother Teresa. Another argued that part of the picture 'could represent the face.'

"They concluded by saying there was a 'possibility' that the individual had 'accessed some of the features of the target.' So the experiments continued."

A spokesman for the MOD said: "The remote viewing study was conducted to assess claims made in some academic circles and to validate research carried out by other nations on psychic ability.

"The study concluded that remote viewing theories had little value to the MOD and was taken no further."

Bin Laden masterminded the 9/11 attacks, which, on the orders of President George W. Bush, prompted the USA to initiate the "War on terror" and the subsequent war in Afghanistan.

After the 9/11 attacks, Bin Laden became the American government's most wanted criminal and evaded capture for nearly ten years until US intelligence learned that he was living in Pakistan and launched a deadly surprise attack. ■

# Journalist tells of living in haunted home

A LEADING feature writer, interviewer and columnist has told how she and her family once lived in a haunted house.

Writing in the *Daily Mail*, Hannah Betts began: "Ghosts, one might say, are very much in the air at the moment.

"In the West End, the critically acclaimed *2:22 - A Ghost Story*, starring Lily Allen, is the only play to see. Supernatural thriller *Candyman* has topped box offices with a £20 million global debut.

"Rebecca Hall's latest film, *The Night House*, involves a 'knuckle-whitening' haunted house. And let's not forget *Ghosts*, the hit BBC comedy back for a third season, which attests to our eternal fascination with things that go bump in the night.

"If it isn't undead right now, it isn't happening. And so to my own shadowy story of a haunting that has stayed with my family for over 30 years."

Ms Betts wrote her feature a week before being interviewed by journalist and playwright Danny Robins for a new podcast called *Uncanny*, a BBC series about the paranormal.

Mr Robins, who also wrote *2.22 - A Ghost Story*, won praise for his Radio 4 podcast *The Battersea Poltergeist*, the true story of supernormal events in an ordinary South London home.

The podcast "became a worldwide phenomenon - the No 1 drama podcast across the entire globe - sparking a bidding war for the television rights."

Then came: "Like Robins' Battersea clan, I too have experience of living in a haunted house, much as I feel rather mortified to say so.

"Perhaps my family was as abnormal as our home because - unlike the usual heroes of this chilling genre - we sat things out, determined not to make a drama out of our macabre surroundings."

In the summer of 1987, when she was sixteen, Ms Betts moved into a three-storey, six-bedroom Victorian villa three miles from the centre of Birmingham with her mother, father and four siblings.

According to local legend, the property came with three apparitions - "a woman who paced the ground floor, an aged doctor forever racing up the stairs searching for a dying grandson, and the victim of a confrontation that had spilled over into murder."

The family would get back home to find taps fully turned on. Additionally, an oven on the top floor "would have

its rings switched to red hot. We had it disconnected. It happened again.

"One night, the boarded-up fireplace in my room ripped open. Behind it, stuffed up the chimney, were Victorian newspapers describing the house's murder.

"My mother started behaving oddly. We quizzed her and she confessed that, unable to sleep at night, she had seen a 'dead child' clad in Victorian garb. Meanwhile, my (extremely sceptical) father saw 'a woman' on the stairs."

The most "terrifying" room in the house belonged to Ms Betts' little brother. Asked why he had become mute and sunken-eyed, he replied: "Every night, it's the same.

"The lady with the big bottom [a bustle?] and the two men fighting over my bed, then one man hurts the other and the lady screams."

Ms Betts' grandmother was next to occupy this room, "then refused to ever



DANNY ROBINS' podcast about a poltergeist "became a worldwide phenomenon." (Photo: Facebook)

again. My mother braved it. Come morning, its door was locked.

"She refused to describe what had occurred, saying only that it was 'something to do with time.'"

One morning when drinking tea in the kitchen, "we finally admitted something was taking place. Suddenly, a mirror sprang off the wall and shattered.

"On the back of its glass, in an old-fashioned script, the numbers 666 were etched, along with the message, 'I'm going to kill you all.'"

"There was a terrible intensity to these events over that first summer. With time, this began to peter out.

"Yet, over the next 30 years, things did



IN the West End, the critically acclaimed "2:22 - A Ghost Story" is "the only play to see." (Photo: Facebook)

keep happening, especially when there were new people in the house."

The journalist's nephew saw a child race through a door and a new cleaner refused to return after seeing a woman walk through a wall.

Only recently did Ms Betts learn that her mother, sister and sister's friend "heard a 'very angry, Victorian-sounding church sermon type thing' with a lot of shouting repeatedly through a baby monitor. And, I admit, this new revelation terrified me.

"We didn't talk about what happened at the time - and barely have since - because to do so would require an explanation and none of us have one. We were also concerned people would think we were mad."

Ms Betts left home two years after that summer, "but we stayed put until late 2017 - eighteen months after my father died there. We persevered.

"In the end, when first my mother was dying, then my father, and we would be wandering around the house in the small hours nursing them, the atmosphere felt not hostile but supportive..."

"Our home made me curious, questioning, yet accepting that there are things I will never understand. I've discovered how hungrily people crave ghost stories.

"I also know how many people possess unnerving narratives of their own. Scratch the surface and often the most sane and rational individuals have some unexplained incident indelibly printed on their minds."

*Uncanny* is released on BBC Sounds on October 20. A live show of *The Battersea Poltergeist* will take place this autumn on <https://batterseapoltergeistlive.com> ■

# Apparitions appear at publishing magnate's mansion

FURTHER details have emerged of paranormal activity at the former home of publishing magnate Hugh Hefner, who made a fortune from *Playboy* magazine.

As *PN* told two years ago, Mr Hefner's Los Angeles, California, home was sometimes called the "Playboy Mansion."

The publisher purchased the property in 1971 and lived there until his passing four years ago aged 91. Built in 1927, it has 29 rooms, a pool with a cave-like grotto, a wine cellar and a home theatre.

The mansion also boasted an aviary, tennis court and basketball court. At one time it was run by around 80 full-time staff including butlers, plumbers, electricians, an executive chef, security personnel and landscapers.

Holly Madison and Bridget Marquardt, who were two of Mr Hefner's girlfriends, appeared in the reality TV series *The Girls Next Door*, which chronicles what life was like inside the mansion as described by three of his partners.

On *dailymail.com* Erica Tempesta said that both Holly Madison and Bridget Marquardt "have opened up about the paranormal encounters they've had inside the Playboy Mansion, saying they've both seen female ghosts in Hugh Hefner's Gothic-Tudor home."

Ms Madison and Ms Marquardt lived in the luxury property as Hugh Hefner's girlfriends in the early 2000s, and have not only remained friends over the years, but also share a passion for ghost hunting.

"The mansion is a home that's very intriguing for so many reasons," Ms Madison, 41, told *Nylon*.

"People talk about it being haunted. There's all these weird urban legends like trafficking tunnels. It takes on a life of its own."

Ms Tempesta said that various people "have claimed the mansion is haunted over the years, with reports of scantily-clad female ghosts and the spirit of an older man haunting its hallways."

Ms Madison explained that in the early 1970s, neighbours called it "The haunted house" because the creepy estate looked like something straight out of *Scooby-Doo*, an American animated series.

Ms Madison, who wrote *Down the Rabbit Hole: Curious Adventures and Cautionary Tales of a Former Playboy Bunny*,



THE home of publisher Hugh Hefner became known as the "Playboy Mansion." (Photo: Glenn Francis)



ONE of Hugh Hefner's partners was Bridget Marquardt, who investigated the paranormal. (Photo: Glenn Francis of *pacificProDigital.com*)

said that the Playboy Mansion "was just one of the haunted houses she has lived in over the years, though she was a reluctant believer at first."

Ms Marquardt has "had a similar connection to the supernatural over the course of her life, and told *Nylon* that she feels she was 'born spooky'."

Whilst living at the mansion, Ms Marquardt "started taking classes in paranormal investigation and research."

"In the first season of *The Girls Next Door*, she hired a paranormal investigator and a medium to host a séance at the supposedly haunted mansion.

"Ms Marquardt turned the hobby into a career after getting certified in paranormal investigation and in parapsychology, which she continues to study."

She launched her spirit-focused podcast *Ghost Magnet* in 2019, with Ms Madison joining her as a guest on the show to talk about the haunted mansion.

Ms Madison told of working out on a treadmill in the basement gym when a "very contemporary looking" woman walked out of the tanning room.

The stranger had highlighted blonde hair in a ponytail and was wearing a hot pink workout top and black leggings.

"She didn't look at me or acknowledge me at all," said Ms Madison. "She was looking straight forward and walked toward where the weights were, which were around the corner from where I was standing. So I was like, okay weird."

After finishing her workout, Ms Madison decided to introduce herself, but then realised that the woman had disappeared.

"I go around the corner and she's not there," Ms Madison added. "I was like 'Where did she go?'"

Ms Madison explained that she was facing the door to the gym the entire time and would have noticed if the woman had walked out.

The former Bunny, who lived in the mansion as Mr Hefner's girlfriend from 2001 to 2008, "never saw that woman again in my life."

In June, Ms Madison recounted the story of the ghost at the gym in a viral TikTok video, which has been viewed more than 4.2 million times.

On another occasion, she was in Ms Marquardt's room when she wished for a sign that ghosts are real. The moment the words left her mouth, the "TV turned on by itself and the volume went all the way up." ■



# Judge sends spiritual healer to prison

FOLLOWING an investigation by Thames Valley Police, a spiritual healer has been sent to prison for 30 months after inappropriately touching women he claimed he was helping.

Derek Thurlbeck, 63, of The Pastures, High Wycombe, Bucks, went to the homes of four separate women and touched their genitals over their clothes while treating them.

After a week-long trial at Reading Crown Court, Thurlbeck was found guilty of five counts of sexual assault by a unanimous jury verdict.

The incidents occurred between January 2017 and April 2019 in Slough and Bracknell where he assaulted four women. They were aged between 23 and 60.

Surinder Marway, who is based at Slough police station, said Thurlbeck "sexually assaulted vulnerable women, some over a period of two years, in their own homes.

"I believe the serious nature of this offence is reflected in the sentence, which will also help prevent him from further offending.

"I would also like to thank the victims for their help with the investigation and hope that the sentence Thurlbeck received brings them some comfort."

Thurlbeck, who had a "sincere belief" in his healing abilities, told one woman she was "cursed" in a bid to convince her to receive healing.

He offered spiritual healing to the women free of charge, but touched them in ways which were "inappropriate" and



**DEREK THURLBECK** "assaulted vulnerable women." (Photo: Thames Valley Police)

"unprofessional," and used the "rhetoric of spirituality" to justify his actions, said Her Honour Judge Real.

The judge added that Thurlbeck "did not have an elaborate plan," but took advantage of the "vulnerable" women.

In court, prosecutor Walton Hornsby read out a statement from one of the women, who said:

"The incident has affected me emotionally. It has left me with flashbacks. I feel he has invaded a space in my own home.

"Since the incident I have lost trust in anyone I don't know, I have stopped going out and I want it all to end soon, so I can get

on with my life.

"If I see a small car like the one he used to drive I get scared he has returned. This went on for two whole years.

"I'm still living with the consequences of this. He is very dangerous; he is very clever and a master manipulator."

Edward Butler, defending, said: "This is not a case where the defendant was entirely motivated by a sexual appetite.

"This was somebody who had a genuine and sincere belief in his ability and his calling to try to help people.

"It is something he has lived with his entire life. There were momentary lapses during his dealings in which he succumbed to temptation.

"For the most part, the defendant was sincerely motivated towards these defendants. All of this cannot be explained away by some great charade."

Mr Butler said since his arrest in March 2019, Thurlbeck had undertaken "two-and-a-half years of abstinence" as he had not provided healing to anyone else.

Sentencing, Judge Real told Thurlbeck that the women "would not have agreed to your sessions if they knew there was a sexual motivation behind it.

"All of this gives me cause for concern for your future risk. You don't seem to have very much insight into the problematic nature of what you did."

Thurlbeck will serve half of his sentence before being released on licence. He was also handed an indefinite sexual harm prevention order. ■

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# John nurses his gift for mediumship

*In a quick-fire interview, medium John Jemmett describes his life and mediumship. The first points put to him were: "At one time, you were a State Registered Nurse. Can you tell readers about this part of your life?"*

*"What attracted you to nursing? How long was the training process? Whereabouts were you based?"*

I CHOSE to enter the nursing profession, as I had a desire to train for a professional role in life which would be of help to others.

My mother passed to the Higher Life in 1968 after a long battle with cancer. I saw at first hand the work and dedication of district nurses who attended my mother in her final years.

They gave me a lot of information about training as a nurse and what was required. I won't detail my entire CV, but my first step was to attend Pontypool College of Further Education in Monmouthshire on a pre-nursing course, which lasted two years.

Moving on through the years, I later worked at a hospital in Chepstow, which I found to be very rewarding professionally, spiritually and mentally.

At that time, we were still dealing with aircraft crews from the Second World War who were having further plastic surgery procedures.

There were also orthopaedic, plastic surgery and children's wards. Another part of the hospital was a mixture of elder care, medical and general surgery, and war pensioners.

Over the years, I worked in many operating theatres. Later, as a level one registered nurse I assisted surgeons with very complex surgery covering all major specialities and managing a team of other staff.

I ended my career in a major London teaching hospital and am now on the retired nurse's register. Realistically, I don't think I will be needed again as a nurse, but as the saying goes, "Never say never!"

I suppose that in a sense there are parallels between nursing and mediumship, as both require empathy, caring, compassion and consideration for other people.

***Have you undertaken any other occupations in the past?***



**JOHN JEMMETT:** "Nursing and mediumship both require compassion."

Yes, I have, but in a different role within the NHS related to patient care. In 1980, I moved into a management role when I was appointed to a post in a new-build hospital in Dudley in the West Midlands.

The job was to help commission equipment washers, sterilisers and other equipment necessary for the production



“

For most people, gaining good evidence from ‘dead’ loved ones is a journey in which details pertinent to them jigsaw together

”

of trays of instruments for use in operating theatres, procedure packs and single instruments for wards and departments.

I found setting up theatre tray services very rewarding, as it meant training staff to assemble these packs and trays, and developing accredited quality systems.

I undertook this role in several areas of the UK until 2000 when I decided to return to nursing and obtain first level registration as a nurse.

**Let's go back to the very beginning. Where were you born and when? Can you describe the area?**

I was born on November 3, 1951, in Monmouth. In those days, it was a small Welsh market town and very rural.

Monmouth, which is two miles from the border between England and Wales, still had a rail service, but this closed in 1959.

The town is located in the Wye Valley, which is an area of outstanding natural beauty. The joy of seeing the changing of the seasons is well worth a visit.

I still go back as my brother and family live in the town. Over the years, I've seen a very small town change and grow. It's now become very accessible to the rest of the country.

I have many very happy childhood memories. The town was not short of pubs or chapels.

At the end of our street a neighbour kept pigs, which I used to help feed. To this day, I still regard them as intelligent animals and I've had some good “conversations” with them.

**Were you raised in a Spiritualist household? If not, how did you first encounter Spiritualism?**

The simple answer is “No,” but I was a regular visitor to a church or chapel. The

addresses that the ministers delivered would last for ages. As I understand it now, they had possibly moved into an altered state of being.

I was made aware of Spiritualism during a history lesson in my final year at school, which included learning about Robert Owen and Emma Hardinge Britten.

A Welsh textile manufacturer, philanthropist, social reformer and a founder of the co-operative movement, Robert Owen became a convinced Spiritualist.

Emma, of course, was a famous Victorian medium, who founded *Two Worlds* and supplied the basis for the Spiritualists' National Union's Seven Principles.

**What was your first psychic experience? How old were you?**

My very first memories go back to when I was aged three or four and I used to talk to a very nice older lady who came to see me when I was in bed.

She would talk to in a very gentle way and tell me to be calm and go to sleep. The lady was my mother's mother.

**What psychic gifts do you have?**

I have a mixture of the three clairs – clairvoyance, clairaudience and clairsentience. In other words, I see, hear and sense spirit beings.

**Where did you develop them?**

Over the years, I have developed my mediumship at various venues, such as the Arthur Findlay College, the Spiritualist Association of Great Britain and the College of Psychic Studies. On top of that, I've also attended workshops at churches.

In a sense, a medium never stops developing their psychic gifts. Whenever

I work, there is still an element of learning my craft, as mediumship is an ongoing process.

**How long have you worked at the Spiritualist Association of Great Britain?**

I first worked at the SAGB when it was in its previous premises in Belgrave Square. I returned to the association in late 2019.

Over the last eighteen months or so a huge amount has changed due to the pandemic with not only lockdowns, but social distancing and other measures.

It's been a pleasure to return to the SAGB, but this time I've been giving sittings online or by phone.

I think that Spiritualism can be proud of the way it has adapted to the very changed circumstances we've all had to get used to.

I cannot give you an exact figure, but a fair proportion of Spiritualists are older rather than younger and had to shield at various times.

As we've all seen on TV, some older folk were in self-isolation for months and months, which caused a huge amount of loneliness.

What's been really heartening is the way in which so many people have adapted incredibly well to using a PC or tablet for the very first time.

Seeing someone on screen isn't quite the same as giving a sitting face-to-face, but all in all, I think it's gone better than many people expected.

**The SAGB website refers to your Celtic heritage and Cornish roots. Why are these important to you?**

I have been able to trace my heritage back over many generations on both sides of my parent's family. I am a strong believer in knowing one's family roots.

**Sitters are total strangers. Do you ever worry that nothing might come through?**

In a word “Yes,” but I think this happens to a lot of mediums. I always worry that this could occur.

However, I trust that someone from the spirit world will come forward because I feel they have our best interests at heart.

Those now in the Higher Life are happy to communicate and tell us that they have survived death and are still around giving all their help and support to us when it is needed.

**In your view, what constitutes good evidence of survival after death?**

Proving one's survival after death is not as easy as some people think. To state the obvious, it's of no real use for a communicator simply to give basic details like, for instance, their name and address.

For most people, gaining good evidence from “dead” loved ones is a journey in which details pertinent to them jigsaw together.

For example, a communicator may come forward and mention a man’s watch with an inscription on the back or a much-loved tea service which has a missing cup.

Sometimes the information which spirit beings supply doesn’t sound that world-shattering, but the point is that they have to communicate lots of little personal details which are of meaning and relevance both to themselves and a sitter.

As I worked as a nurse, I tend to get quite a lot of medical conditions, but whatever comes through is based on mind-to-mind contact between a medium and the spirit world.

***Have you worked abroad as a medium or do you prefer to stay in the UK?***

The simple answer is “No.” I’ve had offers to demonstrate in the USA, but due to my work was unable to go, so I have stayed in the UK.

***You are an ordained One Spirit Interfaith Minister. What training did you have to undertake to gain this award?***

The training takes place over two years. You gain an understanding of the world’s major religions, spiritual direction, naming, rites of passage, weddings and funerals.

Having been ordained, I am entitled to use the title the Rev John Jemmett.

***What ceremonies do you undertake in this role?***

Namings for children and adults, weddings being aware, of course, of the legal variations in the UK, funerals and designing bespoke ceremonies to meet a client’s needs.

***Why did you take this route rather than qualify to become a Spiritualist minister?***

I chose to go in this direction, as I wanted be trained in the area of performing ceremonies people require as a way of marking milestones along life’s pathway.

I really wanted the chance of studying various faiths as I feel we need to be taking Spiritualism out into the world and be part of the interfaith conversation.

If we don’t let people know we are here, there is a danger that our religion will decline. I feel there is a great need to get the message out to the public that we survive death and can return to prove this to loved ones still on Earth.

***Do you think to a degree mediumship still suffers from an “Is there anyone there?” image?***



**SURVIVAL** evidence covers many subjects, such as a “much-loved tea service which has a missing cup.”

Yes, I think so because this was the image perpetuated by so many films over the years with an eccentric-looking medium, sitters with their hands on a table and flickering candles in a darkened room.

Of course, neither Spiritualism nor mediumship are anything like this. When I’m working in public, I regard spirit contact as something like having a conversation with friends.

The spirit world wants to join in with us. I am a great believer in keeping things as simple as possible.

***Where do you live? Can you give a quick rundown of the area?***

I live in a small one-bedroom flat in West London in the Shepherd’s Bush area. Ravenscourt Park is just across the road.

This is a large open green space and allows me to walk in nature, which is peaceful. The rest of the area is housing and a good mixture of shops, so all my needs are met.

***Do you have a family?***

No. I don’t have a partner or any children.

***What do you think are your best and worst points?***

I find it difficult to talk about my imperfections, but here goes. Like many people, at times I can be short-tempered and impatient, though I try and avoid both.

On the plus side, I can be compassionate and am always happy to give people the gift of time.

I suppose that the best answer of all is to ask people who know me about my good and bad points, but I hope that the former outnumber the latter!

***If you had to undertake a long coach journey of several hours and could chose five fellow passengers “dead” or alive who would you select and why?***

Firstly, my mother and father, who have

both passed to the Higher Life. Secondly, a friend called Peter, who went to live in the USA and was killed in a motor accident. We never got to say farewell.

I would love to meet Sir Arthur Conan Doyle who, as well as creating Sherlock Holmes, wrote many fine books about Spiritualism, which are rightly regarded as classics. Sir Arthur travelled the world to promote Spiritualism and was a fearless advocate.

I would also like to meet Agatha Christie. All told, she wrote over 60 detective novels and fourteen short story collections.

Even though Dame Agatha passed on in 1976, TV adaptations of two of her much-loved characters, Hercule Poirot and Miss Marple, are still regularly shown on TV and make compelling viewing.

***Life is a mixture for everyone. What have been your best and worst days?***

My worse day was several years ago. While I was at work, I collapsed and ended up in A&E with a chest infection and was diagnosed with heart defects, which required surgery.

My best day was when I was able to work once more for the spirit world and also seeing my nephew getting married.

***Can you summarise your philosophy of life?***

My philosophy is to know that I have done my very best to support others to achieve a good outcome in many situations in life, and feel I am also able to support those who need help.

***If rebirth occurs and we have a choice, what would you like to come back as next time?***

I do not think that reincarnation occurs and am not too sure it can be proved. However, if it does happen, I would wish to return as a member of a religious order and work within the local community. ■

# GET IN TUNE WITH YOUR BODY'S COSMIC CONCERT

*This month sees the publication of "The Healing Power of Pleasure," by Julia Paulette Hollenbery, a professional bodyworker, therapist and healer for over 25 years.*

*Taking readers through a step-by-step journey of healing and transformation, Julia explains how pleasure is all around us and explores seven easily accessible spiritual "medicines" or pathways to discover more sensual pleasure and delight in your body, relationships and way of being.*

*Julia details each of the seven "medicines" in depth – slowing down, embodying, deepening, relating, pleasure, power and potency.*

*For each "medicine," she presents reflections, practical exercises, prompting questions and meditations to help you reconnect body, mind and soul in an integrated way.*

*Drawing on her book, here Julia, who lives in London, not only examines our bodies, but also takes a look at other topics such as instinct and planet Earth.*

DO you know that the whole body is an antennae of responsive quivering perception? We are exquisitely sensitive, wired for life by our nerves.

Our skin, muscle, organs and bones can all feel. That's a lot of information to absorb. Fortunately, we have a huge capability for sensual emotional responses.

Yet when people are distracted, overwhelmed and shut down, their

capacity to notice their own sensate data is reduced. Many people do not have the five basic senses fully open – of sight, sound, taste, smell and touch.

Rudolf Steiner, the 19th-century Austrian philosopher and social reformer, described the existence of twelve human senses. He included movement, temperature, balance, texture and imagination.



*JULIA PAULETTE HOLLENBERY: "Many people do not have the five basic senses fully open."*

Perhaps reflect on this for a moment: when did you last notice the simple pleasure of moving and balancing? The delight of being touched by mud, flowers, air, feathers, clothes or wood, or making contact with your elbows, wrists, legs and hair.

Imagination is a sensual spirituality. The body deals with our sensitivity physically, emotionally and energetically.

Seven bodily areas contain interrelated endocrine glands that secrete physically



controlling hormones.

These also house nerve clusters busy with electrical activity, as well as the major chakras of subtle energy defined in ancient esoteric practices.

These processing areas are represented by the seven “stations” on the caduceus, the symbolic staff carried by Hermes in Greek mythology.

### *Instinctual intelligence*

The body is always communicating with us. Sensation is not just an experience: it is information. Tension, relaxation, a headache or fidgeting are forms of information for us about our environment.

We need to assess others for only seven seconds, body to body, to know if they are a threat or not. We unconsciously know something about their intelligence, health, honesty and attitude. Painful symptoms are signals for us to pay attention.

Often we will experience accidents or certain issues repeatedly if we don't listen to the message of the body the first time.

Instinct is not just a form of crude, mechanistic, survival selfishness. Instinct is refined, accessing our deepest soul-knowing in ordinary life. Love at first sight, for example, is an instinctual response.

Instincts are intelligent, usually giving rise to good decisions in every area of life. Successful businesspeople use instinct, as do parents of well-adjusted children. Common sense is a healthy instinct.

A whole-body instinctual choice is often better than an overthought decision. Yet this does not mean that instinct is somehow better than rational thought.

Listening to our instinct saves lives. Apparently General Eisenhower, famed for his instinct, knew not to take his troops across a bridge that later fell down.

Many people have had an experience of this, sensing something is different and not right, feeling appropriately alert and able to deal with an unsafe situation.

Doctors, nurses and healers have instincts about their patients' health, as do parents about their children's well-being. Sometimes, instinct heralds that something lovely is about to happen, such as meeting a beloved partner.

Most of us know the experience of having a gut instinct, but often the difficulty, when it is not a life-or-death situation, is “listening” to it and taking appropriate action based on that impulse. Sadly, our habit is often to override our sensate instinctual intelligence in the moment.

Instinct is a wild and protective body response. It is a type of deeply authentic body intelligence. It is our own in-the-



*THE body “does so very much for us, but when was the last time you appreciated it?”*

moment responsive wisdom not learnt ideas from parents, school or tribe.

Can we trust it and take action on it? Instinct is our own wild god; dare we live in harmony with it?

Instinct is a kind of body thinking from a brain that most of us may be unfamiliar with.

### *Appreciating the body*

The body responds well to our appreciation. When we eat, drink and exercise well, our flesh responds.

When we consider it, think and talk about it, touch it and allow others to touch it with kindness, it glows in response. Thought, feeling and function become intertwined.

The body does so very much for us, but when was the last time you appreciated it, said “Thank you” to it for all that it does for you all day and every day, apologised to it for banging it when you bump into something or talked to it with kindness and respect?

Where is our humility in front of the great orchestration of the body's functions?

Our bodies do the most amazing things every day. Might we live more relaxed lives, with more breath and more energy, if we appreciated the beyond-intelligence-and-creativity workings of our body?

### *Listening to our body*

We hear with our whole body. We directly perceive the vibrations of everything – musical instruments, people's voices, emotional moods, physical tensions and mental attitudes – with our body.

Pause now: what do you register in your

whole being? Can you listen out from your body to other people, animals, plants and the elements?

Can you listen with your body to your own sensations, feelings and knowings? Can you hear the cosmic concert?

The world of matter does not lie; it shows us in solidity what is happening energetically. Bodies express our truth.

They shape, move and reveal the terrain of our inner world. To access the knowing of the body, we need to shift into attentive listening to our flesh.

Listening to our body is a form of being kind to ourselves. When we are cruel our body feels tense, but when we are kind to ourselves or others, our whole body softens and we relax.

Scientist Dr David Hamilton says that when we are kind, our bodies produce more oxytocin (a hormone of love and trust) and nitric oxide, and fewer free radicals – unstable atoms that can damage cells, causing illness and ageing.

Our blood vessels expand, blood flow increases, blood pressure reduces and our immunity is boosted. It is a biological positive feedback loop: kindness literally makes our hearts healthier and slows our ageing.

Listening to ourselves in this way is a wisdom that is often ignored. It is receptive, patient and hidden in a culture that values only what is visible, useful and fast.

Listening comes from our ears, hearts and hands, present and empty, holding space for something unknown to unfold. Listening is a tuning-in that requires our attention – hearkening, heeding what is.

When we listen in this way, sometimes thoughts arrive unbidden in already

formed sentences, melodies, feelings or sensations, images or knowings. We do nothing active to create them.

We have been taught that attending to ourselves is selfish, but when we receive spontaneous “gifts” in this way, it is sensitive and sensible of us to act on them.

True listening requires an open attentiveness without an agenda for a particular outcome. It’s a practice of awareness to the self without the self-consciousness of “How do I look?” but instead with a curious, “What is here now?”

There is always some phenomenon happening in our body: sadness or anger, neck pain or cold feet, love or irritation, uncomfortable upper arms or a big exhalation, itchy or tense... there is never nothing here.

Numbness or blankness are not nothing. Every experience is an experience. It is truly fascinating to notice how we are right now.

It is often not what we expect. What sensations, feelings and thoughts are you now? We are kaleidoscopic beings in constant evolution, experiences unfolding without pause.

Everything in the body is always changing. Popular science neatly says that the body is rebuilt every seven years, but really red blood cells live for about four months, white blood cells for a year, skin cells for three weeks and gut cells for only four days.

Bone and fat cells live about ten years and nerve cells for a lifetime. Our experience of being this body is constantly changing.

Our task is to sense, listen and observe ourselves as life unfolds, happening in this body.

The world is constantly coming into

creation and being created anew. We are like winking lights, off and on, off and on, off and on again without pause, a bit like the pixels on a screen, coming into form again and again, creating the impression of a solid fixed object.

The human body contains all the patterns of creation; it is a blueprint for living.

### Practices for embodiment

Becoming embodied increases our stability, balance, flow and grace. It enables us to hold steady in ourselves when all around is chaos.

It is the foundation of a good life. The more we practise listening to ourselves, to our bodies, the more it becomes a natural everyday way of life.

At the simplest level, move your body regularly. Choose an exercise or sport class that you enjoy and do it. Even five minutes a day stretching or fifteen minutes’ walking, running or dancing will release stress and viscerally improve your life experience.

Daily life is noisy. To hear our own inner sense, we need to take time for ourselves, to be by ourselves.

Alone, we are better able to tune in to the genius of our body. We can be intimate with our sensations and feelings, and with our unfolding, wise knowing.

The body is our own personal home, for pleasure, wisdom and intimate interaction with the world.

David Abram, a philosopher and ecologist, says, “Other animals, in a constant and mostly unmediated relation with their sensory surroundings, think with the whole of their bodies.”

The following exercises begin the process of increasing whole-body

sensuality.

### Sensing practice

This is a simple exercise to bring mind and body together. Attend to your body by slowly sensing one body part at a time.

Sense your right arm for a few minutes and then sense your right leg; move across to sense your left leg and then your left arm; sense your pelvis, belly and lower back; chest and upper back; and head.

Follow this order or invent another for yourself. Does anything change? Do you feel a pleasing warmth?

### Tense and let go

Often we think we are relaxed without realising quite how much tension we are holding. The following is a great exercise found in schools of bodywork, psychotherapy and healing.

First, try increasing tension in one part of your body, like a hand, slowly clenching and then releasing it. Then you can try slowly clenching and raising both shoulders, holding and then releasing them.

Next, tense any part of the body, such as an arm, leg, back or your face – a part with a particular sensation or no particular sensation.

Slowly build the tension while continuing to breathe. Hold the tension at the peak; then release at once with some big breaths. Sense your body.

Is there any movement that wants to be made? Enjoy the relaxation! You can also amplify emotional tension, such as anger, frustration or shyness.

Notice what you are feeling, dare to really feel it, and to exaggerate it. Keep breathing steadily. Make the body shape of the feeling as clearly as you can.

Slowly intensify the shape and the feeling, more and more intense, then suddenly release, taking big breaths, allowing a new freedom of movement and sensation.

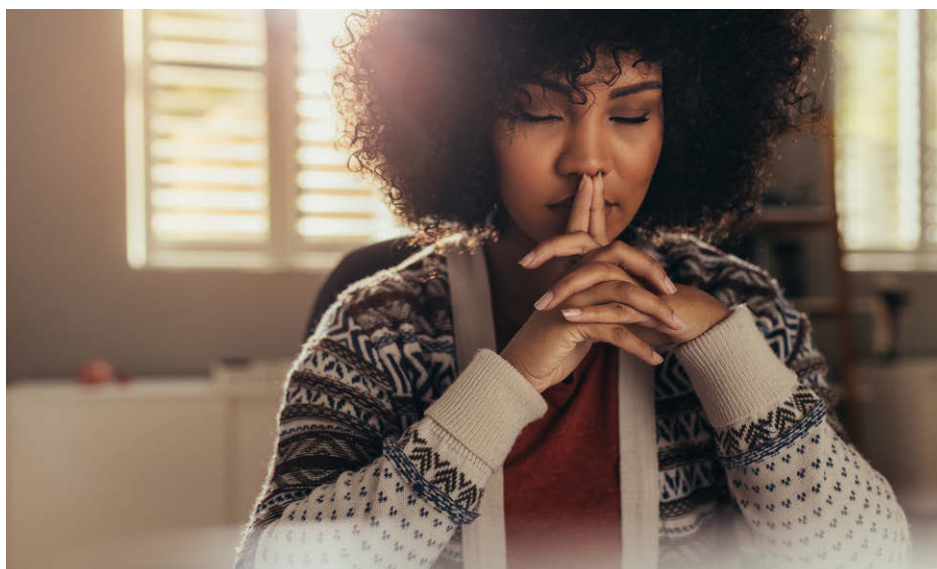
### Shake to release

Animals in the wild shake to release intense fear after being chased by a predator. Human conditioning teaches us not to show our shakiness, but maintaining tension traps fear and shock in the body.

You can experiment with or without music, encouraging bounces and shakes of different tempos and sizes through the knees and hips, shaking for release and relaxation.

### Creating balanced well-being

Many traditional healing and spiritual



HUMANS “are kaleidoscopic beings in constant evolution, experiences unfolding without pause.”



*OUR role "as protectors of the planet is not only about planting enough trees to rebalance carbon in the air and enough insect-friendly plants to maintain the eco-system. Our task is to actively love the Earth."*

paths teach that our physical form, personality and soul are all interconnected. We can look at ourselves as being made up of elements, such as Earth, Water, Fire, Air and Ether.

Each has a different energy, character and home in the body, and each person is a unique mix of these elements in their unique soul potential and in their actual everyday reality.

### Global deliciousness

We humans are part of the planet. We are not something separate from nature. We are the Earth's consciousness, our thoughts, feelings and awareness, reflected in her health.

Everything spiritual is expressed in physicality; there is no mistake: as above, so below. Material existence does not lie; it only reflects our consciousness and makes it visible, so we can act.

If we want to save the Earth, it is not just action that is needed; we need to appreciate her.

When a person is ill, what heals them is not just surgery, drugs, pills or ointments. It is our love for the flesh and the qualities of the flesh; it is self-love and self-forgiveness.

Our role as protectors of the planet is not only about planting enough trees to rebalance carbon in the air and enough insect-friendly plants to maintain the eco-system.

Our task is to actively love the Earth, to thank and appreciate her for her abundance. Each insect, gust of wind, bird and spider, dandelion and elderflower,

sycamore and oak, stream and rock, ray of sunshine, dung beetle and maggot has its essential place in the interconnected web of life.

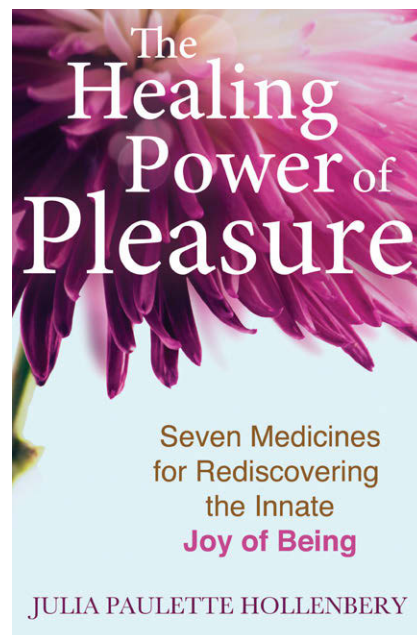
Our human role is to notice the scent of the rose and the song of the blackbird, the crop of sweetcorn, apples, potatoes and tulips, to receive with gratefulness the abundance the Earth has gifted us, in the same way we receive the plenitude of pleasure our bodies give us.

Our task is to receive, listen, feel, sense, smell, touch, taste, notice and appreciate the details of this earthly life with humility and gratitude.

Let us love our family and friends, neighbours and community, and let us love whatever we are doing right now – this music, this sowing, sewing, cooking and mending.

Love the source of life itself, whatever we call it, without which we would not have this sensate and emotional adventure.

Our return to the Universe of Deliciousness is a return to a universal state of innocence and freshness, to sensate awareness of our vulnerable need



for relationship with others, without which we would not survive.

We need to remember we do all need each other. The universe is without limitation in its creativity.

May we live our wisdom and pleasure in sensual, soulful, sensitive exchange with others, with depth and the Earth. May Deliciousness flow through us, loving Deliciousness in everything and everyone else.

May we co-create

heaven on Earth, even if that doesn't look anything like we thought it would! A new Eden, beginning everything again all over again. May we be surprised, humbled and delighted.

■ *"The Healing Power of Pleasure" is 288 pages and published by Findhorn Press, a division of Inner Traditions International.*

*The recommended retail price is £16.99. It is available from various sources, including Amazon, Waterstones, W. H. Smith, Blackwell's, etc, or your local bookshop.*

*You can learn more about Julia at [www.universeofdeliciousness.com](http://www.universeofdeliciousness.com)*



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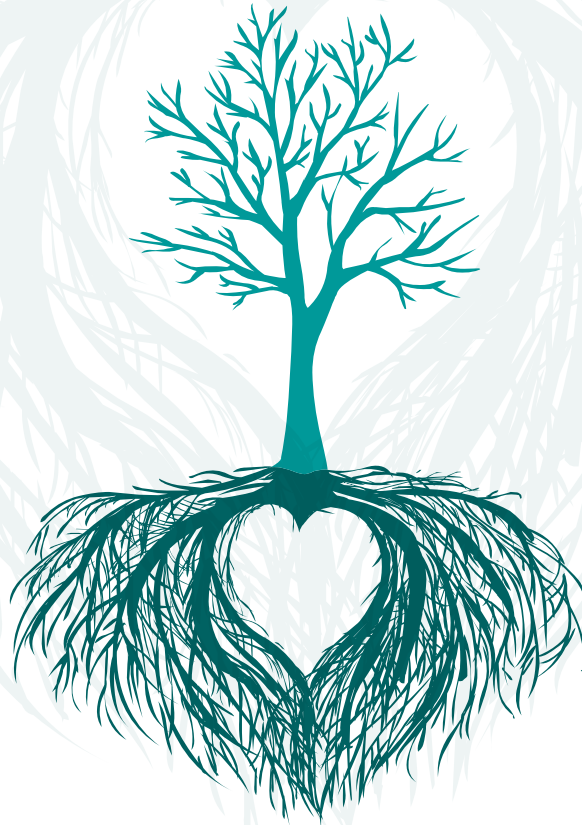
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# ANCESTRAL HEALING IS A RELATIVE MATTER

*The intriguing subject of how “dead” relatives may have an impact on our lives today is investigated in a new book.*

*“Ancestral Healing Made Easy” by Natalia and Terry O’Sullivan is subtitled “How to Resolve Ancestral Patterns and Honour Your Family History.” It is published by Hay House UK.*

*Having worked in this field for over 30 years, Natalia and Terry take readers on a journey of self-discovery.*

*Their book contains fascinating case histories as well as meditations, visualisations and exercises to, for example, discover your ancestral guide and uncover your family’s heritage.*

*Terry is a sought-after soul rescuer and shaman who works internationally and in private practice. His ancestral healing work draws on ancient practices from Celtic shamanism to Eastern mysticism.*

*Natalia has worked in the spiritual and holistic field in both London and Los Angeles, combining modern psychology with ancient wisdom to assist the body, mind and spirit in releasing ancestral issues.*

*Based on their book, here Terry and Natalia give a broad outline of ancestral healing, then turn to influences inside houses.*

ANCESTRAL healing is an intention with purpose to release the shadows, wounds and unresolved traumas from our ancestral

lineage, healing our family tree.

The shadows of the powerful relationship we share with our ancestors



**NATALIA O’SULLIVAN:** “Both ancestral wisdom and wounding can be passed on and last for generations.”

can have a subtle impact on our psychological and emotional behaviours. A story will begin to emerge as you unravel and compare your own characteristics and ancestral conditions.

As you uncover the roots of your ancestors in your family heritage,



patterns will become obvious as you delve into seemingly irrational fears and psychological, emotional and physical difficulties.

Our ancestors were able to assimilate transitions into their lives because new events, challenges and rites of passage from puberty to death were honoured. They were incorporated in the present patterns using tradition and ritual.

Unlike today, when we're overwhelmed by many sources of ever-changing and often frightening news, our ancestors passed on the "news" in the form of stories told around evening tribal fires; potential problems and current events were discussed and evaluated in the light of their ancestral history.

A sense of tradition and collective memories of past successes as well as failures would be surpassed by the awareness of the line of connection between all the generations.



**TERRY O'SULLIVAN:** "We're the carriers of old stories in new bodies."

When observed, this tradition instils a sense of continuum that gives us a greater understanding of who we are and where we've come from.

Both ancestral wisdom and wounding can be passed on and last for generations. By entering the "right relationships" with them, you can enlist the help of your ancestors to clear old wounds and unresolved issues.

The ancestors cannot help you unless you let them and if you don't ask them for their help, none will come. In acknowledging their existence, a continuum between the living and the dead can provide a link with the past that both inspires and supports.

The whole point to ancestral healing is to understand that we're the carriers of old stories in new bodies, using contemporary ideas to deal with it all. The ancestors left their troubles behind to be picked up by us as their own unfinished business.



**A "FADED photograph, family heirlooms and interiors in each room resonate a mood reflecting joy, fears and worries."**

It wasn't always their intention to leave the kind of legacies they did. Sometimes it was down to unavoidable circumstances, and at other times a series of poor decisions.

Even if our ancestors' lives were tragic, there's still something within their existence that's of value. Perhaps it's an untapped, unused, un-lived gift or talent, or a strength or virtue they've passed on.

It's useful to discover the stories about our ancestors, even if it only goes back to our grandparents. We can then systematically reveal to the world who these people were to give them a kind of continued life.

As such, we can examine the things that were important to them and aim to bring those very qualities into our own lives.

A family is kept alive by its history. If we can pass on the stories that matter as well as the tales that seem less fertile, the tapestry of truth and myth, usually in equal parts, enables descendants to explore the parallels between their own lives and those of their ancestors.

There are too many families who unintentionally or otherwise keep their histories hidden. This might resonate as a dark secret that nobody talks about, or a medical condition that's been inherited and can be passed on again in the future.

Importantly, such information may help to avoid guilt, shame and embarrassment when it comes to how others view your family history owing to their own, or even help to save lives when illnesses and health issues are revealed.

If we can be truthful and not hide skeletons in our cupboard and overcome

the shame or scandal of our forebears, it would make life so much easier for our descendants to make peace, come to terms with and even forgive the mistakes and transgressions of earlier generations.

Imagine your heritage to be linked together like prayer beads, with each bead recording the exploits of each family member. The prayer beads are all linked together, connected to each other and made inseparable by their very connection.

Each bead retains its own story but is passed to the next prayer bead, as in the seed of bloodline. These stories are just like the seeds of reproduction we inherited and would become the cause of an inheritance carried into the next generation.

Some of us will be lucky, but others not so fortunate in what they inherit. After exploring your roots, the next step is the discovery of your ancestral patterns.

Some of the negative legacies from our predecessors can have a staggering and overwhelming effect on our behaviours and emotions. If these aren't addressed, they can cause negative familial patterns that affect relationships between family members.

To instigate change, we need to alter family patterns that dwell within each of us. This means we must take time to develop positive influences and to work at healing negative familial patterns to change the attitudes, beliefs and identities of our own generation.

In turn, this will help to create a new collective unconscious, which is essential for the continuity of life on our planet.

Members of our family may tell us

we take after someone in a previous generation. Perhaps we have the same hair colour, distinctive nose or unusually large hands.

These are obvious examples of physical characteristics, but what we're looking for are other patterns, such as details from those who lived through historical and dramatic events, or interesting behaviours, talents and gifts.

Our own life story will undoubtedly reflect that of our ancestral stories as we experience various life transitions from childhood to adulthood and so on.

As we go through these different and sometimes difficult stages, unbeknown to us, certain members of our own ancestral family would have experienced similar traumas.

It's in the discovery of how they managed these trials that you'll determine how you feel about your own experiences. In turn, you will discover how you will respond to these challenges.

You might decide certain things fill you with fear or anxiety, or you may find the determination to succeed and the courage to push on through life's adventures.

During this process of uncovering ancestral stories, we often discover why we don't like or connect with our family and instead search for other family groups or types of communities.

This is especially evident in those who have grown up in a dysfunctional environment because they'd have developed strategies to survive and overcome the trials in their upbringing.

Many find that if they can change their family's circumstances, such as through marriage or migration, they can summon the resilience to surround themselves with people who love and support them unequivocally.

They may choose partners and family

members they can feel safe with and supported by, letting go of those who continue to hurt and abuse them. At times, the love and the blood that glues everyone together can be stronger than personal issues.

Habitually, many of us still return home to heal and forgive, to receive love and support.

Sometimes it seems almost impossible to heal some of those dysfunctional family relationships. However, the courage of being able to look back at our family past will give us the skills to know how to move forwards with our current family relationships.

A positive action to change a negative ancestral pattern can begin with a small step. For instance, if there are workaholics on both sides of the family and you, too, are victim to this trait, a small action you could take is to make time to rest for an hour once a week.

If you come from a family where everyone is extremely negative and critical, you may find yourself behaving in a similar way.

Learning to stop responding with an automatic negative response will begin to make a difference to your thinking and lead you to incorporate changes in your daily lifestyle.

If you discover there have been some serious problems in your family, such as addiction, abuse, secrets or shame, this will require more attention.

You can address some of the health and psychological issues passed down the family line by way of family therapy or by having open and loving discussions with your family, even if they're resistant to discussing these hidden issues.

Exploring them helps to heal the lineage rather than pretending the issues aren't there or hiding the truth.

According to the traditions of the indigenous people of Siberia and Mongolia, it takes approximately four generations or up to 100 years for the mental energy complex of an ancestor to disengage from this world completely.

When this happens, the soul acquires the pattern of the most recent life just led. Everything a person has ever thought, felt, done or endured is recorded inside their DNA and this record is passed on.

Therefore, when a child is conceived, they inherit the pattern derived from both their parents and their ancestors.

With the current revival of ancestral healing and from our own practice as healers, we're now beginning to recognise the spiritual and psychological value of much that our ancestors knew.

We're learning to respect this ancient knowledge and understand its importance on our own health and wellbeing.

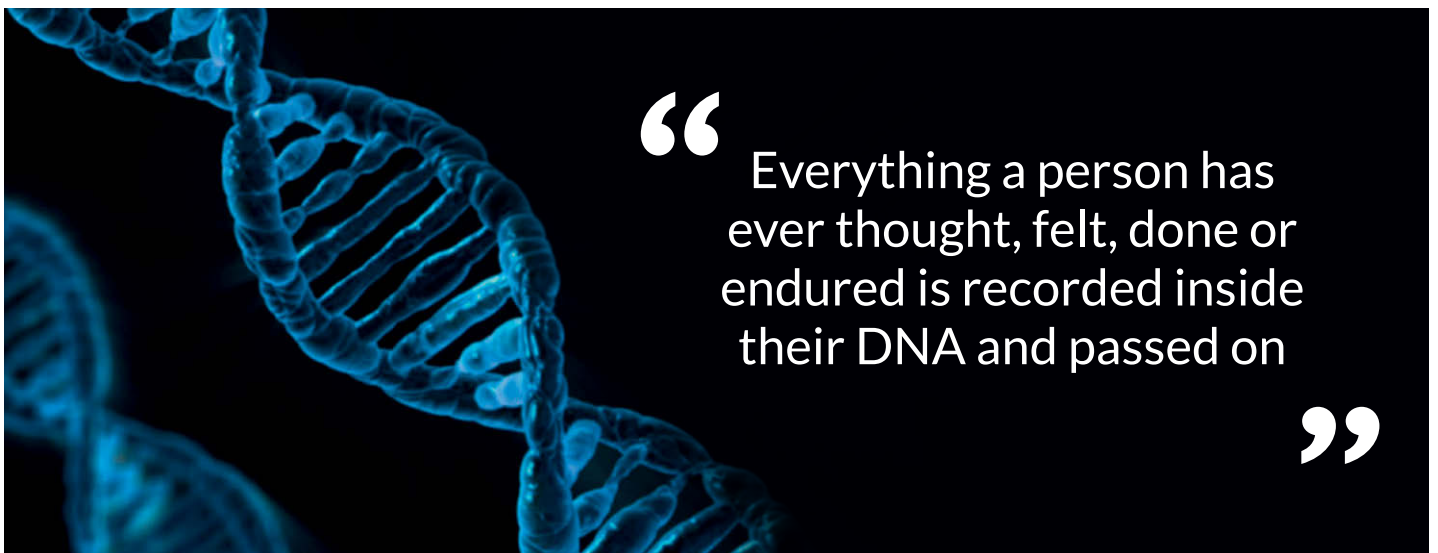
In our experience in this field, we recognise that we can learn to understand how to translate these ancient healing practices into modern psychological and holistic approaches to healing our family inheritance.

We carry the light of our ancestors and, whether we have children ourselves or not, we pass this light to our descendants. In turn, the light is expressed in so many ways through our creativity, talents, determination, courage, humour and kindness.

As we look to our descendants, we can recognise that each child carries a different gift or talent. As our ancestors did, we can then nurture them so they, too, can share their gifts with the world.

### *Identifying atmospheres in your home*

An atmosphere isn't always easy to



“ Everything a person has ever thought, felt, done or endured is recorded inside their DNA and passed on ”



*IN one of their homes, the authors felt the presence of a previous owner who passed on 30 years earlier.*

interpret, understand or discern because it can be influenced or affected either inside the building or outside by the surrounding environment.

Everything has a vibrational memory, which emits a connection to the past and can have an impact on us, either negative or positive.

Singularly or as a group, this energy creates the influence, either as a collection of pressures coming from the land or as the history and the property all combining to impact the atmosphere.

As we're connected to everything on this planet – all animate and inanimate objects – this has a profound effect on our wellbeing.

People who have owned a property that's been in the family for generations will find themselves embracing a history that can affect current generations more than they realise.

The influences that combine in older properties are determined by the legacies that have been left behind by its former owners.

Instead of inheriting a property, others will choose to buy a new one or build their own home. It's necessary to become perceptive of where we live if the land has been occupied for many generations.

Similarly, a family may inherit a former slave plantation in any part of the world or it might be a property in London's East End that endured times of poverty, which was passed on from one generation of residents to the next, who endured a spiral of destitution living in slums built on land that had formerly been docks supporting trade and empire.

Alternatively, new homes might be built on sites of former psychiatric hospitals or burial grounds, or be converted from industrial premises, public houses and old

schools.

There's nowhere in the world that can escape historical memories. In any event, whether you live in a new or old property, the land on which it's built will have its own atmosphere.

The history of a building holds the imprint of existence of everyone who lived and died there. The atmosphere still apportions the smells and characteristics of bygone days.

You can change the decor to create a different ambience, but only the memories of the past will be covered up with a tincture of colour, not their essence.

There may be rooms in your house that you love being in more than others. If you're aware of these differences, your senses intuitively mirror a subliminal mood compared to something you don't feel happy with.

Even things we lovingly ignore retain memories to remind us of the rites of passage when it comes to birth, marriage and death.

For example, a faded photograph, family heirlooms and interiors in each room resonate a mood reflecting joy, fears and worries.

When we moved to the house we bought more than twenty years ago, there was a room which, unlike other rooms in the house, was as cold as ice. To the experienced psychic, this atmosphere instinctively suggests a haunting.

On this occasion, it was easy to recognise the earthbound spirit of a previous owner, who we discovered had died, aged 102, in our house some 30 years earlier.

It wasn't an ancestor who was connected directly to our family, but a lady who required assistance to move on. Within a week after we moved in, we

helped her to move on naturally.

After she'd gone, the whole atmosphere changed from cold, heavy, morose and melancholic to a more settled space.

If your family is still living in the home of your ancestors and you suspect an ancestor is trying to make contact, don't ignore this strong intuitive feeling. There's a reason why you're sensing their presence.

If the feeling persists, often it means the ancestors are still attached and unable to move on until the issue is addressed. If you ignore them, they'll return again and again until you acknowledge them.

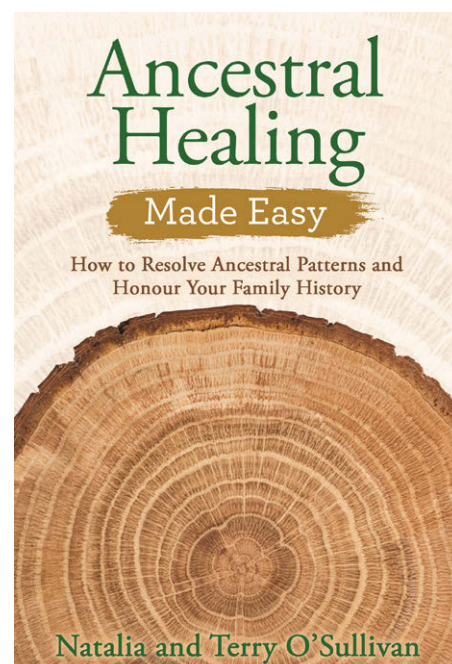
These intrusions on the home can be confusing and even upsetting, but sometimes it's the only way an ancestor can get noticed.

From their viewpoint, they're being ignored and rejected yet behind the scenes, they work hard to try to be heard. It isn't their intention to strike fear in the hearts of those they love – it's about how hard they must knock to be heard.

You could research historical information about your home to find out what happened there in the past and how that could resonate with atmospheres you're picking up on.

Once completed, you can address how to heal your family home, which is explored in our book along with other important allied issues.

■ **"Ancestral Healing Made Easy" is published on October 26 and costs £10.99. Running to 288 pages, it can be ordered direct from [www.hayhouse.co.uk](http://www.hayhouse.co.uk) or any bookshop.**





# MAKE YOUR GARDEN BLOOMING LOVELY

*Trained by the Royal Horticultural Society, Luke Eastwood has received rave reviews for his latest book "The Druid Garden."*

*Subtitled, "Gardening For A Better Future Inspired By The Ancients," it runs to over 400 pages and is aimed at both total beginners and the more experienced.*

*Drawing on the knowledge of the Druids and other ancient cultures, Luke's book contains an alphabetical guide to trees, shrubs and herbaceous plants, giving a wealth of information on history and folklore, as well as practical details on plant care, growing from seed and countless other green fingered aspects.*

*Luke founded the Irish Druid Network and writes for various magazines and websites on spiritual, green, social and political issues. He is also a regional co-ordinator for Extinction Rebellion.*

*Born in Scotland, Luke has lived mostly in England and Ireland, but is currently based in Dingle on the west coast of Ireland.*

*In this feature, Luke looks at various aspects of gardening from a Druid perspective.*

A SACRED space within the garden is desirable to many spiritual paths, for instance Taoism, Zen Buddhism and some

forms of Christianity as well as Druidry.

From a Druidic point of view, one might wish to create such a space within



**LUKE EASTWOOD:** "Try to commune with the spirit of the land."

a wilderness area or woodland, although ultimately one should choose a space that instinctively feels right.

This space might be completely empty or could include a special tree, a standing stone or even a stone circle. Creating a stone circle can be simple enough if the stones are not gigantic, using a stick and a rope for spacing.



**SOMEONE could read "a thousand books on horticulture and gardening, but it isn't until you get your hands dirty that you really begin to understand what it is all about."**

Aligning stones to the four directions is relatively easy using a compass, but aligning to say the summer solstice sunrise is a matter of observation at the right time and will be specific to whatever your location is.

There's no reason why a sacred space might not be multi religious e.g. Buddhist and Druidic if that suits your own intentions. What is advisable is to try to commune with the spirit of the land and any entities that might live on it such as fairies to gain permission for this.

A common practice among humans all over the world regardless of their religion/spirituality is to pray for success or ask for blessings upon their chosen activity.

Apart from being a pleasant beginning, a ritual, or even a simple prayer, is an acknowledgement that we are part of a larger world which is not entirely controlled by us and recognises a connectivity between humanity and the divine and (hopefully) our dependency on the world of nature that surrounds us and which we are also part of.

Once you have a plan for how you will go about creating your garden, it is a good idea to invoke the permission and support of whatever you perceive to be spiritually important.

Going about this task will vary greatly from person to person and should reflect your own beliefs and preferences. One might ask permission of what the Romans called *genii locorum*, spirits of place, the ancestors of the place and your own family, specific gods and goddesses or something vaguer and more ethereal altogether.

There is no rule about how this is done so long as it is heartfelt, meaningful to you and respectful of the land on which you will begin work. Some people may also feel it is appropriate to make an offering to the land, usually symbolic, as part of this process.

Remain open to feedback from the land and the spirit realms; a negative response is unlikely given a genuine intention to create and support a refuge for nature.

However, it is possible to make mistakes even with the best of intentions, so one should be mindful of any omens or supernatural communications about your project.

Here are a few simple examples of prayers and blessings, but I believe that it is best to write your own specific to your own circumstances if possible.

*I/we ask the blessings of the goddess of the land, Danu, upon this garden and all that grows in it. May it be a place of joy and life, and the bounty of nature.*

*May this garden be blessed by the four elements - by the waters of the rain that falls upon it, by the fire of the sun that shines upon it bringing new growth, by the gentle wind that carries the air, the pollen and the seeds of new life, and by the nurturing soil of the earth itself.*

*May the elements be in balance in this garden bringing abundance to all that lives here.*

*We pray for the guidance and inspiration of the spirits of place, of the ancestors and the fairies that this garden becomes a refuge of nature and all that is for the highest good.*

Before doing anything in the garden, it is a good idea to have some understanding about plants - what they are and how they work - otherwise it is a lot more difficult to nurture them and sustain a positive environment for them to prosper in.

After all, only a fool would think to become a medical surgeon without first studying medicine.

It's not necessary to become a botanical expert, but gaining a basic understanding is

helpful both in practical and spiritual terms when interacting with the world of plants.

Many people regard plants as little more than objects and not truly alive in the sense that humans and other animals are alive.

While it's true plants do not have or need a brain, this does not mean that they have no awareness or no ability to receive sensations or to communicate. In fact, scientific research demonstrates the opposite.

Plants are not simply a mass of vegetative flesh; they have been shown to have an awareness of when they are being eaten (e.g. by caterpillars) and will produce a chemical response to try and protect themselves and also to communicate danger to surrounding plants.

A low-level noise is emitted with the release of gas; plants nearby can sense the sound waves when a plant is injured or sick and respond to a perceived threat.

Plants are also able to move - they are heliocentric and gravitate towards the sun. They are also able to sense objects around them, which many climbing plants put to good use to grab supports or obstacles which can be avoided.

Time-lapse photography clearly shows the ability of plants to move of their own volition.

Injection of carbon isotopes into trees enabled scientists to trace communication through the root system with surrounding trees. Within days, the isotope could be detected in all the trees within a fifteen-metre radius of the injected tree.

Trees are able to communicate through their root systems and even pass nutrients to weaker or younger trees in order to help them mature.

Plants produce a vast array of chemicals that have proven to be highly useful in many areas of human life. Medicine in particular is based primarily on plant extracts.

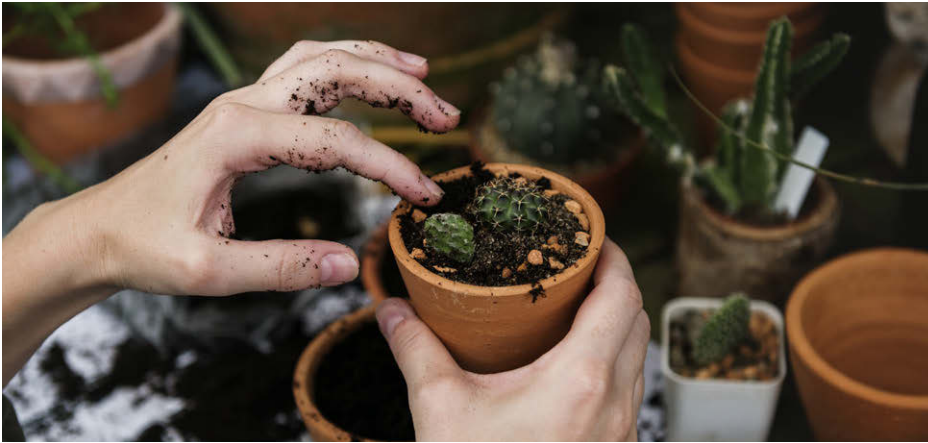
Even today new and useful naturally occurring chemicals are being discovered in plants from the world's rainforests.

Plants are able to perform very simple and limited examples of short-term memory.

Carnivorous plants like the Venus flytrap, not wanting to waste precious energy in rapid movement, sense insect movement, but can wait up to twenty seconds for another trigger to be sure that a significant sized insect has landed.

Equally intriguing is the apparent ability of a moving fern (*Mimosa pudica*) that folds its leaves when touched to learn when to ignore non-dangerous encounters.

In an experiment, plants dropped a short distance of fifteen centimetres initially reacted by closing their leaves,



**SAYING** a blessing when planting “can help foster a good relationship with the plant and help it to make a good start.”

but after four or more drops had “learned” that the stimulus was not dangerous and stopped responding.

Repeated tests a week later showed that the plants remembered what they had learned and it took a whole month before the plants “forgot” their learned non-reaction.

Spiritually minded and esoteric savants have long believed plants to possess physical and spiritual properties that contradict their rather simple and static appearance – qualities that scientific researchers are increasingly exploring as areas worth investigation.

As a bare minimum, we should respect plants as living entities that have consciousness and awareness, a body, albeit very different from humans and animals, the ability to feel, communicate, move, procreate and even kill.

Breath is such a basic part of life that we often fail to think about it even though it is the most essential part of our existence.

On a spiritual level, breath is vitally important, as is evidenced by it being linked with “life force” in nature, which is found in Indian *prana*, Chinese *qi*, Polynesian *mana* and Greek *pneuma*. In Druidry it is the Welsh *nwyfre* or Irish *neart*.

In the spiritual beliefs of Hinduism, Taoism and many others apart from Druidry, this force is not just the breath; it is part of spiritual and physical vitality that can be influenced and developed with the aid of the breath as well as other physical and metaphysical exercises.

All animals, including humans, have the necessity to breathe to stay alive. So do plants, although how it happens is somewhat more complicated in plants – they create their own food as part of the process.

Plants do not possess lungs, but are covered in tiny holes called stomata that serve the same function of letting gases in and out, as well as water vapour.

Plants absorb carbon dioxide from the air through their stomata, which they convert into glucose sugar using water and sunlight.

For some people a physical connection with plants is sufficient. This alone will help develop empathy for the plant kingdom, although for many there is a desire and a benefit to develop a spiritual connection.

Trees and plants are mentioned throughout the mythology and literature of the world’s religions and clearly have a symbolic value in spirituality.

Trees in particular pervade spiritual writings and ideologies – for instance the tree of life and tree of knowledge in Judaism, the banyan/bodhi tree under which Buddha sat to become enlightened, Yggdrasil, the ash world tree connecting the nine realms in Norse cosmology, the oracle oak tree of Zeus, called Dodona, the Egyptian sycamores of the afterlife and countless other examples.

The idea of a world tree can be found in many cultures across the world – in native North America, Pre-Columbian South America, Siberia, China, Mongolia and India as well as northern Europe.

In a Druidic context, the Celtic tree of life, while not clearly evidenced in literature, is thought to be similar to the Norse Yggdrasil, connecting the three realms of earth, sea and sky – representing the lower, middle and upper worlds of Celtic cosmology.

The sacred tree or *bile buadha* is well known and documented in ancient Irish culture and is believed to be the physical representation of the world tree and a tribal totem.

Connecting with the world tree is a good way to connect with the plant realm as well as creation in an animistic sense.

Connecting with it through meditation is quite simple through visualisation, although this can be aided by sitting against or under a large tree that would act

as a suitable symbol.

Before undertaking a ritual or journeying with a plant, it is perhaps a good idea to try and connect – first physically and then through meditation.

Try to cultivate an open heartedness and gratitude towards the plant. Through your thoughts or spoken out loud, express your intentions to connect spiritually with the plant and be open to any response.

Plants are generally open to communication with humans, but if you feel negative, suddenly cold, sick or any sense that this is unwanted or inappropriate at this time then do not proceed.

If you feel the plant is not resistant or communicating approval, begin trying to connect on an inner level. Having established a physical connection through your senses, close your eyes and visualise the plant and yourself becoming connected through your emotions.

Plants do not have an intellect, so this is most often how they can communicate with us. Communicate your thoughts and feelings directed at the plant and be as open as you can to receiving whatever it may wish to communicate to you.

Allow yourself to be as blank as possible, but if your thoughts wander to making dinner or what the weather will be tomorrow, gently return your thoughts to the intention of connecting and communicating with the plant.

What you receive in the form of communication may vary considerably from person to person just as it does when communicating with spirits or deities.

You might receive conversation, feelings or physical sensations. Some people might be able to see or sense the aura of the plant and changes in it during communication.

If nothing happens at all don’t be put off, as it may take several attempts to successfully connect.

Whether planting a seed, a seedling or a more established sapling, I like to say a short blessing in acknowledgement of gardening as sacred work. This can be



**CARNIVOROUS** plants like the Venus flytrap can sense insect movement.

applied to pretty much any plant with a small bit of adaptation if relevant.

You may wish to write your own blessing(s) that better suit your own spirituality. It doesn't need to be long or complicated so long as it conveys your intentions effectively.

Say this or your own blessings as you put the seed/plant in the ground/pot as it can help foster a good relationship with the plant and help it to make a good start:

*May you be blessed by Earth and rain and wind and sun.*

*May you grow straight and strong and true.*

It might also be a consideration to plant by the phases of the moon. In broad terms it is better to sow seed or plant on a waxing moon.

In terms of biodynamic gardening, different days are advantageous for leaf, root, flower and fruit crops or for doing nothing.

This is not easy to work out, as it requires astrological knowledge, but practically this can be implemented easily with the aid of a yearly *Biodynamic Sowing & Planting Calendar* such as that produced by Maria Thun or by checking biodynamic websites online for short-term information.

Another excellent work that explains how this works is Elen Sentier's *Gardening With The Moon & Stars*.

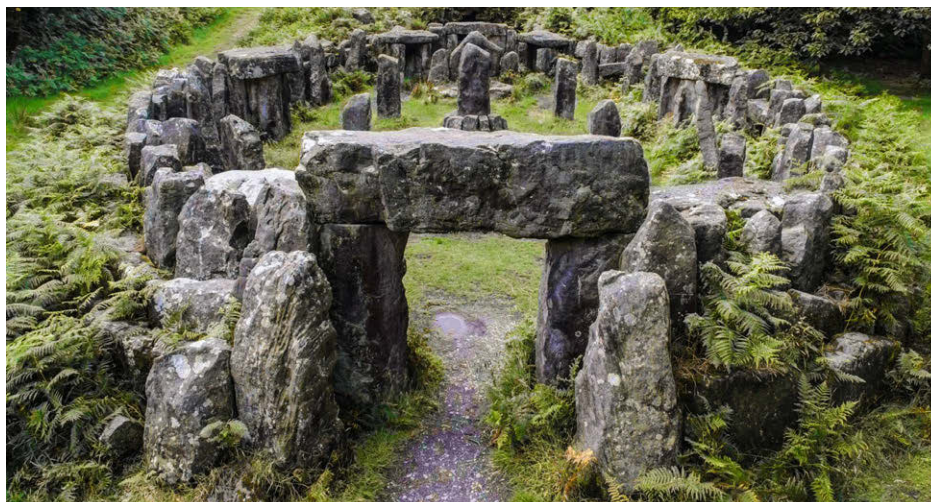
There are thousands of shrubs and herbaceous plants that could be mentioned which are beautiful or beneficial in some way from all over the world, but I will stick to the most important plants that are known to be used or familiar to the Druids of western Europe.

As with trees, there are a huge number of non-native plants that have been introduced to all areas of the world and. In Europe at least, the vast majority of commercially available plants are not native.

As a result of modern tastes and commercial considerations, a great many native and wild species are no longer common or under threat of extinction – a very sad and unhealthy situation for our flora and also for wildlife generally.

Knowledge of the native plants of Europe was certainly held among the Celts and the Druids particularly. However, little has been recorded about what the Druids actually knew about plants and what plants they held in particularly high esteem.

It is generally considered that there are seven sacred Druidic herbs, which are usually given by their common English names as Clover, Henbane, Mistletoe, Monkshood (Wolfsbane/Aconite), Pasqueflower, Primrose and Vervain.



**THE Druid's Temple, near Masham, Yorkshire, is a replica of Stonehenge from 1820.**

However, alternative versions might include Meadowsweet, St John's Wort, Mint, Mugwort or Thyme.

In truth, there were a huge number of plants known and used by the Druids, as was also the case with the ancient Greeks, Romans, Persians, Egyptians, Germans, Norse and many other ancient cultures.

In our times, the most available information derives from classical sources that had been rediscovered in the late medieval or renaissance periods, so it has become very difficult to discern what is Druidic and what is knowledge derived from somewhere else.

One could read a hundred or even a thousand books on horticulture and gardening, but it isn't until you get your hands dirty that you really begin to understand what it is all about.

Many things in life are like this – descriptions, explanations and analyses only get you so far: you have to experience it yourself to know what it is.

My book is my attempt to impart knowledge that will help unite two disciplines that may appear to have little overlap – Druidry/Druidism and gardening. In my mind they are complementary.

Certainly, from a Druid standpoint, they are part of the same body of knowledge. One does not need to be a Druid to appreciate gardening, or indeed to be a gardener to gain an interest and understanding in Druidry.

As I sit here writing these final words, the world is in lockdown. A terrible pandemic, emerged from nature seemingly, has gripped the human world in fear and panic, and thrown our fragile political and economic systems into chaos.

I cannot help but feel that we are on the verge of something new – a new era of technocracy and totalitarian oppression or a new age of tolerance, wisdom and re-engagement with the natural world.

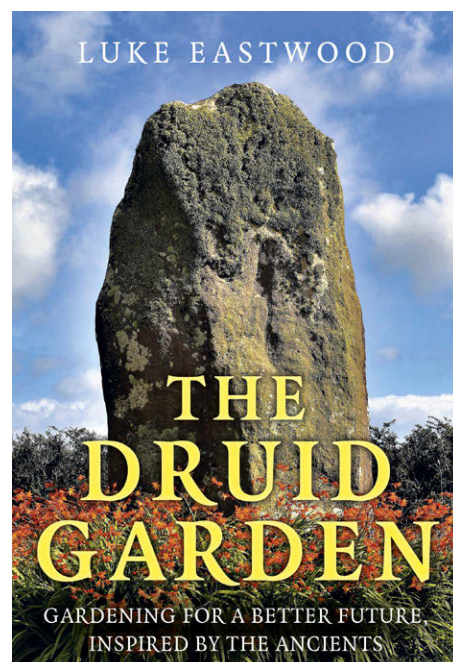
It is not yet clear what will transpire and there is much that is yet to be decided. Perhaps it will be possible for humanity to retain the best of our technological marvels for the good of all beings and this wonderful planet.

You are probably of the view that a holistic rather than a purely technological vision of the future would be a better and more benign option.

One can only hope that all of us who care about this Earth and all existences upon it can use what skills, time and energy we possess to bring about the most favourable outcome.

The future is in our hands. It is being written now and in the coming months and years ahead, and we must all play our part.

■ **"The Druid Garden" is published by Moon Books at £17.99. It can be ordered from [Amazon.co.uk](https://www.amazon.co.uk) or any bookshop. An e-book version is also available at £8.99.**



# COMPETITION

This month we have five copies of Natalie Farrell's latest book, *Light The Way*, as prizes.

The publisher writes: "*Light The Way* is a powerful companion for modern-day change makers who are ready to go all-in and activate the power of their intuitive voice.

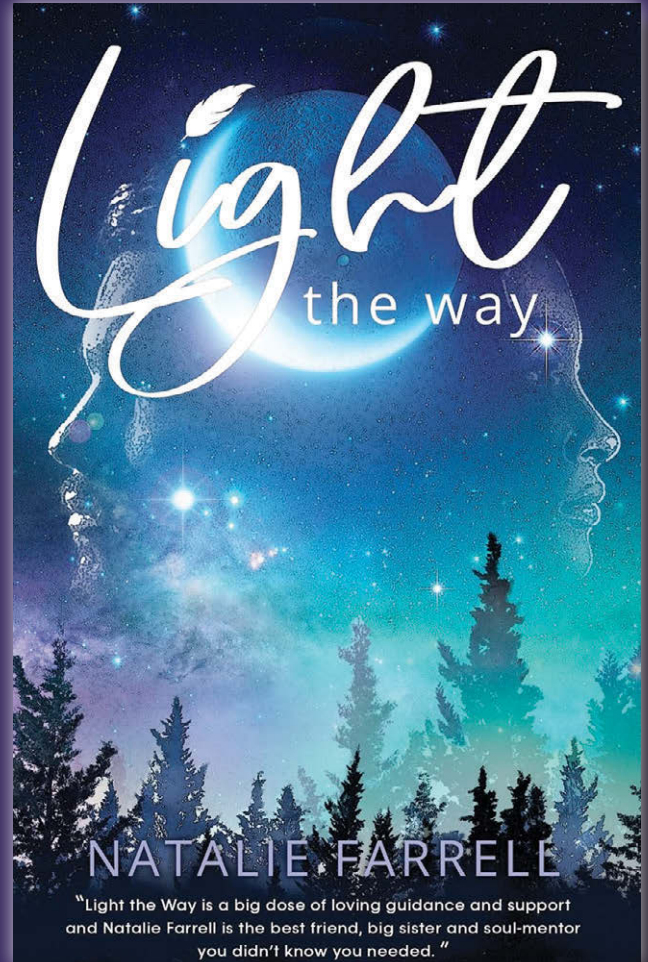
"Are you a lost soul? A magnetic soul? A wounded soul? Or perhaps you are an awakening soul? It's time to remember your purpose?"

"Whatever type of soul you are, your intuition brought you here to remind you, you are not alone. Transitioning can feel lonely, right? Like you are the only person hanging out in the transformational changing room of life. Sitting on the sidelines between fear and the unknown, stuck in limbo-land, knowing you want to make the change but having no clue where to start.

"What would happen if you could take off your shoes and dance with life for a while?"

"*Light The Way* is set to be a beautiful companion on your journey, sensitively allowing you to fall between the cracks of your fears and reawaken the mystical masteries of the unknown. In these pages you will activate forgotten tools required for laying the foundations to go all in and fully reclaim your out-of-the-ordinary soul story.

"Along the journey Natalie shares her soulfully devised 'Spiritual Growth Strategies,' including meditations, soul



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activations and rapid energy cleansing methods offering the reader time to reflect in their own time and deepen the reconnection process to realign and fully embody the awakening of their soul's purpose.

"The book also introduces Natalie's intuited collection of 'Starseed' poems, curated with the cosmos for deep activation shifts. Each poem has the soul imprint of each soul who is now ready to reclaim their soul's purpose, ready to awaken and equalise their divine feminine and masculine within."

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

**Light The Way, Psychic Press Ltd,  
Unit 2, Griggs Business Centre,  
West Street, Coggeshall,  
Essex CO6 1NT, UK.**

You can also enter by email at:  
[pneditorials@gmail.com](mailto:pneditorials@gmail.com)

Please note: The closing date for entries is 8<sup>th</sup> December, 2021

**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**





# Reiki's right for animals at rescue centres

BY SANDRA BRAY

LIKE many people, animals have played an important part in my life from a young age, but little did I know just how big a role they would take in later years.

My career has always been in industry and the Royal Air Force, as a college lecturer and currently in the NHS. For a long time, I had also been interested in reiki healing, but hadn't thought of using it except for family and myself.

However, the universe seems to have had other plans. During my first attunement, a strong and insistent message arrived in the forefront of my mind that I was to focus on channelling this healing for animals.

Following this, I practised regularly on my pet dog and myself, and, I was married to a farmer at the time, on cows and horses too.

My first success was with a yearling bullock that was suffering from a blockage in his gut, a situation that often ends with the animal dying.

I sat on an upturned bucket in the cowshed into the midnight hours with my hands on his stomach and visualised reiki travelling through his digestive tract and out through the other end taking the

blockage with it.

At bedtime, I laid a porcelain model of a Hereford calf on my healing altar with a serpentine crystal over its stomach for the healing to continue at a distance. The following morning, I was delighted and relieved to see this bullock roaming the field, the blockage having cleared. The vet was astonished.

Friends seemed happy for me to visit and offer them healing, but then I began to notice that if they had a cat or dog in their home the animal would come to sit as close to me as possible.

Some cats would even lie full-length across my legs while I knelt on the floor. Other healers have told me of similar behaviour by our animal friends.

Animals are, of course, highly sentient beings who not only enrich our lives, but are able to recognise – perhaps better than most of us – the vibrations of the Earth that they are close to and of the universe. So it's not surprising that they also resonate with the healing vibration of reiki,



**SANDRA BRAY:** "Animals are highly sentient beings."

for example, and will usually readily accept it when offered.

On the other hand, a certain chestnut mare would point-blank refuse my offer of healing and snort, toss her head and trot away from me. Naturally, it was important for me to accept her choice, as we should never force ourselves on anyone, human or



*A COLLIE dog managed to relay his guardian's health condition to healer.*

animal, against their will.

Later, when the mare was in foal, I approached her again to see if she would accept reiki for the foal and to have an easy foaling.

Rather than her usual dismissal of me, this time she moved closer and stood so that my hands were touching her body near to where the foal lay in her womb. After her easy foaling to a perfectly healthy filly, this mare once again reverted to refusing my offers of help.

I have found that the larger the animal the more able they are to accept hands-on healing, although even then I have received the odd quizzical look from a horse or cow.

Dogs and cats seemed to prefer my hands to be a short distance away, around six inches or so, and I respect their sensitivities.

When the occasion arises, I focus on extending my energy field as though my hands are growing towards the animal and softly stroking them to soothe any nerves they may have. I do this voluntary work mostly at a nearby rescue centre.

I was once asked to work there with a stunning grey and white English Bull Terrier, but no sooner had I approached him than he began barking steadily and continuously.

At places like this, most dogs are naturally in emotional distress, so I only stayed for a few minutes to offer him the chance to get used to me.

However, it was soon clear that this handsome dog was barking, "No, no, no!" at me, so I had to listen to his voice, leave him alone and not cause him any further stress. A few days later, this fine dog suddenly

died of heart failure.

I couldn't help wondering whether he was fully aware he was not long for this earthly life, knew that nothing could be done for him and therefore wanted me to work with other dogs instead.

Animals are such clever teachers and encourage us through their actions to learn by questioning ourselves almost as though they are coaching us to do so.

When working with animals, it is often possible to sense physical issues in our own bodies, such as an itchy skin or tenderness in one leg, which can lead us to suspect a hitherto unrecognised health problem in the animal.

Sometimes, we even enter into a deep meditative state and can sense something more going on within their psyche. On one occasion I went so deep that a visitor to the viewing enclosures at the rescue centre became very worried about me and told the receptionist that I might be dead!

When I attended a psychic development circle in a local Spiritualist church, one of the group brought along their Collie dog. We were asked to link in with the person sitting opposite as an exercise in clairsentience, but I chose to connect with the dog. No surprise there.

As I scanned the Collie's body, paying close attention to any sensations I felt, I was able to pick up several physical health complaints, although actually it seemed to me that the dog was physically fine.

Still, in this work it is important to say what one feels. I was a little dismayed when the guardian of this Collie replied that none of the conditions I mentioned related to the dog.

However, later she came over to me and confided that it was she who had these physical health complaints. How clever of this Collie to relay his guardian's health problems to me.

One lovely Labrador cross was very low in mood and not expressing the usual fun and joy of life that is normal for this breed, so after a few weeks of this depressed behaviour I was asked to work with him.

Halfway into the session, I became aware of a German concentration camp with several dark scenes appearing in my mind's eye. When I opened my eyes, I saw that this Labrador had come up close and was staring intently at me.

I mentally asked him if he had sent these pictures to me. In response, the next picture I saw was of a German Shepherd dog patrolling the perimeter fence of the concentration camp.

My sense was that this very clever and lovely dog was letting me know about his past life and that he was depressed, carrying guilt from that past into his current life. This was something I had not come across before.

While continuing to give healing, I also prayed for the dog and in my mind gently reassured him that he was not to blame and was in a new life where his purpose was to bring joyfulness into our world.

I saw this dog again the following week and was delighted to find that his demeanour had entirely changed; he was now ready to move into a new home and looked radiantly happy. Reiki really does work in creative ways.

Not all ailments can be healed, of course. Like us our animal friends will pass to Spirit, as this is the cycle of life.

Where reiki can help at these times is by creating a peaceful atmosphere for them when they near the end of life, and by alleviating some of the more distressing symptoms they may be suffering.

At such times, it is an honour to be able to help these lovely creatures, knowing that they have obtained a sense of peace as they approach their transition.

However, not all my healing sessions have been harmonious and there have even been occasions when I felt under psychic attack from an animal. This reminds me to ensure I pay attention to grounding and protection in my preparations.

One rescue group of dogs included a Staffordshire Bull Terrier who had clearly been the alpha male of this group, who were all emotionally distressed.

After a few minutes sitting with this dog, I became very uncomfortable with the energy I felt around me and opened my eyes to see him challengingly me

aggressively not far from my face, albeit safely behind the kennel bars.

This scared me and I immediately called in Wolf, my psychic gatekeeper. In my mind's eye, I then saw Wolf appear on my right, walk around the back of me and arrive at my left side to stare down the terrier.

When I opened my eyes again, this dog was sitting down and looking very meek, mild and well behaved.

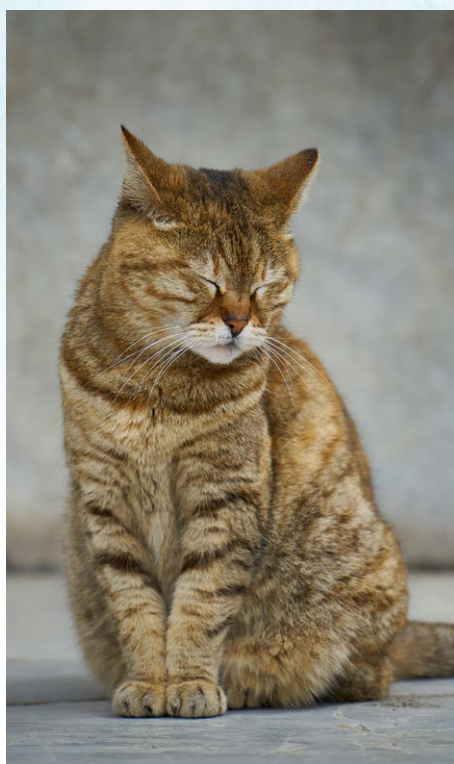
During my work, I always pray to Archangel Raphael, petitioning his healing energy for dogs and cats, and sometimes to St Francis of Assisi. As well as calling on Wolf, I also have a spirit horse accompanying me regularly at the rescue centre.

I was told by a renowned medium that this animal, a liver chestnut with flaxen mane and tail, had been badly treated when alive and was attracted to my healing energy and desire to help animals.

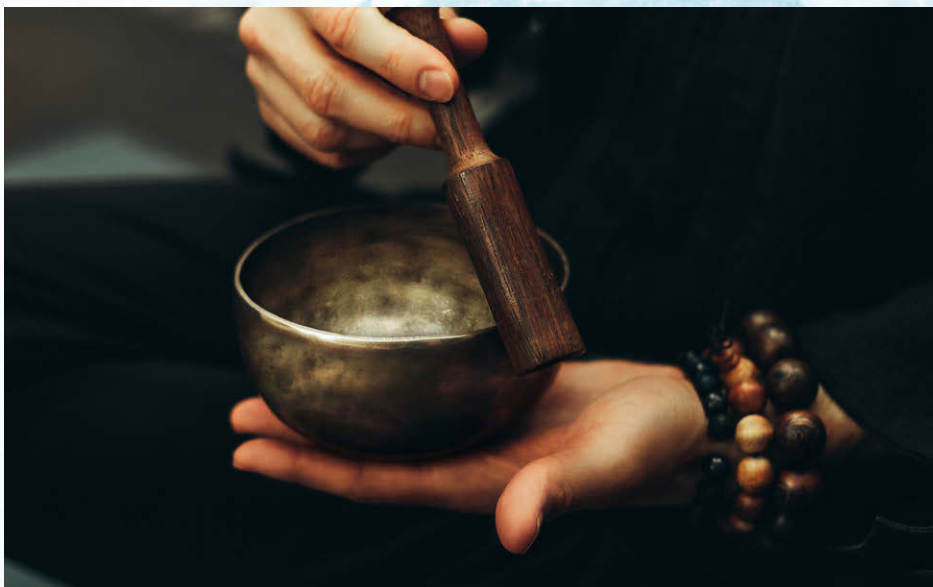
I always know when she is around as I can feel her energy nudge my back as though to say, "Hello, I'm here."

Over the years, I have learned further healing modalities from gifted tutors, such as the use of crystals and sound. These enhance the healing energy so that our beloved animal friends can receive the best possible healing.

The singsong sound of my voice gently talking with distressed dogs also has a calming effect and enables them to settle.



*SOME pets end up in rescue centres due to a relationship breakdown or after their guardian goes into care.*



*A CEREMONY with a singing bowl helped to dispel traumatic energy left behind by one dog.*

Many rescue dogs crave the human touch they were used to, so when they show me by their body language that they want this, I offer TTouch (a simple, light massage technique) while still channelling reiki.

A gorgeous Lurcher cross arrived at the rescue centre and I was asked to work with her, only to feel an overpowering wave of traumatic emotion from her. I had the strong impression she was grieving for her puppies, even though she did not look like she had whelped recently.

I stayed with her for an hour. After feeling that she had relaxed from the healing, I did an EFT (emotional freedom technique) tapping routine for her, using myself as a surrogate to help release any anxiety and distress she was suffering.

After investigating her history, the staff found out later that she had indeed had a litter of puppies taken away from her.

Many cats and dogs in rescue centres have been taken in due to a relationship breakdown or because their owners' new accommodation does not allow pets whilst sometimes it's due to their guardian going into care.

On the other hand, some do have traumatic histories and so much so that their energy can remain in their particular kennel after they have been re-homed.

One such incident occurred when a dog that had been in the same kennel for a couple of years was finally found a home after much healing and training to help him adapt to his new life.

Unfortunately, some of his traumatic energy stayed behind and I noticed a dear little terrier crouching away and looking at some invisible force, struggling to cope with being housed in this particular kennel.

The staff understood my concerns

and agreed for me to cleanse the kennel energetically, which I did using a singing bowl and tuning forks and, of course, prayer. The dogs later housed in that particular kennel showed no signs of distress from any unseen energy.

It's not only domesticated animals that accept healing. Our wildlife does as well and needs our help in these difficult times when their natural habitats are under threat.

One autumn, while walking along a country lane, I could hear hundreds of starlings noisily chirping and calling in the canopy of trees ahead of me. I stopped and prepared myself to channel reiki to support their energy following their migratory flight to the UK.

As I very slowly walked under the trees where the starlings had gathered, they all became absolutely silent. It was so quiet I thought that perhaps they had flown away.

However, as I walked on past the trees and stopped sending them healing, the starlings returned to their noisy chirping once more. The creatures of Mother Earth are simply amazing with their instinctive wisdom.

I love my visits to the local rescue centre once a week to offer healing for the most distressed dogs and cats, and find that my time with them engenders peace and compassion in me too knowing that they have truly become my teachers.

■ **Sandra Bray is the author of "Odd Days of Heaven" and "Even More Days of Heaven," spiritual guidebooks offering everyday suggestions to uplift your spirits or even change your life.**

**For further details of both titles, please visit [www.local-legend.co.uk](http://www.local-legend.co.uk) Sandra's website is at [www.sange888.com](http://www.sange888.com)**



# LISTEN TO THE VOICE WITHIN

By Trish Ottone

*In this article written especially for “Psychic News,” medium and mentor Trish Ottone gives advice on understanding and developing intuition.*

*Earlier this year saw the publication of Trish’s book “Awaken the Guru in You.” Published by That Guy’s House, it is a guide which teaches you how to cultivate your own intuitive skills.*

*“Always trust your intuition,” says Trish. “It is your built-in GPS (global positioning system) and will never lead you astray. I came to trust my intuition more than anything else in my life and it saved me many times.*

*“It was the biggest act of self-love I could have ever given myself and is at the root of all my success and my happiness.”*

*Trish has been working as a medium and intuitive adviser for more than 25 years. After studying politics at university, she completed a formal diploma in advertising. This opened the door to her first career, which spanned ten successful years in corporate marketing.*

*Following her own inner calling, Trish left that behind to create a holistic career as an intuitive and healer.*

*Over the years, Trish has achieved professional credentials in various areas such as holistic nutrition and clinical hypnotherapy, and is a certified life coach. She has also spent many years teaching Hatha yoga and meditation.*

*Trish works from her Victorian home near Stratford, Ontario, Canada, where she lives with her family happily continuing her client work, writing books and enjoying her garden.*

OUR intuition is one of our deepest links to our spirituality. To me it is part of a cosmic language that links us not only to each other, but also to everything else and to the very pulse of the Universe.

The language of intuition is one of our greatest gifts. The exciting news is that you already possess all you need to utilise this amazing internal intelligence system. Doing so will give you the power to totally turn your world around.

Learning to make the most of your intuition will make you the healthiest, happiest self that you have ever known.

Does that sound like something you might be interested in? With a little effort you can change your world in such positive and fulfilling ways.

You may be thinking that this sounds too good to be true. I promise that it is not. Learning to embrace and cultivate your intuitiveness will lead you to having a deep confident knowing that guides your every decision in the right direction.

Navigating life and all of its challenges will become so much easier. Think about having less anxiety, shooing away sadness and moving through stress easily, not to

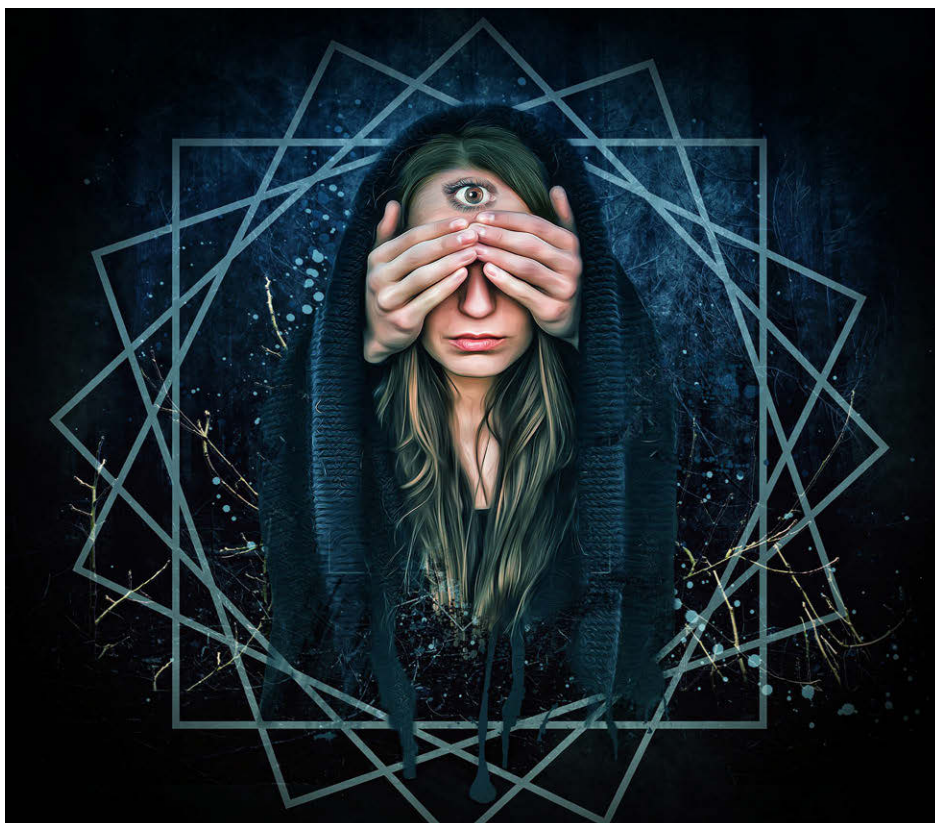


**TRISH OTTONE:** “The language of intuition is one of our greatest gifts.”

mention simplifying decision-making and knowing you are only moving in the right directions. I know: sounds good right?

I have worked as a psychic and medium for over 25 years, but even for me it all began with developing my intuition. This is the one thing that led me to making the many changes and choices which have allowed me to become the happy, healthy person I am today.

I was able to overcome illness, depression and chaos, and get myself off the emotional roller coaster that was my life. The more I worked on honing my



UTILISING “your intuition is like writing with a sharp pencil versus a dull one.”

intuition, the deeper I came to know myself and I was able to more easily identify the people and things that were positive and good for me.

Working professionally in the spiritual field as I do, I have been asked many questions about this topic. This is really a very large subject that is deep and rich, and I encourage you to delve in.

For now, however, here is a small summary, which I hope will simplify things based on my years of experience.

### What is intuition?

Intuition is the basis of an inherent language we all have, which utilises all our sensory capacities – physical, mental, emotional and spiritual – to communicate to us.

For example, if you are in a situation that may require caution, you might have the physical experience of the hairs on your arm standing up or feel tingles or shivers. This lets you know mentally that something is up, which then emotionally signals you to be on guard.

This information came from an “energy” which was outside yourself yet connected to you on a deep level from the ethers, and that is the spiritual component.

All these elements worked together to let you know something was going on that you did not have any prior rational or logical details about, but intuitively knew.

Intuition is the name for that process. Sometimes we just know things.

### What do we need intuition for?

Utilising your intuition is like writing with a sharp pencil versus a dull one. The bottom line is that the sharper your intuition is the better compass it can be in helping you to successfully navigate your life personally and professionally.

The best part is that you already possess it and can develop it further with some time and commitment.

How many times have you wished you had a life manual which would just tell you what to do? This is what your intuition is.

Deepening your understanding of who you are, and how your mind and physical body work together, is basically understanding how your “life manual” works.

There are many ways to do this. I always recommend setting aside time each day to “tune in” to yourself in some way.

Learning to listen and pay attention to what is going on internally with yourself is very important. This could be something as minimal as going for a short walk or just sitting and thinking contemplatively undisturbed for fifteen minutes each day.

There are also things like meditation and yoga that can help, and journaling or reading personal development books. Opportunities to connect with yourself are

limitless. It is just about finding something that works for you.

There are no rules. However, if you want to develop intuitively, it is important to make deepening your relationship with yourself a priority.

### Why and when is intuition diminished or ignored?

This is a two-fold question. Firstly, we must recognise that in western culture we are not generally encouraged to tune in to our intuition. From early childhood we are taught to follow and listen to external directions and wisdom.

Early on we are desensitised from developing a strong relationship with our intuitive selves and our natural gifts. Realising that your intuition is a real thing is the first step to developing it.

In terms of diminishing the intuitive relationship, there are many things which can do that. Ignoring your intuitive messages time and again will certainly diminish it because you are telling yourself that you do not trust in your intuition.

So too will things like excess living, whether that is a lifestyle choice such as poor nutrition, excessive alcohol or drugs, or an emotional state like allowing too much drama in your relationships.

Any time you allow something or someone to create imbalance in your life or your body, your intuitive relationship will be diminished.

Certainly, and perhaps more crucially, imbalance can potentially interfere with accurately interpreting any intuitive messages you may receive. It is all connected and always works together. Balance in all things is the key to intuitive success.

People ignore their intuitive vibes because they mentally talk themselves out of listening to that “little voice” and thus stagnate the whole process. Often people do not want to face the truth in life, even when they know deep down with that truth is.

For example, you may be in a relationship which intuitively you know is not perhaps healthy for you, but you mentally rationalise it because that is what works for you on an emotional level.

Your heart wants it and so your head accommodates that want, even though deep down something is telling you it is not going to work.

Often intuition is ignored when it is telling us something that goes against what our desire and ego wants or believes to be true.

Learning to be totally honest with yourself and taking full personal

responsibility for your life is crucial to developing intuitively.

### How can intuition be developed?

There are many ways people can develop their intuition. Think of yourself as an antenna and your intuition the receptor of energetic information.

The healthier and more balanced the body is, the stronger and more accurate the antennae will be.

A strong antenna can receive signals and will have clear reception. The healthier and happier one can become physically, mentally, emotionally and spiritually, the better and faster their intuition will evolve.

The most important thing to remember is that anything which helps you to connect with yourself and cultivates balance and harmony within you will help develop your intuition.

Here is a small exercise from my book *Awaken the Guru in You* which will help with learning to tune into yourself.

Choose a time, any time of the day or night, to try this technique. In fact, try this as many different times as you can or want to.

Sit for moment and take a couple of deep breaths. Just relax and breathe. When you feel guided to, ask yourself a simple question and go with the first thing that comes to mind.

If you feel encouraged to explore deeper, journal your answers and see if you can expand on your first impressions.

Practice listening to your intuitive voice and ask yourself how the answers you get make you feel in your body. Do they register with you in a positive or negative way? Keep it simple for yourself and try not to think too much.

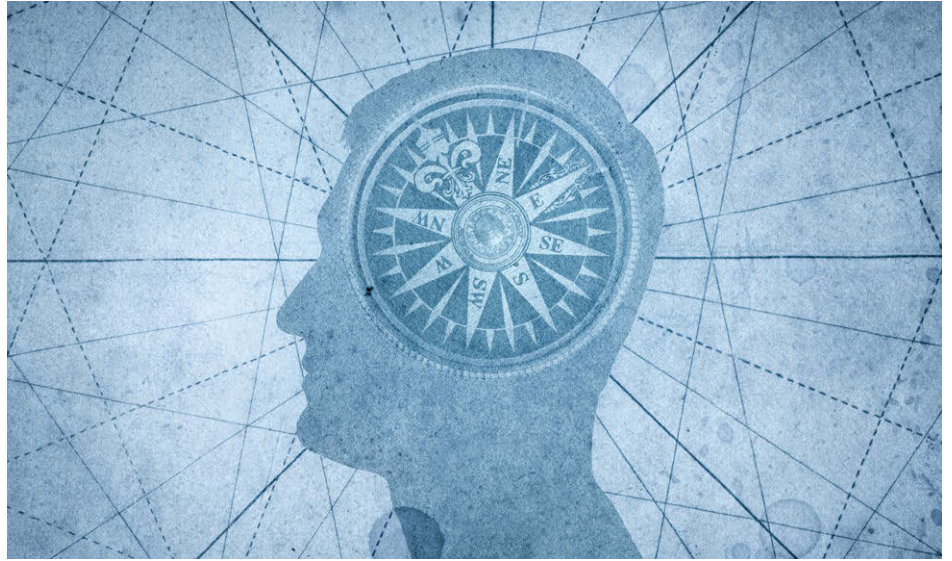
These little exercises will really help you to learn to connect to your intuitive voice and vibe. A few suggestions are:

- What is my deepest desire right now?
- What does my inner self really want for me now?
- What do I need to know most about (think of a situation) right now?
- How does (think of situation) make me feel inside right now? (negative or positive)

### Advice to develop your intuition

Activities that nurture balance and happiness and connect you with yourself are all things that will help, for example walking in the woods, meditation, yoga, healthy eating and sleeping.

Not only are these great for managing stress and health in general, but they all help you to connect internally. As you do



**YOUR inner voice "is the seat of your intuition. It is the direct link to your Divine knowledge and spiritual self."**

that you will naturally tune in to yourself.

In time, you will become aware of your inner dialogue. As this happens, your intuitive voice will have space to begin communicating.

Your inner voice is the seat of your intuition, of your soul. It is the direct link to your Divine knowledge, inner wisdom and spiritual self.

Let this voice be your inner compass, guiding and directing you. Get really good at listening to your inner nudges and acting upon them. This will help you have trust and belief in your intuitive process.

Develop this internal relationship as you would with other relationships you care about.

This is how to co-create with the Universe and to attract all the things that are truly meant for you to live a loving, peaceful life full of abundance, contentment, good health and happiness. It is all there within just waiting to be unlocked.

A person can also read books and take formal classes in intuitive development or meditation.

A connection with your intuitive self will always be a by-product of a meditative or yogic practice because as you tune into your body and thought processes, it is impossible not to become more connected to your intuitiveness.

There is really no disconnection from it ever; rather it is all about awareness. The deeper you become aware of yourself, the deeper you will connect with your intuitive self. I highly recommend it. It is the greatest gift you can give yourself.

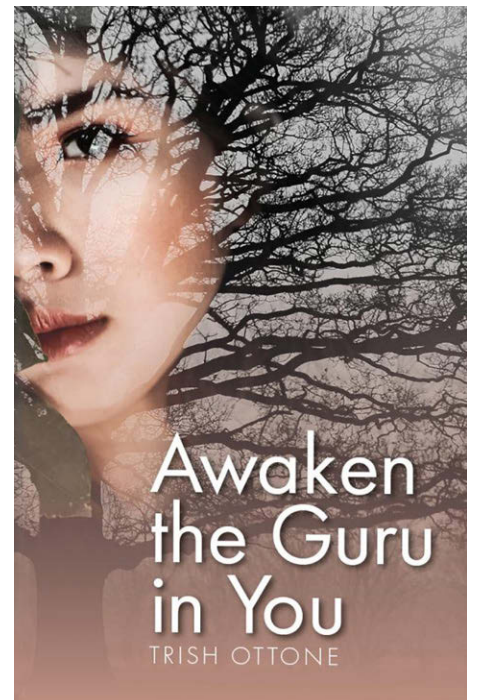
At the end of the day, there really is no quick immediate way to ignite your intuition: it is a process, so be patient and kind with yourself.

I suspect you already use your intuition a lot, maybe even more than you think. I promise you that with a little effort and dedication you will reap many benefits and rewards by living a more intuitive life.

I certainly believe you are worth it, so love yourself enough to try. It's easier and more natural than you would ever think. Remember that you already have what it takes!

■ **"Awaken the Guru in You" costs £7.25 and is available from Amazon or can be ordered from any bookshop. It is also available on Kindle for £3.79.**

**Trish can be reached via [www.trishottone.com](http://www.trishottone.com) or at her Instagram page @trishottone**



# SPIRITUAL ART

This month we feature the intricate work of artist Linda Chrisostomou, from Rugeley, West Midlands. Below, Linda describes her journey to find the spiritual practice that suited her best, which turned out to be creating mandalas.

MY name is Linda Chrisostomou from Rugeley, West Midlands. I am 61 years old.

For many years I have had an interest in all things spiritual from psychic readings, crystals and angels to mediumship, etc.

I really don't know why I have such an interest. It wasn't as if I had any spiritual experiences from a young age, such as imaginary friends or seeing people that had passed. As the years went on, after having married and brought up three lovely boys, my interest grew stronger and stronger.

Once the boys grew up and had their own lives to lead I was left wondering what I was going to do. I had many psychic and tarot readings and was told I had strong psychic abilities, but where were

they?

I started going to development classes, all to no avail. Everyone else in the class was channelling all sorts of weird and wonderful things. I was getting nothing. It became a bit of a standing joke in the class. Everyone was progressing except me.

One of the ladies in the class was a reiki master. Her name was Gail. We became good friends, and still are today. After chatting with Gail about reiki healing, I decided to learn all about it. "This is it," I thought. "Maybe this is what I'm meant to be doing."

I loved the whole concept of it and after passing levels one and two, tried to set up on my own, offering reiki from a local beauty salon.

I also started giving my elderly mother reiki, as she suffered from chronic arthritis and fibromyalgia.

The beauty salon failed miserably, but I kept on giving my mum reiki nearly every day until she passed on in February 2018. She would always ask for it as soon as I walked in the door. I am so glad I was able to help her.

After my mum passed away I was back to square one. Why was I so drawn to the spiritual world? I couldn't even get to grips with learning about crystals, although I was always attracted to them and would impulsively buy some whenever I saw them.

Gail, my good friend and now my reiki master, asked me if I would like to go to a spiritual art class at the local Spiritualist church. I had always loved art when I was a little girl at school, but never pursued it. I had nothing to lose.

So, there I was, sitting in the art class being told to go into a meditation and draw whatever came to mind. I thought, "Oh no. I know nothing is going to appear to me." And I was right.

After meditating for a long time, everyone in the class started drawing furiously. I just sat there thinking, "Oh no spirit world, please help me." I called upon all the angels and spirit helpers to give me guidance.

One by one we all had to stand up and explain what we had drawn and why. I was so embarrassed. I wondered what I was going to do.

In the end, I just drew a tree with lots of curly branches and a great big eye. I didn't know why I had drawn it because I hadn't seen anything in the meditation. I stood up and just told the truth.

Suddenly, one of the ladies pointed at me and shouted out, "You should be drawing mandalas." I didn't even know what a mandala was, so when I got home I Googled it and was immediately drawn to them. I picked up a pen and had a go at drawing one. It came to me so easily. I started drawing them one after the other.

I absolutely fell in love with the whole



DAWN OF THE BUTTERFLIES

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process of creating them. Eyes are a common theme throughout my work. I think this relates back to the first eye I drew in the art class.

I set up a little art studio in my conservatory, which is also my spiritual sanctuary. When I create my mandalas, I play meditative music and surround myself with plants, angels and crystals. For me, this is my meditation.

My friends and family started giving me compliments on my work and told me I should consider selling them, which is exactly what I'm doing now.

I have just started selling large and small prints and greeting cards to all the local New Age shops in my area. I'm even selling them from my local yoga studios. I have now taken up yoga and can't quite believe seeing my artwork on the walls when I go to a class.

So, I finally found what Spirit had in store for me. It was certainly worth the wait.

I named my first mandala "Dawn of the butterflies" (pictured on page 39). I drew this with gel pens. Dawn was my mother's name, and I truly believe that her spirit helped me create this piece. My mum always said she would come back as a beautiful butterfly. I think it is her way of letting me know she is still here.

All of my other mandalas just seemed to come to me from nowhere. I believe I am guided by Spirit to create them.



MEDITATION MANDALA (above). TRIBAL WARRIOR MANDALA (below).

## WHAT IS A MANDALA?

A mandala is one of humankind's most ancient art forms. The name mandala comes from the Sanskrit word for circle and represents the whole universe.

Mandalas are used for meditation purposes, helping to transform ordinary minds into enlightened ones and to assist with healing.

They can help the meditator to envision how to achieve the perfect self.

Mandalas were created in the service of one of the world's oldest religions, Buddhism. They were produced in Tibet, India, China, Japan, Bhutan and Indonesia. They date from the 4th century to the present day.

Mandalas generally have one identifiable centre point from which emanates an array of symbols, shapes and forms.

They can contain both geometric and organic forms, and also images that carry meaning for the person creating them.

**You can contact Linda via Facebook at: [BodhiArtmandalas](#)**

**You can also email to: [Lindachrisostomou@gmail.com](mailto:Lindachrisostomou@gmail.com)**

**or visit: [www.etsy.com/uk/shop/BodhiArtMandalas](http://www.etsy.com/uk/shop/BodhiArtMandalas)**







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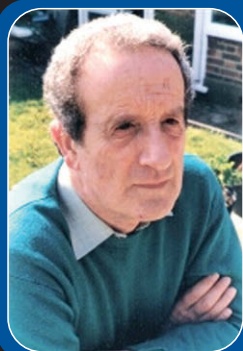
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**EYES OF THE ELEMENTALS MANDALA**



### **RONALD HEARN**

Born on June 9, 1927, Ronald Hearn (pictured left) became one of this world's greatest tried-and-tested mediums. Apart from public demonstrations, he reached countless thousands of people through highly accurate taped sittings and many TV and radio programmes. The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK.

Ronald passed to the spirit world on June 5, 2016.  
To read about his unique gifts, please visit the official Ronald Hearn website at:  
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## PUNISHED FOR SEEING PSYCHIC PHENOMENA AS A CHILD

By Marty Reynolds

**MARTY REYNOLDS** from California, USA, has two Masters degrees – one is in behavioural studies and the other in business. Marty's first job was working for a California State university where she travelled to various universities in the US teaching human development for co-operative education while she was a history instructor.

Later Marty became employed by a major aerospace company where she taught executive development and later transferred into system engineering. While working there she also taught business courses at West Coast University.

Marty started her path of spiritual learning by sitting in a development circle for four years led by the Rev John L. Brooker. She also studied with English medium Peter Close, who taught her how to do flower readings amongst other things.

Along her spiritual development path, Marty founded New Age Learning, in which she and other metaphysical speakers gave seminars and workshops. For many years she was a Reverend in the Church of the Universal Master.

After being in a car accident, she was forced to stop working full time and became a support group leader for Benign Essential Blepharospasm, and now undertakes dog therapy work. She has had articles published for the International Service Dog Association and "Therapy Dog" magazine.

Her life has been full of spiritual occurrences. Marty had the privilege of staying with Alex Phillips, representative of the Maoris to the United Nations, at his New Zealand healing centre. She was also invited by Algonquin William Commanda, Band Chief of the Kitigàn-zibi Anishinàbeg First Nation, to attend a secret Maniwiki ceremony at his home in Canada.

Marty is a reiki master and also had the privilege to study with Ronald Jue, who brought the Dalai Lama to California.

Marty has studied art in the form of mandalas from artist Paul Heussenstamm. For the last ten years, she has studied Qigong under Grandmaster Yuanming Zhang. She continues learning with international medium Robert Brown.

Here, Marty shares her experience of growing up with a psychic gift.

My first spiritual experience happened when I was four years old. I was very sickly and remember looking out the window from the apartment where we lived and saw a golden light around several birds in a tree outside the window.

I told my mum that I could feel what the birds felt. I also told her that I sometimes saw lights around people and had a friend that I spoke to.

I innocently accepted these occurrences as something natural. I had no fear of the birds or my friend at that time. In fact, I

enjoyed their company.

At first, my mum would just say, "You have a good imagination." Then I went to a babysitter's home while my mum was at work. I don't know exactly what I said to her and her husband, but I remember hiding under the vanity table that had a huge cloth around it.

When I went home, my mum bawled at me and told me to stop saying these things to people. I must have told them about the birds or some person I saw that they could not see themselves.



**MARTY REYNOLDS'** family hid their psychic gifts for fear of being ostracised at a time when some considered them to be the work of witchcraft or the "dark side."

After that, my mum took me out of that home and hired a very old lady to take care of me in the apartment where we lived.

I don't recall what I told her, but I remember hiding terrorised each day under my bed because she would strike me with a broom, trying to get me out from under the bed. I was so distraught that I cut all my long golden braids off. Again, my mum told me basically to shut up.

After that, I somehow totally shut off all psychic experiences because I was punished for having them. The

punishments mostly stemmed from the fear of what other people thought and of what they did not understand but still condemned.

However, another psychic phenomenon happened when I was a senior in high school in my tenth year of the State of California Piano Evaluation auditions, in which I had to memorise four or five musical pieces to play for a set of judges.

One night, my mum was at a meeting about twenty miles away from home. I was alone. I was deep into the feeling of the memorised music (one could call it a trance state) when I started having a vision. I saw a cemetery and a grave marker.

I was frightened and wanted to talk to my mum. The phone rang. I walked into the kitchen and was terrified to see the pot on the stove bouncing up and down. I shivered from the top of my head to the bottom of my feet.

I answered the phone and heard my mum's voice with the dial tone underneath. We ended the conversation and the operator came on to the phone saying to my mum, "I will connect your line now."

My mum told her that we had already spoken. The operator said, "That's impossible as I haven't connected the line yet."

I exclaimed, "But I'm also on the line." Then, the operator connected the line and I could hear my mum clearly without any dial tone. Neither my mum or I knew anything about psychic phenomena at that point in time.

I finished the tenth year piano audition and received my pin and certificate, but I did not want anything to do with the piano after that. Occasionally, I would hear one note strike on the piano, so I moved the piano into another room.

A few years later, after I was married, I was with my son, who was about five years old, when we both heard the phone ring.

He went with me to answer it, and we both heard the dial tone outside of the phone. Before I could pick up the receiver, we both heard a male-sounding voice from above our heads.

The voice said, "Your grandpa is going to pass away shortly." Both my son and I ran for the couch and hid under the quilt. Three days later, my grandfather passed away.

I told my mum what had happened before my grandfather passed away. This incident quickly encouraged my mum to start researching psychic phenomena. She found an adult education class about mediumship and spiritual phenomena that was taught by John L. Brooker. John was a Spiritualist from England and wrote three metaphysical books.

When the adult education class was finished, John invited my mum and I into his



**MARTY recalls being scared and hiding under her bed every day from an elderly babysitter who would strike her with a broom to get her to come out from under the bed.**

spiritual development circle. My mum was in one circle and I was in a different one.

I studied with him in the circle for four years until he moved to Grass Valley, California. I continued my studies and development and have had many experiences since.

My family was practically all blessed with some type of psychic gift, but they were afraid of them.

In their day, there were some people that attached a social stigma of evil or intolerance to events which some people deemed – out of ignorance or misunderstanding – to be of witchcraft or the dark side.

Most members of my family were afraid of being ostracised, which prevented them from appreciating their gifts. As a result, they hid them, especially from people outside the family.

One of my grandmothers was terrified when her foot pump sewing machine would start to operate with no one there. She also ended up taking all the pictures off her walls because each time a large picture fell off she would receive a letter or phone call telling her that someone in the family had passed away.

My other grandmother thought that some visions were more practical. However, she never talked about them. One night before my grandfather went to work, she told him that he would be attacked on the way home by two men trying to rob him.

He believed her and took a pipe with him and was watchful of all movement. When two men jumped out from behind a bush, he was ready for them and they both ran away after he hit them with the pipe.

My father always had hunches of what people were going to do. However, he would always say, "It's just plain gut

intuition."

It's very unfortunate that some people who fear psychic phenomena because they don't understand them, still try to either stop their occurrence, destroy them or condemn the person experiencing them.

Lack of knowledge creates fear that terrorises and paralyses growth. Learning leads to a better understanding of psychic phenomena and the potential development of spiritual progress with new insights.

I've now learned not to fear psychic experiences, but to learn from them. I've been educated and am still learning. I have learnt that I am a messenger, nothing more and nothing less. I have now returned to the child-like acceptance and excitement of each new revelation.

The same enthusiasm that I was initially born with has returned with its incredible experiences. ■

## SEND US YOUR STORY

**Do you have a psychic story you would like to share with readers? It couldn't be easier!**

**Please e-mail your account to: [pneditorials@gmail.com](mailto:pneditorials@gmail.com)**

**Articles should be kept to a maximum of 2,000 words.**

**We would particularly welcome features which detail how evidence of life after death came via a third party such as a medium. When introducing various characters, don't forget to explain who they are and their relationship to you.**

**We would also welcome your photograph, but these must be of good quality and ideally in colour.**

**If we feature your experience you will receive a free spiritual book or gift.**



# CARDS HAVE FUN OF THE FAIRGROUND

*Below, our tarot expert Wendy Stokes reviews the “Auset Gypsy Tarot” by James Jacob Pierrri with original illustrations by Rebecca Stotsenburgh and Heather Scott.*

A BOOK, a set of 78 cards and full colour guidebook are contained within a magnetic clip closure quality presentation box. Printed on sturdy card, the cards have gold leafed edges and measure seven inches by four inches.

The concept of this deck is stylish and unconventional. It's like an on the move dream-like adventure, with modern styling and a hint of antiquity that was twenty years in the making.

The deck dances, struggles, juggles, charms and heals. It's quirky, joyful and full of the wonder and magic of the goddess Isis and of Bohemian gypsies.

Autobiographical information is provided. The deck is the very personal perspective of the creator, designer and writer James Jacob Pierrri.

An astrologer and international tarot reader, James was known under the name of the Auset Gypsy when reading cards at Islands of Adventure in Universal Studios Theme Park.

From there, James built a clientele of film stars and other celebrities. The two illustrators are graphic artists who add their quirkiness to the mix.

Within the deck are astrology, myths and secrets, gods and goddesses, heroes and heroines. It has a canny style of know-how and introduces us to all the fun of the fairground.

This deck unlocks spiritual insights,

but always suggests you use your own intuition.

The cards can be used for meditation, inspiration and personal development. As the Hanged Man card states, “The bitter truth is better than the sweetest lie.”

The word Auset is an ancient form of the Egyptian pronunciation of the goddess Isis whilst a gypsy is a nomadic and free spirited person.

When James was growing up, he saw the old style cards, but not the Rider Waite Smith deck. He produced his own tarot designs which became the template for the artwork in this deck and harks back to his Italian heritage.

The cards carry James' image in the Fool, Magician, Chariot, Hanged Man and World Cards whilst the pug in the Fool card is Mr Bojangles, a real dog who features also in the story.

The Death card shows us a romantic, harmonious, enigmatic Grim Reaper, a Dance Macabre with a ballerina, so this is



**JAMES JACOB PIERRRI:** “I’ve devoted my adult life to exploring the use of mysticism and the history of the tarot.”



(Cards on pages 45 and 46 appear by courtesy of REDFeather Mind, Body, Spirit)

not a heavy deck, but a light and humorous one which shows us the carnival of life. Here is a card I picked at random:

*Temperance. Number 14. XIV. Astrological Associations: Aquarius, Pisces. Traditional meaning: Moderation. Balance. Calm. Centring. Mind and soul. Body and spirit. Sun and moon. Day and night. Male and female.*

*Receptive and assertive. Human and animal. Perfection. Maintaining polarity. Good and bad.*

*Auset Gypsy Meaning: holding both heart and mind. Being on two planes at one time. Living a double existence.*

*Bringing peace and calm to turbulent situations. Maintaining the spiritual life and mundane physical life. Applying moderation in all things. Mediation and bliss.*

*Story Plot: The mermaid sits on the border of light and dark. She holds the cup to receive and return the flowing waters of life back into the cycles for eternity.*

*Her place is of extreme importance, being part human and part of the natural world. She possesses the balanced keel that is needed to maintain the flooding waters of all existence in a continual flow.*

*She keeps not a drop for herself, but channels the flow of spirit, matter, thought, emotion, and intuition perpetually.*

Next some words from a personal communication with James Jacob Pierri: "These cards speak! I've devoted my adult life to exploring the use of mysticism and the history of the tarot.

"As evident in this deck, the *Auset Gypsy Tarot* is a blend of autobiography, experience and attention to detail

wrapped in the tapestry of the tarot's rich history.

"It's a dream come true for me to deliver this to the world. My hopes are that it inspires those new to the journey as well as seasoned professionals.

"It's a combination of romantic, old world charm and contemporary art styles, pays homage to my heritage and nods to the old fashioned Italian playing cards that were used for fortune telling and that I saw when growing up as a child."

Advice is given when meeting an enquirer, when shuffling, how to meditate on the cards and how to read them.

There are Majors for Fates and Destinies, and Minors for People, Places and Things with Aces titled Love, Thanks and Devotion, Fortune Favours the Bold, Know Thyself and Bonus Fortuna.

The Major Arcana cards depict a wanderer who travels across a magical land and meets with deities, men and women, animals and all kinds of spirits, with trials and successes.

The wanderer highlights the life that learns wisdom, has strength and achieves tranquillity and experiences many great secrets of life. There is a carnival romance and a dreamlike revelry within this novelty deck.

We are introduced to a card reader par excellence, who deals the cards and reads the fortunes over many years.

One day he disappears and leaves behind all his possessions – a spirit board, his crystal ball, his tarot cards and a hand written message which asks, "Who will

come and take my place?"

No one arrived to take the place of the Auset Gypsy until now – You are that person!

Expect the usual Tarot titles for the Majors, with Roman numerals, astrology associations and traditional keyword meanings. You will get also the Auset Gypsy meaning with its story plot all in 150 buzzy words.

The Minors are Cups – Hearts & Water (An Egyptian situla, which is a container for storing liquid), Wands – Clubs and Fire (Staff of Mercury), Swords – Spades and Air (a Balkan cutlass) and Coins – Diamonds and Earth (white roses and fruit).

The Courts are King, Queen, Cavalier and Prince/Princess. We have three spreads as suggestions: The Auset Gypsy Aradia Lunar of five cards, Auset Gypsy Seven-Point-Star of seven cards, Auset Gypsy 3 Fates of Past, Present and Future, Love, Career and Spiritual.

Will you be the next Auset Gypsy? I really like this unusual deck and am sure you will too!

■ *The "Auset Gypsy Tarot" is published by REDFeather Mind, Body, Spirit and costs £22.99. The deck can be ordered from your local bookshop, Gazelle Book Services at [sales@gazellebookservices.co.uk](mailto:sales@gazellebookservices.co.uk) or Amazon. Wendy Stokes' website is at <https://wendystokes.co.uk>*



# Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

## MEDIUM RECEIVED MUSIC FROM 'DEAD' COMPOSERS

*Can you tell me about Rosemary Brown, the musical medium who received and wrote down music communicated by classical composers such as Liszt and Beethoven? What was the quality of the music? – Paul Adams.*

Rosemary was a natural-born medium who grew up thinking it was normal to see and communicate with spirit people.

"The first time I saw Franz Liszt," she wrote in her 1971 memoir *Unfinished Symphonies*, "I was about seven years old..."

"For some reason, he never said who he was that morning. I suppose he knew I would eventually see a picture of him somewhere and would recognise him."

Liszt, a Hungarian piano virtuoso and composer who passed on in 1886, told her, "When you grow up I will come back and give you music." It was a promise he would keep some 40 years later.

She was born Rosemary Isabel Dickeson on July 27, 1916 and brought up in Balham, SW London.

Rosemary won a scholarship to the local grammar school and took piano lessons for two terms. This and school ballet classes and listening to the radio was her only musical education.

In 1952, she married widower Charles Brown and gave birth to two children. Charles' father had been Minister for Agriculture and Horticulture in Egypt under King Farouk. Charles' early life was spent in that country.

When they married, Charles worked as a freelance journalist, but it was a precarious existence. He might earn a lot of money one week, but little or nothing the next. Consequently, they "could not make ends meet."

Rosemary was widowed in 1961 and with the children to support found employment as a school dinner lady.

In March 1964, Rosemary had an accident at work and broke some ribs. Sent



ROSEMARY BROWN: "Music was being played without any effort on my part." (File photo)

home to convalesce, she was bored with nothing to do.

"I decided to go to the old piano, which hadn't been touched for years, and thought I would sit there and try to remember some little tune which I'd learned as a child," she said.

"Suddenly, my hands were controlled by Liszt's and began to play the most beautiful music, very difficult music."

Liszt was soon showing Rosemary new music that he wished her to write down. "Music was being played without any effort on my part," she recalled. "It was music that I had never heard before."

At first, Liszt guided Rosemary's hands for a few bars until she could play from memory and write down the notes. Then he began dictating the letters of notes and whether they were sharp or flat, etc.

In time, Liszt was the facilitator for other composers who wished to transmit new compositions in this way. Rosemary said that each had a unique style. Some would guide her hands and press the keys, so that she could hear the notes she was

writing.

Chopin came next. He was followed by Bach, Beethoven, Berlioz, Brahms, Debussy, Delius, Grieg, Handel, Monteverdi, Mozart, Poulenc, Rachmaninoff, Robert and Clara Schumann, Schubert, Scriabin, Strauss, Stravinsky, Gershwin, John Lennon and one or two others.

As word of her musical mediumship spread among Spiritualists, those who were clairvoyant could see the composers with her.

Rosemary and her transcribed music created a sensation. On June 9, 1969, *LIFE* magazine featured her along with the moon landing and the escalating Vietnam war. Then knowing nothing of Spiritualism, I remember reading it and being impressed.

In December that year, BBC Radio 3 made a documentary with Geoffrey Skelton, a British author and translator who specialised in German music, entitled *Music from the Dead Composers*.

On the recording, Rosemary implored

Liszt, "Be sure you give me something spectacular." He did not disappoint her and dictated the beautiful, haunting *Grübelei*, which is German for "brooding."

Composer and Liszt expert Humphrey Searle commented, "It is the sort of piece Liszt could well have written, particularly during the last fifteen years of his life." You can hear Rosemary playing it on YouTube.

The medium dined at the Savoy with American conductor, composer and pianist Leonard Bernstein and presented him with a new piece transmitted that morning by Rachmaninoff.

She remembered Bernstein playing it "with great brilliance and remarkable speed, rolling out some of the passages like thunder."

Even with Liszt's assistance, Rosemary sometimes found the spirit-given music difficult to play and took further piano lessons.

When Philips Records offered her a recording contract, some of the pieces on the 1970 LP *A Musical Séance* were played by British classical pianist and teacher

Peter Katin.

Rosemary played at the Queen Elizabeth Hall, the Purcell Room and the Wigmore Hall in London. She also appeared on popular radio programmes such as *Start the Week* and *Woman's Hour*.

From the beginning, Rosemary wondered what everyone else must have thought – "Why me?" Liszt told her:

"You have sufficient training for our purposes. Had you been given a really full musical education, it would have been no help to us at all.

"In the first place, a full musical education would have made it much harder for you to prove that you could not be writing our music yourself.

"Secondly, a musical background would have caused you to acquire too many ideas and theories of your own. These would have been an impediment to us."

Why, though, did the composers go to the trouble of transmitting over 600 compositions? Liszt explained it was their way of demonstrating to the world that life is continuous and there is no such thing as

death.

Most modern biographical references imply that she improvised the music, albeit subconsciously, in the style of the composers.

However, composer Richard Rodney Bennett, who knew Rosemary, said, "A lot of people can improvise, but you couldn't fake music like this without years of training."

After a few years, public attention waned and Rosemary settled back into private life continuing to transcribe the composers' music. She never sought to benefit financially and lived modestly.

She wrote two more books, *Immortals at My Elbow* (1974) and *Look Beyond Today* (1986). After the medium's passing on November 16, 2001, her music was bequeathed to the British Library.

What is not widely known is that Rosemary also communicated with such great minds as Einstein, Jung and Bertrand Russell, and produced portraits from various artists including van Gogh, William Blake and Turner.

## Did Jesus really visit India?

**An intriguing aspect of the biblical accounts of Jesus of Nazareth is his missing years from the age of twelve until he began his ministry aged about 30.**

**Various sources suggest that he spent part of that time in India. What evidence is there for this? – Miles Osbourne.**

There are ancient texts among Hindus, Buddhists and Muslims claiming that Jesus did indeed travel to India and teach there.

The tradition resurfaced in recent times with the discovery of an ancient manuscript by Nicolas Notovitch (1858-circa 1916).

A Russian journalist and explorer, he was travelling through Tibet in 1887 when he heard from a lama about the teachings of St Issa 2,000 years earlier.

Notovitch noticed similarities between the teachings of Issa and Jesus. Could they, he wondered, be one and the same? The lama directed him to the monastery of Hemis where the abbot showed him *The Life of Saint Issa*.

With the aid of a translator, Notovitch summarised it and in 1894 published it in French as *La vie inconnue de Jesus Christ*. It tells how the young Jesus or Issa left home and travelled to India. The book states:

"The house in which his (Issa's) parents dwelt and earned their livelihood in modest labour became a meeting place for the rich and noble, who desired to gain for a son-in-law the young Issa, already



**A DOCUMENT at Hemis Monastery was said to give details of how Jesus left home and went to India. (Photo: Michael Douglas Bramwell)**

celebrated for his edifying discourses in the name of the Almighty.

"It was then that Issa clandestinely left his father's house, went out of Jerusalem, and, in company with some merchants, travelled toward Sindh that he might perfect himself in the divine word and study the laws of the great Buddhas.

"In the course of his fourteenth year, young Issa, blessed by God, journeyed beyond the Sindh and settled among the Aryans in the beloved country of God."

The sceptics were many and to this day the general opinion is that no such

manuscript existed. However, the sceptical Swami Abhedananda and Nicholas Roerich, a Russian artist and philosopher, insisted that they had seen the original.

There are also two Hindu texts which tell of a young holy man named Issa or Isha who went to India to study and teach.

The *Natha Namavali Sutra* tells how Isha came to India aged fourteen and interestingly, survived the crucifixion, returned and resumed his teaching.

The *Bhavishya Purana*, 19th Chapter, Texts 17 to 32, is a prophecy of the coming of Isha to India. It had been written



3,000 years earlier by the sage Vyasa.

Levi H. Dowling (1844-1911) was a Christian minister and mystic, who under direct inspiration wrote *The Aquarian Gospel of Jesus the Christ*. It was published in the year of his passing.

Parts of it are uncannily similar to *The Life of Saint Issa*. It tells how a prince of India, Ravanna, saw the young Jesus and was so impressed that he took him to India and introduced him to Vedic philosophy:

"For certain days Ravanna was a guest in Joseph's home on Marmion Way; he sought to learn the secret of the wisdom of the son; but it was all too great for him.

"And then he asked that he might be the patron of the child; might

take him to the East where he could learn the wisdom of the Brahmins.

"Jesus longed to go that he might learn: and after many days his parents gave consent.

"Then, with proud heart, Ravanna with his train began the journey toward the rising sun; and after many days they crossed the Sindh, and reached the province of Orissa, and the palace of the prince."

The Islamic tradition of Jesus travelling to India is told by Hazrat Mirza Ghulam Ahmad (1835-1908) in *Jesus in India*. Some Muslims believe that he miraculously survived the crucifixion, and that his journey to India was made after it, not

before.

Finally, there is *Hafed Prince of Persia* (1876). Hafed claimed to be one of the Magi who paid homage to the newly-born Jesus. Through the entranced Glasgow medium David Duguid, Hafed told how he and the adolescent Jesus visited India.

"We thought a good deal of India," said Hafed. "It was a land beautiful in vegetation: its fertile plains, its mighty rivers and its snow-capped mountains gave a diversity in climate, productions and scenery that was truly charming.

"Nature had done her best for India, and man, too, had accomplished much."

## Solid spirit forms appear at séances

**Many mediums have made spirit returns, but have any appeared as a full materialisation?**  
- Betty Singleton.

I can think of two. In his book *Life After Death - Living Proof* (2004), Tom Harrison tells how his aunt, Agnes Abbott, materialised weekly at his mother's home circle.

She was the elder sister of his mother, Minnie Harrison. Both were mediums, but while Agnes turned professional, Minnie preferred to develop her gifts, including trance mediumship, in home circles.

Agnes, who passed on in 1942, was a Marylebone Spiritualist Association (later the Spiritualist Association of Great Britain) medium in the 1930s.

She sat for the Church of England's investigation into Spiritualism in 1937. She also appeared in later editions of Arthur Findlay's *On the Edge of the Etheric*.

Upon Tom's return from war service in 1946, the Harrison family and their good friends the Shipmans began sitting in a physical circle. They sat every Saturday evening and dubbed it the Saturday Night Club.

They were soon rewarded with spirit lights, floral apports and the "amazing gyrations" of séance trumpets. Then on December 7, 1946, they had a "phenomenal and breathtaking experience" that was literally "out of this world."

Agnes, Tom's "Aunt Agg," materialised in red light as a tangible and substantial column of ectoplasm. Her face was indistinct, but she held out two hands and advanced towards Tom.

"For you, for you," she said, holding out four beautiful carnations. Tom took them. The following week, Agnes materialised again, this time more distinctly, as did other "dead" family members and friends.



**TOM HARRISON'S aunt materialised on a weekly basis. (File photo)**

Thereafter she materialised weekly, walking among the sitters, exchanging words and shaking hands.

Agnes also posed for infrared photographs. One of these adorns the cover of Tom's book and shows her standing beside his father. You can see it at [www.snppbooks.com](http://www.snppbooks.com)

The other full materialisation which comes to mind was of Achsa White Sprague. She was the eldest of the five children of Charles and Betsey Sprague.

Achsa was born on November 17, 1827, on a farm at Plymouth Notch, Vermont in America. A school teacher from the age of twelve, aged twenty she suffered from arthritis. For years she was partially crippled.

In 1854, Achsa was healed through what she described as "angelic powers." She became a Spiritualist and a changed woman.

Her gifts were trance mediumship, producing psychic art while blindfolded

and automatic poetry. Achsa once wrote 4,600 lines in 72 hours. Her poems can be read at [openlibrary.org](http://openlibrary.org)

When her father passed on, Achsa assured the schoolchildren that the remains being buried were only a shell, as Charles was with God.

She began giving trance addresses in public. They lasted for an hour-and-a-half or more and proved hugely popular.

Achsa travelled alone by train, stagecoach and steamboat from Canada to Maryland and from Maine to Missouri. Severe winter conditions proved detrimental to her health and she passed on July 6, 1862.

Her remains were interred in Plymouth Notch Cemetery with the words "I still live" on her tombstone.

In 1874, Henry S. Olcott, a co-founder of the Theosophical Society, visited the farmhouse of physical mediums William and Horatio Eddy in Chittenden, Vermont. It stood "in a grassy valley shut in by the slopes of the Green Mountains."

In *People From the Other World* (1874), Olcott included this account of an outdoor séance at which Achsa materialised. It was held in moonlight near the farmhouse on May 24, 1874 and witnessed by several named people:

"Our wonder-seekers having reached the place indicated by the spirit-voice, hastily improvised a 'cabinet' by pinning some shawls around the trunks of three trees, and William (Eddy) entered it.

"After a brief interval, the phantom shape of Achsa Sprague, a mediumistic speaker of some note among the Spiritists, emerged, and in a natural voice addressed her hearers upon the one absorbing topic for about fifteen minutes; her form and the very play of her features being clearly revealed in the bright moonlight."

# BRITAIN'S HAUNTED SKULLS

BY JOHN WEST

TALES of haunted skulls can be found across Britain. Some researchers believe that these ghost stories can trace their origins back to the ancient Celts who revered the head in their religion. They regarded it as the soul and the centre of the emotions.

Strabo, the ancient Greek geographer, philosopher and historian who lived in Asia Minor during the reign of Augustus, the first Roman emperor, wrote of the Celts hanging the heads of their enemies from the necks of their horses. He also records that they would nail the heads to the entrances of their homes.

Others believe that these haunted skulls can trace their origins back to the foundation sacrifices carried out by our ancestors to please the gods and thus ensure good luck for the new building.

Whatever the reason, there are several tales in Great Britain of haunted skulls that would scream or cause a disturbance if removed from the property in which they were kept.

## *Theophilus Brome*

The story of Theophilus Brome was recorded in 1791 by John Collinson in his *History and Antiquities of the County of Somerset*.

Brome had been Royalist during the English Civil War, but became disillusioned with their cause after witnessing the brutal treatment of captured Parliamentary soldiers.

Brome decided to switch his allegiance to Parliament, but following the restoration of the monarchy in 1660 became concerned that after his death his body would be dug up and displayed as a traitor.

This had happened in 1661 to Oliver Cromwell when Parliament ordered that he be disinterred from Westminster Abbey and hanged at Tyburn gallows near Marble Arch.

His body was then cut down and beheaded. In a further act of vengeance, his embalmed skull was displayed above Westminster Hall, the scene of the trial of Charles I.

The same fate was also meted out to the bodies of Henry Ireton (Cromwell's



*"HORRID noises" were heard when an attempt was made to dispose of the skull of Theophilus Brome. (Photo: East Norfolk Parapsychology Unit/Facebook)*

son-in-law) and John Bradshaw, the man who had presided over Charles' trial.

Brome made his sister and brother-in-law promise that his skull would be preserved at his Somerset home for all eternity. Brome died in 1670 aged 69 and his sister dutifully carried out his wishes.

Brome was buried in the north transept of St James' Church, Chilton Cantelo, but not before his head had been removed

and placed in a cupboard at Higher Farm, Chilton Cantelo.

After his sister died several years later, the farm was taken over by tenants. They had no wish to share their home with a skull, so attempts were made to dispose of it.

However, when this was done "horrid noises" were heard in and around the building. These only ceased when the skull





*THEOPHILUS BROME was buried in the north transept of St James' Church, Chilton Cantelo, but not before his head had been removed. (Photo: Maigheach Gheal)*

was returned there.

A sexton also tried to bury the skull, but gave up after his spade broke in two. He said that his attempt to bury it was obviously repugnant to Brome's ghost.

Another attempt was made to bury the skull in the graveyard, but the man doing this was killed by a falling slate from the church as he tried to do so. Needless to say the skull was quickly returned to the farm!

In 1826 some workmen were renovating Higher Farm. To celebrate the completion of their work, they took the skull from its cabinet and drank beer from it.

The men were disturbed by strange noises and the object was quickly returned to its usual resting place. It is not recorded if any harm came to the workmen as a result of this disrespectful act.

Noted author and ghost hunter Peter Underwood wrote of two researchers who visited the farm in 1977 and were allowed to handle the skull. Both made jokes about it and questioned the validity of the haunting.

On the way back to London, one of the men was injured in a car crash after thinking that he had seen a car coming straight towards him.

The other man had his leg badly burned after dropping a match into the turn-ups of his trousers. Both blamed their misfortune on the skull.

A Mrs Kerton, who was living at the farm during this period, confirmed to Underwood that "horrid noises" had been heard if any attempts were made to bury it.

"People expect me to be frightened, but I know that provided he is not taken outside the house, he would never do me

any harm," said Mrs Kerton.

"He doesn't like being handled too much. If he objects, he soon lets us know, but as long as he is treated with respect he never causes trouble."

Mrs Kerton and her husband came to regard the skull as a guardian of their home due to their respectful treatment of it.

People have dismissed the story of Brome as mere fantasy and something made up to explain the reason for the skull being at the farm.

However, it is recorded that when Brome's tomb was opened during restoration work in the church in the nineteenth century, it was found that his skull was missing.

Brome's skull still exists and is kept safely hidden in a small cupboard at the farm.

### **Wardley Hall**

Wardley Hall in Manchester is home to a skull which has two different stories attached to it. It was once claimed that the skull was that of a certain Roger Downes, a Royalist who lived during the reign of Charles II.

Downes was a rough character and supposedly once drunkenly boasted that he would kill the first person he met. He carried out his threat and killed a tailor, but then made the mistake of attacking an armed watchman on London Bridge, who sliced off his head with a sword.

The body was then dumped into the Thames. His head was sent back to his sister at Wardley Hall in a wooden box. She decided to bury the gruesome gift in a local graveyard.

Downes did not approve of this action, as his ghost then appeared in the hall and caused all sorts of disturbances. These only ceased when the sister had the head dug up, brought back to the hall and placed in a niche above the stairs.

Anyone foolish enough to remove the skull after this was subjected to terrible screams until it was returned to the niche.

This story was disproved after Downes' coffin in Wigan churchyard was opened in 1799 and his head was still attached to the body.

The skull is also said to belong to a Roman Catholic priest called Ambrose Barlow.

King Charles I had signed a proclamation on March 7, 1641, which decreed that all Roman Catholic priests should leave the kingdom within one month or face being arrested and tried as traitors. Ambrose refused to flee.

On April 25, 1641, which was Easter Day, the priest and his congregation of around 150 people were surrounded at Morley's Hall in Astley by the vicar of Leigh and a hostile mob of some 400 people.

Ambrose surrendered and was taken to Lancaster Castle. He appeared before the judge, Sir Robert Heath, on September 7 and confirmed his adherence to the Catholic faith.

On September 8, Ambrose was found guilty and sentenced to be executed. Two days later, he was taken from Lancaster Castle and hanged, dismembered and quartered. His remains were boiled in oil.

Ambrose's head was then displayed on a spike at Lancaster Castle, but secretly removed and brought to the hall and hidden there by his cousin, Francis Downes, the Lord of Wardley Hall and a devout Catholic.

Father Ambrose was canonised as a saint by Pope Paul VI in 1970. The skull was rediscovered in 1745 when a certain Matthew Moreton found it during the



*THIS is said to be the skull of Father Ambrose Barlow, who was executed in 1641. (Photo: Lancashire and Cheshire Antiquarian Society)*

demolition of the old chapel.

It was described as “furnished with a goodly set of teeth and having on it a good deal of auburn hair.”

Moreton tried to get rid of the skull by throwing it into the moat, though other sources claimed it was a female servant who disposed of it after finding it hidden in a chest.

This action coincided with a terrible storm, which convinced Moreton that the skull was venting its anger at being removed. He had the moat drained and the skull returned to the hall.

In 1782, Manchester antiquarian Thomas Barritt wrote: “From time out of mind, the occupiers of Wardley Hall have had a superstitious veneration for the skull, not permitting it to be removed from its place on the topmost step of the staircase.

“There is a tradition that if removed or ill-used, some uncommon screaming and lamenting is heard, and disturbances take place in many parts of the house.

“One of us removed it from its place into a dark part of the room and then left and returned home; but the night but one following such a storm arose about the house, of wind and lightning.”

However, Barritt concluded, “Yet all this might have happened had the skull not been removed; but withal, it keeps alive the credibility of its believers.”

It is also claimed that other attempts to remove or destroy the skull proved futile, as it was always found to have returned the very next day to the niche above the stairs.

The oddest legend connected with the skull was the claim that it could be transformed into a hare by repeating the following chant:

“I shall turn into a hare,  
“With sorrow, trouble and mickle care,  
“And I shall go forth in the devil’s name,  
“I’ll change to a skull at my home again.”  
The relic was stolen from the hall in



**ST WILFRID'S CHURCH** in *Hickleton, South Yorkshire*, is home to three skulls.  
(Photo: Jonathan Thacker)



**WARDLEY HALL** in *Greater Manchester* contains a skull which has two different stories attached to it.  
(Photo: Keith Williamson)

1930, but secretly returned a few months later. It is not known if the thief suffered any misfortune after taking it.

The theft attracted a lot of press attention at the time. It has been suggested that the skull’s supernatural powers were played up by the media to sensationalise the story.

In 1931, the skull was examined by Manchester University, which concluded that it belonged to a man aged between 55 and 60 years. It could not be dated, but there was nothing to suggest it wasn’t the remains of Ambrose Barlow.

Later, in 1959 the skull was again taken away for further tests and sent to St Bartholomew’s Hospital in London where the earlier findings were confirmed.

It was concluded that the skull was “post-medieval but earlier than the nineteenth century” and also had features “fully consistent with an attribution to the seventeenth century.”

After examination, it was found that the skull had never been buried and had an intrusion through the base of it.

This final evidence could indicate that it had been displayed on a spike. In the light of this, the skull is most likely the last mortal remains of Ambrose Barlow. The skull is still to be seen at Wardley Hall.

### Hickleton

The village of Hickleton lies in South Yorkshire. St Wilfrid’s Church is the home to three skulls that are displayed behind a barred window inside a lychgate. An inscription reads “Today for me, Tomorrow for thee.”

The skulls have been there since the late-nineteenth century, but their origins have become confused over time. It is claimed that they were connected with the phantom of a highwayman who supposedly haunted the nearby lane and crossroads.

Another story states that the skulls are the remains of three highwaymen executed for their crimes. It was further stated that the skulls are cursed and anyone who tried to remove them would face retribution.

Sadly, this did not deter a thief in 1996 who smashed the glass and took the middle skull.

The vicar, the Rev Dr Tony Delves, warned that the skulls had never been buried because of the curse and went on to advise the thief to return the skull, as the curse would be transferred to the person who took it.

This warning failed and the skull has never been returned. A replica now rests in its place. The vicar explained that the origin of the skulls was uncertain. He commented:

“All I know is they have been there a long time and there was a legend which connects them with Dick Turpin, who is supposed to have passed through here.

“There was also a story in the village that if they were interfered with they would bring a curse upon the people who took them until they were returned to the lychgate.

“People also used to run past them on their way in or out of the churchyard, such was the fear they instilled in them, but because most of the old folks in the village have now passed away it’s difficult to find out why. But so far no one has been found dead clutching the skull in his or her hands!”

Lord Halifax, the author of the famous ghost book, is also connected with the skulls. It is claimed that he placed them in the lychgate after acquiring them from a medical friend in London.

Halifax intended to remind villagers and passers-by of their mortality. He also apparently knew the names of the skull’s owners, but had declined to reveal their identities to anyone.

## Oliver Cromwell

I have already written about how Oliver Cromwell was dug up and his head placed on a spike above Westminster Hall. In 1685, the head was blown down during a violent storm and retrieved by a sentry, who took it home.

It passed through many hands over the next few hundred years and finally ended up in the possession of Canon Horace Wilkinson, who lived in Melton Grove, Woodbridge, Suffolk.

He would often delight guests by taking the skull out of its wooden box and handing it to them for inspection.

I can remember speaking to one elderly lady in Woodbridge who had been thrilled as a child after she was allowed to rest the head of the Lord Protector in her lap and stroked what remained of his hair!

The head was also said to be haunted. Locals called it "The Devil's Head" and stories were told of a "ghostly presence" that haunted Wilkinson's home.

A strange figure was also seen outside his house. It appeared to be searching for something.

Some people walking home one night heard a moaning, anguished voice coming from the very spot where the figure had previously been seen.

Writer and ghost hunter Thurston Hopkins wrote of lightning and thunder shaking the house at the exact moment Wilkinson removed the head from its box to show an American visitor. The American fled the house in terror.

Wilkinson offered the head to Cromwell's old college, Sidney Sussex, in Cambridge. In 1960, after his death, this offer was accepted and the head was buried in a secret location in the college grounds.

A plaque on the wall outside the chapel records the burial - "Near to this place



*THIS drawing of Oliver Cromwell's head dates to the late 1700s.*



*OLIVER CROMWELL'S head was buried in a secret location at Sidney Sussex College in Cambridge, which he attended. (Photo: N. Chadwick)*

was buried on 25 March 1960 the head of OLIVER CROMWELL, Lord Protector of the Commonwealth of England, Scotland and Ireland. Fellow Commoner of this College, 1616-17."

I have visited the college on several occasions, but never experienced or sensed anything paranormal at the site of the burial itself.

However, it is claimed that Cromwell's ghost still haunts his old rooms at the college. If true, it appears that the burial of the head has not yet brought rest to the former Lord Protector.

## Chaigley

Chapel House Farm in Chaigley, Lancashire, was once the home to a skull that brought bad luck to any who tried to remove it.

The relic was said to belong to a priest who had been killed during the English Civil War by Parliamentary troops after he was caught secretly celebrating mass at the farm.

The woman of the house hid the head in a chest, but locals soon came to hear of the murder and wanted to see it, asking for teeth and even bits of flesh for use as lucky charms.

Despite the warning of bad luck if it was removed, the skull vanished long ago and today no one knows its whereabouts.

## Ffagnallt Hall

Ffagnallt Hall in Clwyd contains part of a skull in a small glass fronted box. It is said to be the remains of a Welsh prince called Dafydd, who sought sanctuary at the hall after evading capture by his English enemies.

His sister took him in, but her husband was not so caring and murdered Dafydd. As the prince lay dying, he cursed the hall, declaring that his head must remain there to remind them both of his murder. If this

demand were ignored, the hall would "know no peace."

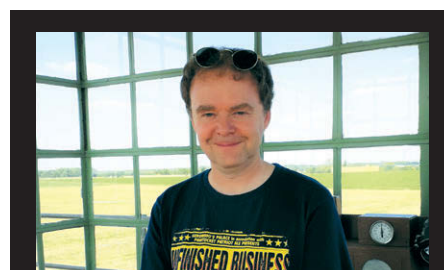
The murderer ignored the threat and had his severed head sent to Chester and placed above one of the city gates. The curse was evidently effective as the man lost his reason and finally died in poverty.

Fearful that the curse would now fall on him, his son retrieved the head and brought it back to the hall where it has remained ever since.

In an account of 1861, M. B. Clough, a vicar of Mold, told how a serving girl once threw the skull into a duck pond. The very next night the hall was filled with screams and other strange noises.

The girl was then found sleepwalking by the pond trying to retrieve the skull from its murky depths. She later spoke of "fingers dripping wet" and "shadowy forms" that demanded she return the skull to the hall.

*(More tales of haunted skulls next month)*



*John West is a writer, film producer and broadcaster. In 2018, he teamed up with director Jason Figgis to produce films and TV documentaries.*

*The pair have so far collaborated on several projects ranging from a documentary on photographer Sir Simon Marsden to a feature film called "Winifred Meeks."*

*John's first book on ghosts, "Britain's Haunted Heritage," was published by JMD Media in 2019.*



# A Good Read

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## M.E. MYSELF AND I – DIARY OF A PSYCHIC

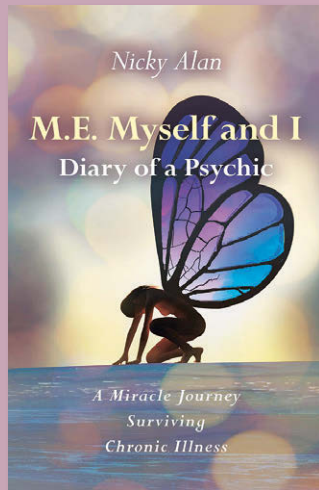
By Nicky Alan  
RRP UK £13.99 US \$ 21.95  
288 pages

The publisher writes: “A brutally honest journey showing strength of the human spirit, faith in the unseen and a tenacious will to survive.

“*M.E. Myself and I* follows the story of a woman struck down with M.E. and fibromyalgia in the prime of her life as a successful TV psychic medium.

“Left with nothing but two dustbin bags, demons from the past and her two dogs, she embarks on an incredible journey.

“Grieving her old life and begrudgingly accepting guidance from angels and spirit guides after losing her faith, she finds a reason to live from the brink of suicide by experiencing celestial miracles and a passion to write.”



## A GUIDE OF SPIRITS

By Chris Allaun  
RRP UK £10.99 US \$ 16.95  
224 pages

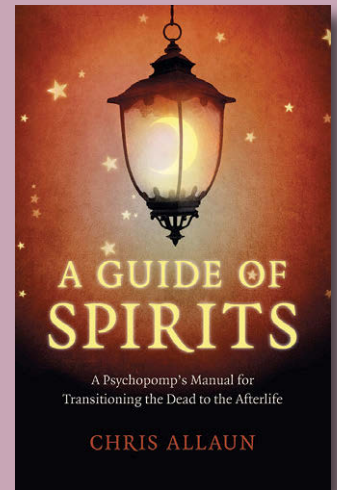
The publisher writes: “Learn the magic of energy healing for those on their sacred journey into the land of the ancestors.

“*A Guide of Spirits* teaches us how to guide the dying to the land of the ancestors in a way that is balancing and healing.

“It teaches us how to help the person who is transitioning energetically and spiritually prepare for their final journey to the afterlife.

“Chris Allaun also shows the witch and healer how to escort earthbound spirits to the ancestral lands so they may find healing and rejuvenation.

“This is a step-by-step ‘how to’ book to help every witch, healer and shaman lend comfort and compassion to the dying.”



## GOOD GRIEF

The A to Z approach of modern day grief healing  
By Shelley F. Knight  
RRP UK £13.99 US \$ 20.95  
264 pages

The publisher writes: “An inspiring companion for your journey through grief.

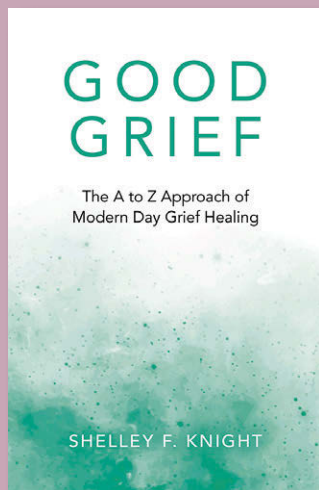
“Grief is closely associated with death, but can be triggered when we lose anything with which we have an emotional connection.

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“Delivering an eclectic blend of medical and spiritual observations and teachings, *Good Grief: The A to Z Approach of Modern Day Grief Healing* addresses life as well as death, and provides a practical guidebook for your unique grief journey.

“It goes beyond the conventional views that we are just a physical body, aiming to enlighten and encourage the reader to use the tools within the pages to bring about a collateral beauty that reveals great strength, personal growth and spiritual emergence.”



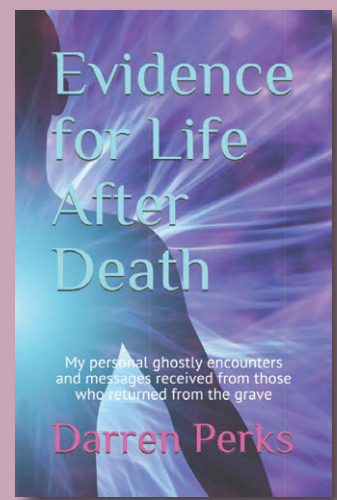
## EVIDENCE FOR LIFE AFTER DEATH

My personal ghostly encounters with those who returned from the grave  
By Darren Perks  
RRP UK £6.99 US \$ 7.99  
139 pages

The author writes: “Hi, this is Darren Perks. In *Evidence for Life After Death*, I reveal and explain the many strange and truly supernatural experiences that have happened to me and my family over the years.

“This includes the ghost in the cemetery, the ghost that chased my daughter, messages from my deceased mother, poltergeist activity in our home, the seance, ghost children holding our hands, the phone call from my dead sister, the ghost in the car, the psychic neighbour, the ghost bus passenger, the ghost boy on the beach and many, many more. All true stories.

“My first and only non-fiction book to date, it was 50-plus years in the making and will send shivers down your spine. It will have you seriously wondering is there really *Evidence for Life After Death?*”



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## THE NATURE OF EVERYTHING

By Christine Mathews  
RRP UK £9.99 US \$13.75  
24 pages

The author writes: "I have been in contact with the Source/Spirit for many years. Over the past five years, I have been shown in meditation and waking thought things I could not quite find the words for or explain in a way which would be easy to understand."

"Today I am writing what I have been shown in the hope that it brings clarity and understanding to people now and in the years to come as science begins to understand the true nature of reality through quantum means."

"I have often wondered about the nature of our very existence. I question everything and wait to be shown the answers. Sometimes the answers are so vast it can take me many months to fully comprehend them."



## HERE AND HEREAFTER

By Anthony Borgia  
RRP UK £9.50 US \$25.00  
144 pages

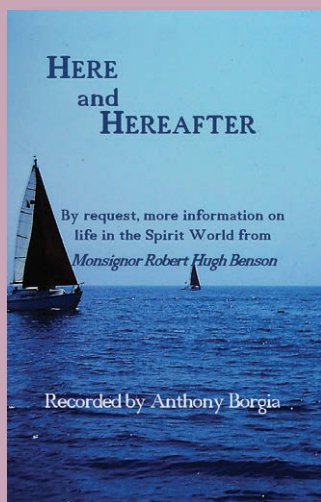
The publisher writes: "Following the success of his first books, Anthony Borgia received a deluge of letters requesting more information on various aspects of Spirit and the afterlife."

"In response, Monsignor Robert Hugh Benson in Spirit was able to furnish information which answered many of the questions."

"Details are given of the perfections and permanence of the life after death, the surroundings in which they live, their pursuits and activities, and the means to progress along the road to a higher perfection."

"Light is also shed on the way communication is possible between the inhabitants of the spirit world and their earth-bound contacts."

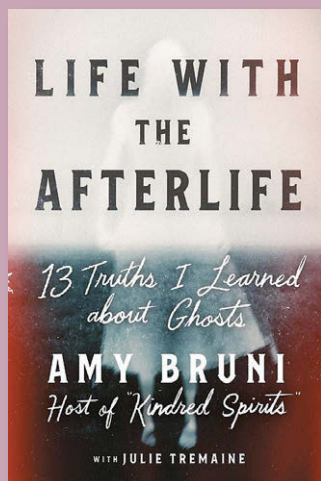
"The communicator's aim is 'to cast out of peoples' minds the fear of death and the hereafter,' and all who believe in that life—as well as those still in doubt—will find here a wealth of information of immense value, interest and comfort."



## LIFE WITH THE AFTERLIFE

Thirteen truths I learned about ghosts  
By Amy Bruni  
RRP UK £19.49 US \$19.46  
272 pages (Hardcover)

The publisher writes: "Co-star of Travel Channel's *Kindred Spirits* and paranormal investigator, Amy Bruni shares stories from her years of experiences with ghosts, organised around thirteen truths that guide her approach to the supernatural."



"Amy Bruni has learned a lot about ghosts over her years of research and first-hand experience. In *Life with the Afterlife*, she shares the insight she has gleaned and how it has shaped her unique approach to interacting with the spirits of the dead and those who encounter them."

"From her earliest supernatural encounters as a child, through her years appearing on *Ghost Hunters* and the creation of her company *Strange Escapes*, which offers paranormal excursions to some of America's most notoriously haunted destinations, and into her current work on *Kindred Spirits*, this book is full of astonishing and deeply moving stories of Amy's efforts to better understand the dead but not yet departed."

"With Amy's bright humour and fierce compassion for both those who are haunted and those who are haunting, *Life with the Afterlife* is an eye-opening look at what connects us as people in life and beyond."

## WHERE AFTER

Where do our loved ones go after they die?

By Mariel Forde Clarke  
RRP UK £11.99 US £18.95  
216 pages

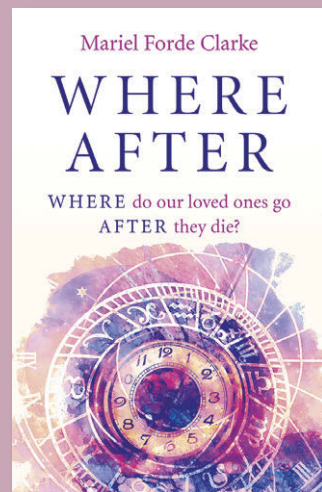
The publisher writes: "Where do our loved ones go after they die? This is the question that has traversed the universe for centuries and is considered one of life's greatest mysteries."

"While many of the world's renowned philosophers, scientists, theorists, doctors and great mystics endorsed the existence of the afterlife, no one book has been available to explore it all until now."

"Mariel Forde Clarke asserts that whether you believe in God or heaven, you can be comforted by the sense that an afterlife exists beyond the realm of one's physical comprehension."

"Drawing on the findings of patients who have had near-death experiences and visions, and on those of renowned scientists and doctors, Mariel Forde Clarke helps the reader chart the journey of the soul and navigate their grief."

"A journey that will compel readers to view life after death in a completely different way."



## ORACLE DECK

### ARCHANGEL FIRE ORACLE CARDS

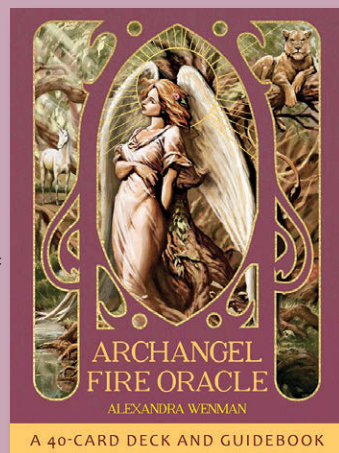
By Alexandra Wenman  
RRP UK £19.99 US \$25.00

The publisher writes: "A full-colour oracle deck and guidebook to engage directly with the Archangels and initiate a powerful alchemical process of ascension."

"Includes 40 high-vibration cards each featuring an Archangel and the specific healing colour ray/sacred flame which that angel embodies."

"Provides a detailed interpretation of each card, explaining the Archangel's powers and benefits, corresponding star constellation, sacred symbols, chakra energies, and crystal and essential oil associations."

"Shares exercises and visualisations to help you connect with your chosen Archangel, embody their energy and healing vibrations, and initiate the process to reunite with your Divine higher self."



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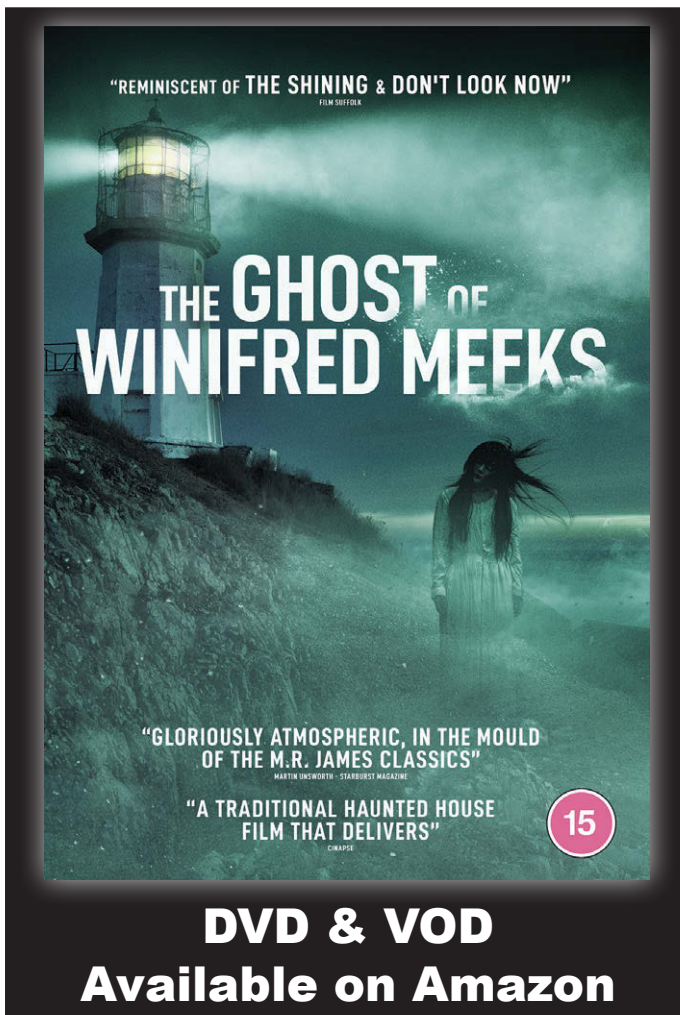
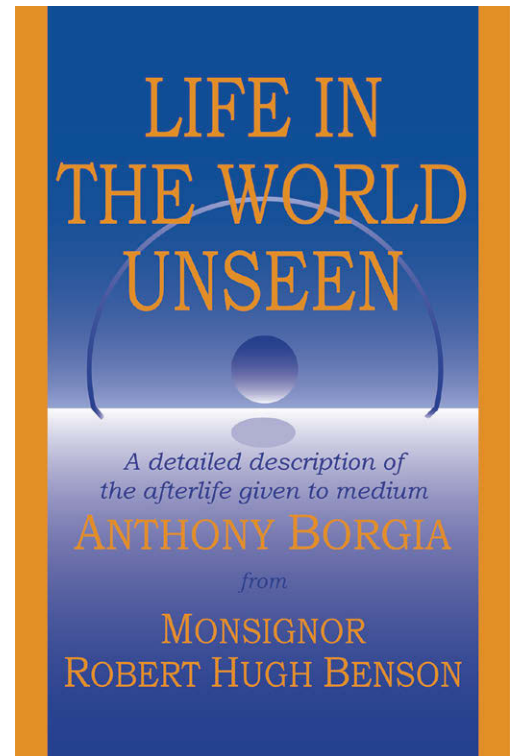
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*"We have no traffic, and our roads are covered with the thickest and greenest of grass, as soft to the feet as a bed of fresh moss"*

*"We could see scores of the most wonderful birds, whose plumage presented a riot of colour"*

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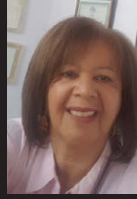
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*A congregation of Love, Healing and Support, where two worlds shall meet as one. With evidential proof of life after life, the existence of our spiritual soul. There is no death.*

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[alicetrevorrow@gmail.com](mailto:alicetrevorrow@gmail.com)

Guest psychic mediums who serve the church from all over the country

*Healing and refreshments included. £4*

## HEALING

**ABSENT HEALING  
 FOR PEOPLE AND ANIMALS  
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Telephone Tony on: 01923 801166  
 E-mail: [tony.lu101@gmail.com](mailto:tony.lu101@gmail.com)

### CONTACT AND ABSENT HEALING

for people and animals. No fees  
 Melksham, Wiltshire

Contact: **MIKE FISHER**

Tel: 01225 400310

E-mail:

[mikej.fisher@virginmedia.com](mailto:mikej.fisher@virginmedia.com)

### SPIRITUAL PSYCHOTHERAPIST

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07817 468361

Jenny Dodson

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Healing Clinics:

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For Appointments Telephone:

(0044) 01970 832696

Or email:

[chapmanhealing@gmail.com](mailto:chapmanhealing@gmail.com)

Website:

[www.michael-chapman.co.uk](http://www.michael-chapman.co.uk)

## ASSOCIATIONS

### BRITISH PSYCHIC AND MEDIUM ASSOCIATION

**Comprehensive listing  
 directory of Professional  
 Psychics and Mediums**

Providing support, guidance and  
 advice in times of need

[www.britishpma.co.uk](http://www.britishpma.co.uk)

**Membership available**

## SOUL MATES

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For friends, romance or penpals

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Rebecca Snell,

Free Spirits Club,

3 Rhosyn Close, Newport,

Gwent NP19 0BD

or call: 01633 526523

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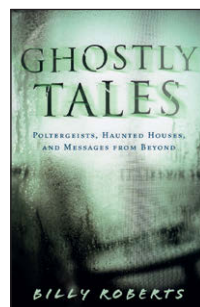
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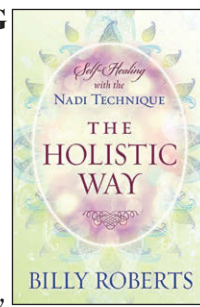
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This is a guide to the churches, centres and spiritual shops that advertise with us on a regular basis. During the coronavirus crisis many are closed unless stated otherwise but please do check with their websites and Facebook pages for details of when they will re-open. A full list of churches, centres and spiritual shops that stock *Psychic News* can be found on our website at [www.psychicnews.org.uk](http://www.psychicnews.org.uk)

## ESSEX

**AWARENESS SPIRITUAL & WELLNESS CENTRE**  
 Nevendon Community Centre,  
 Off Nevendon Road,  
 Wickford,  
 Essex  
 SS12 0QH  
 Email: hannonef@gmail.com  
 Mobile: 07847 353054  
**PLEASE SEE WEBSITE**  
**Wednesday** evenings:  
 Entrance is  
 £5 for Platform only  
 £10 for Private Reading and Platform  
 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  
**Visit: [www.eileenhannonthecrystalpyramid.com](http://www.eileenhannonthecrystalpyramid.com)**  
 for further Extended Services,  
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Churches/Centres:  
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Website addresses = 4 words

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[psychicnews.org.uk](http://psychicnews.org.uk)

## GLOUCESTERSHIRE

**CHELTENHAM NATIONAL SPIRITUALIST CHURCH**  
 Bennington Street,  
 Cheltenham,  
 Gloucestershire  
 GL50 4ED  
 Telephone:  
 01242 703 288  
 Registered for Funerals,  
 Weddings, Blessings,  
 Naming Ceremonies,  
 Commitment of Union  
**OPEN - CHECK FACEBOOK FOR DAYS & TIMES**  
[www.snu.org.uk/community/churches/cheltenham.html](http://www.snu.org.uk/community/churches/cheltenham.html)  
**Follow us on Facebook:**  
 Cheltenham Spiritualist Church  
**Sundays** at 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 St,  
 Basingstoke,  
 Hampshire  
 RG21 3BT  
 Tel: 07544 548172  
**CURRENTLY CLOSED**  
[www.basingstokescc.co.uk](http://www.basingstokescc.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  
**OPEN - SEE BELOW**  
[www.bscw.andydowland.com](http://www.bscw.andydowland.com)  
**Follow us on Facebook:**  
 Bitterne Spiritualist Church  
 Official services offered:  
 Spiritual Naming, Weddings  
 (including Same-Sex Marriages),  
 Renewal of Vows, Civil Partnerships,  
 Funerals, Memorial Services  
**OCTOBER EVENTS**  
 Sunday 3<sup>rd</sup> 6.30pm  
 Divine Service with  
 LESLIE KNIGHT  
 Sunday 10<sup>th</sup> 6.30pm  
 Divine Service with  
 AL & GEOFF POTTS  
 Sunday 17<sup>th</sup> 6.30pm  
 Divine Service with  
 JIMMY DEMITRI  
 Sunday 24<sup>th</sup> 6.30pm  
 Divine Service with  
 SUE ELLIS CSNU  
 Sunday 31<sup>st</sup> 6.30pm  
 Divine Service with  
 GEOFFREY HAYWARD CSNU  
 Mondays 7.30pm - 9pm £3  
 Pathways Development Group  
 with  
 DAVID POWELL CSNU  
 Tuesdays 2pm - 4pm  
 Spiritual Healing  
 Healing is free but any  
 donations are gratefully  
 received  
 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  
**CHURCH OPEN**  
**PLEASE CONTACT FOR DETAILS**  
 Tel: 01252 625976  
 Website:  
[www.fleetspiritualistchurch.co.uk](http://www.fleetspiritualistchurch.co.uk)  
 For details of events visit our  
 Facebook page or website  
 All Welcome

## HERTFORDSHIRE

### HITCHIN SPIRITUALIST CHURCH

Whinbush Road, Hitchin,  
 Hertfordshire SG5 1PZ  
**PARTIALLY OPEN SEE BELOW**  
 Telephone: 07581 492507  
[www.hitchinspiritualistchurch.co.uk](http://www.hitchinspiritualistchurch.co.uk)  
**Open Circle** Mondays  
 7.30pm - 9.30pm £5  
 We respectfully ask you to  
 wear a mask  
**Open House Meetings**  
 Tuesdays 1.15pm - 2.45pm  
 Chat, Tea and Healing  
**Healing** Tuesdays 7.30pm  
 Demonstrations and  
 Workshops as advertised  
 on website

## KENT

### BEXLEYHEATH CHRISTIAN SPIRITUALIST CHURCH

85 Lion Road, Bexleyheath,  
 Kent DA6 8NT  
 Enquiries: 07950 672200  
 Email: [Bexleyheath.church@gmail.com](mailto:Bexleyheath.church@gmail.com)  
 Or see us on Facebook  
**OPEN - SEE BELOW**  
**OCTOBER EVENTS**  
**Sunday Divine Service at 6.30pm**  
 3<sup>rd</sup> SHEILA SMITH  
 10<sup>th</sup> GILL BALL  
 17<sup>th</sup> PAULINE LOCKEY  
 24<sup>th</sup> SHERRIE HARDAKER  
 31<sup>st</sup> GWEN LEGG &  
 CHRIS RAHR  
**Tuesday Service at 2pm**  
 5<sup>th</sup> BARBARA ALMOND  
 12<sup>th</sup> SHERRIE HARDAKER  
 19<sup>th</sup> LINDA WADDOUPS  
 26<sup>th</sup> JULIE SINCLAIR  
**Spiritual Healing**  
 Tuesdays 7.30pm - 8.30pm  
**Open Circles**  
 Mondays 7.30pm - 9.30pm £5  
 Alternate Wednesdays  
 13<sup>th</sup> & 27<sup>th</sup> October  
 12 noon - 2pm £5  
**Special Events**  
 Wednesday 13<sup>th</sup> October  
 via ZOOM 7.30pm - 9pm £5  
 Evening of Mediumship with  
 WENDY LEWIS  
 Wednesday 27<sup>th</sup> October  
 7.30pm - 9pm £5  
 Evening of Mediumship with  
 BARBARA ALMOND



Find us on Facebook:  
Ealing National  
Spiritualist Church  
**MARRIAGES SOLEMNISED  
NAMINGS**

**FULHAM  
NATIONAL  
SPIRITUALIST CHURCH**  
Kelvedon Road, Fulham,  
London SW6 5BP  
(Nearest Underground station  
Parsons Green)  
Buses No. 11 and 14  
Tel: 020 7736 7248  
Acting President:  
Derek Delves  
Working for Spirit  
into the 21<sup>st</sup> century  
**OPEN - SEE BELOW**

**OCTOBER EVENTS**

*Sunday Divine Services in Church  
at 6.30pm*

3<sup>rd</sup> ANGELA WATKINS  
10<sup>th</sup> MARC IMPEY  
17<sup>th</sup> ALAN ALBISTON  
24<sup>th</sup> JONATHAN WHITTAKER  
31<sup>st</sup> SPENCER ROSE  
**Thursday Online Zoom  
7.30pm Services**  
7<sup>th</sup> (to be arranged)  
14<sup>th</sup> (to be arranged)  
21<sup>st</sup> NATHAN POOLE  
28<sup>th</sup> JEAN HARRIS  
& IRENE HALL

ONLINE ZOOM SERVICES  
ID: 689 400 7125  
Passcode: FULHAM (capitals)  
**NOT TO MISSED!**

3 x 90 minute online ZOOM  
Workshop with the fabulous  
MARTIN JONES  
Tuesdays 5<sup>th</sup>, 12<sup>th</sup> & 17<sup>th</sup>  
October  
7.30pm - 9.00pm £25.00  
For booking and payment  
details contact us via our email  
address below  
fulhamspiritualistchurch@  
yahoo.co.uk

**MORDEN  
SPIRITUALIST CHURCH**  
214 Morden Road,  
Morden,  
London  
SW19 3BY  
Enquiries:  
020 8648 5369  
Church Telephone:  
020 8544 1816  
E-mail:

morden.church@hotmail.co.uk  
**OPEN - LIMITED NUMBERS  
PLEASE RING IN ADVANCE**  
Sunday Evening 6.30pm  
Service and Clairvoyance  
Thursday Evening 7.45pm  
Clairvoyance  
Entrance £2.50  
All Welcome

**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

**OPEN - DETAILS BELOW**  
Demonstration of Clairvoyance  
every **Wednesday** at 8.00pm  
Doors open 7.30pm  
OCTOBER EVENTS  
6<sup>th</sup> EVE ELLAR

13<sup>th</sup> CHARLEEN AUSTIN  
20<sup>th</sup> MAGGIE JONES  
27<sup>th</sup> STEVE CORBETT &  
LYNN ROSE  
Healing every week by  
from 7.30pm until 9pm  
Visit our website at:  
www.sydenhamspiritual  
centre.co.uk

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SPIRITUAL CENTRE**  
Ruskin House,  
Nelson Mandela Room,  
23 Coombe Road, Croydon,  
Greater London CR0 1BD  
**PARTIALLY OPEN  
PLEASE SEE WEBSITE**  
Website:  
www.violetmoonpsychic.com  
Email: lorraine@  
violetmoonpsychic.com  
Fridays: 7pm - 8.30pm  
Demonstrations of Mediumship  
Clairvoyance Events

**WOOD GREEN  
SPIRITUALIST CHURCH**  
(Cnr of Maryland Road)  
High Road, Wood Green,  
London N22 5AR  
**OPEN - SEE BELOW**  
Minister in Spirit:  
Mrs Ida Stenning  
Enquiries: 020 8888 1992  
Website: www.woodgreen  
spiritualistchurch.co.uk

**OCTOBER EVENTS**  
Sundays 6.30pm Service  
3<sup>rd</sup> SHARON FALCONE  
10<sup>th</sup> SARA JACKSON  
17<sup>th</sup> JASON DAVIS  
(Church Anniversary)  
24<sup>th</sup> ROSIE SPIRIT  
31<sup>st</sup> PAT MURRAY  
**Wednesdays 7.30pm Service**  
6<sup>th</sup> MICHAEL LENNON  
13<sup>th</sup> SUE HEWER  
20<sup>th</sup> MARC IMPEY  
27<sup>th</sup> JOHN CHAFER  
All Welcome

**MIDDLESEX**

**KENTON SPIRITUALIST  
CHURCH & HEALING  
CENTRE**  
35 Churchill Avenue,  
Kenton, Harrow,  
Middlesex HA3 0AX  
President: Bette Kotecha  
Tel: 020 8621 3103  
(Answerphone)  
**CURRENTLY CLOSED**  
Visit: www.kentonspiritualist  
church.co.uk  
for further details

**THE LIGHT ON THE HILL  
HARROW  
SPIRITUALIST CHURCH**  
1 Vaughan Road, Harrow,  
Middlesex, London HA1 1DP  
**OPEN - SEE BELOW**  
Website:  
www.harrowspiritualistchurch.  
wixsite.com/harrow  
Email:  
lightonthehill@live.co.uk  
Telephone: 07528 348 432  
OCTOBER EVENTS  
Divine Service in Church  
Wednesdays at 7.30pm  
6<sup>th</sup> ALAN SALMON &

LORRAINE FRANCOIS  
13<sup>th</sup> ELAINE BRANNON  
20<sup>th</sup> ALAN ALBISTON  
27<sup>th</sup> DAVID CHAPMAN  
**Zoom Services and Events**  
Zoom ID: 916 859 8296  
Password: harrow  
Doors open 10 mins beforehand  
Mondays Divine Service 7pm  
Other Days - Open Healing  
Circle and Special Events  
see our Facebook page for up-  
to-date news and events  
All Welcome

**THE  
SANCTUARY OF  
THE SILVER CROSS**  
Friends Meeting House,  
Belmont Road,  
Uxbridge,  
Middlesex UB8 1QW  
President: Linda Chant  
**CURRENTLY CLOSED**  
Tel: 07792 900194  
Website: www.sanctuaryof  
thesilvercross.com

**NORFOLK**

**SNETTISHAM  
INDEPENDENT  
SPIRITUALIST CHURCH**  
Memorial Hall,  
Old Church Rd,  
(Next to the Rose and Crown)  
Snettisham,  
Norfolk PE31 7NA  
Contact Sandra:  
01485 541719

**PLEASE RING FOR DETAILS**  
Follow us at:  
www.facebook.com/  
SnettishamSpiritualChurch  
Services

Every 2nd and 4th Sunday  
of the month at 3.30pm  
Healing available after Service

**NOTTINGHAMSHIRE**

**WEST BRIDGFORD  
SPIRITUALIST CHURCH**  
Wilford and South Notts  
Community Centre,  
Wilford Lane,  
Nottingham,  
Nottinghamshire  
NG11 7AX  
Tel: 07787 136531

**OPEN - PLEASE BOOK SEATS  
VIA FACEBOOK**  
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

**6<sup>th</sup>**

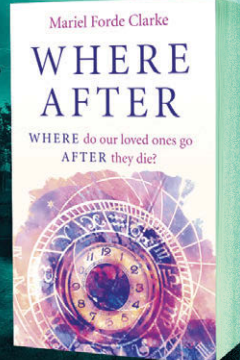

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Mariel Forde Clarke asserts that whether you believe in God or heaven, you can be comforted by the sense that an afterlife exists beyond the realm of one's physical comprehension. Drawing on the findings of patients who have had near-death experiences and visions, and on those of renowned scientists and doctors, Clarke helps the reader chart the journey of the soul and navigate their grief.

[www.6th-books.com](http://www.6th-books.com)

**The advertising deadline is the 8<sup>th</sup> day of the month prior to the publication month. November's deadline is 8<sup>th</sup> October.**

## SHROPSHIRE

### DAWLEY GUIDING LIGHT SPIRITUALIST CHURCH

Dawley House,  
22 Burton Street, Telford,  
Shropshire TF4 2ES  
Contact us: 01952 507188  
**OPEN - SEE BELOW**  
Facebook: Dawley Guiding  
Light Spiritualist Church  
*Saturdays* 7.30pm - 9pm £3  
Doors open 6.30pm  
2<sup>nd</sup> Oct VAL & KIERAN LAUNDRY  
10<sup>th</sup> October Closed  
16<sup>th</sup> October LINDA WAKE  
*Fridays*: Specials as advertised  
See our Facebook page

## SOMERSET

### ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place, Manor Road,  
Alcombe, Minehead TA24 6EH  
Tel: 0783 110 4896  
**OPEN FOR GROUPS AND  
SOME EVENTS. PLACES MUST  
BE BOOKED. SEE WEBSITE**

Summer *Sunday* Service at 6.30pm  
(March to end of October)  
Winter *Sunday* Service at 3pm  
(November to end of February)  
Healing Groups,  
a monthly Healing Day,  
Healing Evenings, Open Circles,  
Evenings of Clairvoyance  
all available on various days  
during each month.  
See our website for the full  
day-by-day itinerary of what  
our church can offer you.  
[www.mineheadspiritualist  
church.co.uk](http://www.mineheadspiritualistchurch.co.uk)

## STAFFORDSHIRE

### ANGEL ATTIC

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07504 126336 strictly over 18's only

## 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](mailto:alanseymour@btinternet.com)

#### **OPEN SEE BELOW**

Website: [www.croydon  
spiritualistchurch.org.uk](http://www.croydonspiritualistchurch.org.uk)  
**OCTOBER EVENTS**

*Sunday* 11am Service  
3<sup>rd</sup> VANDA GALAZKA  
10<sup>th</sup> SHERON MARTIN  
17<sup>th</sup> EVE ELLAR  
24<sup>th</sup> MOLLIE MCMANUS  
31<sup>st</sup> DAVID CHAPMAN  
*Sunday* 6.30pm Service  
3<sup>rd</sup> Martin Twycross  
10<sup>th</sup> Barbara Potts  
17<sup>th</sup> PAT & ALAN SEYMOUR  
24<sup>th</sup> CHRIS CONNELLY  
31<sup>st</sup> STEPHEN BRAME  
*Wednesday* 7.45pm Service  
6<sup>th</sup> VICKY KNIGHT &  
JENNY WOOD  
13<sup>th</sup> MICHAEL LENNON  
20<sup>th</sup> RICHARD BALDWIN &  
BRENDA TREADGOLD  
27<sup>th</sup> DIANA REID  
**Healing**  
Thursdays 6pm - 8pm  
Except 7<sup>th</sup> October  
All Welcome

### HACKBRIDGE SPIRITUALIST CHURCH

**CURRENTLY CLOSED**  
For information call  
Jackie on: 0781 806 1063

### FARNHAM INDEPENDENT CHRISTIAN SPIRITUALIST CHURCH

Hale Village Hall,  
1 Wings Road,  
Farnham GU9 0HN  
President: Jean Harris  
Tel: 07936 708882

#### **ONLINE ZOOM MEETINGS**

Follow us on Facebook  
**OCTOBER EVENTS**  
*Divine Service*  
*Sunday* 6.30pm  
3<sup>rd</sup> GERALDINE SWAIN  
10<sup>th</sup> SUE ELLIS  
17<sup>th</sup> SARAH NORRIS  
24<sup>th</sup> SARAH MAWMAN  
31<sup>st</sup> J ANEY JENKINS

Zoom details for above events  
Meeting Number:  
845 9445 1863  
Pass: 323327  
AWARENESS GROUP  
Every Friday at 7.30pm  
Group Zoom Number:  
818 1678 5946  
Pass: 277467  
All Welcome

### KINGSTON NATIONAL SPIRITUALIST CHURCH

Villiers Road,  
Kingston upon Thames,  
Surrey KT1 3AR  
Website:  
[www.kingstonsc.net](http://www.kingstonsc.net)  
Email:  
[kingston.spiritualist@yahoo.com](mailto:kingston.spiritualist@yahoo.com)

#### Follow us on Facebook

Enquiries:  
07503 405 007  
Booking Line:  
07780 474 440

#### **OPEN - SEE BELOW**

#### **OCTOBER EVENTS**

*Sunday* Service, 11am  
3<sup>rd</sup> ANGELA WATKINS  
10<sup>th</sup> PAULINE WALSH  
17<sup>th</sup> JANET NEVILLE  
24<sup>th</sup> ESI CAKMAKCIOGLU  
(Spirit Art)  
31<sup>st</sup> MARIEA RUDENKO  
**Mondays**  
Evening of Mediumship at  
7.30pm £4 (members £3.50)  
followed by Healing  
4<sup>th</sup> KAREN PYLE  
11<sup>th</sup> JEFFREY HEWITT  
18<sup>th</sup> CORAL THOMPSON  
25<sup>th</sup> PAMELA POLLINGTON  
**Healing by donation**  
Monday 8.45pm - 9.15pm  
(If attending Healing but not the  
Evening of Mediumship, please  
arrive after 8.30pm)  
Wednesday (Pets allowed)  
2pm - 3.45pm  
**Open Platform**

Medium Training on first  
Saturday of month with  
LESLEY HAMILTON  
Saturday 2<sup>nd</sup> October  
2pm - 4pm  
£4.50 (members £4)  
Audience £3  
**Guided Meditation**  
3<sup>rd</sup> Wednesday of month with  
CHERRY SRINAGANAND  
Wednesday 20<sup>th</sup> October  
7.30pm - 9pm  
£4.50 (members £4)  
**Private Readings**  
Saturday 23<sup>rd</sup> October  
10.30am - 2pm  
£20 for 30 minutes  
Book and pay in advance  
Booking line: 07780 474440  
Please check website  
for updates  
All Welcome

### SPIRITUAL AWARENESS GROUP

Bringing Spirit to the people  
Glyn Hall, Cheam Road,  
Ewell Village,  
Surrey KT17 1SP  
**CURRENTLY CLOSED**  
Enquiries: Betty Masters  
Tel: 07786 741509  
Email: [spiritualawareness  
group@gmail.com](mailto:spiritualawarenessgroup@gmail.com)

### SUTTON YOUNG SPIRITUALIST CHURCH

Thomas Wall Centre,  
Benhill Avenue,  
Sutton, Surrey SM1 4DP  
**CURRENTLY CLOSED**  
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!

### RICHMOND SPIRITUALIST CHURCH

97 Church Road, Richmond,  
Surrey TW10 6LU  
Website: [www.richmond  
spiritualistchurch.com](http://www.richmondspiritualistchurch.com)  
Email:

[richmondchurch97@gmail.com](mailto:richmondchurch97@gmail.com)  
Enquiries: 07507 703497

Follow us on Facebook  
**OPEN - SEE BELOW**

#### **OCTOBER EVENTS**

*Sunday Divine Service at 6.30pm*  
**Free will donation**  
3<sup>rd</sup> MEDIUM  
10<sup>th</sup> MEDIUM  
17<sup>th</sup> MEDIUM  
24<sup>th</sup> MEDIUM  
31<sup>st</sup> MEDIUM  
*Wednesday Clairvoyance at 7.30pm*  
£3.50 (Members £3)  
6<sup>th</sup> MEDIUM  
13<sup>th</sup> MEDIUM  
20<sup>th</sup> MEDIUM  
27<sup>th</sup> MEDIUM

#### **Circles, Events, Workshops and Private Readings - Please ring for dates**

1st, 2nd & 4th Mondays of  
the month, Online Meditation  
Circle (via Zoom) with  
ANGELA PENYCATE  
Tuesday 2pm - 4pm  
Friendship Group (in person).  
A small intimate circle where  
everyone is guaranteed a  
reading. Led by JANET NEVILLE  
Entry £3.50 (£3 members)  
Tuesday 7.30pm - 9.30pm  
Speakers and Chairpersons'  
Class (in person) with  
LYNN BURRIDGE  
Entry £5 (£3.50 members)  
Tuesday 7.30pm - 9.30pm  
Open Platform (in person) with  
LYNN BURRIDGE  
Entry £4.50 (£3.50 members)  
Monday 7.30pm - 9.30pm  
Meditation Circle (in person)  
with ANGELA PENYCATE  
Entry £5 (£3.50 members)  
Tuesday 7.30pm - 9.30pm  
Open Circle (via Zoom) with  
OWEN WILLIAMS  
Entry £5 (£3.50 members)  
Login 881 8360 7545  
Password 377 261  
Tuesday 7.30pm - 9.30pm



Open Circle (in person) with  
OWEN WILLIAMS  
Entry £5 (£3.50 members)  
Private Readings available on  
request

## EAST SUSSEX

**SEAFORDSPIRIT**  
Seaford Independent  
Spiritualist Church,  
3 Warwick Road, Seaford,  
East Sussex BN25 1RS  
Telephone: 01323 737407  
**ONLINE & IN CHURCH  
SERVICES ARE NOW  
AVAILABLE  
PLEASE SEE WEBSITE FOR  
FULL DETAILS**  
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  
**OPEN**  
Social, Support and Mediumship  
Demonstration Evenings  
The last **Friday** of each month  
Starts at 7.00pm  
Entrance £6 inclusive of  
Raffle and Refreshments  
Enquiries:  
Val Harber 01403 865823  
angelinblue@btinternet.com

**BARNHAM  
SPIRITUAL CENTRE**  
Barnham Community Hall,  
Murrell's Field, Yapton Road,  
Barnham PO22 0AY  
**OPEN - PLEASE SEE  
FACEBOOK FOR 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

  
@psychicnewsmag

**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.crawley  
spiritualistchurch.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 - PLEASE SEE  
FACEBOOK PAGE FOR  
MEDIUMS AND 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  
Telephone:  
07892 685626

**CURRENTLY CLOSED**  
Follow us on Facebook at:  
Wilton Spiritualist Church

## WEST MIDLANDS

**SUTTON COLDFIELD  
SPIRITUALIST CHURCH**

Kenelm Road,  
Off Manor Hill,  
Sutton Coldfield B73 6HD

**OPEN - SEATS MUST BE  
BOOKED IN ADVANCE  
UNLESS STATED  
TO BOOK CALL:  
07708 641165**

**Please bring a mask & drink**  
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  
(No need to book)  
Friday 7.30pm £3  
(No need to book)  
Open Learning with  
DARREN GERMAN  
Saturday 11.00am Healing  
(No need to book)  
For Monthly Specials &  
Workshops please see our  
Website/Facebook pages  
All Welcome

## STH YORKS

**WHITHAM ROAD  
SPIRITUALIST CHURCH**

109 Whitham Road,  
Broomhill,  
Sheffield,  
SouthYorkshire S10 2SL  
Telephone: 0114 2664025  
Mobile: 0742 266 5205

**OPEN FOR IN CHURCH AND  
ONLINE MEETINGS**

www.whithamroad.co.uk  
IN CHURCH SERVICES  
Sundays at 3pm  
Divine Service  
**ONLINE SERVICES**  
Wednesday 8pm - 9pm  
Zoom Open Circle  
Friday 8pm - 9pm  
via Zoom  
Mediumship Demonstration  
Room Opens 7.45pm  
Links posted on the day on our  
Facebook page  
[https://www.facebook.com/  
groups/174768449232308](https://www.facebook.com/groups/174768449232308)  
All Welcome

## SCOTLAND

**ARTHUR CONAN  
DOYLE CENTRE**  
Home of THE EDINBURGH  
ASSOCIATION OF SPIRITUALISTS  
25 Palmerston Place,  
Edinburgh, Scotland EH12 5AP  
Website: www.

arthurconandoylecentre.com  
Phone: 0131 625 0700  
OCTOBER EVENTS  
(Z) = via ZOOM (IC) = In Centre  
Mondays 2pm - 3pm £3  
Heart-Centred Meditation with  
CHLOE DEAS (Z)  
Mondays 6pm-7pm  
Hatha Yoga with SOPHIE  
O'BRIEN (Z & IC see website)  
Tuesdays 2pm-3pm £3  
Weekly Tarot group with  
KAT WOJDYLA (Z)  
Tuesdays 6pm-7pm £12  
Qi Gong with MIKE HALL (IC)  
Wednesdays 6pm-7pm £5 (Z)  
Yin Yoga with SOPHIE O'BRIEN  
Wednesdays 6pm-7pm £3  
Weekly Tarot group with  
KAT WOJDYLA (IC)  
Thursdays 6pm-7pm £3

Open Circle with  
ELIZABETH TITTERTON (Z)  
Thursdays 7pm-8.30pm £17  
Gong Baths with  
MORAG ROLLO (IC)  
Sundays 1pm-3pm £6  
Development Circle with  
FREDRIK HAGLUND (Z)  
Friday 1<sup>st</sup> 7pm-8.30pm Free/  
Donation - Astrology Forecast  
with KAT WOJDYLA (Z)  
Tuesday 5<sup>th</sup> 7.30pm £5 Talk  
"Open Minds, Open Minds" with  
DR LORNE SCHUSSEL (Z)  
Wednesday 6<sup>th</sup> 7pm-9.30pm  
£22.50 Aura & Auric Fields with  
JOAN FREW (Z)  
Thursday 7<sup>th</sup> 2pm-3pm £3  
Open Circle with  
HAZEL MARTIN (IC)  
Saturday 9<sup>th</sup> 7.30-8.30pm £5  
Mediumship Demonstration (Z)  
Sat & Sun 9<sup>th</sup> & 10<sup>th</sup> 10am-5pm  
£140 Mediumship Workshop  
with JOAN FREW (IC)  
Tuesday 12<sup>th</sup> 7.30pm £5 Talk  
"A Conversation with  
DR BERNARDO KASTRUP" (Z)  
Sat 16<sup>th</sup> 7.30pm-8.30pm £5  
Mediumship Demonstration (Z)  
Tuesday 19<sup>th</sup> 7.30pm £5  
Talk "A Return to Anomalous  
Experiences and the Nature of  
Self with Children" with  
DR DONNA THOMAS (Z)  
Tuesday 26<sup>th</sup> 7.30pm £5 (Z)  
Talk "A Conversation with  
ALEXANDER M<sup>C</sup>CALL SMITH"  
Wednesday 27<sup>th</sup> 7pm-9pm £15  
Kitchen Table Herbalism with  
BETTY JANE WARE (Z)  
Sat 30<sup>th</sup> 7.30pm-8.30pm £5 (Z)  
Mediumship Demonstration

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**THE  
GATEWAY CHRISTIAN  
SPIRITUALIST CHURCH**

2A Northcote St  
(off City Road)

CARDIFF CF24 3BH

**CURRENTLY CLOSED**

**Saturday** 7.00pm Demonstration of

Mediumship **Sunday** 6.30pm

Divine Service

**Tuesday** 7.00pm Demonstration of

Mediumship

**Wednesday** 7.15pm

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**Website:**

[gatewaychurch.co.uk](http://gatewaychurch.co.uk)

All are welcome

## 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](mailto:greetingplace@cwgsy.net)

**Website:** [www.healingand](http://www.healingandspiritualcentre.co.uk)

[spiritualcentre.co.uk](http://www.healingandspiritualcentre.co.uk)

Our regular services are:

**Sunday** 11.00am

Address and Communication

Other services as announced

Everyone Welcome

## GREECE



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**Address:**

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Athens, Greece,

11252



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[www.spiritualtruthfoundation.org](http://www.spiritualtruthfoundation.org)

[www.healing-hearts-centre.co.uk](http://www.healing-hearts-centre.co.uk)

[www.magicalenchantedart.com](http://www.magicalenchantedart.com)

[www.newspiritsongs.co.uk](http://www.newspiritsongs.co.uk)

[www.petrene.com](http://www.petrene.com)

[www.spiritartgallery.net](http://www.spiritartgallery.net)

[www.arthurconandoylecentre.com](http://www.arthurconandoylecentre.com)

[www.dawnsholisticshop.co.uk](http://www.dawnsholisticshop.co.uk)

[www.mysticmoonsong.com](http://www.mysticmoonsong.com)

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[www.edmontonspiritualistchurch16.com](http://www.edmontonspiritualistchurch16.com)

[www.atlantiswisdom.org](http://www.atlantiswisdom.org)

[www.southandwest.webs.com](http://www.southandwest.webs.com)

[www.artofspirit.co.uk](http://www.artofspirit.co.uk)

[www.lightworkenergy.com](http://www.lightworkenergy.com)

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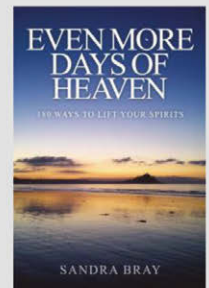
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